



sharing healing wisdom
gill carrie

The Great Goddess Gathering 2023, PT2, Church Bay, Anglesey, Holyhead, UK.

I am delighted to part of The Great Goddess Gathering 2023 - PT2, here at Church Bay, Anglesey, Holyhead, UK.

**OUR THEME is to RETREAT, RE-WILD, RESTORE
in our Autumn Gathering**

'We retreat, surrounded by the Dragon Waters and many sacred sites, to harvest all of the magic, gifts and energy.'

We re-wild to the land and celebrate all that moves through us, all that's been shed and all that's been called home.

We fully restore, nurture, recalibrate and harvest our energy towards the darker months and into the energy of the feminine.'

SHARING HEALING WISDOM

To share my passion of homeopathy as a practitioner, in the **INTENTION** of our gathering as *'a safe, sacred space for every sister to be celebrated in her truth and authenticity ... In the magic of women empowering women and the profound healing of ourselves, our brothers and sisters, the Earth and the collective that comes from us being truly seen, heard, embraced and held.'*

The following **insight into my world of healing**, incorporates our Theme and Intention through the natural kingdoms and medicines of water, plants, earth, energy, minerals **as Homeopathic Remedies.**

During our retreat time together, please enjoy a **Complimentary Homeopathy Conversation.**

View more about me and my work at gillcarrie.com

After our retreat, I offer online consultations and collaboration discussions and my contact details are:

gillcarrie@me.com or [00 44 \[0\] 7870 144 976](tel:00447870144976)

feeling blessed. thank you. gill carrie.

**THE GREAT GODDESS GATHERING,
15 - 17 SEPTEMBER 2023**

gill carrie [TheHolisticFIT](#) homeopath

Aquae

‘the deep unexplored subconscious mind’

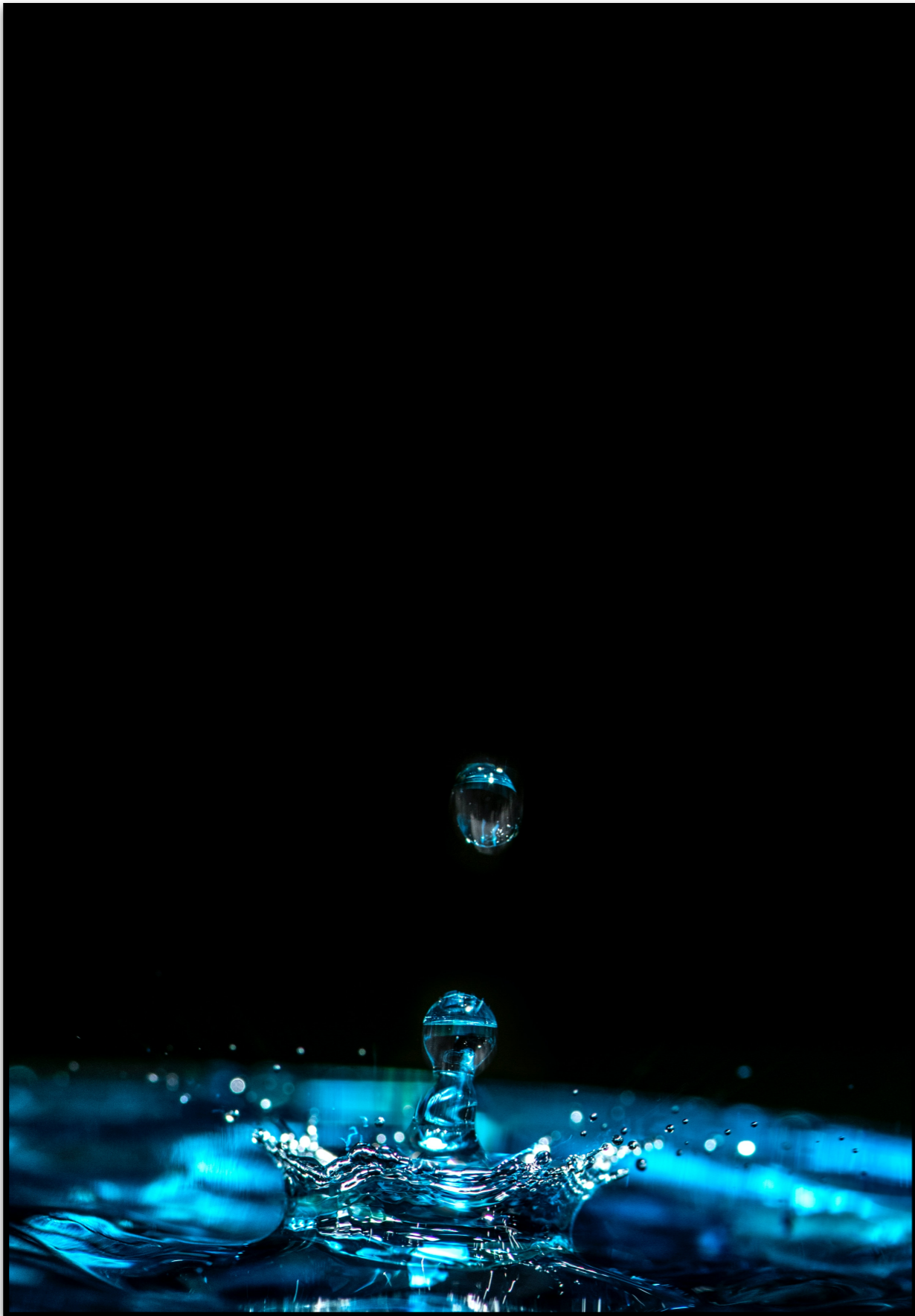
“in waves, she rises to bring forth the depths of her soul, to be heard.” gill carrie

