

## **Homeopathy, Element-Remedies, and the Atomic Messages: How a client's healing experience opened up a new field of knowledge**

By Barbara Allys Brandt

*Summary: After a client is given Homeopathic Remedies made from the atomic elements, she and her friends are inspired to learn more about the symbolic meanings and healing powers of the elements and the Periodic Table. Their discoveries have implications both for Homeopathy, and for our larger understanding of our lives and the world.*

In the year 2000, when I was 57, I realized that something was very wrong with my life and I needed to heal something emotional inside myself so I could relate more comfortably to the world around me. I'd already explored several types of psychotherapy, but I craved something deeper. Because some of my friends had gone to a local Homeopathic Practitioner to help them through their own emotional crises, and had experienced impressively positive results, I decided that I, too, would try Homeopathy.

In March 2000 I went to my friends' Practitioner (let's call him "D."), he interviewed me, then he gave me some tiny white pills to take every day. I continued taking his pills during the rest of that year, curious about how these tiny pills would change me.

I knew a little bit about Homeopathy when I began treatment. I knew that many people used this method to heal physical ailments, but I didn't really have any physical problems, and I was doing it because I wanted to change my emotions and personality. I also knew that Homeopathy operated by identifying symptoms, then prescribing remedies according to the principle of similarities, and that the pills I was taking did not contain the actual physical substances, but only energetic patterns of the substance from which the remedy was made. It was all very mysterious, but I needed help, and my friends affirmed that this process had definitely helped them.

As I continued to take my daily pills, strange things began happening to me. For example, I suddenly lost the desire to participate in one of my long-time favorite political activities; but I felt no guilt about letting it go, and instead I realized I now had more time and mental space to pay attention to my personal life and relationships, which I needed. Another example—a few months into the process, D. switched me to a new remedy, which suddenly gave me the urgent need to drink an entire quart of water in a few minutes (normally I could never do this).

After a few months I asked D., "What exactly is the problem that these remedies are treating me for?" and he replied "Family problems." "Family problems!" I exclaimed later to my boyfriend—"How can a pill help me with 'family problems'?" But that, in fact, was a good description of the origins of my emotional issues and personality difficulties, so I continued taking the pills and waited to see what would happen next.

In November 2000 my boyfriend and I visited my parents for Thanksgiving. Throughout my adult life, at get-togethers with my parents I could not control myself, but would almost always end up screaming angrily at them and stalking out of their house in frustration; but this time I was amazed to discover that I was able to remain calm and tolerant throughout the visit. I could now see that my parents were acting in deeply dysfunctional ways, lacking emotional awareness and behaving in blatantly emotionally inappropriate ways, but this time I simply observed them calmly. I was actually able to sit peacefully on the sofa with my arms around my mother and father (my boyfriend took a photograph of this), and my heart felt open and accepting instead of the rage I’d so often felt. So I saw the proof with my own eyes—these little pills were changing my personality and emotions and improving my relationships in astounding ways, giving me just what I needed. But how was this possible?

I told D. that I was so amazed by the results of his homeopathic remedies that I wanted to understand exactly how they were able to do what they were doing. Because most of the remedies D. had given me were derived from the elements of the Periodic Table, D. lent me a copy of Jan Scholten’s *Homoeopathy and the Elements* (Utrecht, The Netherlands: Stichting Alonnisos, 1996). I carefully read through every one of this book’s 600-plus pages, and was even more amazed. Although I am not a scientist, I’ve always been fascinated by the Periodic Table, and I was particularly impressed by Scholten’s assertion that each of the Rows and Columns in the Table has a symbolic meaning which influences the impact of remedies made from the elements.

As I read through the meanings that Scholten assigned to each element, I intuited that I needed some of these particular element-remedies, and I told D. about this. D. agreed that these remedies were exactly what I needed next, and gave them to me. Over the next few months, D. and I continued this collaborative approach to identifying which element-remedies I needed next, and as they continued to transform me and make my life easier and more satisfying, I felt enormous gratitude both for Scholten’s work and for the transformative gifts these various element-remedies were bringing to me.

After about a year I felt I had changed enough, and stopped taking remedies. However, I bought my own copy of Scholten’s 600-page book, and I continued to feel amazement and gratitude for the power and insights in his work.

