

*Helium: including an introduction to the noble gases*

By Jeremy Sherr,

Saltire Books, Glasgow, 2013, hardback 220 pages, £34.99

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Reviewed by Francis Treuherz.

This book is a masterpiece of conscientious research, clinical work, and deep thought, which displays the results of a full proving according to the principles of Hahnemann. The evidence from the proving is set in both the scientific background of the periodic table and symbolic interpretations from a variety of cosmologies. The book is dedicated to members of Jeremy's family, including his grandfather who was a rabbi in Bulawayo. This explains so much about the book, as the contents reflect the synchronous of the prophetic style of the writing, the religious themes of the remedy, and the ethical reasons why Jeremy has been out there in Africa since 2008, giving back his best work to the continent which gave his family shelter from the pogroms of Eastern Europe at the end of the nineteenth century. The book itself is a thing of beauty, with the subtle use of colour and typography to enhance the text, all in a secure fine binding.

The story begins with 25 pages about the noble gases, which is well worth reading as a good and scientific introduction. The proving itself is summarised with themes that develop from the Swedenborgian potency scale, as it leaves the material plane at 12c, through detailed discussions of each, the 30c, 200c, 1M, 10M, 50M, CM to a final chapter on MM. I was expecting the by now familiar style of a complete Dynamic proving report; I worried about what had happened to it when I saw a brief chapter on a meditative 'mini' proving. I found another short report at [www.interhomeopathy.org/a-proving-of-helium](http://www.interhomeopathy.org/a-proving-of-helium) by Hélène Renoux. It did not take me long to realise that the full proving is out there as a PDF file for £5 at <http://www.dynamis.edu/index.php/catalog/articles/homoeopathic-proving-helium/>.<sup>\*</sup> Honour is satisfied.

There are 9 cases from the author and colleagues, which are interesting to read and very useful to illustrate the themes and the uses of this spiritual remedy. A male religious studies student in a wheelchair (who was given the 6c), and a woman recovering from cancer who appears to be 'as if in a cocoon', illustrate that *Helium* bridges the physical, mental and spiritual. How provers so quickly find so many cases of their remedies is a marvel and a miracle.

I was intrigued by the way Jeremy relates the Biblical story of creation, the Tetragrammaton<sup>\*\*</sup> and the story of Moses – to the remedies. Moses ascends Mount Sinai where he talks directly to God, which is *Hydrogen*; he receives two stone tablets which is *Helium*; this moves from *Helium* – two – to the Ten Commandments – *Neon* is ten. Later on we meet the golden calf, which is of course ground up into water and given to the disgruntled Children of Israel to drink – *Aurum*. There is yin and yang, poetry, theosophy, a range of periodic tables and much more, this is one of the richest contents of a 220 page homeopathy book which you could buy, so go and buy it.

<sup>\*</sup>The PDF will print and then you can have it spiral bound as a reference source for the main book.

<sup>\*\*</sup> The four letter Hebrew name of God.

546 words

The Noble Gases

JEREMY SHERR

# HELIUM

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