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Aquae

“The water we take in carries the cellular memory and history of the landscape through which it has travelled. It holds the medicinal and mineral qualities of the plants and rocks it has travelled through, and over, the rivers, seas and clouds before returning once again to the land. By listening to your own internal waters, by opening up to the sensitivity and emotion, it is possible to get in touch once again with All That Is.” [Lee, 2010].

*“A drop of water, if it could write out its own history, would explain the universe to us.”
Lucy Larcom*



The Theme of Aquae

... as Homeopathic Remedies

Aquae [waters] are sacred in many religions and spiritual systems.

The deep unexplored subconscious mind and emotional over-sensitivity are homeopathic keynotes. There is a loss of emotional resilience from dwelling on the past and unable to move on. [Lee, 2010].

In **Aqua Marina** [sea water], we see 'the mother' with feelings of not being accepted, difficult relationships - reflecting further into feelings of not belonging, losing 'myself', being invisible, insignificant and 'floating' sensation [Lee, 2010].

We also encounter 'light and darkness' and a tumultuous 'sea of emotions', ranging from anxiety and insecurity, to grief, sadness and ongoing emotional pain, onto hopelessness and inevitable failure.

Sea water is powerful and there are also persistent sexual thoughts with a fear of penetration.



our sea of emotions

By tapping into our 'black waters' we can bring 'lightness' in, to release any emotions, sensitivities and blockages we are experiencing, so we may continue to flow.

Being an isotonic plasma, it acts primarily on the blood as a great purifier [keynote, Murphy, 2006]. Marine plasma is a sea water taken some miles from shore and some depth below surface, filtered and diluted with twice as much pure fresh water [Boericke, 1999].

There are many Aquae Homeopathic Remedies from all over the world ...

Time to dive into yours?

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The Plant Kingdom

‘plants cannot run away, they must adapt’

“dancing barefoot, nature feels her essence.” gill carrie

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Red Champion

(Silene dioica)

The Red Champion Fairy

*“Here's a cheerful somebody,
By the woodland's edge ...”*

Extract taken from Cicely Mary Barker's
The Fairies of the Wayside (1963) [Norland, 2017].



