

Powers of Homeopathy Newsletter Copyright 2004,
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<http://www.powersofhomeopathy.com>

Volume 2, Issue 4, May 17, 2005
Persephone, Red Tents and the Wisdom of the Womb

Greetings ,

To all those who are new subscribers and this is your first issue to arrive in your email inbox, welcome!

To all those who have been subscribers and this is your first issue to arrive in some months, I'm back!

To all who end up with more than one issue at a time, please forgive me. I have the knack of doing at least one thing every time that sends a message to my newsletter distributor's system that says "send twice"!, which is not my intention at all. Please just delete one of the emails as unsubscribing from one may take you right off the list. And I'm working on my "knack", as in sending out only one newsletter at a time. Here's hoping!

Although I missed writing an issue for mother's day I am taking the opportunity now to dedicate this particular issue to my mother Betty and her mother, my grandmother Beryl. The story of their lives continues to inspire me and encourage me to grow in the wisdom of what it means to be a woman.

Today's Issue

On a Personal Note: Persephone and the Dark
Mysteries

Feature Article: Red Tents and the Wisdom of the Womb

The Remedies Absent Periods/Amenorrhea

Pet Corner with Alison Merritt: False Pregnancy

Home Tips: Resources for Home Prescribing

Reader Responses From Me to You this time!

On A Personal Note

Whether it was my Gramma's death in February or the way the stars have aligned themselves or just the way it is, I feel like I have been on some deep inward journey, quite invisible in some respects but deeply felt. Outwardly, I have been quite immersed in the cycles of death, birth-day celebrations, family gatherings and dietary changes. Transitions at every turn! The inward journey of self-discovery lived quietly in the silent dark and the outward expression lived boisterously with others in the full light

of day.

I feel like Persephone, taken from all that has meaning in an outer world and finding myself dwelling in the inner depths of dark and mystery waiting for clarity and insight! (follow this link if you would like to know more about Persephone <http://www.mythicarts.com/writing/Persephone.htm>) Persephone, as the story goes, is abducted by Hades and taken to live in the underworld as his queen. During that time, her mother Demeter causes all things to cease growing and winter is born. Persephone herself is torn between the two worlds; the dark underworld with her mate with whom she eventually accepts and the upper world of light with her mother Demeter and her father Zeus. She eventually reconciles herself to living part of her year in the underworld and the other half of her year in the upper world.

"So, each spring Persephone comes back with the flowers that pave her way, to tell the story of rebirth, hope and harmony. And each fall when she leaves again for the Underworld below, her mother mourns and winter comes, while she waits for her return. Yet, for Persephone there is no remorse. She looks forward to the time she spends as Hades' Queen and wife, and to guiding those who have lost their way to the next phase of their life."

Thankfully Spring has returned and so have I! Not that I can describe my descent very clearly even yet but I seem to have had enough of them now to not panic when these inward times arrive and I can allow their meaning to reveal themselves slowly over time. Again, like Persephone, I have grown so that I look forward to the descents into mystery.

So much of our life is about the journey from light to darkness and darkness to light, from life to death and from the death of old ways as we make way for the new in our life and in between, always, is the place of transition. And like Persephone, through it all, we are connected to our mothers.

Whether male or female, we have all come from the place of the womb; from that dark, secret center of warmth and connectedness to find our way in the world, into the light as it were. Which brings me very nicely to the theme of today's issue: the womb, the uterus and the health concerns that affect women AND men.

How is it relevant to men? You came from a woman; you may become intimately involved with a woman; you may have sisters, daughters, aunts, grandmothers, nieces and chances are, given that 51% of the population are women, you will have some connection with women at some point in your life whether as a boss, an employee, as your doctor, psychologist, lawyer, prime minister, project manager, colleague or co-creator. Aren't you the least bit curious about how half the world's population experiences life in a female body?

For the pet people who subscribe, Alison has an excellent article on false pregnancy in cats and dogs.

