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Foreword

Jan Scholten

It is a pleasure for me to write the foreword to this book, which so beautifully and elegantly expresses the basic principles of the Element Theory. It shows how precise prescriptions can be made on the basis of the series and the stages of the periodic table. And it confirms virtually all aspects of the theory.

But this book also does much more. Ulrich Welte hasn't simply laid out the Element Theory, he's also expanded it and brought it vividly to life in his own practice. The cases demonstrate his full understanding of the essences of the remedies and of the problems in differentiating them. The chapter on the differential diagnosis of the stages clearly shows his deep and intuitive grasp of the subject. I can recommend this book to all those seeking a practical and nuanced introduction to the Element Theory.

This book also shows how well-developed the Element Theory has become. The remedy pictures are now fuller and more mature, with extra color and detail. The cases illustrate these pictures vividly and precisely. I think we can safely say that the theory is currently in full bloom. It has been making its way round the world for ten years now, appearing in numerous homeopathic journals and being successfully used by homeopaths in their practices the world over. It has proved to be a consistent and reliable basis for prescribing. And, by enabling us to grasp our patients' problems as a reflection of the Element Theory, it has given us a more profound understanding of nature.

I can wholeheartedly recommend this book to every practicing homeopath.

Introduction

The discovery of the periodic table of the elements was one of the most brilliant discoveries ever. The position of the elements in the order of the periodic table characterizes their physical and chemical individuality. This is also reflected in the character of elemental and mineral homeopathic remedies, and even of plant and animal remedies. The mapping of the laws of the periodic table onto homeopathic remedies is one of the most fascinating pioneering achievements of modern medicine.

In the periodic table, we distinguish seven series (the rows or periods) and 18 stages (the columns) for the purposes of homeopathy. We can use these coordinates to uniquely locate each element, and with their help we can also predict new therapeutic characteristics of the elements.

The Silver series, which we will be examining here in detail, is the fifth series of the periodic table – that is, elements 37-54 (Rubidium to Xenon) – and has 18 stages:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Hydrogen series	1 H																	2 He
Carbon series	3 Li	4 Be	5 B							6 C					7 N	8 O	9 F	10 Ne
Silicium series	11 Na	12 Mg	13 Al							14 Si					15 P	16 S	17 Cl	18 Ar
Iron series	19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
Silver series	37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe
Gold series	55 Cs	56 Ba	57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu	
				72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn
Uranium series	87 Fr	88 Ra	89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lw	

The Silver series in homeopathy is the series of the arts and sciences. The division between these areas is often blurred. Art and science frequently merge and can complement each other like two close siblings. Whereas one of them likes to proceed playfully, the other puts the emphasis on a systematic approach. Those who make an art of science and who combine art with systematic logic and scientific precision are the ones who will become really good in their chosen field. So it is no coincidence that in Indian and Greek mythology, there is only one goddess for both fields. In India, she's called Saraswati and in Greece Pallas Athena, from which the element Palladium in the Silver series takes its name.

We can compare the Silver series with a flute. Its keys are like the stages of the periodic table, with each key corresponding to a group of elements. On the flute of the elemental remedies, good homeopaths play the scientifically based music of practical healing. Anyone can learn the technique of how to play the flute, but the art of playing it is more than mere technique. Only by breathing life into this flute in our daily practice can we really awaken it, letting its music touch – and so heal – our patients. This healing art presupposes a good knowledge of the techniques, yet needs to be filled with life. Only by loving and respecting it can we recognize its true depths.

Pride of place in this work is taken, therefore, by the practice of homeopathy. Using 64 stories from patients in the Silver series, the Element Theory is described as we experience it: as personal encounters in our daily medical practice. We have to develop a feel for how to grasp the patient's history from the point of view of the series and stages – this is the technique we are really talking about here. So first, the themes of the Silver series are described. Then come the themes of the stages. These themes can be combined like flexible modules to derive the essences of the elements. Artistic sensitivity is particularly helpful here. It is the patients who have been successfully treated with an element who have the final say. They are the living proof that this simple building-block principle is a highly practical method of finding good remedies. Each patient

demonstrates how the element is concretely expressed in his or her particular case.

The case histories are told as far as possible colloquially, in the patients' own words. I have concentrated on the parts of the anamneses that are important for understanding the remedies – in other words, on the themes of the series and stages, and additionally on some of the key symptoms. When the cases are read through carefully from this angle, drawing on the power of imagination, it becomes easier to grasp the method. Then we can see and hear how the elements speak through our patients, such that their behavior and words are a living expression of the coordinates of series and stage for the element concerned.

