

The Actinides

By David Johnson, RSHom (NA), CCH

The actinides are an important new frontier of remedies in homeopathy. These radioactive elements are pictured in the diagram below, beyond the gold series of elements, near the bottom of the periodic table. As a group they possess very characteristic features, and are playing an increasingly important role in today's world. The actinide experience of fragmentation and disintegration is opposed by strong efforts to hold things together: one works to prevent seemingly heavy and "out-of-control" situations from falling apart.

Many, many people are experiencing actinide states, and not surprisingly, the world we live in reflects the same general condition. Large, "heavy" institutions—e.g., political, religious, medical, and educational—strive to impose and maintain control, while intrinsic, uncontrolled forces of "entropy" create an opposing sense that "it could all fall apart." The person in an actinide state may be engaged in heavy gold-type responsibilities, but they're simultaneously suppressing the "entropic" joy of free, spontaneous and creative expression.

Actinide states can result from at least two general sets of circumstances. First, the childhood experience may have been unstable, chaotic and possibly "shattering." The child recognized there was little predictability or safety in the environment, and their open, spontaneous and child-like expression was sacrificed in exchange for "adult" control over their inner and outer worlds. Second, the "sins of the fathers" passed

through the generations—the heavy familial shadow was imprinted on the child, and the "newly-born adult" assumed the same burden. The child didn't just pretend to be an adult, but rather functioned as an adult.

A person needing an actinide may not be immediately aware of the depth of their state, because they've become so accustomed to heavy internal control they don't consider it out of the ordinary. Likewise, their outer facial expression may not convey the intensity of their inner experience. Two general symptoms common to the actinides are:

1. the sense of inner heaviness and
2. the need to control things so they don't fragment or fall apart.

The reason for these symptoms is a global suppression of the "divine spark:" potentially explosive states result from the tension between heavy "suppressive" control as a means for survival that's overwhelmed by even stronger "expressive" instincts of spontaneity, growth and freedom.

The actinides currently available to homeopaths range from elements 89-98. Like the lanthanides that sit prior to gold, actinides are found at both the 3rd stage of elements, as well as a second position aligned with the respective stages above. So actinides as a group have a 3rd stage dilemma—a block in self-expression; being heard, speaking

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
1 H Hydrogen																	2 He Helium	
3 Li Lithium	4 Be Beryllium	5 B Boron	Lanthanides and Possible Anions blue = Lanthanides yellow = possible anions										6 C Carbon	7 N Nitrogenium	8 O Oxygenium	9 F Fluorine	10 Ne Neon	
11 Na Natrium	12 Mg Magnesium	13 Al Aluminum												14 Si Silicon	15 P Phosphorus	16 S Sulphur	17 Cl Muriaticum	18 Ar Argon
19 K Kalium	20 Ca Calcarea	21 Sc Scandium	22 Ti Titanium	23 V Vanadium	24 Cr Chromium	25 Mn Manganum	26 Fe Ferrum	27 Co Cobaltum	28 Ni Niccolum	29 Cu Cuprum	30 Zn Zincum	31 Ga Gallium	32 Ge Germanium	33 As Arsenicum	34 Se Selenium	35 Br Bromium	36 Kr Krypton	
37 Rb Rubidium	38 Sr Strontium	39 Y Yttrium	40 Zr Zirconium	41 Nb Niobium	42 Mo Molybdenum	43 Tc Technetium	44 Ru Ruthenium	45 Rh Rhodium	46 Pd Palladium	47 Ag Argentum	48 Cd Cadmium	49 In Indium	50 Sn Stannum	51 Sb Antimony	52 Te Tellurium	53 I Iodum	54 Xe Xenon	
55 Cs Cesium	56 Ba Baryta	57-71 Lanthanides	72 Hf Hafnium	73 Ta Tantalum	74 W Tungsten	75 Re Rhenium	76 Os Osmium	77 Ir Iridium	78 Pt Platinum	79 Au Aurum	80 Hg Mercurius	81 Tl Thallium	82 Pb Plumbum	83 Bi Bismuth	84 Po Polonium	85 At Astatine	86 Rn Radon	
87 Fr Francium	88 Ra Radium	89-103 Actinides	104 Rf Rutherfordium	105 Db Dubnium	106 Sg Seaborgium	107 Bh Bohrium	108 Hs Hassium	109 Mt Meitnerium	110 Ds Darmstadtium	111 Rg Roentgenium	112 Cn Copernicium						118 118	
Lanthanides	57 La Lanthanum	58 Ce Cerium	59 Pr Praseodymium	60 Nd Neodymium	61 Pm Promethium	62 Sm Samarium	63 Eu Europium	64 Gd Gadolinium	65 Tb Terbium	66 Dy Dysprosium	67 Ho Holmium	68 Er Erbium	69 Tm Thulium	70 Yb Ytterbium	71 Lu Lutetium			
Actinides	89 Ac Actinium	90 Th Thorium	91 Pa Protactinium	92 U Uranium	93 Np Neptunium	94 Pu Plutonium	95 Am Americium	96 Cm Curium	97 Bk Berkelium	98 Cf Californium	99 Es Einsteinium	100 Fm Fermium	101 Md Mendelevium	102 No Nobelium	103 Lr Lawrencium			