Be sure to check out the resource section as there are some great suggestions for following up today's topic with books, websites and links.

If you would like to send this newsletter to someone you care about, simply forward it to them and they can subscribe with the link at the bottom of the last page or, have them subscribe at www.powersofhomeopathy.com .

If you would like any back issues, please send me an email at powers4@telusplanet.net and I would be very pleased to send them to you.

Do you have questions about homeopathy? Confused about how to pronounce the name? Unsure about what homeopathy is or what it is a homeopath does? Answers are just a phone call away. Have a 10 minute call with me 403-230-8505. Following our conversation, I will send you a preliminary package of information that will help you be well informed before you make your consultation appointment. Or contact me at powers4@telusplanet.net and I will send you send you a preliminary package by email.

Here are a couple of websites too that I would highly recommend to those of you who are very new to homeopathy. In England, homeopathy is a part of the National Health Care System and The Society of Homeopaths has online leaflets that are excellent sources of information. Follow the link <http://tinyurl.com/4hcap> to read the leaflet "Homeopathy Simply Explained".

You can also check out the West Coast Homeopathic Society's website article "About Homeopathy" at <http://www.wchs.info/AboutHomeopathy.htm> .

If you would like to learn about how to find a homeopath, check out Miranda Castro's article at <http://tinyurl.com/6m66x>. Or you can go to the National Center for Homeopathy's Article "How to Find A Homeopath" <http://www.homeopathic.org/find.htm>

Feature Article: Red Tents and the Wisdom of the Womb

One of my very favorite patients recently gave me a book that she thought I might enjoy. All she said was that it was about women and that she thought of me as she read it. As with many things in life, I finished the book just prior to my grandma Beryl dying at 104. The book is about keeping memories alive, about women telling their stories to their daughters so that they would not be forgotten. It is the story of Dinah, the only daughter of Jacob in the Old Testament. The book is

called the Red Tent by Anita Diamant.

"...the other reason women wanted daughters was to keep their memories alive. Sons did not hear their mothers' stories after weaning. So I was the one. My mother and my mother aunts told me endless stories about themselves. No matter what their hands were doing-holding babies, cooking, spinning, weaving-they filled my ears.

In the ruddy shade of the red tent, the menstrual tent, they ran their fingers through my curls, repeating the escapades of their youths, the sagas of their childbirths. Their stories were like offering of hope and strength poured out before the Queen of Heaven, only these gifts were not for any god or goddess-but for me."

I myself have borne sons only, no daughters. But in reading the book, speaking with my mom, listening to Beryl just days before she died and reflecting on this issue's topic I have been truly challenged (remember the descent into mystery and darkness?) to consider that perhaps it is time that we as women, begin to share with men our experience of what it means to be female in a way that is truthful to who we are as humans with physiological differences. Our experience/stories can inform and offer another way to live in this world. As women we are intimate with the cycles of life, death, birth, gestation, ovulation and transition as we experience them at a physical level, through our menstrual cycles; from the onset of menses at puberty through to the cessation of them at menopause.

"The menstrual cycle is the most basic, earthy cycle we have. Our blood is our connection to the archetypal feminine. The macro-cosmic cycles of nature, such as the ebb and flow of the tides and the changes of the seasons, are reflected on a smaller scale in the menstrual cycle of the individual female body. The monthly ripening of an egg and subsequent release of menstrual blood or pregnancy mirrors the process of creation as it occurs not only in nature, unconsciously, but in human endeavor. In many cultures, the menstrual cycle has been viewed as sacred." Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing by Christiane Northrup, MD

So perhaps I should be dedicating this issue as well to my sons! How to tell our stories? Again, I quote Christiane Northrup but this time from her book, The Wisdom of Menopause: Creating Physical and emotional Health and Healing During the Change.