The Theme of Red Champion

A short insight from a proving completed by Misha Norland, Mani Norland & The School of Homeopathy in 2017:

Red Champion (*Silene dioica*) also known by several other names, is a wildflower that belongs to the Caryophyllaceae family, commonly known as the pink (Carnation) family. It is a dioecious plant, having distinct male and female flowers grow on different plants.

Mythology - Silene may come from 'seilenos', a Greek word linked to Silenus, son of the nymph Hyagnis and the god Hermes. He was wise and wild, as the foster father of Dionysus, the god of wine. Red champion shares his love of alcohol and moisture. Silenus was also known as the father of the sileni, woodland spirits with horse or donkey-like ears, tails, and hooves, **embodying nature's fertility**, much like *Silene dioica*.

Fairy Flower - as it is known on the Isle of Man - is used by the fairies' to protect their honey stores and picking it angers them. Long associated with evil spirits, misfortune and death, it was also believed that picking the flower may lead to a snakebite, but throwing the plant at a scorpion could render it unable to sting. Although unlucky to pick, the plant was hung over doors for protection against lightning strikes.

The Periodic Table - According to Michal Yakir's Table of Plants (2016), *Silene dioica* is placed in Row 6 and Column 3 and is associated with issues of **'escaping from the bondage of maternal energy and the womb.'** It pertains to the struggle of freeing oneself from the suffocating hold of dominant figures in one's life while also needing to **'remain contained, and in biological symbiosis with the feminine.'** The fear of being **'devoured by the archetypal Dragon Mother'** is also intrinsically connected to the Serpent archetype (the lower aspect of the Dragon) with **'issues related to the kundalini energy'** and the use of red champion as a remedy for snakebites.

Jan Scholten's work on Caryophylliales and Caryophyllaceae in Wonderful Plants (2013), tells of **'2 sides who watch each other all the time, trying to dominate one another.'** Scholten tells of a **Lanthanide quality** in the Pinks and describes their stages as a **Hero's journey**, which echoes Yakir's Column 3. The Lanthanides' key concepts are explored further below in relation to **self-actualisation** and **the third eye/brow chakra**.

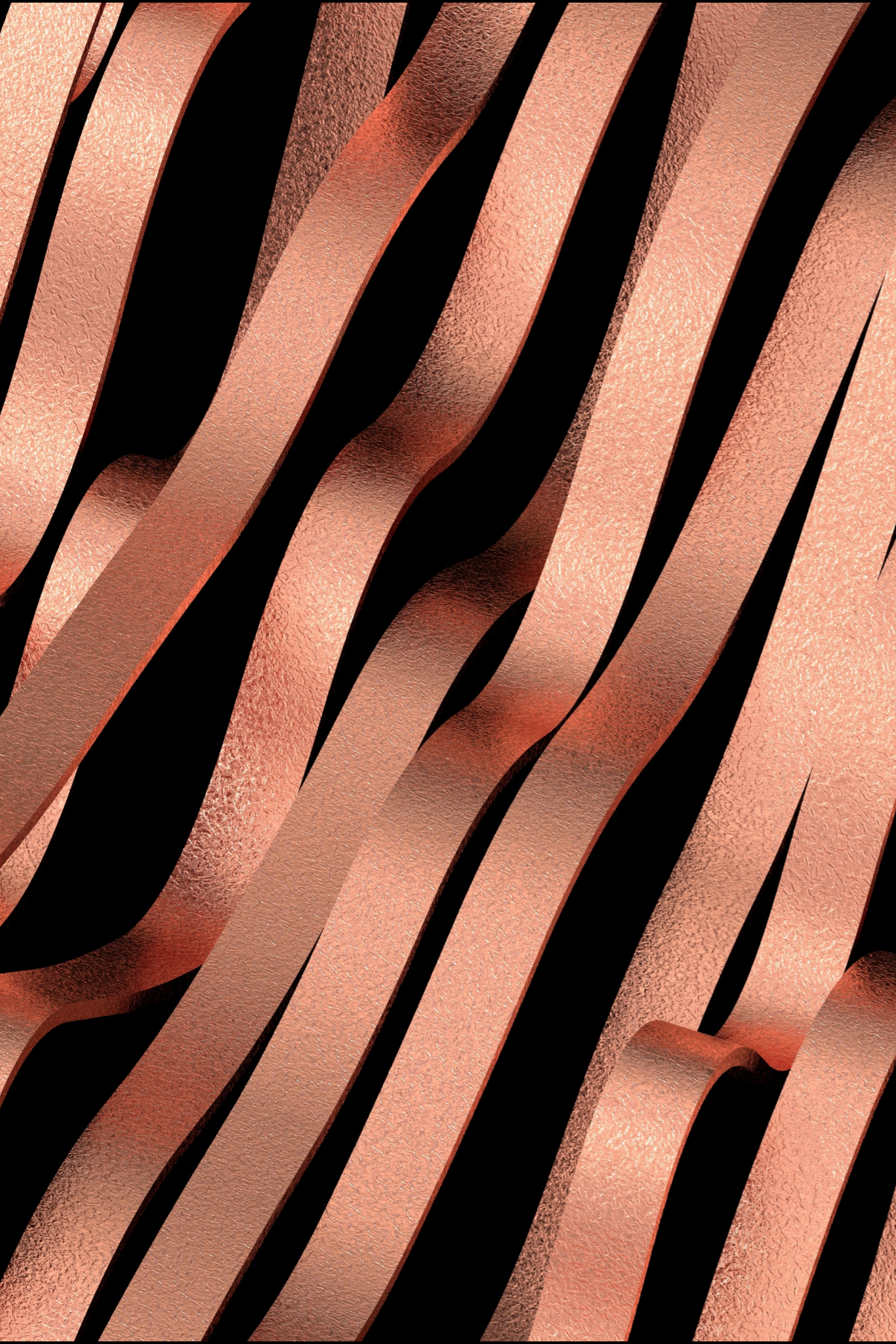
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The Mineral Kingdom