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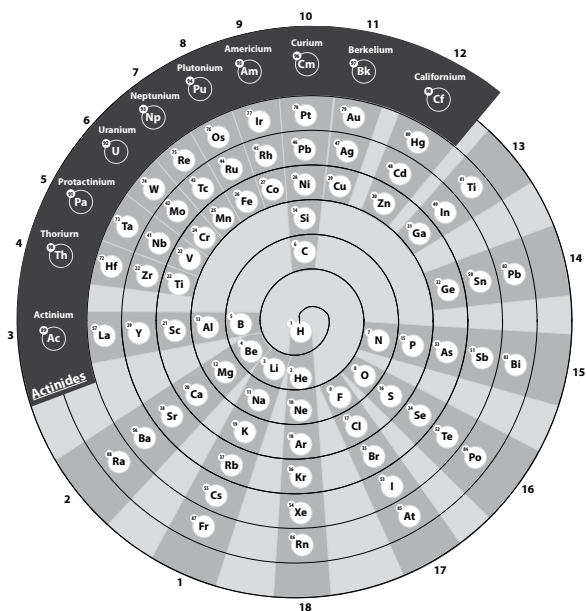
one's truth—and a second level concerning confidence with respect to one's inner capacity, matched with the respective stage of each individual actinide.

Actinides may already be engaged in high levels of responsibility (gold), or irrespective of any role, they may place heavy “gold expectations” on themselves, engaging in strong self-reproach. Their inner “magic” is contained: habitual and global self-suppression conflicts with one's innate instinct to joyfully express in the here and now. In contrast, lanthanides can be stuck in terms of how to express their voice (silver gifts) in a way that is “heard” and carries a bigger influence in the world (golden ideal). When they also fear retribution for doing something “wrong” (e.g., bromatum), a certain facet of self-expression is tempered along those lines.

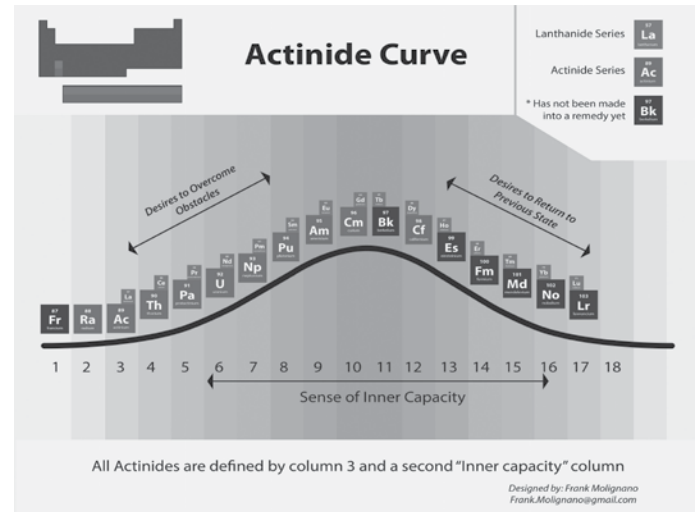
As with the lanthanides, the anion often reflects how the actinide state is perpetuated and reinforced. For example, muriaticum is a common anion for the actinides, and includes conflicts related to bonding, connection, support, nurturing, sadness and feeling alone. “I feel like I'm carrying the weight of the world, but I can't let it all go—I have people to take care of and if I stop it will all fall apart.”