"The culture in general, and the medical profession in particular, admonishes doctors to keep our personal stories to ourselves, especially when they involve difficult emotions like fear or anger-allegedly because to appear too human would undermine our authority. Yet I've found over the years that nothing illustrates a point quite as effectively or is as helpful to my patients as an honest personal story. Telling the truth of my own humanness and vulnerability is also helpful to me. Honest stories help awaken the healer

within us."

And where does the rubber hit the road on this little piece of advice in my life? I guess it begins with me saying to my guys as they head out to work, "Will you be coming home for lunch?" "I don't think so." And my new reply is now to say "honestly", "That's wonderful. I will really enjoy the peace and quiet so that I can write without interruption." And to myself I add, without the expectation that I will drop everything and attend to you. Boy! Am I going to have fun telling the truth of my story to myself and to my family as my tribute to the liberation of menopause!

It's an exciting time for me being in menopause. And I believe every stage of a woman's development can be an exciting time. Our challenges with menstrual difficulties, conception/fertility/pregnancy, breast cysts and cancer, vaginal herpes/warts/cervical cancer and menopause can all be opportunities to become conscious, to tell the truth and to become our own healers as painful as the illness or process is. Set aside any self-condemnation that you have somehow "created" your disease or difficulties with a hormonal transition and instead, with self-love and self-acceptance, become intimate with who you are and your purpose for living. Our illnesses and normal developmental stages of life can be teachers if we allow them the space to be there.

Christiane Northrup has a table in her book Women's Bodies, Women's Wisdom called The Anatomy of Women's Wisdom. Often, when I "get" something like a cold or experience uncomfortable symptoms, I confess to running to Louise Hay's book "You Can Heal Your Life" with the hopes of shortcutting my personal work so that I can "understand" what my underlying problem might be at the time and somehow speed up the process. Ha! Bloody ha! Maybe you have discovered as have I, it's interesting information but until I actually "do the work", it's not all that illuminating nor as individualizing although I have come to greatly appreciate my own insights when they finally arrive (remember that dark place? Again?) No surprise there really that when I do my own work rather than accept a generalization, I find more relevant meaning to my illness! Having said that though, the Anatomy of Women's Wisdom table is as good a place as any to begin your personal work of understanding what your own personal expression of a female illness or condition is all about. Do your work though and you will be well rewarded with insight! Journal, write, see a counselor, visit your homeopath, talk to your friends and find a way that works for you to understand yourself and your body.

Northrup divides the chart into Body Organ or Process, Encoded Wisdom, Energy Dysfunction and Physical Manifestation. For this issue, I'm going to cover the first two on the chart: the Menstrual Cycle and the Uterus.

According to Northrup, the "Menstrual Cycle" is about "creative cycles and attunement with unconscious lunar formation (Women's menstrual cycles are closely aligned with

the cycles of the moon. It "mirrors the process of creation unconsciously." I have read/heard that the Moon Lodge is the name given to the place where Native American women honor their bleeding time. There are many of us as women who could do well to learn from the women's traditions of other cultures.)When that wisdom is blocked and there is an "Energy Dysfunction", Northrup suggests you could look at the following: "Refusal to embrace cycles of darkness and light; not allowing shadow side to be seen and worked through." The "Physical Manifestation" is: "lack of periods, heavy periods, irregular periods, PMS".

The "Uterus is the creative center in relationship to self." This is the "encoded wisdom" of this organ as illustrated in the table. The "Energy Dysfunction" is "bondage to the emotions of others, unable to birth most creative self" and fibroids are the "Physical Manifestation".

Using Christiane Northrup's suggestions in the table as a place to begin with your work on communicating with your physical female complaint, bringing understanding out of the darkness and into the light as it were, I will now offer some suggestions for homeopathic support for some of these particular conditions: fibroids, heavy periods, no periods, irregular periods and PMS.