'I lack something - others complete me or deplete me'

"deep within her core, she is complete" gill carrie

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Cuprum Metallicum

Cuprum Mettalicum [Copper], an element revered by alchemists and ancient societies, was believed to embody the qualities of the goddess of love, Aphrodite or Venus. Its warm inviting colour, softness and protective properties have made it a cherished material, historically worn as a talisman to guard against disease and ease pain.

According to ancient myths, Venus emerged from the sea on a scallop shell and arrived on the island of Cyprus, bringing new life and joy to the land. Botticelli's masterpiece, *The Birth of Venus*, captures this enchanting image.

She represents the emergence of all life from the sea and is associated with the great mother goddess.

Copper's beauty and protective qualities continue to inspire us today.

“In astrology copper is associated with the planet Venus, which graces the night sky with a radiant beauty that outshines all other heavenly bodies.”

David Lilley

The Theme of Cuprum Metallicum

Cuprum's emotions

Later, **bringing in Venus' counterpart, Aphrodite** - a more complex story emerged, sometimes metaphorically relevant to Cuprum's emotions.

'The Emasculated father' - Aphrodite's birth involved the union of Ouranos [the Sky] and Gaia [the Earth], leading to the birth of the Titans. Mother Earth convinced the Titans to attack their father and Kronos overpowered Ouranos by severing his father's genitals and casting them into the sea. The Goddess Aphrodite emerged from this and is considered more ancient than the Olympian gods. **This reminds us, when things seem complicated or difficult, there is always a deeper meaning and purpose to our experiences.**

'The Mother Metal' - Copper, named the "harlot of metals" by the alchemists, is a true chameleon that effortlessly transforms when combined with any acid. Even homeopathy refers to it as 'shameless'. **Let us learn from copper and embrace change and with ease and grace in our own lives, with no shame.**

Through The Ages

Copper, the mother-metal of civilisation and the sea, influenced our history. During the Copper Age, the feminine was revered, but the Iron Age suppressed the mother and her symbols, such as the serpent. The Cuprum remedy picture reflects the power of the feminine that can never be suppressed. **It reminds us to stand up against injustice and to embrace the strength of the feminine.**

