

## Phosphorus

I've long been fascinated by phosphorus and its light emitting qualities. Over the past 30 years living in Metung, I've seen phosphorescence come and go in the water and been in awe of the beauty of it. The light and sparkle of it as dolphins move through the water, or in a boat as a paddle dips in and out, emitting fleeting sparks of light. For this reflection I've been spending time by the water in Metung at night contemplating phosphorescence in the water and the qualities of phosphorus. In the dark there's nothing visible to the eye, you disturb the water and *voila*, there's a plethora of white glowing sparks which shimmer, shine, radiate and then dissipate.

The meaning of Phosphorus is 'light-bringing' or 'bearer of light' and the mineral clearly demonstrates these properties. The pure substance of Phosphorus bursts into flames when exposed to air, another manifestation of its reactivity, warmth and light-giving properties.

As a prescriber, I don't use Phosphorus on its own a lot as a remedy but I have noted that patients who I would consider to be Phosphorus types tend to be bright, bubbly and 'light'. There's a joy about them that's infectious, there's also often a nervous excitability, which can also present as nervous debility.

Phosphorus generates warmth and light, but also burns out or disappears quickly and I've been wondering about this connection with the substance as a remedy. Phosphorus seems to be a picture of astrality, of excarnation, and with an impact on the nerve-sense system.

I've been reflecting too on the other mineral manifestations of Phosphorus – Mag Phos (phosphate of magnesium), Calc Phos (phosphate of lime), Nat Phos (phosphate of sodium), Kali Phos (phosphate of potassium), all those appearances and connections with other minerals. It's interesting that although their qualities as minerals are quite different, there is a connection with each with light as mentioned in our presentation: Mag Phos – directs the ego into the light ether; Calc Phos – fluorescent under UV light; Nat Phos - vibrant colours under the microscope; Kali Phos – can also create heat and ignite a flame. It has me thinking about these remedies in a new way and particularly thinking about their light qualities and impact on the nervous system.

It's also given me another, mind-expanding, dimension as well for my morning meditation, which is a variation on the version you shared:

*In purest outpoured Light*

*Shimmers the Godhead of the World,*

*In purest Love towards all that is,*

*Outpours the Godhead of my soul.*

*I rest within the Godhead of the world;*

*There shall I find myself,*

*Within the Godhead of the world.*

I've started thinking about Light in relations to those minerals, the planetary constellations and their impact on us.

It has also been comforting actually to reflect on the thought of Phosphorus being under the constellation of Cancer and the picture of it enabling the creation of a space where those volatile attributes of Phosphorus have a boundary to connect with self and spirit.

*Cath Lanigan*

*April 16, 2023*