Remember...this is the beginning of healing as we tell the truth of our conditions to ourselves first. Read, learn, understand and know that the work we do as women in healing ourselves is what we will be offering to the world as healing. Consider this:

"As a woman in midlife today, I am part of a growing population that is an unprecedented forty million strong. This group is no longer invisible and silent, but a force to be reckoned with: educated, vocal, sophisticated in our knowledge of medical science, and determine to take control of our own health. Think about it: forty million women, all undergoing the same sort of circuitry update at the same time. By virtue of our sheer numbers, as well as our social and economic influence, we are powerful-and potentially dangerous to any institution built upon the status quo. It's a safe bet the world is going to change, willingly or otherwise, right along with us. And it's likely to change for the better.

It's no accident that the current movement of psychospiritual healing is composed largely of women in their thirties, forties, and fifties. We are awakening en masse and beginning to deliver a much-needed message of health, hope, and healing to the world." The Wisdom of Menopause by Christiane Northrup

Forty million women in menopause alone and just think/imagine what we can offer when we share with the rest of the world, the wisdom that is inherent in the female body through all of its cycles, not just menopause!

The Remedies

I'm going to break all this information up into manageable sections to keep us both sane; I can pace myself with the writing and you can pace yourself with the reading! So here is the plan:

Using Dr. Northrup's table I will cover in this issue, the first of the 4 common menstrual problems that women can have with their cycle, lack of periods. Next issue, I will cover heavy periods and painful or irregular periods and in a third issue, I will cover PMS (premenstrual symptoms) and with the 1 problem with the uterus that Dr. Northrup mentions, fibroids:

The Menstrual Cycle

1. Lack of Periods- also know as amenorrhea

Aristolochia clematis- common name Birthwort

I include this small remedy as it can be very helpful in two particular instances when a period may stop. Sometimes, when a woman discontinues the contraceptive pill, her normal periods do not resume. If the woman has stopped taking the pill because she wants to get pregnant, an absence of a period could be great cause for concern. The term that is used is "Never been well since". In this case it would be never been well since birth control.

The other situation is one of early menopause where the symptoms are: chilliness over the whole body but also may have excessive flashes of heat with perspiration. There is a tendency to be worse generally before and after the period but during the flow, she feels better. You can see why not having a period for the woman needing this remedy could be an unpleasant experience! Cool open air in general, makes all complaints feel better.

On a mental and emotional level, the woman needing Arist-cl does not like to be alone and when alone, can feel quite isolated and sad when by herself.

If Sepia or Pulsatilla has not helped, Aristolochia would be a good choice as "The physical symptoms bear a striking resemblance to Pulsatilla. The mental and personality type seem nearer to Sepia" which means that like Pulsatilla, the need for open fresh air is there with an aversion to becoming overheated but unlike Pulsatilla and more like Sepia, there is no desire for consolation. There can also be an exhausted/depressed state similar to the Sepia woman but that can also alternate with an exuberance and cheerfulness.

Pulsatilla

This remedy is what is known as a polycrest which means that it is a remedy that has many widespread uses and that it has been well-proven. It is an important remedy to have in your

first-aid kits as it covers many at home ailments from ear infections to digestive ailments to headaches to menstrual problems when the general symptoms of the remedy agree with the individual complaint.

One of the first situations needing Pulsatilla where the period is absent is that of puberty when the menses would appear to be imminent but there is no flow. The young teen may experience cramps, chilliness, nausea and vomiting. The young women themselves tend to be mild with a gentle disposition, low - spirited and cry easily. Hugs, comfort and reassurance will make her feel better. And as odd as it sounds, some young woman will note that their periods stop after getting their feet wet!

As the Pulsatilla person is very sensitive to the conditions of the weather and also sensitive to emotions, the period may stop because of any number of reasons: fright, getting chilled or wet, anemia or from anger.

