

Sea Remedies – Evolution of the Senses

by Jo Evans

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From the moment I received notification that this eagerly awaited “Sea Remedy” book was finally published, I knew that we would be in for a real “treat” of a read. Having been part of an on-going Sea Remedy Group, exploring the lesser known sea remedies for several years in the UK, before my move to Australia in 2009, we had started to develop similarities and differentiation charts as well as a thematic repertory under the leadership of Gordon Adam RSHom (Bristol, UK). We had also been aware for some time of Jo Evans’ considerable task in bringing together a further comprehensive collection of remedies from the Sea. When my copy arrived, I was not to be disappointed; I knew this would be a book of great substance and not just by the weighty 658 hardback pages!

Not since Peter Tuminello’s gloriously illustrated *Twelve Jewels* has there been such a beautifully photographic and intricately woven story exploring a group of remedies from so many perspectives; Mythology, Archetypes, Evolutionary Process, Senses, Natural History, scientific Classification, Materia Medica, Thematic repertory and much much more – an invitation to dive in to the depths of our own “essence” and submerge ourselves into the primordial sea of life.

This book significantly follows the release last year of *Survival*; Rajan Sankaran and Sudhir Baldota’s study of the Molluscs and their sub classifications – Bivalvia, Gastropoda and Cephalopoda, which lays out the anatomy, respiratory system, life style, behaviour and expression of each group, together with a few illustrative case studies. Jo Evans takes the study of these groups to a much higher resonance and adds further Sea Remedy Groups: the Porifera (Marine Sponges), Cnidarians (coral, sea anemones and jelly fish), Echinoderms (starfish and sea urchins) and Marine Arthropods (lobster and horseshoe crab).

In *Evolution of the Senses* Jo Evans has subtly captured the signature and

symbolism of each remedy within these classifications, enabling the reader to gain deep insight and a personal appreciation of the polarities, sensations, affinity and mind of each of these remedies. The whole book is thoughtfully and practically laid out – taking the reader on an exciting voyage of discovery during which one can move in many directions – dipping into specific chapters, cross referencing themes in the repertory, skipping to the “Spiral Journey” (more of that later) or just reading cover to cover.

The book opens with Baudelaire’s *Correspondances* which I will quote in full; as it sets the scene masterfully for the unfolding of this magical journey which the reader is invited to take in “Exploring the Senses”: -

At times, the living temple, Nature, allows faint whispers to filter through her sentient pillars.

Meanwhile, we thread our way through forests of symbols, where the untainted mirrors of hidden eyes, observe us all, all knowingly, as we pass.

We strain to hear her distant echoes, yielding to the communion of undivided memory, to a source vast as night and as enlightenment: an empire of correspondences where perfume, colour and sound meet in profound harmony.

Where pure scents – like that of a baby’s skin; mellow as an oboe; or green, as a meadow after rain; and others, darkly compelling, heady & exultant – like ambergris, musk, benzoin and incense – an exalted chorus of infinite substance, they sing of the ascendant soul, in the unity of the senses.

An interpretation after Charles Baudelaire’s Correspondances by Isabella Waterstone & Jo Evans

Nearly 50 years ago Dr Whitmont (1912–1988) a Jungian psychoanalyst and homoeopathic physician, presented a series of lectures and professional meetings acknowledging us as “sentient” beings who are developing the understanding that our complexes are in functional correspondence not only with the code systems of our organs, but also with the informational systems encoded in the various substance patterns and field systems of the outside world.

(The Alchemy of Healing – Psyche and Substance). Whitmont spent much of his life exploring the territory where mind, body and spirit intersect, synthesising and expanding upon ideas and methods drawn from diverse areas of psychology,

medicine, science and religion. Jo Evans takes up this observation of the fusion of organism, planet, cosmos and human as a healing principal and develops this masterfully throughout this book bringing it all together in the final chapter “The Spiral Journey.”

The opening chapters “Explore the Senses”. They include: Taste and Smell, The Chemical Senses, then The Sense of Vision, The Sense of Touch and the Sense of Hearing. Each chapter relates each sense from a scientific, mythological and physical perspective then relating each of the “senses” and the similarities and also to the individual manifestation within each sea remedy classification group. Next follows an extensive *Materia Medica* by each of the sea remedy group classifications and then the individual remedy – Looking at the signature and symbolism, the sensations occurring within the various systems of the body, as well as a summary of where the animal appears in nature – its habitat and environment.

