

Bird Remedy Characteristics

With acknowledgement and thanks to: Shore, Jonathan 'Birds: Homeopathic Remedies from the Avian Realm'.

Common to all bird remedies...

Mental/emotional

1. Conceptual organisation. Mind organised around concepts and ideas, rather than classification (minerals). Information is analysed, synthesised and comprehensible.
2. Impartial and detached. Lives as an observer; removed from things.
3. Intuitive. Able to draw knowledge from a deeper/higher place.
4. Inability to focus, express self or concentrate. Forgets words. As if drugged. Mistakes in time and space; with words, directions and maths.
5. Spiritual awareness. Search for spirituality.
6. Concerned with social issues. Family and community orientated. Drawn to the caring professions.
7. Issues about desire to be part of a group, or desire to be free and alone. Freedom from restrictions of the group, or fear of abandonment. Family duty, or being an outsider.
8. Love of travelling. Cosmopolitan.
9. Perfectionism. Urge to get things right.
10. Pride. Aloofness.
11. Shame and humiliation.
12. Sense of rising above; of being separate from oneself or from the world. Feel different and apart. Stands outside. Wanting to escape the earth.
13. Dreams of water, dogs.
14. Music important.

Physicals - Generals

1. Inner vibration/ trembling/buzzing/restless nervousness.
2. Heightened senses – all five senses, to the point of being unbearable and so then wanting to be alone.
3. Disturbance of appetite. Lack of, or excessive/sudden.
4. Great thirst.
5. Frequent and copious urination.
6. Pains stabbing, stitching, lancing, cramping. Especially in eye, chest or abdomen (intestinal or menstrual).
7. Desire for open air.
8. Warm blooded. Or heat in single parts.

Physicals - Specifics

1. Headaches. Fullness, pressure, heavy. Upward movement. With vertigo/floating/being outside or above self.
2. Face, jaws teeth. Sinusitis. Lower jaw especially. Pulsations (teeth and gums). Toothache.
3. **Eyes.** Many symptoms. Pains sharp, stabbing. Eyes irritated/dry. Vision enhanced or blurry. Peripheral vision lost. Fear of blindness.
4. Ears. Stabbing pains. Hearing over-sensitive or acute.
5. Nose. Sneezing, coryza, obstruction.
6. Throat. Inflammations.
7. Chest. Sharp, stabbing pains. Tightness and difficulty breathing deeply.
8. Severe dysmenorrhea.
9. **Tension, drawing, cramping and stiffness** in **neck** or upper **back**, often extending to the shoulder or arm.
10. Severe shoulder pain.
11. Pain, heaviness, weakness, clumsiness, numbness or tingling of the limbs. Or limbs feel light and strong.
12. Sciatica. Pain in hip and knee.

Additional notes on water birds...

1. Throat symptoms pronounced. Irritation, inflammation. SAI lump. Constriction. Difficulty swallowing.
2. **Emotions**, all more pronounced - isolation, grief, sense of not belonging, of being an outcast, of self reproach.
3. SAI teeth are softening or weak. Fear that won't be able to chew.