And just as with the lanthanides, actinides have a perception of their inner capacity to take on new challenges. As stated above, that level of confidence is matched with the respective stage in the table. If a person is reluctant to take on a new challenge, they're likely at columns 3-7, and if they enjoy challenges, then 8-11. If they speak about returning to a previous capacity, then one looks to columns 12 and 13. (At this time there are no homeopathic actinides beyond californium 252, matched with column 13.)

If not resolved, the actinide state continues throughout life: the vital force is stressed and imbalanced in its efforts to



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All Actinides are defined by column 3 and a second “Inner capacity” column

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prevent oneself and one's outer circumstances from falling apart. The suppression of joyous spontaneity is experienced as a very heavy state, and as the atomic weights increase from left to right, there's an increasingly unstable, reactive and potentially explosive state. This is manifested in the outer world by the need for strong containment over external circumstances and details that threaten to spin out of one's control; when they do, there can be very powerful expressions of anger.

The desire for control in actinides (e.g., preventing internal and external circumstances from falling apart) should be distinguished from the control seen in:

- *Carcinosin*, where it relates to a pleasing sort of conformity and presentation.
- Nitrogen remedies, which have more of an ungrounded, excited urgency, a sense that things could explode, and relatively less of an overt sense of heaviness or that things could “fall apart.”
- *Arsenicum*, where the need for control is more of a restless insecurity, that the world is an unsafe place and one's mortality is at stake.
- “Performance” remedies, where the control is related to one's confidence and competency in taking on and completing challenges.

Margriet Plouvier-Suijs states in her book, *The Last Series*, that as a result of self-provings, *Curium 244* belongs in the 10th column (perfectionism; desire for acknowledgement and appreciation) and *Curium 248* belongs in the 11th (holding on to the peak; maintaining control at the top; responsibilities keep growing “horizontally”). She also states *Californium 249* and *252* belong respectively in the 12th (crack in the foundation, can still perform but it's more difficult than in the past) and 13th columns (definite compromise with repeating recovery and relapse). Interestingly, Debra Collins notes in *Spectrum* (2013, Vol. 2) that after an actinide stage is resolved one may return to remedies higher up in the table, reflective of the integration of spontaneity and freedom into one's daily life.

In choosing an actinide, it's helpful to have experience with:

- Understanding mineral salts and how to differentiate between the anions, especially muriaticum and nitricum. Arsenicum, bromatum, iodatum, oxydatum and sulphuricum are also found in the seventh series. (At this time, carbonicum, fluoratum, phosphoricum and silicata are not anions within the actinide group of remedies, although all will bond with most of the lanthanides.)
- Understanding copper, silver and gold series themes, and especially the progression of confidence and intensity from the 3rd through 13th columns.
- Lanthanide themes of conflicted self-expression (3rd column) and a sense of the existing inner capacity (3rd through 13th), matched with an anion theme of how or why the lanthanide state is persisting.
- Being sensitive to the possibility of a "hidden" inner heaviness and desire for control over perceived chaotic internal and external conditions.

Descriptions of actinide states

There are numerous ways in which a person will describe the actinide state, but the following are sample phrases from numerous histories:

Common themes of heaviness and darkness:

Dark, heavy, dense
Super-heavy
Pulled into deep pools of regret
Trauma has me looking at a black hole
Diving into the darkness
Downward spiral
My system has learned to grab the heavy feeling and stay there
Life or death
Hopeless despair
Things are in a desperate, desperate place
Things are very serious, important

Themes of "Holding it together"

If I didn't hold it back it could overwhelm me
Things are falling apart
Holding it together; have to keep this together
Have to hold myself together
Takes all my energy to hold it in
I've got to hold it together

Chaos

The top's off the popcorn maker and everything's going everywhere; you can't contain it

I'm like a china doll that's been broken and all the pieces have been glued back together; if people see the cracks they could exploit them; I'd be vulnerable

If I uncover the trauma, it could be too much

Overwhelming

3rd column themes of confusion re: autonomy, self-expression

I want to be more sure of who I am, what I am, what I know

I wouldn't know how to begin

No direction

What's the next step? A lot of unknowns right now . . .