The Colour and Chakras

Copper is a transformative metal that changes colour when exposed to acids, that truly make it stand out. With magnificent hues influencing all chakras, serving as a remedy for unrequited love. When exposed to moisture and carbon dioxide, copper develops a green patina that adds to its beauty, **reminding us of our potential for transformation and growth over time.**

Flow and Sensitivity

"When indicated, homeopathic Cuprum has the power to dissolve, resolve and establish a healing flow." [Lilley, 2013] Cuprum must flow outwards emotionally, sexually and functionally. Her enormous, externalising energy may not be stifled.

Copper's connection with water runs deep, echoing through traditions, symbolising the energy and mysteries of the unconscious mind and **'between lovers whose souls touch, they immerse into the enveloping, aquatic world of the goddess, united in incandescent beauty.'**

But inverted, its energy can be deadly, often the effect of masculine oppression and abuse, including sexual. Repressing the feminine in any way is a violation of personal freedom, independence and strength and neglecting it can lead to dysfunction and illness. **Recognising and celebrating the power of femininity can lead to a life of balance, harmony and fulfilment.** [David Lilley, 2013, A historical, cultural and metaphorical view of Cuprum Metallicum - Goddess of love and beauty]

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The Third Eye

'I see'

"to see, is the seeker of truth" gill carrie

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The Third Eye

The third eye chakra located between the two eye brows and behind the eyes, is associated with the ancient wisdom of imagination, insight and visualisation. It is the point of creative intelligence, supernatural power, psychic abilities, strength, higher instinct (intuition) and light. Being in the flow of life is a main function of this chakra and how to drop into the heart. The miasmatic influence of this chakra is education [learning/un-learning].

THE MIND, BODY, SPIRIT:

Endocrine Gland: The third eye chakra is commonly associated with the pituitary gland; sometimes, the pineal gland is linked to the third eye chakra as well as to the crown chakra.

Nerve Cluster: The third eye chakra is associated with the hypothalamus, which has both endocrine and nervous system functions.

Plexus: The Carotid Plexus.

Function: Hormonal, Physiological Regulation.

Planet: Mercury. Also a homeopathic remedy for this chakra.

Energy: Feminine

Brain Wave/State: High Beta wave. Alertness, Concentration, Thinking. **12-30HZ. Key of A. Tone "E"**

Development Stage: 18-22 years. Adolescent Intelligence. Connectivity to your Higher Executive function, skills. Can be stressed when not knowing what to do with all at one time - eg. College/Leaving home.

Very Important for: Meta-Cognition, Questioning, Consequences.

Menopause - important to keep Beta in Balance and consistent intelligence level too. **Co-dependency and addictions** [various]. Healthy Beta can be spiritual, philosophical and practical. [Olsen, 2023]

