

Helium - Including an introduction to the noble gases

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'The noble gift of perfect existence is also *Helium's* Achilles heel. Perfectionism wraps *Helium* in an isolating layer, preventing contact with the grimy joys of life.'

Jeremy Sherr's journey with the noble gases has so far taken twenty years, starting with the proving of *Neon* in 1993. *Helium* was proved in 1995 and *Argon* and *Krypton* both in 1997. In 2012 he reproved *Xenon* and is yet trying to source pure *Radon* to prove this.

I met with salivating anticipation the opportunity to review this book. Jeremy Sherr publishes rarely: I have awaited a 'Gas Book' for many years now. And his books are a feast of many courses. In this

case we have a starter – a brief explanation of the periodic table and the noble gases, followed by an entrée of six chapters of Dynamic Materia Medica of *Helium*, including Themes and Essence. These are viewed through potencies, which in themselves we are assured, represent levels of perception rather than proving potencies: 12C – physical affinities, 30C – generalities, 200C – emotional essence, 1M – higher themes, 10M – spiritual themes, 50M – sensation, function and structure and CM – collective spirituality. This is followed by an amuse-bouche 'mini meditation proving' and a remedy synthesis. I found the meditation proving stunning in its accuracy of the few *Helium* cases I have prescribed.

The dessert comprises nine cases through which we really come to understand how the remedy speaks in the patient. Some of the cases have been taken by homœopaths who have followed Sankaran's style, which shows in the case taking; but what is also clear is the mental or 'head' space in which *Helium* patients live; out of the world, not yet incarnated, unable to be in the 'now'. It is a lonely place, whose loneliness gives way to apathy and indifference. In the

words of one patient, "When I am sad, I shut down completely. It perpetuates my isolation. I don't participate in superficial relationships. I like a relationship to be deep. I isolate myself for self-preservation." The dark side of being complete (the chemical reason why the noble gases are called noble, and inert, is that they each have a complete outer shell of electrons – they want nothing; they are complete) is that they look down on the muck and filth of everyday life in a state of divine tranquillity and just cannot bear the disturbing thought of joining in. I am very much reminded of Divya Chhabra's proving of *Indian Eagle*, and indeed the animal shade of *Helium* is seen in the provings to be an eagle.

Finally there is a cheeseboard of *Helium* analogy, biology and cosmology.

The book is sprinkled with poems, which may not scan but flash insight and showcase the fluid mastery of Jeremy's understanding. I looked eagerly for 'as if one person' on p.172, but drew a blank. I published "Disease, as if" in the June 2012 edition of *Similia*.

Problems: a technical fault prevented me from downloading the full proving, from the www.provings.com site (p.191), but I did find there Hélène Rénoux's 2011 full *Helium* proving available in French. A comparison and synthesis will be interesting.

There were some fascinating Periodic Table figures by Walter Russell, printed just too small for me to be able to really appreciate the information. I resorted to a magnifying glass. The book is hardcover, stitched, and simply laid out; it has some editorial glitches and typos, a good index, running headings, and is easy to work with.

The book is for those who wish to better understand the medicines and analogies of the periodic table. The following noble gases in this series will give us even greater insight.

"One characteristic of the noble gases is that they emit light when an electric current flows through them." Jeremy's hope is that the books will supply you with some of the voltage needed to enlighten your homœopathic journey.

For me this is a 'must have' book!