

A Meditative picture of **Phosphorus**

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part 1 – the Minerals.

Guiding light – There is a light guiding those who are lost. They are lost in darkness - they cannot see what is ahead of them as there is nothing that can be reflected back to them. They are lost in mind - they cannot think properly as darkness has clouded their minds. It is like those who are in depression, who are in their inner darkness. Even during day time, they do not see light. It is like their bodies are too heavy or their spine is too weak that they do not have strength to bring uprightness to their bodies. They walk around with slumped shoulders and heads forward that it looks like they often feel cold and they can hardly breathe. They often feel exhausted – the mental exhaustion of living. The wonderful light of phosphorus can be their guiding light, the light that can lead them out of darkness, out of their “dark cave” where they can have fresh air. This light also makes them wonder what it is leading them to. This light gives them direction and gives them something to follow so that they can see hope again. With this wonder, their bodies start to move and be alive again. Slowly they feel their strength in their muscles and bones. The movement of their bodies brings warmth that melts away the stiffness of their bodies. The slumping body starts to unfold, and their spines are more upright. The gazing of the light lifts their heads, their throats are open, and they can breathe properly again. Now that their minds are not clouded with darkness, their senses are active and they are able to think again.

Light and warmth from Sunrise - A person lying in bed, he could not sleep deeply, it was a long night. He was half awake and was restlessly tossing and turning but his body was too tired to get himself out of bed. He was lying in bed wondering when the night was going to end. He forced himself to close his eyes and now he was half-asleep. After a while, with his half-opened eyes in his dreamy state, he saw a glimpse of light coming through the windowsill. The light came to him slowly and brought consciousness to his body. He could see the trees outside his bedroom, he could sense the air, the light and the warmth slowly flowing towards his skin and limbs. He started to move out of the bed and continued his day with his tired body. The sleeplessness lasted for quite some time but with the light and warmth each morning, he could be more active during the day. He was more aware of his surroundings that slowly made him more ready to get to sleep at night. This light and the sense of Sunrise brought rhythm to his body. Gradually, his restlessness during the night was gone and he could sleep peacefully.