Didn't know who I was

Who am I as an adult?

I'm not assuming an adult leadership role

Oh my God, I have to step into full adulthood

What is the key to my power, using all my gifts?

I can't be the teacher because I can't hold all the pieces together

HABITUAL AND GLOBAL SELF-SUPPRESSION CONFLICTS WITH ONE'S INNATE INSTINCT TO JOYFULLY EXPRESS IN THE HERE AND NOW.

Actinides by column

Column 2: Working within a structure (not an actinide but has similar "radioactive" themes).

Radium bromatum; Radium iodatum; Radium sulphuricum

Column 3: First step into autonomy—confusion—"Which way do I go?"

Actinium nitricum

Column 4: Plan is made but soon loses momentum before any progress is achieved; soon a new plan replaces the old one.

Thorium metallicum; Thorium nitricum

Column 5: Feeling as though one needs to make efforts to be so much more than one is right now, but those efforts eventually collapse and one has a feeling of two steps forward, two steps back.

Protactinium metallicum

Column 6: Sink or swim—feeling of weakness relative to the challenge at hand, but the person ends up succeeding, in spite of their strong anxiety. If challenged by someone else, they will want to prove their competency. Feeling of being forced by circumstances to perform; not able to back out.

Uranium aceticum; Uranium metallicum; Uranium muriaticum; Uranium nitricum, Uranium oxydatum

Column 7: Group process, cooperation, desire to get input from experts and all concerned in order to ensure a successful outcome. Strong sense of needing to control the process in order to ensure success.

Neptunium muriaticum; Neptunium nitricum

Column 8: Desires to take on the challenge to test their capacity. Understand they could fail, and can be nervous about that, but still a feeling of needing to try, to “throw their hat into the ring.” Will get bored if the sense of challenge dwindles, at which time they look for a new challenge.

Plutonium muriaticum; Plutonium nitricum

Column 9: Perseverance to the end; what one is lacking in experience or a perfect situation one makes up for with sheer force of will; “crawl through the desert” to get to the end.

Americium metallicum; Americium muriaticum; Americium nitricum

Column 10: Acknowledgement, appreciation.

Curium 244

Column 11: Holding on to power.

Curium 248 (per Margriet Plouvier-Suijs)

Curium muriaticum; Curium nitricum

Column 12: First sense of decline; “crack in the foundation;” still getting things done but not as easily; needing to take extra measures.

Californium 249

Column 13: Two steps beyond “peak performance” from the past: one-and-a-half steps return, followed by two step return to compromise.

Californium 252 (per Margriet Plouvier-Suijs)

Californium muriaticum; Californium nitricum

These remedies can be found at Freeman’s, Helios, Remedia, Leonardo Apotheke (Hamburg) and Shubham’s in India. (If no source is available for a particular remedy, some homeopaths have used other means to produce the desired energetic pattern, e.g., Homeodynamics.)

Selected anion themes

- *Aceticum*: Tendency to depletion, exhaustion, acid state.
- *Bromatum*: Fear of doing something wrong and being punished, persecuted.
- *Iodatum*: Restless activity; may have strong sense of betrayal regarding a break in relationship.
- *Muriaticum*: Imbalances related to mothering, nurturing, support, connection.
- *Nitricum*: Fear of being controlled vs. fear of things getting out of control; impulsive, compulsive.
- *Oxydatum*: Inspired, deflated; fears, sensitivity, boundaries.

I FEEL RELAXED, IN CONTROL. IF SOMETHING DOES HAPPEN, “SUCH IS LIFE.”

- *Sulphuricum*: Ego and theorizing as a strength and a weakness.

Controlling Explosive Bowels: A Case of Radium Sulphuricum

Client: It’s better if you ask me questions so I understand what you want and then I can answer correctly. (He’s asking for a framework in which to describe his problems.)

Practitioner: What would you like help with?

C: I’m having anxiety attacks related to bowel movements. They control my life. It overtakes me; I’ll need to leave a meeting. I’ll take side streets to work, so if I need to I’ll be able to stop and use a bathroom. There’s a feeling “Oh oh, I have to go” (have bowel movement). That could happen again in the 8-10 minutes it takes to drive to work.

