

1. **ESSENCE: NOT RESOLVED TRAUMATISMS OF THE PAST:** in childhood or past lives and where *hate, anger, feeling of being a victim* and *suspiciousness* are deeply buried in the unconscious mind, or still at the surface when severe traumas took place in the childhood or recent past.. Often even these painful experiences are swept out of memory and have to be released gradually.
2. **CAUSATION:** history of being **THREATENED** and/or **ABUSED** (physically, emotionally, sexually) with strongly suppressed anger, often by a family member or close person resulting in a sense of powerlessness; **incest, sexual abuse, torture, imprisonment, repeated humiliation or any threatening situation**
3. **SUPPRESSED ANGER;** fear that anger comes out; unawareness of deep anger, not in contact with this anger any more; all kind of joint problems from suppressed anger
4. **VIOLENT ANGER,** very aggressive; no consideration for anybody, has to express his anger to have rest
5. **ANGER WHEN UNJUSTLY TREATED;** has a very accurate feeling for what is righteous and what is not; hyper-sensitive to injustice
6. **Feeling of HATE** toward aggressor, desire to kill; **CANNOT FORGIVE OR FORGET**
7. **CURSING AND SWEARING,** even at night, during sleep
8. **SUSPICIOUS;** feeling that some one is behind him and feels threatened; fears that ghosts are looming up in the dark
9. **Ameliorated by leaving HOME or threatening place, WALKING, BICYCLING, MOTOR DRIVING, HORSE RIDING, etc. IN OPEN AIR.:** amelioration of anxiety, irritability, moroseness and sadness
10. Feeling **TO BE LOCKED UP** and that there is **NO WAY OUT, NO ESCAPE;** strong desire to escape
11. **WEEPS** without knowing why
12. Feeling of **LONELINESS**
13. **DWELLS** on past disagreeable events, night, after midnight
14. **Delusion to be DIRTY,** especially in cases of sexual abuse
15. **ANXIETY** in twilight, in the evening, in bed
16. **AGG.:** **beginning motion; cold, wet weather; overexertion; twilight, evening, night, after midnight**
17. **AMEL.:** **continuing motion; physical exertion; open air; walking in open air**
18. **Sadness, anguish,** in twilight, evening, night, with a wish for privacy and an inclination to weep; aversion to company; attempts to escape, to run away; **sadness from suppressed anger**
19. **Suicidal** mania (desires to jump into the water, but lacks the courage to commit suicide because of his fear of death; weary of life but fear of death; suicidal because of the feeling

that life is useless to be lived and has no meaning, because of the feeling that there is no way out or that the deep wounds can never be healed any more

20. Dreams of violence with blood

21. **Helpless** and despondent

22. **PERSISTENT THOUGHTS**, haunted by unpleasant thoughts

23. **STIFFNESS**, morning in bed, after sleep, on rising, on beginning to move, after exertion, after walking; rheumatic stiffness in joints

24. **Frequent urination**, daytime and night; **cystitis**