The teen/woman needing Pulsatilla will generally be better for walking slowly in the open cool air. They are averse to heat and like the Windflower itself, will wilt in the direct sun although they prefer the out of doors to being in a warm, stuffy room. Even though the mouth may be dry, they are quite thirstless. These women tend to be soft, affectionate, caring, sympathetic individuals but can also be changeable in their moods, indecisive and insistent on the attention of others. In small children it is described as being clingy. They can desire rich, fatty foods but typically, they are much worse for eating them.

Sepia

The Sepia teen/woman will resemble Pulsatilla in some aspects of absent periods. They too tend to be chilly and worse for cold air or from getting wet but unlike Pulsatilla who feels better for slow walking in open air, those needing Sepia feel better for vigorous exercise, dancing, sports or anything where they can really move. Also, where the Pulsatilla woman would crave being touched and caressed, the Sepia woman would be quite averse to it. In fact, when a Sepia woman is truly not well, she has a strong aversion to her husband and children. The situation that would require Sepia will be one where a woman is living her life contrary to what her deepest desires are. Sankaran in his book *The Soul of Homeopathy* describes it this way;

"There is one side of her that says: "Do what you want to do, be independent, occupy yourself." And indeed Sepia likes to occupy herself mentally and physically; she likes brisk movements, dancing, etc. But if she is too independent she will lose her support and will not be able to keep her husband and children happy. The dependence may be emotional and/or financial (fear of poverty). So often she is forced to do things she does not want to do."

You can see where it could be a teen not wanting to go

against a parent's wishes but at the same time, wanting to break free and be independent. Or you can imagine, a stay-at-home mom simply worn out from pregnancies, wanting to be outside the home but unable to manage the demands of house and home and the paid employment world at the same time. Or it could be the other way around; the woman working in a high paying job outside the home and yet longing to be at home, living in conflict and becoming more worn-out and exhausted.

With a period that is suppressed or absent, the accompanying symptoms might be violent pain in the abdomen with faintness; very little flow if any, shuddering over the whole body, pain in the limbs as if bruised, abdominal spasms, with pressing downwards. It can sometimes be described as a feeling like everything is falling out. Sepia is one of the first remedies to think of for a prolapsed uterus.

With the absence of a period, there may be some symptoms as follows:

frequent headaches, weakness, sadness/weeping (like Pulsatilla), loathing of all food, even the smell of food cooking nauseates her, coldness of the hands and feet and frequent flushes of heat to the head and face.

And as a brief mention, 3 remedies to consider if the periods stopped after a loss or from grief: Ignatia, Natrum muriaticum and again, Sepia.

Next issue: Heavy periods and Painful/Irregular Periods
After that: PMS and Fibroids

PET CORNER - FALSE PREGNANCY

After each season, intact female dogs go through the same hormonal changes as they would if they were pregnant. The degree to which this pseudo-pregnancy is shown varies in different individuals, with some actually nesting, mothering babies (socks, stuffed toys etc.), and even producing milk. Others may get pudgy or dumpy or grumpy and still others may show very few signs at all.

In a wild dog pack, only the head female in the pack is allowed to breed and have a litter. Because they live in a social unit, it has been postulated that this false pregnancy in non-bred females may allow them to nurse the pack's litter if something happens to the actual mother. Thus, it may have survival value for the entire pack.

Cats are induced ovulators, meaning that they do not ovulate unless they have been bred. Thus, they are not as prone to false pregnancy as are dogs who do ovulate during their season, whether or not they are bred.

<http://tinyurl.com/9trfo>
http://www.fabcats.org/reproductive_failure.html

While false pregnancy may serve some purpose in a wolf pack, it can be distressing to dog and owner. Luckily, there are management changes and homeopathic remedies that can be of great help in alleviating the symptoms. One thing that many owners have found useful is simply to increase the dog's exercise. If there are interesting things happening in the dog's life, it will be less likely to mope. If there is a tendency to put on weight, slightly reducing the food intake will help.