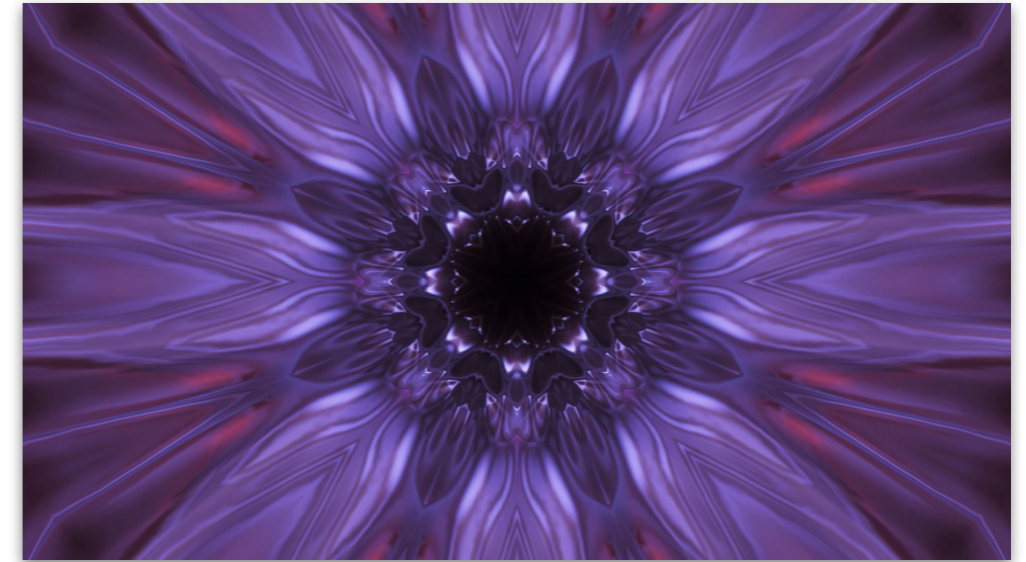


Image by wirestock on Freepik

HOMEOPATHIC REMEDIES: There are many established homeopathic remedies for the 3rd eye/brow chakra like Baryta-carb, Calc-carb, Merc-sol with new homeopathic remedies like Moldavite, Rainbow, Syc-seed. [Griffiths 2007, Martin 2007].

Also further, on the Periodic Table - Row 6, Column 3, Numbered 57-71 but traditionally placed separately under the Periodic Table - I have chosen **The LANTHANIDES** and '**SELF-ACTUALISATION**' [see below]. [Scholten 2008, Hurley 2021, Johnson 2023]. There are 15 Lanthanide Homeopathic Remedies.



OUR HORMONES

The Pineal Gland *[also linked to the Crown Chakra]*

Secretes; Melatonin

Function; Releases melatonin during night hours to help with sleep

The Hypothalamus

Secretes; Growth hormone releasing hormone (GHRH)

Function; Regulates growth hormone release in the pituitary gland

Secretes; Thyrotropin releasing hormone (TRH)

Function; Regulates thyroid stimulating hormone release in the pituitary gland

Secretes; Gonadotropin releasing hormone (GnRH)

Function; Regulates LH/FSH production in the pituitary gland

Secretes; Corticotropin releasing hormone (CRH)

Function; Regulates adrenocorticotropin release in the pituitary gland

The Pituitary Gland

Secretes; Antidiuretic hormone (vasopressin)

Function; Affects water retention in kidneys; controls blood pressure

Secretes; Adrenocorticotropic hormone (ACTH)

Function; Controls production of sex hormones (estrogen in women and testosterone in men) and the production of eggs in women and sperm in men.

Secretes; Growth hormone (GH)

Function; Affects growth and development; stimulates protein production; affects fat distribution

Secretes; Luteinizing hormone (LH) + follicle-stimulating hormone (FSH)

Function; Controls production of sex hormones (estrogen in women and testosterone in men) and the production of eggs in women and sperm in men

Secretes; Oxytocin

Function; Stimulates contraction of uterus and milk ducts in the breast

Secretes; Prolactin

Function; Initiates and maintains milk production in breasts; impacts sex hormone levels

Secretes; Thyroid-stimulating hormone (TSH)

Function; Stimulates the production and secretion of thyroid hormones

The Lanthanides & the 3rd Eye

SELF-ACTUALISATION

Hidden in the Periodic Table are The Lanthanides. The keywords for Lanthanides are Self; Self-Knowledge; Self-Realisation; Self-Determination; Self-Control. Row 6 corresponds to the third eye/brow chakra and reflects the ISSUE for a client/patient. Row 6 is the Gold Series and about power and responsibility but the Lanthanides only wish to control their own lives to empower and free themselves and others., Column 3 is the ATTITUDE of the patient/client and is about searching, discovering and wanting to understand.

'THE SEEKERS of TRUTH'

'After Lanthanum, something new happens for the first time in the Periodic Table. Subsequent elements place their successive electrons not in the outer electron shell, or even in the 5th shell, but two shells down in the 4th row. They effectively 'hide' them. Scholten's essential book is called The Secret Lanthanides. As they 'hide' their electrons within, they also look deeply inside themselves, exploring their shadow. The 2 levels of electrons give an ability to look at themselves - self-reflection, spirituality, meditation and out of the box thinking is common.' [Johnson 2023].