### **Discovering the elements’ Positive Personality-Gifts**

In February 2003 my father passed on. Since he had been such a distant emotional presence in my life, his death barely seemed to have any emotional impact on me. However, a few days after he died, the following insight suddenly appeared in my mind:

**“If remedies made from elements in the Periodic Table are able to have such a powerful transformative impact on people’s emotions and personalities (as I had personally experienced, and as Scholten’s book described for other people), this transformation must happen because each of the elements is vibrating a positive personality-gift, that people who take element-remedies become able to express.”**

This felt like a very important insight, because homeopathic practitioners work by identifying “symptoms”—that is, negative problems that a person is expressing. Scholten’s book adds to this, by also describing larger emotional themes, personality issues, and stages of life that the various elements represent.

But the insight that had come to me went even further: My insight said that there is actually a positive state—a positive personality-gift—that each element is vibrating. This means that a particular set of symptoms can be healed because an element-remedy is transforming the person’s negative symptoms into that element’s positive state. Or in other words—inside each symptom (negative form) is a positive form seeking to express itself; and the element-remedy is helping bring this latent positive state into full expression. It seemed to me that if we could identify and describe in words the positive personality-gift that each element is expressing, this would both increase our understanding of the healing process, and enhance the power of the healing that each element brings.

### **Opening up a new field of knowledge**

While I felt that it would be wonderful if we could identify and verbally describe the Positive Personality-Gifts that each element represents, I did not know how to do this. However, my boyfriend and a group of his friends are all psychics and energy-sensitive intuitives. I asked them if they would be willing to participate in a psychic research project with me—Would they psychically tune in to each element in the Periodic Table and ask what Positive Personality-Gift each element was bringing to humanity? My friends enthusiastically agreed to do this psychic research with me. And thus “The Open Table Foundation” was born.

Over the next few years, my psychic research team tuned into and “interviewed” each of the 118 elements in the Periodic Table. My training as a sociological researcher was useful here, because it helped me create a comprehensive questionnaire that we asked of each element.

Not only did we ask about the Positive Personality-Gift that each element brings to humanity. Since the element-remedies heal various symptoms, we also asked about the negative aspects (symptoms) related to each element. But we decided to refer to these negative aspects as an element’s “Imbalances,” because this reminds us that any element’s personality-trait which has gotten out-of-balance can also be healed and transformed into its positive version.

Through our psychic research, we discovered that each element brings its own unique, admirable, wonderful Positive Personality-Trait that we human beings can develop and express—gifts such as Love, Creativity, Learning, Peace, Generosity, Purposefulness, Courage, Happiness, Compassion, Integrity, Protection, Forgiveness, Healing, etc.

However, each element’s positive trait can also be expressed in a distorted form—as “Imbalances,” and these Imbalances carry the vibrational patterns of well-known human weaknesses or vices, such as Greed, Violence, Loneliness, Control, Debilitating Fear, Destructive Anger, Depression, Despair, etc.

**Scientists tell us that the material elements are the “building blocks” of the physical universe. In a parallel way, we might consider the elements’ energetic vibrations to be the source of our human personality traits, including the source of our virtues and vices!**

## The Atomic Archetypes

In order to more easily understand and describe each element’s Positive Personality-Trait, The Open Table Foundation created an “Atomic Archetype” for each element—a brief phrase that summarizes its Positive Personality-Gift in a dramatic, even humorous way. To give some examples for well-known homeopathic remedies:

- The Atomic Archetype for **Sodium** is “The Active Seeker of Difficult Challenges.”
- The Atomic Archetype for **Potassium** is “The Calm, Open-Minded Receptive Person.”
- The Atomic Archetype for **Chlorine** is “Creator of Non-Possessive Relationships.”
- The Atomic Archetype for **Carbon** is “The Individual who Builds Community.”
- The Atomic Archetype for **Magnesium** is “The Peacefully Passionate Person.”
- The Atomic Archetype for **Manganese** is “The Helpful Person.”
- The Atomic Archetype for **Calcium** is “The Humbly Courageous Protector.”
- The Atomic Archetype for **Chromium** is “The Masculine-Feminine Person.”
- The Atomic Archetype for **Oxygen** is “Releaser of Old Attachments.”
- The Atomic Archetype for **Fluorine** is “The Holistic Judge of Glamorous Candidates.”
- The Atomic Archetype for **Sulphur** is “The Joyously Loving Friend-to-All.”

After developing these Atomic Archetypes, my friends and I began to recognize their expressions in famous people, such as in the great Inspirational Leaders, Saints, Creative Artists, and Innovators of history. We also began to recognize these personality-gifts in our friends and relatives, and in ourselves.

As a result of our work, we were able to develop a detailed “Personality Profile” for each element in the Periodic Table, describing in depth both the Positive Personality-Gift that each element brings, as well as its distorted form—its Imbalances. We also developed Affirmations for each element, that express its Positive Personality-Gift.

