

Jan Scholten

Homoeopathy and the Elements

Leseprobe

[Homoeopathy and the Elements](#)

von [Jan Scholten](#)



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Word of thanks

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Foreword

Finding the right remedy is the greatest challenge of homoeopathic medicine. It seems that I am stating the obvious. But this isn't altogether true. The greatest challenge is to admit that you haven't yet found the remedy you are looking for. One of the greatest eye openers ever was the reverse similars law presented to me by Jan Scholten one day: an unknown picture needs an unknown remedy. A brilliant hint and food for thought for all of us who are involved in homoeopathy, for the anxious seeker who is looking for that one remedy that will cure his problem patients, as well as for the complacent ruminator who thinks he has seen it all by now.

A point of discussion that we frequently encounter is whether homoeopathy is an art or a science. This discussion all depends on the theoretical question whether heuristics belong to the domain of science, or whether it should be seen as so called 'pre scientific procedures'. Heuristics is the methodology of searching. In order to find something new you have to try and find out where to look for it and this is in turn related to your problem-solving urges. In other words, if you accept everything that comes your way without question and if you accept that the way things are is just fine, then you will never feel the need to look at other horizons. But when you recognise the problem of the status quo, you will go and search for missing links and boundaries that can be shifted.

This book is all about the periodic system. The best introduction to the new ideas presented in this book is to suggest the following exercise. Take a large sheet of paper and draw a grid of 18 vertical columns and 7 horizontal lines and then proceed to fill in the elements in the usual way, starting with Hydrogen, Helium, Lithium etc.

Next take the most extensive Materia Medica you can find and make a note of the most important rubrics of each element in its appropriate compartment. When you have done that stand back and take a look. You will notice that most of the spaces are empty. Now ask yourself this question: "Why are there so many empty spaces, while others are filled up with polychrests like Ferrum metallicum. Phosphorus, Sulphur or Aurum metallicum?" Are you beginning to get a sense of the problem? You have just asked yourself a very heuristic question. The only step that lies between a question and an answer is ACTION! That is precisely what Jan Scholten did and the result is this book: a Materia Medica of the periodic system. The book that is in front of you right now will enable you to start filling in those empty compartments.

But this isn't all. Having the manuscript of 'Homoeopathy and the Elements' lying on my desk has not only increased the amount of information on Materia Medica at my disposal, it has also brought about some major 'landslides' in several other essential aspects of homoeopathic methodology, especially case-taking and interpretation of the effects according to Hering's law, which says that a lasting cure can only take place if the most deeply disturbed level in the hierarchy of symptoms is cured first.

However, the strategy of perhaps having to search beyond the comfortable zone of well known polychrests brings certain problems in its wake. You may lose the connection between the Materia Medica and the effects the remedy is

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having on the patient. It may no longer be possible to relate some of the changes that are occurring in the patient to the well known characteristics of the remedy, simply because you don't know the characteristics as well as you know the keynotes of the more common remedies. When Sulphur, Pulsatilla or Medorrhinum no longer stick their feet out of bed at night after the first prescription, or when the Calcium carbonicum child doesn't have a sweaty head anymore, while his sore throats are also getting much better, you know that these are all symptoms of the remedy. Many of us came across this problem for the first time when Vithoulkas shared one of his famous 'eye openers' with us: 'You never find a polychrest without keynotes'. In my first year of practice I once prescribed Arnica to a patient who had bruised her elbow after a fall in the bath. I was most surprised by her reaction afterwards: 'I feel a different person', which meant that the remedy had had a deep and lasting effect on this lady who turned out to be a constitutional Arnica patient. These surprising incidents of deep constitutional changes after the administration of an acute remedy form the link between keynote prescribing and 'classical' constitutional prescribing. Many recent additions to the repertory are due to similar 'surprise' results. But in order to recognise the remedies in the empty spaces in the periodic table we cannot rely on keynotes, as there aren't any (yet). Instead we have to rely on the method that Jan used to discover them, the group analysis method, which we are beginning to become familiar with since his previous book 'Homoeopathy and Minerals'.

The group analysis method cannot be applied from bits and pieces of superficial information, hence we are forced to go on questioning until we have found the most deeply disturbed level in our patient. Anybody who starts to use this book will soon discover that it will add an extra dimension to his diagnostic techniques: a well known picture gets a well known remedy, a peculiar picture gets a peculiar remedy, and a picture that is not fully understood will unfortunately, but inevitably, get the wrong remedy.