'FREEDOM'

The Lanthanides embody intuition, empathy and sensitivity, coupled with immense power. They relentlessly strive for freedom, confront their inner shadows and embrace the interplay of light and dark. With an unwavering commitment to honesty and a visionary outlook, they aspire to leave a lasting legacy.

PERIODIC TABLE OF THE ELEMENTS

Legend:

- Metal (Blue)
- Semimetal (Orange)
- Nonmetal (Green)
- Alkali metal (Light Blue)
- Alkaline earth metal (Light Green)
- Transition metals (Dark Blue)
- Lanthanide (Light Purple)
- Actinide (Light Red)
- Chalcogens element (Light Green)
- Halogens element (Light Orange)
- Noble gas (Light Yellow)

Standard State (25 °C, 101 kPa):

- Ne - gas
- Hg - liquid
- Others - solid
- Others - synthetic

Below the main table are two rows of elements:

LANTHANIDE

57	58	59	60	61	62	63	64	65	66	67	68	69	70	71
La	Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu
LANTHANUM	CERMIUM	PRASEODYMIUM	NEODYMIUM	PROMETHIUM	SAMARIUM	EUROPIUM	GADOLINIUM	TERBIUM	DYSPROSIUM	HOLMIUM	ERBIUM	THULIUM	Ytterbium	LUTETIUM

ACTINIDE

89	90	91	92	93	94	95	96	97	98	99	100	101	102	103
Ac	Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr
ACTINIUM	THORIUM	PROCTINIUM	URANIUM	NEPTUNIUM	PLUTONIUM	AMERICIUM	CURIUM	BERKELIUM	CALIFORNIUM	ENSTENIUM	FERMIUM	MENDELEVIUM	NOBELIUM	LAWRENCIUM

As we journey down the Periodic Table, the vision expands from from the **Hydrogen series** of simply the self to embracing the bigger picture, where the **Lanthanides** inspire us to tap into our hidden potential and find where we can best serve others.

'THE HIDDEN HEALERS'

As a Homeopath, I see the power of the Lanthanides. And as healers our professions, we possess a unique set of qualities that set us apart. We are empaths, spiritual, mental, and emotional beings who search for the hidden and buried within ourselves and others. Our goal is to understand the inner experience of our patients, empowering them with profound cures. Many of us are self-employed, determined and continuously stretching ourselves to reach new awareness. We fight for our beliefs, even when they go against the norm and our passion fuels our desire to make a positive impact in the world.

WELCOME TO THE LANTHANIDES AS HOMEOPATHIC REMEDIES.

ACKNOWLEDGEMENTS

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plus all and everyone that made happen and for all of us being part of.

and relating to the content shared here ...

Vida Belsher, Ancestral Trauma Healing Facilitator [2023]

Serena Olsen, Innerdance Trust [2023]

Jana Belsher, Practitioner [2023]

Geoff Johnson, The Society of Homeopaths Journal 42:1 [2023]

Tony Hurley & The Centre for Homeopathic Education, Jan Scholten Lectures [2021]

Sian Moss & The Centre for Homeopathic Education [2021]

Roger Savage & Ton Jansen, Human Chemistry Integrated Therapy [2021]

Misha Norland, Mani Norland & The School of Homeopathy [2017]

Alicia Lee, Homeopathic Mind Maps [2010]

David Lilley, Cuprum Metallicum @ hpathy.com [2013]

Jan Scholten, @ Interhomeopathy.org [2008]

Colin Griffith, The New Materia Medica [2007]

Grahame Martin, Chakra Prescribing and Homeopathy [2007]

Robin Murphy, Nature's Materia Medica [2006]

William Boericke, Homoeopathic Materia Medica, Medi-T @ homeoint.org [1999]

And to all my family, friends, colleagues and clients that are part of my amazing journey.

gill carrie @ gillcarrie.com