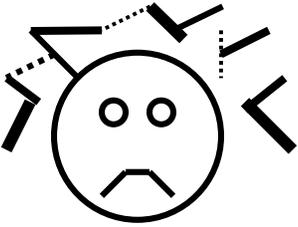
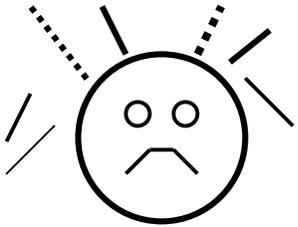
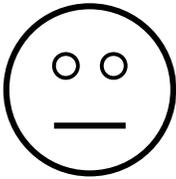
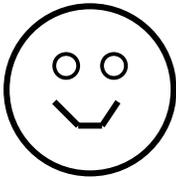
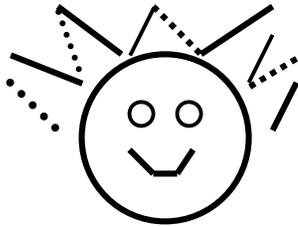
My Open Table Foundation colleagues and I agreed that what we were discovering was deeply significant, especially because this work allowed us to identify and verbally describe many different Positive Potentials that human beings can develop and express. (In 2014 we changed our name to the “**Atomic Messages Foundation**”—AMF—and we describe each element’s Positive Personality-Gift as its “**Atomic Message**” that it is bringing to humanity.)

## Implications for Homeopathy

Since AMF’s work was inspired and informed by Homeopathy, we hoped that our discoveries about each element’s Positive Personality-Gift would be helpful for Homeopathic Practitioners. Here are some of our discoveries that might be of special interest for Homeopathy:

- Some of our findings suggest different interpretations from Scholten’s. For example, Scholten says that people express each element in the Periodic Table sequentially—one after the other: that over the course of their life, each person begins with the issues related to the first element, Hydrogen, then they move through the issues related to the second element, Helium, and so on up to the end of the Table; but our findings suggest an alternative interpretation for how we express the elements and their issues throughout our lives. Scholten also suggests that the 7 Rows of the Periodic Table represent seven sequentially-expanding realms of human activity, but our findings suggest a different interpretation for the meanings of the 7 Rows.
- Our psychic inquiries into each element’s positive gift suggested a new understanding of what “healing” means. Healing is usually assumed to be an end-point or final goal, but our work with the elements suggested that, instead, healing is the mid-point in a larger process of a person’s development. We at the Atomic Messages Foundation see each element’s personality-gift as a continuum, ranging from its Imbalances (negative aspects) to the full development of the Positive Personality-Potential that each element brings. (See Figure A—The Continuum of Healing.) In other words, healing helps eliminate the negative characteristics that are holding you back; once these problems are removed, you are able to more fully develop wonderful new abilities, expressed as each element’s Positive Potential.
- Each element’s energetic vibrations can heal its own Imbalances. In other words, not only can each element’s Personality-Traits become Imbalanced, but each element also carries the energetic vibrations that can heal its own Imbalances. (This phenomenon is recognized in the basic Homeopathic principle that “Like heals like.”)
- A common phrase in Homeopathy is “The person is the remedy.” AMF’s findings help to clarify why this appears to be the case. We discovered that each element’s gift might be expressed either as an ongoing trait in a person’s Core Personality, or as a temporary behavior appropriate for specific situations. The members of AMF discovered that each person is born with the positive potentials of 8 elements’ gifts in their Core Personality (these 8 elements are different for each person). Through life, any of these Core-Personality traits might become Imbalanced, requiring healing. Furthermore, because of the vicissitudes of life, a person might express other elements’ gifts, depending on specific circumstances—or they might develop an Imbalance of some of these additional elements’ Personality-traits, which then need to be healed. So it might be more accurate to say that “In their personality and behavior, a person expresses the Personality-Traits of various elements; and if any of these traits become Imbalanced, the person needs the element-remedy made from this particular element, so it can heal these Imbalances and restore these traits back to their positive expression.”