Whenever we are willing to go deeper and deeper until we have reached total understanding of and empathy with the patient's problem, we will be able to find a remedy that has the scope to bring about a real change in that patient. Clarke has stated simply that an Aurum case with Sulphur characteristics would most probably need Aurum sulphuricum, and that a mixed case of Calcium carbonicum and Sulphur was most likely a case of Hepar sulphuricum. But the group analysis goes much further than adding up the quantities: it is not a case of simply adding up 50% Aurum + 50% Sulphuricum = Aurum sulphuricum, it is a combination of two remedies based on the quality of their characteristic symptoms.

Cuprum muriaticum is no longer a Cuprum keynote in a woman with Natrium muriaticum characteristics, it is a woman who has a very 'spastic' or cramped view of motherhood. And when the remedy works, it will not only dissolve the cough that is ameliorated by a sip of cold water, it will also enable the woman to experience new dimensions in motherhood. And the man with stomach pains who has the nightly salivation of Mercurius, coupled to the restless feet of Zincum, is indeed in the middle of a crisis in his artistic development which fits the Cadmium picture: powerless to maintain his creativity. And once again the criterion by which we can call this man cured is not the fact that his salivation might disappear, which could have been dealt with equally well by a dose of Mercurius, nor is it the fact that his feet don't twitch anymore, which could also

have been solved by a dose of Zincum. It is only when the creative crisis is solved deep inside that we know we have chosen the correct remedy, a remedy from the 'creative' Silver series, which is situated in the periodic table in between Zincum in the 'task' orientated Ferrum series and Mercurius in the 'power' orientated Gold series. The focus of the diagnosis is aimed at the past history of the patient: do I recognise why the patient acts the way he does and why he makes those particular choices? The follow up is also focused on the same existential level: is the remedy helping the patient to lead a more fulfilling life?

By creating concepts and terms that describe the quality of the patient's life and the way he copes with life's questions Jan shows a modern, spiritual approach that is based on a real understanding of and respect for each other in the individual expressions of our true selves.

I am absolutely convinced that many a therapeutic relationship will benefit from what this book has to offer.

Fernand Debats, January 1996.

Foreword by Roger Savage

To many of us there can seem little doubt that Jan Scholten has brought about almost a revolution in homoeopathic thinking and awareness. The suggestion of exploring the periodic table of the elements as a valuable source of homoeopathic remedies which had so far been only incompletely opened up probably originated with Jeremy Sherr, and was taken up with enthusiasm by Rajan Sankaran. Then we began to hear of a homoeopath in Holland who was concentrating his investigations in this area, came to know more about one Jan Scholten, and started asking him to give talks to explain the significance and pattern of his researches into minerals. In England his initial talk was only brief, but all copies of the newly-published *Homoeopathy and Minerals* were very quickly sold out. Slowly and gradually we got used to the idea of building up remedy pictures from certain core concepts relating to a single element or one of its compounds, and felt that we too, in our small way, were managing to be pioneers in the healing art of homoeopathy. The pharmacies in England, too, were beginning to get the idea, and started to order in these strange new remedies or even make them up themselves. We, and they, thought we had arrived at a new level of understanding and practice.

But Jan remained well ahead of us, and by dint of careful observation, deep reflection and not a few flashes of intuitive insight was arriving at a vastly enhanced vision of the mineral remedies. One or two 'work in progress' lectures began to give us a clue to what was coming. His own introductory and explanatory comments to this second book will slowly but surely bring home to us that in this present volume we have been offered truly a quantum leap in homoeopathic Materia Medica: Jan has enriched the remedy pictures and expanded our understanding in several dimensions. He has, quite simply, led us from thinking we know an isolated few of the mineral remedies to showing us the plan of the entire periodic table, so that we can see how minerals relate to each other laterally as well as vertically and how the various compound salts enhance or modify the picture of the single element. Not only do we have

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theory, we also have a large number of clinical cases and quite a few quoted provings. These should go some way to answer those critics of Jan's work who say that it is based on speculation and that in his cases he changes the remedy too frequently. His remedy pictures are drawn from his own experience and that of his colleagues, but he had made clear to us that his experience is still growing and some of the conclusions are having to be modified as time goes by.

