

The Realms

Medieval. Goes back to Greeks. Part of Indo-European model. Variations – Peter Frazer “Using Realms in Homeopathy”.

Version of energy model.

My version...

	Sky	
Earth		Sea
	Underworld	

Relate to the elements, and add a new slant and perspective...

Earth

- We are earth creatures. Can only temporarily move through other realms. But only fairly recently – came from water, still in development of foetus, and living by/travelling in water.
- What is earth like, as a realm (brainstorm)
- Tangible, real, solid, stable (all other realms fluid).
- Clear boundaries and place.
- Change is slow, progressive. Built on. Layers. Sequential (history). Progression of time. Layers.
- Reasoned. Rational. Logical. Ordered.
- Practical. Pragmatic.
- Consciousness.
- Hierarchical. Patriarchal. Left-brained. Place in structure – either knowing it, or wanting to rise up. Power = possessions, wealth. Inheritance.
- Male. Father/child.
- Musculoskeletal.

Sea

- Brainstorm.
- Pre-consciousness.
- Flow and flux. No boundaries and definition.
- In the sea we ‘live and move, eat and defecate, copulate and die in the same place’. Timeless. Past, present and future all one. No sense of progression, sequence or moving on. Past always around, and cannot move on or plan a future, as no sequence.
- Stuck in the past. Brooding, wallowing, stewing, simmering.
- Emotions. Feelings rather than reason. Instinct.
- Emotional attachments. Nurture and emotional bonds. Empathy. Devotion.
- Feminine. Matriarchal. Mother/child.
- Sexuality.
- Endocrines.

Sky

- Brainstorm.
- Spiritual. Physical desires transcended. Knowledge and detachment. Superconscious. Ego transcended.
- Asceticism. Self-sacrifice.
- Self-denial, for the greater/higher good. Global concerns. Compassion for humanity and all creation. Collective consciousness. Spirit.
- Freedom from earthly concerns and ego. Space and liberation.

- Detachment. Clarity of perception/vision.
- Teacher/pupil, guru/disciple.
- No boundaries or definition. Nebulous. No certainty. Lost in space and timelessness. Bewilderment. Lost. Confusion.
- Cut off. Unconcerned. Overly detached.
- All sky creatures still have to come back to earth/sea to breed, raise young, feed.
- Nervous system.

Underworld

- Brainstorm.
- Subconscious. Of what is below the surface – love, hate, passion, desire. Of emotions that may come to the surface and overwhelm us.
- Realm of projections and disowned parts. May appear as adversaries, monsters, ghosts and demons.
- Death and rebirth. Death of old idea of self, rebirth of more whole self.
- Making the darkness conscious (Jung quote).
- Sexuality, as power and transformation. Perversion.
- Use use/abuse of power. White/black witch, star wars light/side/dark side.
- Symbolism. Dreams. Art. Drugs.
- Confusion with sky.
- Lovers.
- Circulatory system.

Remedies

- **Earth.** Minerals, especially metals: Alum, Aur, Plat, Cupr. Also Kalis, Carbs, Sil. Lots of plants too such as Lyc, Nuv, Bry, Anac. Lizards? Mammals?
- **Sea.** Nat Mur. Other Murs too. And other Natrums. Sea Salt, aqua Mariana, Sil Mariana. Water plants: Fucus, Lemna Minor, Nuphar Luteum. Plants near water: Squilla Maritima. Sea creatures: Sepia, Murex, Spongia, Corallium etc. Amniotic fluid?
- **Sky.** Gasses. Luna, Sol, UV Lux. Rainbow? Milky Way?
- **Underworld.** Solanaceae.: Bell, Stram, Mandragora, Solanum Tuberosum Aegrotans. Radioactive minerals: Radium, Positronium, Plutonium (whole of Uranium series).

More interesting are the transitions

- **Birds.** From earth to sky - land birds, or water (and earth) to sky - water birds. Freedom, but hard to sustain it. Or aversion to earth/water.
- **Insects.** Earth to sky. Don't get as high as the birds, and have to go through a metamorphosis.
- **Spiders.** Between the realms. Connected and sensitive. But outside. Amoral and ruthless. Try to control all the realms.
- **Trees. Span.** Sky and earth. Rooted in the earth, but reach for the sky. Can get depressed and bogged down – Oak, Sequoia. Or airy and struggling with the earth – Apple Tree, Silver Birch, Thuja.
- **Drugs.** To Sky. Hallucinogens to sky through underworld, but may get stuck. Opiates show oblivion of sky. Ecstasy?
- **Snakes.** From earth to underworld. Symbols of transformation (and dangerous knowledge). Unhealthily, use power to further earthly ambitions.
- **Amphibians.** Would be from sea to earth.
- **Cetaceans (whales and dolphins).** Earth to water.
- **Milks.** From sky to earth (or to water, in the case of the Cetaceans). Issues about incarnating.