



# BIRDS

Homeopathic  
Remedies from  
the Avian Realm

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ANNEKE HOGELAND



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from the Avian Realm

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H O M E O P A T H Y   W E S T

## FOREWORD

In *Clarke's Dictionary* we find 997 remedies listed. Of these, 589 are from plants, 300 are from minerals and 82 are from animals. In the 1990's, this disproportionate distribution of remedies was noticed as a potential problem by Sankaran, Herrick, Sherr and many others. Great attention began to be placed upon various groups of animals to try to elucidate where our paucity of animal provings should be corrected. Great credit belongs to Jonathan Shore and his colleagues for recognizing that of all the neglected animal groups, the birds had been the most completely ignored. In the present work, 16 bird remedies are discussed, correcting the absence of avian species from our *materia medica*. Even more impressive is the fact that the authors are not presenting merely preliminary data. *BIRDS: Homeopathic Remedies from the Avian Realm* takes a giant step toward elucidating the nature of this family of remedies, complete with detailed prescribing tips. The homeopathic profession will long remember this contribution.

Having witnessed first-hand Jonathan Shore's ongoing discoveries into the nature of patients who require bird remedies, I am delighted to make some opening remarks in this book. Jonathan, together with Anneke Hogeland and Judy Schriebman, has brought into being a new class of remedies. This was accomplished first through a series of preliminary provings, then later through the study of natural history and, most importantly, through carefully documented cured cases.

I am certain that every homeopath who tests without prejudice the information and guidelines given here will be satisfied with the results. Clinical results speak more eloquently than words.

In addition to bringing invaluable knowledge to the homeopathic community, the authors have created a template for future homeopathic texts. Homeopathic books should pass one simple test before being written. The prospective author should ask, "Is this a book which I would find an indispensable addition to my practice?" *BIRDS: Homeopathic Remedies from the Avian Realm* meets and surpasses this test. What makes this book even

more admirable is that the authors have aimed it directly at the needs of the practitioner. It is practical and to the point, filled with pearls based upon clinical experience. Following the injunctions of the first aphorism, the authors spend far less time discussing their methodology than in giving concrete prescribing points. The homeopathic community will reward the authors with the highest form of praise: cures of patients who, without this book, would have continued to suffer.

*Roger Morrison*

## PREFACE

To capture birds in print is a task that turned out to be quite difficult. As soon as an essence of bird is put into final word form, the feeling comes up that we have lost that which makes it vital and living. Birds are about movement, fluidity and freedom. Words are black fixed images on white paper. When reading these captured images, please allow yourself the freedom to fly with the material into the wide-open skies or dive deep into the water to meet the spirit of these creatures.

*Judy and Anneke*

## ACKNOWLEDGMENTS

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Dedicated to all bird beings.

#### FALCON FREEDOM

*I'm a bird locked away,  
I'm a bird who wants to play,  
I want to speed among the air,  
I want to be freed among the land,*

*Can I be free?  
Can I once again soar through the air?  
Can I stray again please?  
Can I divide the air again?*

*I want to soar through the land,  
I want the air to hit my face again,  
I want to dive down and strike prey,  
I want freedom!*

Poem written by a 10-yr-old boy  
after receiving *Falco-p*



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## BOOK OUTLINE

### INTRODUCTION

An overview of the bird kingdom. This includes bird characteristics, general bird notes and a brief guide to bird nomenclature.

### KEY FEATURES

The key points that emphasize the central characteristics of each bird and what makes it unique. It includes natural history and any important mythology and symbolism that shed light on the remedy. This part includes a section of prominent rubrics specific to the bird.

### PROVINGS

The actual material of the provings is given; trituration, journal entries, dreams, experiences and physical sensations. This allows for more in depth study of the provers' own language so that it can be seen how core ideas and key aspects have been extracted.

### CASES

A selection of edited cases to illustrate how the remedy shows up in practice.



It is our hope that this format will permit the reader in the first instance to easily recognize when a patient needs a bird remedy, and in the second instance, to do a thorough differential analysis to find the specific bird.

# INTRODUCTION

*“Do you hear that bird?” asked Dan. I told him I did.*

*“Do you know what he is saying?”*

*“I don’t speak ‘bird’,” I answered.*

*“You should,” he twinkled. “Learn a lot. The birds are ‘two-leggeds’ like us. They are very close to us.”*

*from Neither Wolf nor Dog: On Forgotten Roads with an Indian Elder,  
Kent Nerburn, New World Library, Novato, CA 1994*

The intent of this book is to bring together the currently available information on this group of remedies in a form which will facilitate both a good grasp of the characteristics of the group as a whole and the ability to focus down simply upon its individual members. Thus emphasis is placed not upon the small details but is rather weighted between the generals and the particular individualizing characteristics of each remedy. Although the body of knowledge in relation to these remedies is still in the early stages of development I believe we have sufficient data to paint pictures that are accurate in their broad outlines.

## Why Birds?

My first bird prescription came about in this way: for some 3 or 4 years I had treated a young woman, initially with *Cann-i* and then with *Natrum phosphoricum*. Although the remedies acted well she continued to return with the same complaints. During these years she would tell me of her recurrent dreams of collecting feathers and using them to build a pair of wings. Not having any repertorial references or any satisfactory basis for homeopathic interpretation this data played no part in the choice of remedy. With the passage of time and the influence of Rajan Sankaran, the possibilities of what may or may not be useful information for prescribing took on a new life and the idea of bird entered my mind.

Certain events assume a life of their own, having a potential way beyond our immediate understanding. The next time I saw her she reported a

## *Introduction*

detailed and vivid dream of an eagle. The only bird remedy available at that time was Eagle (*Haliaeetus leucocephalus* 30C), it having been recently proven by Jeremy Sherr. The clarity, depth and duration of the response affirmed the correctness of the choice. At this same time one of the students at the Hahnemann College needed to complete an original research project as part of the course requirement. At my suggestion she chose a bird (a red-tailed hawk) for a proving. This remedy was proven both in the classical way by her as well as in the form of seminar provings in Finland and Germany by myself. The collected data was quite extensive and reliably uniform between the American and European experience despite the diversity of methodology.

In regards to the provings, my study at that time was focused on the passage of remedy information and energies between people in groups, and only incidentally on birds.

However, for whatever reason, people began to send me bird feathers, which, somewhat like the original bird dreams, I filed away in some drawer. While struggling with another case I chanced to look at one of the feathers labeled Scarlet Macaw. It was so beautiful I looked this bird up on the Internet and realized this was the remedy for the case at hand. The non-existence of the needed remedy opened a new phase of proving experimentation. It was necessary to make it from scratch and this presented an opportunity for a different kind of proving; one in which the proving and the making of the remedy were the same event. The impact of this experiment on all the participants was profound and changed my attitude toward proving procedure in a fundamental way.

After completing these provings of two quite different birds, Hawk and Macaw, I was struck by the commonality of certain symptoms. In the first proving, the hawk, a notable symptom was stabbing, stitching pain in the eye. At the time the obvious explanation was derived from the fact that the bird was blind in one eye, most likely having been injured by a sharp twig. The appearance of these same symptoms in the second bird proving, the Macaw, threw the initial explanation into question (and in fact raised doubts about the explanations we make up for proving symptoms in