It seems scarcely an exaggeration to claim that we are privileged to have this opportunity to participate in a piece of front-rank pioneering research, and use his remedy pictures and other insights and advice offered in the course of the book as the basis of our own further research. The more I have studied this book the more I have come to admire the thoroughness of his attention to detail and the depth and breadth of his vision of the totality of the periodic table -or spiral- of the elements. I am sure he would like nothing better than to find he has stimulated a lively debate among thinking homoeopaths as well as offering us more insights into the nature of the creation and of humankind.

Roger Savage - *Cambridge* - *September 1996*

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0.0 Introduction

This book is about the elements in the periodic system and how we can use them in homoeopathy. So far we are only using a fraction of these elements and the aim of this book is to explain how we could apply the remainder of these elements. It is the story of the opening of a whole new world, the world of the periodic system, which had always brought up lots of questions in my mind: why were there so few remedies that we really knew well, remedies like Aurum or Argentum nitricum for instance? What about Hafnium or Krypton or any of the others? They were like white patches on a map of the known world. Several of the ideas in this book need to be developed further. We need provings of many of the remedies to confirm and extend the pictures that we deduced through group analysis. We also need cured cases to confirm our pictures and to make them come alive, to 'colour them in' so to speak. But most of the ideas had reached a stage of development where I felt justified to publish them. Many of the ideas have been tried and tested in the cases that I treated, together with my colleagues in the Homeopathisch Artsencentrum Utrecht. The reader is invited to start using them and I welcome further suggestions, comments and feedback.

The group analysis method

The method used in this book is a continuation of the group analysis method, as described in 'Homoeopathy and Minerals' (Scholten (1993)). For a description of this method see the chapter 'Group analysis'.

How to use this book

The amount of information and the number of remedies described in this book is formidable. There is a danger that the reader may lose the red thread running through the whole. By reading the introductory chapters very carefully, several times if necessary, you will find that the structure of the book becomes more clear and the development of the themes of the remedies more easy to grasp. This book is not meant to be read from front to back in one sitting, like an ordinary novel, but rather to be used as a *Materia Medica* to consult from time to time when you meet one of these cases in practice.

One way of learning how to use this book is by taking one of your own successful cases of one of the more well known elements and comparing this to the pictures as described in this book. By looking at the themes of that series and that stage you will begin to get a clearer picture of these themes. When you find one of the elements in a rubric that is very strong in the case you are investigating, it would be a good idea to read up on that element in the relevant chapter in this book. It may be that an element comes up very strongly in a case but doesn't quite fit the overall picture. Or it seemed like the right remedy but it didn't do very much. In those case one of the 'neighbours' in the periodic system might be more appropriate. For instance: Aurum seemed to be the right remedy but only brought a slight amelioration. On further investigation using the group analysis Osmium might be better indicated. Osmium is also in the Gold series, but it is situated at stage 8, whereas Aurum is stage 11. All this gets a little more complicated once we start to take the different combinations into account. Then it could prove to be a case of Aurum muriaticum, rather than Aurum metallicum. Taking Arsenicum album as an example we have to make sure that we not only look at the Arsenicum 'neighbours' but also at the Oxygen neighbours, because Arsenicum album is really Arsenicum oxide.

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It is very important to get a basic understanding of the themes and the concepts belonging to various series and stages. As far as the series are concerned this isn't too much of a problem. It is relatively easy to differentiate between the themes of leadership and royalty of the Gold series and the themes of task and routine of the Ferrum series. In the chapter 'The seven series' you will find a full explanation of these themes. The difference between the various stages is more difficult to perceive. This is a problem the reader will almost certainly come up against and it is something that I am still struggling with myself. The stages are phases in a development, going from start to success to decline, and every stage has a different theme, corresponding to a particular phase in this progress. But the theme of the remedy itself is also at a particular stage of development. At first the particular problem belonging to this theme can be solved, or compensated; later on this is no longer possible. Here we might see both sides of the same coin, the duality that is part of every remedy. And these different expressions of one theme may look very similar to the development of a theme within a given series. This 'confusion' is probably the reason that the idea of the stages had never been discovered in homoeopathy. Let me give an example to explain what I mean. In the Titanium case in this book there was a tremendous fear of failure, so much so that the woman in question had to give up her job. We might interpret this as the loss [Stage 15] or the end [Stage 17] of her work. But she fails right at the moment that she officially [Stage 4] starts [Stage 4] her job.