Some homeopathic remedies to consider include:

Ignatia - there may be uncharacteristic irritability and aggression in a normally sweet animal, and this type may show lick dermatitis (licking or chewing herself). Consolation aggravates and the animal prefers to be alone.

Pulsatilla - one of the great polycrest ("a remedy whose provings and clinical applications show that it has many widespread uses" Yasgur's Homeopathic Dictionary) remedies particularly suited to females, with an affinity to the hormonal system. This type will be the one that mopes in her bed all day, but if taken outside will play normally. There may be loss of appetite and Pulsatilla individuals are usually thirstless. Consolation and stroking are much appreciated by this type, which is very different from the Ignatia animal!

Sepia - another great female remedy - this one is useful when there is unpredictable bad temper. There may be general indifference, although objects may be guarded in the 'nest'. As an aside, it is also the remedy to consider when the dam is indifferent to, rejects or even attacks her young. In these cases it may stimulate the maternal instinct.

The homeopathic veterinarian Francis Hunter suggests using the 30C potency three times a day for 5-7 days then repeating after a week if necessary. Remedies can also be used to help dry up milk. More information is available in the following books:

Everyday Homeopathy For Animals - Francis Hunter, MRCVS, VetFFHom (available from Minimum Price Homeopathic Books

<http://tinyurl.com/6dyb9> or WholeHealthNow books
www.wholehealthnow.com/books)

Your Dog & Homoeopathy - Atjo Weterhuis (available from BHA book service <http://www.bhabooks.com>)

Home Tips: Resources for Home Prescribing

1. Request an introductory mail out information package.
powers4@telusplanet.net

2. Helpful websites about homeopathy and homeopathy/women's conditions:

<http://tinyurl.com/4hcap> Society of Homeopaths Leaflet
"Homeopathy Simply Explained" and "A Fresh Look at Menopause"

<http://www.wchs.info/AboutHomeopathy.htm> West Coast
Homeopathic Society "About Homeopathy"

<http://www.tinyurl.com/6m66x> Miranda Castro "Finding the
Right Homeopath for You"

Dr. Feder website

<http://www.drfeder.com/women/homeopathy-pms.htm>

Judyth Reichenberg-Ullman's Whole Woman Homeopathy

<http://www.healthyhomeopathy.com/wholewomanhomeopathy/wwh/pg01.htm>

Homeopathy: Mystery of Healing A Video/DVD

"Mystery of Healing is an hour-long program that explores the origin, principles and modern practice of homeopathic medicine. It examines Samuel Hahnemann's theories and the work of modern homeopathic practitioners, physicians, veterinarians and pharmacists around the world.

Shot on location in the United States, the United Kingdom, France and Germany, this documentary offers insight and information on this popular form of complementary medicine. Interviews with experts provide a clear and in-depth look at Homeopathy, helping to demystify this age-old method of treatment."

If you would like your own copy of this program it can be purchased through the NCH Store (National Center for Homeopathy). Homeopathy: Mystery of Healing is available on VHS and now for the first time on DVD!

http://www.homeopathic.org/cable_list.htm

Helpful websites about women's health/uterine conditions:

Dr. Christiane Northrup's website is chock full of great information! She also has a monthly email newsletter that you might like to receive. www.drnorthrup.com

A Friend Indeed

Interview with Janine O'Leary Cobb

<http://www.afriendindeed.ca/anniversary.htm>

What the Experts are Saying: HRT

<http://www.afriendindeed.ca/experts.htm>

and on the Friend Indeed Website, be absolutely sure to check on the latest information about HRT (Hormone Replacement Therapy)

http://www.afriendindeed.ca/hot_flashes.htm

3. Homeopathic books. Everybody's Guide to Homeopathic

Medicine by Dana Ullman. A great first home prescribing book to have on hand. To order, go to:
<http://tinyurl.com/6dyb9>