This book takes the Silver series as its model, but we can just as easily apply the method to the other series. For example, if we recognize themes of the Gold series or the Lanthanide series in one of our patients, we simply need to combine the themes of the Gold or the Lanthanide series with the ways of reacting found in the stages. For each element, there are between two and four case histories, which illustrate it from differing points of view.

Following the case histories, there is a section on the differential diagnosis of the stages. This section expands and deepens what has already been brought out in the case histories and can later be used as a reference chapter in differential diagnosis. Then the series are described and differentiated. Now we can dynamically discriminate the series and stages, recognizing the remedies of the entire periodic table through the patients' case histories. Ideally, the series and stages will emerge as if from a hidden 3-D image in the behavior and speech of the patient, as it were, personifying the element and reflecting its structure. With this, we have everything we need to implement the Element Theory in our daily practice.

Those readers interested in the historical, scientific, and philosophical background of the periodic table will find what they are after in the Appendix. But that part is not really necessary to implement the method in a practical way.

When looking through the cases, the reader will notice that the color preferences and handwriting of the patients are used as additional symptoms whenever they were helpful in choosing the remedy. We learned about this particularly rewarding adjunct to homeopathy from H.V. Müller, and we've since developed it further; the cases demonstrate how we deploy it. Indeed, the case histories are a good opportunity to show our personal approach to the practice of homeopathy. Everyone develops their own style in the course of time, and maybe some readers will find an idea or two here that they might like to try in their own practice.

It's principally Jan Scholten's contribution to have systematically understood the natural order of the periodic table with the associated homeopathic remedy pictures, to have formulated this in 1996 with his epic work *Homoeopathy and the Elements*, and to have been the first to comprehensively verify it in practice, with more than 100 case histories. His Element Theory gives us the homeopathic key to the periodic table. Over the last 13 years, the theory has proved itself worldwide. So far, the evidence is mostly scattered through the specialist journals. Since we started to integrate this new system into our group practice in Kandern in 1996 – following two decades of classical homeopathy before that – we've amassed a wealth of experience that we now wish to present in an educationally helpful form, exemplified by the Silver series, to a wider homeopathic audience.

At this point, I'd like to especially thank my practice colleagues, Herbert Sigwart and Markus Kuntosch, for lightening my load in the practice, for valuable criticism and ideas, and for their inspiration. I also feel privileged to be able to contribute my professional and medical experience as part of the Narayana team. Further, I want to thank Aidan Constable for his brilliant English translation. And finally, dear Jan, thank you so much for everything. May this book help this marvelous extension to homeopathy continue its triumphant march, so that as many suffering people as possible can be healed, thereby also gladdening their therapists!

Kandern, January 2010

Overview of the Series and Stages

Each series (row of the periodic table) can be divided into a maximum of 18 stages (the columns). The stages are the phases of the rise and fall within each series. We can compare it to an actor who appears in several plays. The series are the plays, and the stages are the plays' acts. The hero of the story starts the drama as a beginner, matures through encountering difficulties, reaches the peak, and must then learn to relinquish what has been achieved, to let go of success, to be finally free at the end of the series to go on to the next level.

The Seven Series

The first series, the *Hydrogen* series with its two elements, is still undifferentiated and can be regarded as the prologue.

The second series, the *Carbon* series with eight stages, is structured in a relatively simple way. We can compare it to a fairy tale with eight chapters.

The third series, the *Silicium* series, which also has eight stages, could be compared to a family drama or a soap opera on TV; its spectrum could also be exhaustively explored in eight episodes.

The fourth series, the *Iron* series with 18 stages, is the first one to be fully differentiated. It could be compared with the entry into working life, with all its tasks and duties, and includes training, apprenticeship, and qualification for a job, then later the intrigues at work, through to final discharge and retirement.

The fifth series, the *Silver* series, is also divided into 18 stages. We could compare these with the biographies of many artists, but in this book we prefer to use patient histories, letting the patients speak for themselves.

The sixth series, the *Gold* series, could be compared to one of Shakespeare's tragedies of power, such as *Macbeth*, which describes in

18 stages his rise and fall as the King of Scotland. Initially, Macbeth would prefer to avoid political power (stage 2, Barium), were it not for his wife pressing him (Barium sulf). Yet after he's officially taken up this path (stage 4, Hafnium), and actually achieved his goal of kingship (stage 10, Platinum), he quickly becomes a tyrant (stage 12, Mercurius), and his fall begins (stage 13, Thallium), right through to the bitter end (stages 17-18, Astatine, Radon).