It is important to listen carefully to the words a patient uses frequently. Another example will illustrate this point. A female manager [Silver series] is being opposed by her boss. The director is transferring all her colleagues to another section in order to undermine her department [decay, Stage 12]. She puts on some soldier's combat gear [actor, Silver series] to make a declaration of war. We may see this kind of behaviour as a challenge, in which case it could indicate Stage 6, but she herself doesn't see it as a challenge, she feels that he is taking away from her [decay, Stage 12] everything she has worked for all these years and which she deserves to be allowed to keep. She also doesn't use the word challenge, she uses the word powerless [Stage 12]. Stage 12 of the Silver series is Cadmium. We also run the risk of staring ourselves blind at the concept of the stages, without gaining a real insight into the stage itself. Studying the stages as part of a continuous cycle will bring about a greater understanding of the concepts and why certain expressions used by a patient point to a particular stage. Another example: Stage 5, the stage of preparation, tends to get stuck in always preparing but never getting down to the real task in hand. The next stage, Stage 6, can no longer afford to postpone, they have to get into action, with all the risks attached. Hence the expression: 'have to prove what I am worth', 'must take up the challenge', 'forced to get into action'. It is very important to carry on asking questions until you can identify the stage someone is at. Words like 'fear of failure' or 'unsure of myself' may indicate any stage: it isn't until we delve a little deeper that the patient will tell us how he deals with these fears or insecurities. It is often necessary to offer several examples of possible reaction patterns before the patient understands what information is important to us. We might ask: 'Do you give up easily on those occasions, or will this push you to carry on, or are you inclined not even to start when that happens?' Questions on how they deal with criticism and compliments can also bring up much useful information. It is important to start to learn to think in themes, in order to get the most out of this book. Individual symptoms gain a new meaning by their place within the theme. The themes also allow us to predict new symptoms. One example is the the feeling of 'being

surrounded by enemies' belonging to Mercurius. In the analysis of Mercurius being the king [Gold series] who is attacked from all sides [Stage 12] this symptom is obviously appropriate. But looking at the themes of the Gold series and Stage 12 we might find new variations on this same rubric, for instance 'aversion to revolutionaries'. Further references to the use of these variations can be found in chapter 'The seven series' and 'The eighteen stages', as well as in 'Case-taking' and 'Language'.

An example of development

An example of the methods presented in this book might clarify a lot of points. A manager had several minor complaints: spots on his chin, grinding of the teeth, athlete's foot, hair loss along the margin of the forehead and redness and pain in the penis. He wanted to become managing director and he had been planning the various steps of his career from a very early age onwards. At the age of 35 he had come quite a way on his road to the top in one of the ministries. Osmium seemed to be the indicated remedy but when it was repeated the complaints came back. Further analysis was obviously called for. The theme of the Gold series was obvious: management and career. This was confirmed by the nature of his complaints: hair loss and trouble in the genital area. He hadn't reached the top yet, so he was somewhere in between Stage 1 and Stage 10. He wasn't almost at the top either, as we might expect to see in Stage 9. We had already tried Osmium, Stage 8. He had started his career in management without any hesitation or doubt, so he was beyond Stage 4, the beginning. He had also passed the stage of preparation and wondering whether he should start or not. Stage 5. So we are down to a choice between Stage 6 and Stage 7. Stage 6 didn't seem to fit all that well: it has a certain hardness that is needed to take on the challenge. He hadn't said anything about it being a challenge. That leaves only Stage 7, Rhenium, the stage of practising and trying things out. But he hadn't told me anything about practising, learning, feedback or co-operation. So I had to find out more about his work and the way he deals with it. He said he needs to be structured in what he does: he wants to have an overview of what he does and how it works. When his boss becomes angry he holds himself in and doesn't answer back. Can he stand and be assertive? He is in two minds about it [Stage 5?], he doesn't want to fail, so he is quite careful. In complex or stressful situations he becomes uncertain. He feels that he isn't good enough and that he will be rejected. How about criticism? He sees it as an opportunity to improve his performance [Stage 7], People think he is quite modest. How about compliments? He finds them very stimulating but does not want to feel that he has deserved them. He also sees compliments as a way to stimulate other people, 'because people would rather get a compliment than a critical remark, compliments unite people [Stage 7], criticism chases them away'. He likes to have a grip on the situation. When it gets too complex he tends to observe and try to reason it out. He is still capable of learning [Stage 7] and improving. After taking Rhenium he gradually starts to feel better and calmer. He no longer feels the need to tread carefully all the time, because he has finished some important work to everyone's satisfaction. His complaints are disappearing, he doesn't grind his teeth anymore and the redness and pain in his penis have gone. Going back to the Materia Medica we can now broaden the general picture of Rhenium. The concept of 'overview' turns out to be an important aspect of this remedy. This patient wanted to have a general overview of what was happening. Overview means seeing [Gold series] things together [Stage 7] in the overall structure [Gold series]. The other side of this is an aversion to complex and confused situations. So we can add to the picture of Rhenium the symptom: overview, <- complex situations.

