

# Example

## Ambra grisea



All through the remedy there are a sensitivity and a vulnerability. The origin seems to be a very low self-esteem with a lack of self-confidence.

With this in mind much can be understood more of the remedy as a person. With this they have an aversion of showing their vulnerability!

First the great need for privacy, made clear by the well known keynote: unable to pass stool in presence of others. This can be expanded: it's not only about passing stools, it can be about urination, passing flatus, burping and even about who they are. There even is anxiety with ineffectual urging for stool.

But it is more general, as if they have a shame about themselves, a feeling of not being good enough and a fear being rejected.

It will therefore be found to have timidity, great shyness, blushing easily, embarrassment, taciturn, reserved.

**They can worry about everything, don't want to talk about it and want to be alone.**

They can have a passive quality in this, internalizing conflicts, primarily seldom showing aggression, barely defends himself. They have difficulty quarreling, can't stand discords and even cannot stand for themselves very well. But out of balance they can be angry, shout and even strike people.



So: being abused, unable to defend themselves, abuse or sexual abuse are rather often important parts of their stories.

Dreams, as if he were abused, and too weak to defend himself.

He had been treated very badly and didn't defend himself at all.

Another aspect of this passivity is that they **can complain** about things not to the person involved about what he did wrong, but **towards others**. With this they avoid a quarrel and may be get the personal support they need.

They can have very high standards for themselves, which make them expect very much of others. Therefore **they can be very critical about others, without showing it directly to the person involved.**

**From a need for acknowledgement and acceptance they are often trying to do things very well.**

They can be very hard working people, with great activity of mind and with high standards. These standards can be rather practical, hard working, **following the rules**. But it can also can be related to inner moral standards **about doing things right, giving everything, being honest, helping others.**

**They can be very sympathetic, they love animals and nature.**



Because of being **often very doubtful** they can be asking themselves questions on and on: did I do the right thing, did I do enough et cetera.

**They often focus this on their family and loved ones, and on their business.**

**They can be very cooperative, sympathetic, friendly, mild.**

**They need to perform very well**, as if they need it to be able to live, being allowed to live by doing everything very well.

**So fear of things going wrong, fear future and fear of poverty, fear new situations** is seen in several cases.

When under pressure **they can become tense, restless, impatient, hurried, excited and chaotic.**

They can show other sides of themselves then: ***changing moods, weeping easily, irritability, anger, wandering loquacity. And they are getting worried and anxious.***

***Sleeplessness*** is an important aspect then: ***sleepless from worries, business failure, grief, or without a clear cause.***

They can become **very sensitive to their environment.** Well known are the symptoms **music being intolerable, worse from strangers, confusion when in company or looked at, great desire for privacy, better when alone.** So think of this remedy as being indicated in highly