I love to walk, but I take a bike instead (so can get to bathroom more quickly). I don’t have the freedom to go for a walk. I dread being on airplanes; I don’t want to use the bathroom on the plane.

I go into panic mode if I’m invited to friends’ home for food. It controls my daily life. I don’t like to be confined. I always take the aisle seat in a plane or theater. I don’t like the corner table in a restaurant. I don’t like chaos, commotion in a restaurant.

I’d like to be free of it; have some normalcy. It’s embarrassing; it’s like, “are you kidding me? — a grown man worried about going to the bathroom? What’s his problem?” (Tendency to feeling embarrassment and self-critical in a censorious manner)

I try to fight the gurgling (intestinal). Inside, the muscles around my abdomen are all tight. What happens is a pressure inside me; it builds up to the point that it has to come out; I have to release it. It feels explosive. After that, I’m just exhausted; I’ll have the “hungries.” I don’t want to show weakness to others. It would feel like a catastrophe, an embarrassment.

P: How do you approach new challenges?

C: I like to be prepared and well-versed. I don’t like to go in without knowledge. “What will it take to achieve this goal?” I don’t go in cold turkey.

P: What is your work?

C: I love my work—I'm dreading my last day. I'm an instructional chairperson at a college. It's a major responsibility. What I do affects a hundred people every semester. You have to admire these people who build large organizations on a dream. (He implies that he wouldn't be able to do build a large organization from a dream of his own, but admires those who do.)

P: Any problems at work?

C: I'll feel rushed to present my ideas. I'll be interrupted—lose my train of thought—it's a major frustration. (There's a pressure to express the ideas quickly; then he'll feel frustrated after being interrupted. He's lost control over maintaining his train of thought.)

P: Any fears? Dark, ghosts, elevators, bridges?

C: No, nothing apart from what we've talked about.

P: Do you run warm, cold, somewhere in the middle?

C: I run warm, put my feet out from under the covers.

P: How do you respond to appreciation?

C: I like to be acknowledged, appreciated.

Assessment:

The client had problems for decades after he'd been working as a first responder and during an emergency lost bowel control. Apparently he was teased for years after the incident.

In the history, he relates the following:

- Controlling, pressure, release, explosive = theme of strongly holding things together vs. falling apart = radioactive
- Embarrassment of catastrophic proportions = second column
- Gastrointestinal problems, runs warm, desires appreciation = sulphur

Plan: *Radium sulphuricum* 200c, two doses separated by 12 hours

Follow-up 6 weeks later:

I had only one attack last Monday. It was a crazy, hectic, rotten day at work. I can't believe the improvement. When the concern comes over me, I just say to myself, "Knock it off." I made something out of nothing. I feel relaxed, in control. If something does happen, "such is life." I'm feeling a lot better. When I think, "What if," I direct my thoughts somewhere else.

There's no gurgling, rumbling after I eat food. I don't feel the gnawing sensation in my abdominal cavity.

For the past 5-6 weeks, I'm a different person. I made too much of nothing.

Within two days of taking the remedy, "Oh my God, I don't have that gurgling and rumbling."

I'm not afraid to eat out anymore. I'm looking forward to it. I'm not thinking about it as often. When I do, I just say to myself, "Knock it off." I'm enjoying life more. I'm not concerned about taking a hike, going out to eat. At meetings, things roll off of me. I'm realizing I can't please everyone. I have a responsibility; I do my best.

I'm walking away from too much news, "I can't change the world." I was at 3-4 on the contentment scale six weeks ago; now I'm 9-10. I wonder why I waited for the past forty years.

The client repeated the remedy two months after the initial consultation, and has not needed any further doses.

References

The Last Series, Margriet Plouvier-Suijs
The Actinides in Homeopathy, Patricia LeRoux
Spectrum 2013, Volume 2 Life and Death: Radioactive Remedies

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THE VITAL FORCE IS STRESSED AND IMBALANCED IN ITS EFFORTS TO PREVENT ONESELF AND ONE'S OUTER CIRCUMSTANCES FROM FALLING APART.