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This man also liked to bring people together, to let them co-operate in a larger structure [Gold series] by stimulating them in their work [Stage 7]. So we can add to Rhenium: stimulating, to work together.

Relationship to 'Homoeopathy and Minerals'

In 'Homoeopathy and Minerals' I started a trend of thinking in terms of themes. In this present book I am following the same line of thought, with the addition of a new level of abstract thinking. In 'Homoeopathy and Minerals' I compared groups of remedies with a single remedy within that group: for instance, I made a comparison between all the Natriums. In this present book I am comparing all the elements with each other, so that we can eventually predict the picture of any given remedy. The patterns are more general, covering a wider area, i.e. the whole area of the periodic system. This means that the concepts have become broader as well. There are several remedies described in this book that have never been proven or used, or even been potentised yet, remedies like Fluor, Natrium metallicum. Kali metallicum. Krypton, Xenon, Astatinum, Radon. The results from 'Homoeopathy and Minerals' are very encouraging. Every case described in that book is still doing very well, except just two. The second, short case of Magnesium fluoratum only had a temporary improvement. The case of Natrium iodatum is still doubtful, and other remedies were needed to move this case forward. Many homoeopaths have reported back on their on positive experiences with the system of 'Homoeopathy and Minerals'. Many an 'old case' has been cleared up with the use of the group analysis too. Anand describes a case (1994) with many Ferrum symptoms and the characteristic 'indifference to pleasure', where he prescribed Ferrum phosphoricum. A typical aspect of this case was that the woman took on the role of 'her sister's [Phosphoricum] bodyguard [Ferrum]'. Another example was given by Chhabra (1995) who gave Natrium sulphuricum to a woman who was suffering from acne. The prescription was based partly on a significant dream in which the woman was being offended. But she also has a long story about a boyfriend [Sulphur] who was treating her badly, who wants her company [Silicium series] but totally ignores her when they are together [Natrium]. In Allen we even find: 'dream of being insulted by a gentleman friend'.

The layout of this book

The book starts with a few introductory chapters. In 'The spiral' you will find the general ideas that will be unfolded during the course of this book. In 'The seven series' you will find a description of the themes belonging to the horizontal rows of the periodic system and in 'The eighteen Stages' there will be an explanation of the themes of the vertical columns. The 'group analysis' and 'The blank remedy' will describe the techniques that I used. After that it will be the turn of the individual elements, in the order in which they appear in the periodic table. Combinations of elements will be discussed after the cation, the positive ion, of that particular combination. For instance. Lithium phosphoricum will be discussed after Lithium, Natrium lacticum after Natrium etc. The chapters are numbered after the series and stages: for instance, Ferrum, the eighth element in the fourth series, is discussed in chapter '4.8'. AM elements will be discussed except the Lanthanides and some of the elements of the 7th series. Combination remedies will be described wherever there was a successful case to illustrate the remedy, and then only those remedies are mentioned that have not already been shown in 'Homoeopathy and Minerals'. One exception is Natrium Fluoratum, because we received a proving of this remedy and the general picture has been much expanded since the previous book.

After the chapters on the various remedies there will be a few more chapters devoted to a further explanation of the prescribing techniques. These consist of 'The epilogue', 'Case-taking', 'Language', 'Source of remedy pictures', 'Frequency of remedies', 'Expressions of the remedies' and 'Alternating remedies'. In 'Ten propositions' I will add ten homoeopathic ground rules. Finally there will be several pages of 'Notations', 'Literature', 'Periodic system', 'Tables and Graphs' and the 'Index'.

Layout of the chapters

The chapters on Materia Medica are divided into different headings.

