

Case - OZONUM No.L

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Preamble:

The consent to publish case was obtained from the client.

Bits and pieces deliberately omitted to ensure anonymity and slightly edited for fluency.

Case reception - February 2020 via Skype

Client - Female 31y/o

Background:

She is a patient of mine since the summer of 2019. This is the 4th consultation. She contacted me originally because of forgetfulness with difficulty to finish the sentence as if the thought is lost. She suffers from a mild form of miliary psoriasis, mild acne mainly on the face and upper part of the chest. She complains about cracking joints especially knees and was diagnosed in her age with arthrosis. She has got frozen Rt shoulder with pain irradiating to hand. She has got PMS and is quite emotionally upset and irritated before menses, anger easily outbursts. During menses, she is weak, tired and feels heavy, to mention a few main complaints.

She was treated by a colleague for three years w/o success by various potencies of NUX-M. My first prescription was ALUM which seems to work initially and she was happy on it. I didn't see much progress on the physical level and I changed to SOL-T-A. The 3rd prescription was LAC-LUP. She became pregnant on this remedy and her life situation stabilised.

She lives with her partner in the remote rural area in the huge farmhouse which they are refurbishing. Her partner is divorced but they share the same farmstead with the ex-wife and share care of two young boys from marriage too. This co-living was a trigger to numerous tensions and arguments between two women and my client didn't feel comfortable in such kind of triangular relationship. There were ongoing discussions about boundaries and she talked often about "space intrusion". I had the impression she would like to become pregnant as soon as possible to annulate the deficiency she felt in the relation to ex-wife's motherhood. She tried to become pregnant for a couple of months w/o success and LAC-LUP helped her in this matter.

She asked for another consultation to evaluate progress and because of worries of the epidemic. She likes to have a special remedy in case the coronavirus epidemic will spread into the countryside.

Interview (verbatim):

Dr: doctor, C: client

C: I'm overwhelmed. Partner is leaving for pilgrimage in the Sahara desert, he will stay there for 40 days. I feel more independent after the remedy. Maybe the pressure to become pregnant is gone. We didn't know whether we will succeed.

C: I realised it is not optimal to work in the partner's company. I would like to practice Cranio-sacral therapy and I have already a few clients. I got feedback from the woman I learnt Cranio-sacral therapy that she is glad I work with her. We share the room and alternate there. It is temporary job anyway due to pregnancy.

Dr: Would you mind to tell me more about an independence?

C: For example the situation: my partner and his ex-wife and children and I was there alone, on my own. It is calmer now. Ex-wife lives now with her boyfriend. It is like on the scale (*HG - showing balancing of the old fashion scale with her hands*). I don't feel anymore alone and unanchored. If everything goes well we will have a baby.

Dr: Alright, you feel more independent, not alone anymore and more anchored?

C: I have my place ... or to say another way ... I'm more on my (own) place.

Dr: Do you feel you have got your place, haven't you?

C: It was beforehand as if on the scale. I was on one side and ex-wife with children on the other side, and also partner ... like a three-legged stand and I should be the third! The scale was not weighting the same on both sides.

Dr: You felt like the third one on the scale?

C: On one side it is me and on another side is ex-wife with children. I felt I'm light (weighing less). Ratio changed after I became pregnant. It was an impulse to have a child, it came not only from head, but from the heart. I start to dwell in my heart. This gives me the feeling I'm connected and independent.

Dr: You felt you are weightless and you observe you are independent and connected?

C: Yep, I have got the weight now. I'm independent. I'm on my own when w/o relationship and I'm self-confident and I have got a connection. There is synchronicity and impulses. I feel something and I get confirmation from outside. I simply perceive it.

C: We live here (farm) with partner and her and I felt what a bummer. To maintain my-self in the relationship. It was a mess in the tri-relationship and I didn't have a weight! If something happens it is me who will be blown off not the ex-wife and children. The solution also appeared in regards to boundaries with the ex-wife. I doubted myself a lot before. The urge to have a baby was strong. I had a vision during the Ayahuasca ceremony and partner talked about it too. We get used to each other and tune to each other but I was not able to get pregnant. I got information that measuring basal temperature can help. Why are not given important information in the school?! I found out my luteal phase is too short. So I applied it. It was not anymore as if you are trying to switch on the light in the dark, there was light afterwards.

Dr: Tell me more about how you maintain yourself in the relationship, please?

C: I felt anger and fear. It is like a general rule for me when I'm in a relationship it is more demanding... I'm not able to remain to be myself.

Dr: Can you explain it to me, please?

C: I do what partner expects from me, how it should be done. I see a partner influenced through the lens of projection of my parents onto him.

Dr: Can you tell me please what does it mean for you when you are yourself as you are?

C: To have my own needs! I don't like much to watch movies. I would not go and sit in front of the TV by myself. My partner likes it. I miss reading books. For him it is important and I go and watch movies with him.

Dr: What does it mean to be yourself in the example you mention?

C: Partner is leaving the Sahara desert for 40 days. I'm looking forward to being alone, on my own, and connect with a baby.

Dr: Do you mind to tell me how to do it?

C: I connect with baby by Cranio-sacral therapy or I shift my attention in the hypogastrium and I sense an essence, colour, sensation. In the book about babies which I read there is a recommendation for meditation and singing.

Dr: Anything particular you find interesting in the book?

C: I opened the book on the train - a chapter about the birth of female shaman. Her seventh chakra is open and such witchdoctor is in every woman, who is going to give birth. She (mother) becomes a birth witchdoctor and knows how to give birth. What was interesting that in one moment you speak with somebody about the seventh chakra and in the second moment you open the page in the book talking about the same. It is synchronicity.