Within the Gold series, starting from stage 3, the supplementary sequence of the *Lanthanides* runs in parallel, charting the development of inner power and autonomy.

The seventh series, the *Uranium* series, is incomplete, and ends as it were in nothing, since its elements become ever more short-lived and unstable due to increasing radioactivity. They correspond to the wisdom of old age, aware of the ephemerality of existence, and having developed a seventh sense for the supernatural.

The 18 Stages

We can also interpret the stages as the principle of creation, preservation, and destruction. All things go through this cycle in time and space. All things arise and grow (stages 1-6), have their prime (stages 7-12), become older, decay, and die (stages 13-17), before going through an intermediate state of rest and invisible transformation (stage 18). We can think of this cycle of events in terms of the building and decay of a house. The idea, the viewing of the building plot, and the plan of construction would be stages 1-3. Then follow the purchase of the land, the excavation, and the laying of the foundation stone (stages 4-6). After that comes the actual building, with the construction of the shell, topping out, roof, and the internal furnishing so that the house is ready to be occupied (stages 7-9). Now someone can move in (stage 10), occupy, and take care of the house (stage 11), following which the first altercations with the neighbors gradually begin (stage 12). Over the course of many years, the house changes hands, the plastering badly needs redoing, the heating leaks, and the electrical

installation must be fully renewed. But money is short, the house already has cracks, and is severely damaged in a heavy storm (stages 13-15). The house gradually falls into disrepair. Finally, the ruins of the house are completely torn down, and later no-one knows anything more about it (stages 16-18). All in all, that's the way it goes ...

The Silver Series

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
37 Rubi	38 Stron	39 Yttr	40 Zirc	41 Niob	42 Moly	43 Tech	44 Ruth	45 Rhod	46 Pall	47 Arg	48 Cadm	49 Ind	50 Stann	51 Antim	52 Tell	53 Iod	54 Xen

Ideas make the world

The Silver series reveals the power of thought. It communicates ideas, instructs, and can become widely renowned through public appearances and publication. It's about going public with original ideas and creative works, experiencing how this can have effects far and wide. The motivation is strengthened by this publicity and the applause of large groups of people, which can lead to intellectual or artistic arrogance. This notorious downside of fame may be more discreet than the king's arrogant readiness to deploy violence; yet with its finely honed elegance, it may hit the mark with even more devastating effect. Together with aesthetics and restraint, the Silver series is like the queen or a prestigious First Lady, who is very influential thanks to her knowledge and charm. The sophisticated sense of honor shown in the Silver series has a subtle feminine quality, and is very sensitive. With their creative and intellectual abilities, these people can be high achievers, especially in the arts and sciences. It's mainly thanks to the Silver series that we have the whole of human culture, but this can only flourish under the protection of power, which is the Gold series.

Key concepts: Communicating ideas. Power of thought. Disseminating knowledge. Intellectual display. Show. Fame. Publicity. Science. Art. Culture. Creativity. Originality. Aesthetics. Elegance. Sensitive sense of honor. Subtle arrogance. First Lady.

Ideas Make the World

The Silver series makes it clear to us how it's possible to achieve really far-reaching effects through the spread of ideas and thoughts. This "broadcasting" faculty of the human mind hugely increases a person's sphere of influence, in contrast to the limited range of action possible by physical strength alone, as in the Carbon series, or by the physical influence of simple technology, as in the Iron series. Whereas the motto of the Iron series is: "Work and will-power make the world", for the Silver series it's: "Ideas make the world". The Silver series discovers how it's possible to psychologically reach and influence people widely, without it being necessary to have ever met them face-to-face. The discovery of this subtle electrifying power can be seductive, and the power of a big name can work like a drug. The name itself comes to stand for an idea, for special abilities that are located in the famous person, over whose head a halo forms. When you're a star, everyone's eager to listen to you. With the help of the media, the star's own voice penetrates into the most distant corners, carrying the star's thoughts with it. Voice and language are important instruments of communication for the Silver series. The saying: "Speech is silver but silence is golden" may have been coined by a representative of the Gold series, but it nevertheless points to an essential characteristic of the Silver series. In addition, someone who is "silver-tongued" can propose or refute anything by the sheer power of eloquence: this highlights the dark side of the Silver series.