Finally, we arrive at a section entitled “Spiral Journey” The Homoeopathic Process; this section for me is the “Jewel in the Crown,” examining the various expressions of the spiral; where we observe in nature, the archetypes and the parallels in our inner life and development, the application within the homoeopathic process and how we grow and develop through our “illnesses and befallments.” Edward Whitmont wrote of this too as well as the emergence of ever new field patterns with their conflict and illness potential being an essential element of human existence, a precondition for maturation and growth. Yet, homoeopathic correspondences are still not officially accepted by science. Apart from within Homoeopathy, only writers and artists may give notice to them. Our homoeopathic remedies, a form of spiritualised matter, mirror the pattern of the emerging life energy, that of the disturbed or dis-eased energy of the patient, in order to restore equilibrium. Jo Evans draws the similarity of the reciprocal spirals of the DNA, the double helix, with its backbone of sugars turning to the right, and proteins twisting to the left, the energy of the patient and the remedy are complementary but mirrored forms of energy working in a reciprocal dynamic. We are encouraged to visualise this as a Caduceus – The Staff of Life which Hahnemann referred to as the “*Wesen*”; the “*Lebensprincip*” is the serpent and the remedy is the twin serpent spiralling

the staff in mirror form. (Spiral Journey P 544 – 545)

Jo Evans also explores of the symbolism of the spirals we find within the shell remedies and we are taken “Into the Labyrinth” – How will the reconciliation of opposites leading to inner integration come about? How do the shell remedies descend into the spiral labyrinth of shadow, anima and animus, to enter their own healing process? And why is Aphrodite their consort? (p58)

This section reviews the role of the divine feminine: Aphrodite/Venus asking for integration of both male and female balancing right and left brain. Aphrodite/ Venus is ruled by Copper, one of the seven metals of the alchemist and one of the noble metals, along with silver and gold. Copper is explored as a remedy “Cuprum”, its doctrine of signature and its role within shell remedies is seen as a central element. Copper is a conductor of heat and electricity and merges with other metals; its role of exchange or resistance to exchange, mirroring key themes we see in the shell remedies as well as an important physical link with respiratory and skin issues. Hippocrates used copper for pneumonia; Paracelsus used it for epilepsy, hysteria and respiratory illness. Our Materia Medica indicates that a person needing Cuprum will have convulsive and repressed characteristics physically and emotionally.

There then follows a useful summary of the symbolism of shells (P599), a section on “Spiral Chambers”, acknowledging how life moves in cycles and how we tend to repeat our patterns until we can fully integrate and accommodate them. We are encouraged to view how our lives form spirals and though this winding process of life may at times feel slow and repetitious, it has its own divine proportions.

This book vibrates with colour sound, taste and touch; enlivening all our senses and bringing an integration of our understanding of these sea remedies as well as the experience of the Homoeopathic process and correspondences.

“The wise Homeopath does not pretend to know what causes a person’s suffering, nor does she comprehend the mystery that lies behind all healing.

When an event occurs which creates suffering, the homeopath remains mindful that every cause is the effect of another cause. Does the trauma produce the illness, or does the state of suffering attract trauma to itself? By not

knowing the answer, she stays open to all possibilities. By refusing to think in linear terms, she is able to glimpse the invisible threads that tie all phenomena together.

The homeopath’s task is simply to make associations, noticing how one thing relates to another. Gradually, she begins to understand that every single thing is connected to everything else in the universe. - Cause & Effect –from the Tao of Homeopathy – Ian Watson

This “Sea Remedy” book is much than a Materia Medica or reference book; it is a wonderful read in its own right utilising symbolism and mythology to help the reader to appreciate the individual remedies and key themes. This “Exploration of the Senses” offers the reader a unique opportunity to appreciate who we are, where we have come from; the synchronicity and correspondences we find not only within the sea but also within our own lives, and within our practice of this wonderful, healing art and science – Homoeopathy.

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