Dr: Do you feel synchronicity at the time you are connected?

C: I remember you ask me once what I would like to get from the universe. I said I would like to be loved by life and it means life communicates with me.

Dr: The life communicates with you through synchronicity?

C: I found it natural. With the previous homoeopath who was doing the sensation method, it was weird. He gave me the question and I answered and he asked the same again and again. It was not fluent communication. After a while, I was perplexed I didn't know what to answer and he always prescribed based on my blank screen the same. You chat with me, here is a dialogue and it is personal. Let me put it in this way: I have not been disoriented in my life thanks to communication!

Dr: Please, explain to me: not disoriented in life because of communication?

C: You come to the train station. You would like to buy a ticket, but the counter window is closed. I don't know what happens. Is it closed? Do they like me or not? Is there somebody neglecting his job? There is an opposite situation. Somebody asks you "how are you, how can I help you"? There is a helpful and smiling woman. You say: "one ticket,

please". She asks you kindly: "do you like a return ticket". "Yes, please, I do". You sit later on the train and you feel good.

Dr: When you feel such communication where is it in your body?

C: In my in-breath and out-breath. When there is communication I can breathe, make in-breath and out-breath. However, whenever there is no communication I do not breathe or I'm breathing irregularly.

Dr: How is it for you as the whole when you are not breathing properly or irregularly?

C: As if on needles. I can't relax. What's going to happen? The energy is not flowing and is held.

Dr: Do you feel it somewhere in the body or outside the body?

C: I'm stiff, the whole body. I don't want to move. Everything takes more time.

Dr: Can you tell me more about such condition when you are stiff, do not breathe properly and the whole body is affected?

C: Diaphragm! It is like a stone! It is here (*pointing to her stomach area*) I can't breathe and intercostal muscles too (*pointing to her chest*). I can't take a breath in and the right side of the body: right shoulder, leg and the inguinal area is affected.

Dr: How do you feel if you can't take a breath in, you can't breathe properly?

C: I feel diaphragm as the septum or hindrance in the body. It is a natural hindrance, but people do not feel it. A feeling of heaviness.

Dr: Do you feel communication with life if you are breathing?

C: There is the air inside me and around me, some emptiness, what I love to breathe. At that moment I do not feel knives, it is maybe from the fear.

Dr: Please, describe me knives or emptiness or both?

C: I got impulses when I saw a knife. I saw (imagination) one or more knives around me in various forms stitching into me. When I see physical knife it reminds me of the feeling and I become insecure.

C: I felt the nidation of the egg. I was worried, is it healthy? I feel the tension in the same place (*pointing to hypogastrium*). I have got an impression the baby is telling me: "don't worry I'm alright". Beforehand: I tried to overcome it by deeper breathing but the more I breathe the imagination of knives around me become stronger.

Dr: When you breathe you feel inside and around in air some emptiness you love? What is that?

C: It is not emptiness. It has some essence. It is pleasant, it has a pleasant atmosphere. To connect with the heart and feeling in the soul. It is not compression. I try to describe it through the opposite. It is freedom!

Dr: Freedom to breathe. Please, describe it more?

C: There is a nice day, raining and afterwards super air. It is pleasing to breathe. In comparison to the city where you smell shits and you should be careful not to step into one, it is the opposite. Or you are in a concentration camp: you breathe in and you die. You know that life is alright and you can relax. It is not empty and cold. It is warm, light and fragrant.

Dr: Great! Warm, light, fragrant ...

C: It is the same feeling during Cranio-sacral therapy. Under your hands is somebody, something is happening and you feel your own heart.

Dr: Can you tell me more characteristics?

C: It has a certain concentration, density, it is not empty. There is a feeling of connection.

Dr: Alright. Explain to me please what you call the connection?

C: It is multidimensional ... between heart and womb and baby and in the same way between earth and sky and much more dimensions.

Dr: Oh yes, between earth and sky.

C: ... hmm ... joy... I do not imagine it as a red thread. I feel something between my heart and hypogastrium, in that way it is not flying by but grounded!

Dr: Seems to be important for you to be grounded?

C: I feel I'm down-to-earth. It happened to me often that people kept telling me I'm not grounded. My impression is that grounding is related to a baby. There is a new layer of grounding. I do not have yet born baby, but people kept telling: "wait for your child, it will ground you down".

Dr: This was the opinion of some people. What do you think about it?

C: I had got a connection in a period between university studies until I moved here (farmhouse). I missed it since I'm here. I sense things, what is true and what is not, what resonates and synchronicity. I have begun being aware of blue colour around me. I visited a lady who knows how to read aura and chakras and she told me there is plenty of blue colour in my aura.

Dr: What kind of blue you are aware of?

C: What a question!? ... light blue...little bit turquoise

Dr: Does it resemble anything in nature?

C: It is like the sky ... light colour like the sky!

Dr: I think we can finish here if you don't mind. I will send you "blue from the sky". Do you agree?

C: Do you mean aether?

Dr: Not really. Just common blue from the sky (heaven) with the qualities you mentioned: blue in colour, warm, light, fragrant, connected with freedom.

C: I'm looking forward to it very much. Thank you!

Rx: OZONUM LM2 drops daily

Follow up: She is very cooperative patient. She updates me regularly and sends her dreams (full of toilets, bathrooms, space occupied with crowds of people accompanied by a feeling there is lack of privacy and so on). She is doing very well on the remedy.

Note: Please compare the OZONUM case No.K and No.S for further reference. I hope I will be able summarize soon my understanding of OZONUM dynamic and relevance to current coronavirus pandemic and its global impact.

-FINIS-

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