



Love As Deep As the Ocean



By Dr. Stephen P. Weiss, MD, Integrative Medicine and Classical Homeopathy

Several years ago, Jeremy Sherr, my most influential homeopathy teacher, was afflicted with debilitating fatigue, muscle and joint pains that lingered for weeks and weeks. Jeremy's greatest gift to humanity has been to reintroduce the all but lost art and science of homeopathic provings, which had remained mostly dormant for a century. Provings are one of the cornerstones of Classical Homeopathy. It is through them that homeopaths discover exactly what conditions and specific symptoms can be cured by a particular remedy. Many of you know that Classical Homeopathy is based on the Law of Similars—like will be cured by like. A homeopathic remedy, when given to a group of healthy individuals (a process called a homeopathic proving) creates a wide array of very precise physical, mental, emotional and spiritual symptoms, which are the very symptoms the remedy can cure in a sick person. Provers carefully document any and all changes in their health provoked by the remedy, and this information is then collated as reference material for homeopaths everywhere.

When Jeremy sets out to do a proving, he empties his mind and prays to be shown which substance in the natural world he should prove, then looks for signs or omens. After performing this ritual, he sat on the shores of the Baltic Sea where he was vacationing, gazing out at the still blue waters, trying in vain to work out the debilitating soreness and stiffness in his neck. At that very moment, a graceful swan floated by, head perched on its slender, delicate neck. Jeremy immediately knew that his prayers had been answered and resolved to do a proving of the whooper swan, *Cygnus cygnus*. Fortunately for Jeremy, shortly after his encounter with the whooper swan, he came up with a different homeopathic remedy which restored him to excellent health.



in the provers. Swan did induce neck pain and/or stiffness in 7 of the 32 provers. Here is a small sampling of some of the thousands of entries in the prover journals during the whooper swan proving which gives you an idea of how magical the whole

process is (none of the provers knew what remedy they were proving): "I am completely fascinated by black and white colors in clothing."—Prover #13. Several of the provers felt a profound sense of grief relating to the death of a loved one, uncontrolled weeping, a feeling of emptiness in the heart and chest, and others felt immense feelings of love. "I feel like I've cried the tears of my whole life today."—Prover # 15. "Gardening, getting overwhelmed by massive sadness"—Prover #2 (whose second daughter was born prematurely and died right after she was born). "Having a shower, I felt overwhelming grief for my Father, how I miss him. The grief felt more about not just missing him as a Father, but as a soul. I just cried and cried with grief."—Prover #4. Felt sensation of overwhelming love for everyone and mankind and opening in the heart. Feel color reemerge into life, instead of the utterly black white severity."—Prover #1. It is important to note that most whooper swans mate for life. Putting all this together, it is quite clear that *Cygnus cygnus* is indicated in the treatment of patients who have experienced the loss of someone with whom they have a deep soul connection.

Nancy, a 51 year old gifted and successful healer, consulted me a couple of years ago for fatigue, swallowing difficulties, hiatal hernia, severe life-long migraines, low grade depression, anxiety and constipation. She also had suffered a freak accident 3 weeks prior when someone inadvertently bumped into her, spilling a caustic solution in both eyes. She was under the care of an ophthalmologist who was treating her with steroid eyedrops, but was still experiencing pain and blurred vision in both eyes. She and her fiancé Derek were engaged to be married, but a wedding date had not yet been set. In sharp contrast to the popularly held stereotype about men and commitment, Derek was certain Nancy was the one for him. It was Nancy who was hesitating about tying the knot, even though she was very much in love.

Provings are a window into the Great Mystery. There is no telling what kinds of disturbances they will trigger

Nancy had read my articles in *Truly Alive* (clearly a woman of superior intelligence) and knew off the bat that she wanted Classical Homeopathic treatment, so she booked a two hour appointment with me (depending on the complexity of the patient, this can sometimes take even longer). In the course of our initial consultation, Nancy shared the sad news that her first husband had committed suicide 18 years prior. "I loved him beyond anything", she told me. "I felt like I died. I couldn't feel **ANYTHING** emotionally or physically for months. It was horrible pain, like a horrible void in my gut. The first time I remember feeling anything was on July 4th, going into a cold lake. Then I could only feel water. **I love water**—it was the only thing that helped. It's comforting to get in water...to hear it."

I gave Nancy 3 tiny pellets of *Cygnus cygnus* and she followed up approximately 6 weeks later. She was delighted. "The fatigue is 40% better. No longer having any swallowing difficulties! Migraines are much improved—they occur every 2-3 weeks, down from several times a week! Low back pain and anxiety are way better. Bowels have normalized!" In the interim, Nancy also did some emotional integration work which she has been doing for years, and which has helped her tremendously. The only symptoms that had not improved were her eye pain and vision. 3 weeks later, 2 months after her first appointment, Nancy was ecstatic. "Almost every symptom I had when I first came to you (and there are several others which I haven't mentioned) is gone!" Shortly after she took the 2nd dose of the remedy, she did more emotional work and had a huge breakthrough. First she fell to the floor in shock, and then she began trembling uncontrollably, exactly as she had done when she first learned of the death of her husband. This is called a return of old symptoms in homeopathy, and is an important part of the healing process. It is also an integral part of the emotional work she was doing, as each "action" was immediately integrated into her entire being. "My eyes are 80% better! I'm moving forward with the wedding. I want to marry Derek now. It's as if I'm no longer dragging the past with me into the future. I feel SO GOOD! I feel SO BLESSED!" *Cygnus cygnus* has been a healing gift to several of my patients who have been devastated by the loss of a soul mate.

Nancy and Derek were married last year in a beautiful ceremony. I was in attendance, and was thrilled to have been able to play an important part in the healing of such intense trauma and in the blossoming of a fresh love

between two dear souls. Today, a year later, I learned of the amazing ripple effect that Nancy's healing has had on the unresolved grief of her children and entire family. And I know that those ripples, like the ones produced by the whooper swans as they glide majestically atop blue waters, reach beyond what the naked eye can see.

Jeremy moved his family of 5 to Tanzania to treat patients with HIV/AIDS. He and his wife Camilla, also an accomplished homeopath, are setting up homeopathic clinics throughout the country and are getting fantastic results in thousands of patients. Please go to their website www.homeopathyforhealthin africa.org and consider a donation if you are so moved.

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Dr. Stephen Weiss has been successfully treating patients of all ages in his Holistic Integrative Medical Practice since 1993. Patients deeply appreciate his genuine, heartfelt compassion and ability to seamlessly combine cutting-edge high tech medicine with numerous effective and safe alternative healing modalities. Please visit his new and improved website to learn a lot more: www.holisticmedicineheals.com.



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