**Figure A. THE CONTINUUM OF HEALING** — © 2015 by Barbara Brandt for the Atomic Messages Foundation

<b>EXTREME IMBALANCE</b>	<b>MODERATE IMBALANCE</b>	<b>HEALED – NEUTRAL</b>	<b>POSITIVE POTENTIAL</b>	<b>REALIZED STATE</b>
				
<p><b>PROBLEM, SYMPTOM: EXTREME PROBLEM</b></p> <p>The person has an extremely severe mental or emotional disability.</p> <p>OR</p> <p>The person has suffered an extremely severe trauma, feels deep suffering.</p> <p>OR</p> <p>The person expresses extremely strong brutality, violence, criminality, etc.</p> <p><b>HISTORY'S INFAMOUS VILLAINS AND TYRANTS ARE EXPRESSING THIS STATE.</b></p>	<p><b>PROBLEM, SYMPTOM: NEUROSIS, etc.</b></p> <p>The person may be neurotic; restricted by self-limiting beliefs or fears; may be overemotional, or have deeply suppressed emotions; etc.</p> <p>They do everyday activities, but they don't feel good.</p> <p>"Something isn't right." "I'm not fulfilling my true potential." "I'm blocked in doing what I know I should be doing with my life." "My life is not satisfying," etc.</p>	<p><b>THE PROBLEM IS RESOLVED</b></p> <p>The person is no longer ruled by the Imbalanced state of this element.</p> <p>The person can now get on with their life. They can go on to do their everyday activities, with fewer difficulties or problems.</p> <p>They can go on to develop and express their true potentials more fully.</p>	<p><b>A POTENTIAL THAT COULD BE FULFILLED</b></p> <p>This element's gift is part of the person's Core Personality. (It is one of 8 positive Element Personality-Traits in their Core Personality.)</p> <p>The person has the innate potential to manifest the positive aspects of this element's gift very successfully, in a highly developed way.</p>	<p><b>THE PERSON IS EXPRESSING THEIR FULL POTENTIAL</b></p> <p>The person is fully expressing their innate talents and potentials.</p> <p>They are making a strong positive impact on the world.</p> <p>(They may be a humble person, or they may be famous and powerful.)</p> <p><b>HISTORY'S GREAT POSITIVE INSPIRATIONAL LEADERS AND INNOVATORS ARE EXPRESSING THIS STATE.</b></p>

## Wider Implications

My friends and I felt that our discoveries also have applications beyond Homeopathy, and that our findings—especially about the Positive Potentials each element brings us and how we can develop and express them in our lives—would be of interest to many people interested in healing, personal growth, and human potential. In order to share our work with a wider audience, in 2014 we changed our name to the “**Atomic Messages Foundation**,” and describe each element’s Positive Personality-Gift as its “**Atomic Message**” that it is bringing to humanity.

AMF offers workshops, trainings, and has now published two books presenting the material we discovered:

“*The Atomic Messages of Peace, Love, and Healing*” provides detailed Personality-Profiles, with positive gifts, Imbalances, and Affirmations for the first 75 elements in the Periodic Table; discusses how the elements’ personality-gifts influence our behavior, expand our potentials, and how we can consciously interact with the elements’ gifts for greater well-being, self-understanding, healing, to improve our abilities and relationships, and more; and explains various methods, including dowsing, for communicating with the elements. (134 pages.)

“*The 43 Off-the-Chart Elements*” is a work-in-progress that describes AMF’s current understanding of the meanings and personality-gifts of the Lanthanides, Actinides, and Trans-Uranium elements; it provides special Personality-Profiles and Imbalances for these 43 special elements; discusses the differences between naturally-occurring and artificially synthesized elements, and the symbolic meaning of Radioactivity; explains how to do Element-Readings with all 118 elements; and discusses the larger meanings of the elements for human development and human history. (55 pages.)

To learn more about AMF’s work, publications, training programs, and other resources, see [www.ElementMessages.com](http://www.ElementMessages.com), or contact Barbara Allys Brandt for more information.

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*About the Author:* **Barbara Allys Brandt** is a social change activist, author, international public speaker, and energy-healer from the Boston area. In 2003, after receiving the insight that each of the elements in the Periodic Table has its own spiritual meaning and positive spiritual gift for humanity, Barbara brought together a group of psychics and energy-healers (“The Open Table Foundation”), who tuned into and “interviewed” each of the elements to learn about their spiritual meanings and gifts. Barbara developed the questions that her psychic team used in communicating with the Elements; then she compiled their responses, along with additional information from other sources, including physics, chemistry, biology, neuropsychology, and homeopathy, to put together the material in our publications and workshops.

Barbara has taught the Atomic Messages material at the Boston Theosophical Society, the National Conventions of the American Society of Dowsters (in 2006, 2007, 2008, and 2014), and she authors our books and other publications.

In December 2014 we changed the name of our organization to the **Atomic Messages Foundation (AMF)**, to share our discoveries with a wider audience. You can reach Barbara Allys through the AMF website, [www.ElementMessages.com](http://www.ElementMessages.com)

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