

Alize Timmerman: Levels of Trituration

we sleep in the mineral (C1)
Breath in the plant (C2)
Dream in the animal (C3)
And awake in the human (C4)

The very first phase, before the substance becomes pulverized, we call the archaic phase, the null phase. This is the C0 level. Here lie the hidden elements of all things. Here lies the origin. This is zero dimensional, secret, incomprehensible, the unconceived in the mother's body. The preverbal, symbiotic time that precedes emotions, feelings and thoughts.

In the first set of grinding the fundamental essence of the substance begins to come to the surface. This is that quantum leap from nothing into being, to the C1 level. We go into the two dimensions. Inside and outside begins to differentiate.

In the second trituration, the C2 level, we enter into our emotional world and we perceive our emotions and feelings. Emotional impulses begin to happen and emotional forces are experienced. We become aware of our intuitions. We discover the polarities in our own emotions. An awareness of 'I' and a 'you' starts.

In the third triturations, the C3 level, we form an idea about the themes and the healing qualities of the substance. We have ideas, opinions, our own illusions and delusions; we think. Our norms and values play a larger part. Our thinking begins to dominate us. We enter into the mental, the patriarchal, male phase. I think therefore I am. Life can end. We cross over into linear, logical thinking. We differentiate. One thing is good, therefore another thing is bad. God is at the top of this hierarchy and there is absolute truth. Man is human; the female part in us becomes suppressed.. Our identity derives from doing and being rational. We develop personal responsibility. The personal, the 'I' is central here.

In the fourth trituration, the C4 level, we experience that the physical, emotional, and mental worlds come together and begin to make sense as an interwoven whole. We start to experience the essence of the substance as a whole and we begin to understand it. BEING develops. Here we can feel one with a greater whole. The connection with the heart begins. We enter into the centre.

Because these different dimensions are now connected a universal freedom begins at C4. A huge feeling of stillness, peace and acceptance occurs. The essential force of the triturated substance works in a motivating and freeing manner which gives us vitality and insight allowing you to take a true step in your own developmental process and into the resonating force field in which you find yourself.

In the C4 level, humanity can experience this connectedness of all the various dimensions. In the C4 we have the freedom to feel connected with everything and yet we can be individually free. All encompassing love for everything begins. We have complete acceptance of and peace with the path we need to follow. This is the heart connection; love flows freely here, and vitality grows.

When we experience an itch in the first trituration it is a physical itch. In the second trituration we experience the itch with emotion; the itch can make us angry; or it can bring us to tears. When we enter the third trituration and we experience an itch that makes us cry, we might have a judgment that this is unfair, and that it has to stop; we form an opinion about this itch. In the fourth trituration we understand why we have an itch and because we understand it we can accept and love what happened to us.

When I do triturations I experience an inward turning movement. With every trituration we sharpen all our senses and we become more attuned. We experience a substance without knowing what it is, and because we all approach the substance in our own unique way, we each experience a different part of the substance. These different begin to form a whole when we share our experiences.

Triturations deepen our ability to enter into an anamnesis freely and openly. Anamnesis is not a passive listening to someone's story. In order to understand the deeper message you need to enter into a mutual process with the patient. From triturations you learn to let go of (lower level) separation issues; I versus you, good versus bad, self versus other. You enter into the same energetic field with your patient, where everything belongs equally and where everything has value.

Then you *know* what the pathology is and why it unfolds in that particular way. You are *with* the patient in the same way that you are with a substance when you triturate. There is in a sense no pathology; pathology arises out of a system with polarity as something bad which you have to remove in order to be ok. In a resonant frame of mind, you take whatever is going on as an indication of where someone might be stuck and also as an indication of where the healing will come from.

Someone may need to have a symptom for protection. When you do not have enough vitality to proceed you protect yourself. Proceeding, going through something can be painful and might require different resources. As a practitioner you must feel complete respect for whatever compensation a person needs. You keep all judgment out of the anamnesis. Remember that a remedy does not change the path you are on. A remedy helps you go through a particular phase; it helps you to stay on your path; it helps you to bear it. We see this more clearly in an acute situation where the remedy actually helps you to live or die.