Introduction: In this section the general development of the remedy throughout homoeopathic history will be described. There will be references to specific literature on the subject where relevant. It is assumed that all readers are familiar with the more general homoeopathic literature and no special mention will be made of these books. Sources of information: Allen, Clarke, Boericke, Hahnemann, Morrison, Phatak, Zandvoort.

Signature: here you will find information on the origin of the name, the properties and the different uses of the remedy.

Concepts: in the case of the elements these will consist of a combination of themes belonging to the stages and the series; in the case of combination remedies these will consist of the combined themes of the individual components.

Group analysis: a few lines combining the concepts into various 'catchphrases'. These phrases in themselves are often enough to start practising with.

Picture: the next part is a general unfolding of the remedy picture in the form of a story, based on the group analysis, Materia Medica, cases and provings where relevant. This picture is subdivided into: Expressions, Generals, Complaints and DD. This latter section is not so much meant to be read word for word, but can be used as a reference or checklist when you are working with it.

Expressions: under this heading you will find the most important mental/emotional symptoms, often in the form of 'mind' rubrics. It will also contain information from Materia Medica, cases and provings. **Generals:** contains the general symptoms of the remedy.

Complaints: this is a summing up of the complaints that taken from Materia Medica, as well as those that are deduced from the group analysis. In cases of the lesser known remedies it would be wise to use this information with caution. Of the well known remedies I have only mentioned the most characteristic symptoms. A full description can be found in the general homoeopathic literature. I have not mentioned the source of every bit of information within the text itself, otherwise this book would become unreadable. Once again I would like to refer to 'The seven series', 'The eighteen stages', the Materia Medica, provings, cases and the 'Bibliography' as a source of further information. Symptoms that I used myself as a checklist or as confirmation have been printed in bold type.

DD: The last part of the general picture is a differential diagnostic with other, similar remedies.

Case: the general picture will be illustrated with a case, where possible. Unfortunately there were a few elements that have not yet been prescribed. Occasionally a remedy picture will be followed by a short case only. The reason is that the remedy didn't cover the complete case and only worked on a particular aspect or layer. But there are several instances where such a remedy was very successful in treating a specific layer. I have purposely left out cases on remedies like Niccolum and Chromium, because they have already been presented in 'Homoeopathy and Minerals'.

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There are also several short cases that only mention the essential pieces of information on which the prescription was based. This has been done to show how we can work and 'play' with the group analysis. It makes the material a bit more lively.

Proving: finally you will find some information on provings of a few of the remedies.

The development of ideas

During the time that I was developing my ideas it felt as if I was going through the different stages of the Silver series, the series of creativity and science. Around the time of Christmas and New year '93/'94 I suddenly got the idea about a development in stages. It seemed so beautiful, so strange and wonderful. It was the first stage, the stage of enthusiasm. Rubidium in this case because it was a scientific idea, so we should take the first remedy in the Silver series. After the first month of enthusiasm doubt started to creep in. Could it really be that simple? What would other homoeopaths think of it? Isn't it all a bit preposterous? This was the second stage, the stage of Strontium. In March and April I started to experiment, 'putting out' a few remedies like Yttrium, Zirconium, Niobium and Tantalum, to see what would happen. It was the investigating stage of Yttrium. In May and June I got the first positive results back from patients and I decided that the idea was worth pursuing. It was the stage of official announcement and a definite start, the stage of Zirconium. Between July and September I worked the ideas out further and tried to find suitable concepts to describe the various stages. It was the Niobium stage of preparation and wondering how on earth I was going to put all this into some sort of order. In the autumn of '94 I started to apply the system in a methodical way. If it was a good idea it should work all the way through! This was the Molybdenum stage of the ultimate trial. Between January and April of the following year I was busy refining the concepts and shaping the ideas into a more definite form. Theory and practice started to meet each other somewhere along the line most of the time, even if it was a little tentative at times. It was the Technetium stage of refining and smoothing out the rough edges. In June, July and August the real task began: putting it all on paper. The burden of the enormous amount of paperwork that had to be sorted through was a heavy one. It was the Ruthenium stage, the stage of perseverance. Between September '95 and January '96 the final details needed to be filled in, and everything had to be checked and corrected where necessary. This was the Rhodium stage, the stage just before the top. And now, with the publication of the book in January '96, the curtain has been raised and the floodlights are on: it is the stage of Palladium.

And at the same time a new cycle has started, a cycle in which the ideas of this book will be explored, tried out and tested on a larger scale, and so on.