Whole Woman Homeopathy by Judyth Reichenberg-Ullman
<http://tinyurl.com/6dyb9>

Homeopathy for Pregnancy, Birth and Baby's First Year by Miranda Castro <http://tinyurl.com/6dyb9>

Women Ripening Through the Menopause by Melissa Assilem
<http://tinyurl.com/6dyb9>

4. Take a homeopathic first aid course. Right now, classes are in Calgary where I live but watch for the announcement about first aid classes by teleclass...my next big step into the world of phone technology and cyberspace support. I'm really excited about being able to offer this to newsletter readers! Check out some of the websites already recommended and there may be a homeopath in your area already offering classes!

In the meantime, Sherri Nakken offers classes using email. Here are the web links for her homeopathy classes:

<http://www.nccn.net/~wwithin/vaccine.htm>
A Homeopathy and Vaccine Awareness class.

<http://www.nccn.net/~wwithin/homeo.htm>
A 2.5 month Homeopathy Basics class. You can contact Sherri at homeopathycures@tesco.net

5. CUSTOM REMEDY KITS! Alison has designed a compact remedy case that is functional and pretty! Easy to fit into a fanny pack for hikes, walks and bike rides, the 5 remedy case or 10 remedy case will lay flat in suitcases for travel anywhere. Alison has a basic animal remedy kit available for purchase and Donna can help you customize your own home remedy kit. A 1 hour consult on how to use the remedies is available and a first aid/travel booklet is included. With just 5 or 10 well-chosen remedies, you can handle many home first aid situations and then add remedies as you learn more about homeopathy. Phone me at 403-230-8505 to arrange your consult or send me an email powers4@telusplanet.net

Reader Responses:

I don't have any to publish today but I would like to take the opportunity to say thank you to each and every one of who took the time to send me an email with condolences on Gramma Beryl's passing.

It was a timely event at 104, not unexpected but at the same

time, it is still a loss. Gramma was about as unique as they come. She was singing and making jokes at lunch the day before she died.

We had a lovely family meal with all of her favorite foods and all the grandkids from Bett's side of the family were there as well as some of the great-grandkids. Gramma Beryl loved family and food; there was never a better funeral service! My brothers sang, stories were written, read and told. We all cried and we laughed and we remember her still.

Bett has already begun the process of writing down Beryl's story. She began it in 1997 and I am grateful that she did because with Beryl's story, her memory lives on. I look forward to sharing it with my sons.

And because I love quotes and The Red Tent, here is the selection that I read at Beryl's family gathering:

"There is no magic to immortality.

In Egypt, I loved the perfume of the lotus. A flower would bloom in the pool at dawn, filling the entire garden with a blue musk so powerful it seemed that even the fish and ducks would swoon. By night, the flower might wither but the perfume lasted. Fainter and fainter, but never quite gone. Even many days later, the lotus remained in the garden. Months would pass and a bee would alight near the spot where the lotus had blossomed, and its essence was released again, momentary but undeniable.

Egypt loved the lotus because it never dies. It is the same for people who are loved. Thus can something as insignificant as a name-two syllables, one high, one sweet-summon up the innumerable smiles and teas, sighs and dreams of a human life.

If you sit on the bank of a river, you see only a small part of its surface. And yet, the water before your eyes is proof of unknowable depths. My hear brims with thanks for the kindness you have shown me by sitting on the bank of this river, by visiting the echoes of my name.

Blessing on your eyes and on your children. Blessings on the ground beneath you. Wherever you walk, I go with you. Selah"

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Donna Powers, DCH is a certified classical homeopath practicing in Calgary, Alberta, Canada. Donna uses her

training as a homeopath to teach others how to discover the healer within.

This newsletter is sent every second Tuesday only to those who have requested it. Homeopathy is a wonderful medical science/art and it is the intention of each issue to help you find and provide the resources you need to learn about homeopathy, how you can use it safely at home with family and pets and how you can benefit from classes and private consultations.

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