The Silver series awakens the interest in spiritual imagery and subtle aesthetics. You're fascinated by new thoughts and creative edifices of ideas. The ideas just bubble up and demand to be analyzed, so you can use and show them to greatest effect. You want to shine with your refined style and show that you're not just an average person. By your cool elegance, you set yourself apart from the ordinary people, maybe suspecting that in reality you're not so very different from them as you might like to think. You reject the routine of the Iron series. You'd rather be taking off on flights of fancy. As a youth, your role models were well-known artists and

scientists, who you adulated. You'd like to become a star yourself, a famous musician, sportsperson, star lawyer, or professor, whose eagerly awaited appearances captivate people far and wide. The whole wide world lies at your feet: the small town is way too small to satisfy such a grand life as yours. Only the stage of the big city offers everything that you need in the way of culture. You complement the craftsmanship of the Iron series with a more subtle touch: for example, you're not just a simple maker of musical instruments, but a real artist, who molds the instruments with a sensitive, aesthetic touch that is almost unequaled. As a musician, you're particularly keen on the inspired improvisation of a live appearance with its one-off, spontaneous artistry, going where the intuition takes you, thrilling and electrifying your audience. As an acoustic engineer, your hearing is so refined that you can judge the way music systems work in concert halls better than almost anyone else, so making a great name for yourself. As a wine connoisseur or gourmet cook, you're always inventing tasty new combinations and celebrating your creations as a five-star TV chef. As a lawyer, you defend your clients with original, impeccably presented arguments, or you checkmate your opponents by ruining their credibility with your psychological skill. The most hip bars, expensive fashion accessories, stylish sports cars, or powerful vintage cars all exert a powerful fascination for you. You meet your friends at the Rotary Club or the Freemasons, sealing deals with inside knowledge. If you're wealthy enough, you live in the best parts of the city in a fashionable flat with designer furniture or antique valuables, with the most up-to-date electronic systems and a sophisticated hi-fi – all state-of-the-art, it goes without saying. Perhaps you have your own art collection or would like to become a patron if you're already well enough off. Pleasure in the exchange of ideas and the handing on of knowledge are the driving forces for the professions that attract Silver series people. A thirst for glory is the other side of the coin.

The creativity of the Silver series is like the mild gleam of moonlight. Whereas the summer sun of the Gold series beats down and

dries everything up, the moon gives poets fresh ideas and dampens the plants with exquisite dew. Yet just as the most beautiful ideas are only possible against a backdrop of the homogeneous light of consciousness, the light of the moon is only a reflection of the more powerful light of the sun. This is why the creative thoughts and cultured ideas of the Silver series flourish best in the benevolent protection afforded by the power of the Gold series.

Typical Professions, Activities, and Interests

The acquisition and handing on of knowledge together with the communication of ideas comprise the domain of the Silver series. University research and teaching are a typical expression of this. Information, the imparting of ideas, is the chief characteristic of this series. The religion of the Silver series is shaped by a polished philosophy. Here we encounter philosophers, erudite priests, missionaries, and theoreticians of religion, whose genuinely original ideas can resolve even the most tortuous contradictions; as adversaries, they're able to critically and knowledgeably stretch their arguments *ad absurdum*. It includes bookworms too, eloquent ideologues and masters of rhetoric, who like nothing more than to engage in a sharp-tongued battle of words. We find here writers, journalists, designers, personnel managers, the middle management in large organizations, TV evangelists or moderators, media medics whose practices are glistening with the latest technology, or star architects and artists who sometimes talk the most utter nonsense when opening their exhibitions. The Silver series attempts to solve problems by thinking or talking about them, whereas the Gold series has a tendency to authoritarian behavior or the direct use of force. After the scholars had endlessly discussed how to untie the Gordian knot, Alexander the Great unsheathed his sword and cut straight through it.

Rise, Success, and Fall of the Silver Series in 18 Stages

The early stages up to stage 9 lack knowledge and are eager to learn, whereas stages 10-12 want to preserve and defend the acquired

knowledge. From stage 13, the destruction of ideas or by ideas becomes a problem. The loss and the forgetting of intellectual ideas is the theme of stages 15-18.

Symbols

The moon, the queen, the First Lady, the pearl, and silver are some of the symbols of the Silver series.

Affected Organs and Illnesses

Typical illnesses for the Silver series commonly affect the voice and hearing, the electrical conductivity along the nerves, the eyes, the throat, the lungs, and the genitals.

Age Group

The most common age group for the Silver series is middle-aged people, as confirmed by the cases in this book.

You will find in the following case histories the themes of this series in one form or another. It's a good idea to engrave them on the mind. They're the basis of every prescription, and the 18 stages modulate them, each in their own way. The Silver series forms as it were the principal ingredients, which the stages cook and flavor into 18 different dishes.