

# Trauma Relief

## My experience in using Trauma Resonances

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### Summary

The genus epidemicus approach is also effective in collective trauma. In this article cases are shared of the traumas of war and genocide, rape and shock that have been treated with Source Resonances (PC Remedies) – remedies tailor-made to a specific form of trauma.

**Keywords:** Trauma resonances, Source Resonances, PC Remedies, Genus epidemicus, War, Genocide, Rape, Shock

### Introduction

In 2002 in Ethiopia Peter Chappell prepared PC1 for HIV/AIDS, a remedy that has been used all over sub-Saharan Africa in thousands of cases ever since. Soon also other genus epidemicus remedies were prepared for other infectious diseases, like malaria, TB, typhoid, cholera etc. Source Medicine is the organization run by Peter Chappell and Leilani van Kooten that develops new Source Resonances (PC Remedies) available to three European pharmacies that further prepare and distribute them ([www.sourcemedicine.zone](http://www.sourcemedicine.zone)). The Amma Resonance Healing Foundation makes them available to partners it trains in Africa ([www.arhf.nl](http://www.arhf.nl)). ARHF still calls them by the name Peter initially used – PC Remedies – as Africans are used to it and that name has been used in several books, manuals and videos that are used to inform and instruct health workers. Besides PC Remedies against epidemic diseases there are also several resonances for physical and psychological trauma.

The first one Peter Chappell developed in 2005 for people of Rwanda that were still suffering from the genocide that took place in 1994. The results with PC War & Genocide encouraged him to create and test further trauma resonances.

He worked on resonances for Shock, Rape, Long Term Grief, Unburied Relatives, Torture and many more. People reacted so immediate and profound, that ARHF also tested these resonances out in other African countries. We made touching and impressing experiences. Below are some examples.

### Trauma cases

**Case 1:** A woman who experienced the genocide in Rwanda had severe headaches, pain in arms and shoulders and was sleepless because of nightmares. After PC War & Genocide all symptoms were gone in a matter of days.

**Case 2:** A young man in Congo who was in the Mai Mai militia had nightmares of the atrocities in the forest and felt very depressed after all he had experienced. He could not work and take care of himself. After PC War & Genocide he was able to sleep again, was in good spirits during the day and could live a normal life.

**Case 3:** A woman who was in Mai Mai militia was raped many times and involved in atrocities. She had a baby after rape and was constantly thinking of the fighting in the forest and the rape. She had nightmares every night. PC War & Genocide healed her from this trauma, and she was now able to care for and take care of her baby, and felt well.

**Case 4:** Another woman lost her mind during her time in the Mai Mai group. She had fear and constantly relived her experiences in the forest. After PC War & Genocide she was totally healed.

**Case 5:** A young man, also a former member of Mai Mai group, with horrible dreams of war and who paradoxically had the idea to return to the militia, improved a lot after PC War & Genocide. He didn't want to return to the militia and his nightmares reduced.

**Case 6:** A woman who experienced cruelties in Mai Mai group, was raped, gave birth to a child after rape, and witnessed how her parents were killed. She had bad dreams of war, killing, had headache very day and was crying all the time. After PC War & Genocide she improved a lot and could live a normal life.

In many other cases we observe people getting rid of their nightmares, their physical ailments and that they develop new strength and vitality. Especially children have a wonderful capacity to let go of aggression and once again laugh. In the following case a child was blocked in its development because of a trauma experienced during its time in the womb. Such developmental disorders could be corrected by trauma resonances as this case shows.

**Case 7:** A three-year-old girl whose mother found her brother in law killed in front of her hut, had severe developmental disorders. The girl could not make any sound and was so weak that she could not stand on her own feet. After PC Shock the child started to babble and tried her first cautious steps along a table. Also the mother was released from her nightmares and the cruel memories after PC Shock.

**Video Case 8:** At [arhf.nl](http://arhf.nl) under testimonies, you can find a video called "**Rebels that got back to their senses**". Here an ARHF-volunteer for The Congo shares his experiences in treating rebels in their camp for the trauma of war. A month later he meets six of them carrying a hoe instead of a gun. They said: "You gave us this remedy while we were staying in the bush. After this remedy ... this remedy is good. After it we had no more nightmares. It was as if our mind was closed, but now we can think properly again. We said, 'we're leaving the bush' ... Come and visit us in our village and treat our relatives, our children and our wives.

**Video Case 9:** On another video called "**Rape trauma**" several women share the horrible experiences they went through and narrate how the PC Remedies they received for the trauma of war and rape healed them. This is beautifully summarized by one of them who said, "I am no longer a slave of the past".

## Refugees

After these wonderful experiences with trauma remedies in Africa, we also tried to help traumatized refugees from Syria, Iraq, Iran, Egypt and of course from sub-Saharan countries who came to Europe. Best results we saw again with African people but refugees from other countries also reacted well. They could release their traumatic images, could relax and sleep well again. Stress was reduced. Here are some examples.

**Case 10:** A five-year-old boy from Syria, who experienced the long escape over the Mediterranean Sea and the march through Europe was so afraid, that he was not able to remove himself one step away from his Mum. He cried, had nightmares, and did not eat. After PC War & Genocide he improved and after the second remedy PC Shock he behaved like a normal child.

**Case 11:** Or a young woman from Nigeria with two children (5 and 7 years old) fled from Boko Haram to Germany. During the flight her husband cracked up and wanted to kill her and the children with a knife. Luckily she could flee from him with the children. After that she was crying a lot and had continuously nightmares and was harassed by horrible pictures. With PC Shock the nightmares and the pictures were gone and she felt safe again.

**Case 12:** A fifty-year-old woman from Syria, who had to leave her 25 years old daughter in Syria was crying a lot, her whole body was aching, she couldn't walk because of the pain and she dreamt every night that her daughter was raped by IS. After PC War & Genocide and PC Long Term Grief the pain and the dreams were gone.

**Case 13:** A young man who lost his wife and father during a bomb attack and left his mother and sister in Damaskus was in constant fear about his family. The boat capsized near the coast, many people and children drowned, while he saved a little child. He had constant nightmares and was in deep depression. After PC War & Genocide and PC Depression he felt much better and the nightmares were nearly gone.

**Case 14:** A five-year-old boy from Iran was heavily terrified because during the flight over the Mediterranean Sea he saw dead people be thrown into the water. Additionally the motor of the boat broke down for some hours and panic arose. Since this he couldn't sleep any more, was in constant fear, avoided other children and was very aggressive. After PC Shock he slept again, started playing with other children was friendly and the aggressiveness was totally gone.

**Case 15:** A ten-year-old boy who experienced bombing and terrorism in Iraq had nightmares and was extremely aggressive. He was striking his parents and hit his head against the wall. After PC War & Genocide everything was fine. He behaved like a normal, healthy child.

## Conclusion

These touching stories show the healing these Source Resonances are able to bring about. I am convinced they are able to prevent violence and help refugees getting back their strength and liveliness. After these experiences I like to encourage you to use PC trauma remedies as often as possible for the traumatized people that take refuge in your country.

For more information on a genus epidemicus approach to collective trauma, see the book "Homeopathy for Diseases" by Chappell and van der Zee. [1]

If you are interested in joining ARHF to treat and prevent epidemics and relieve trauma in Africa, please write to [info@arhf.nl](mailto:info@arhf.nl).

If you wish to financially support the work of ARHF please click here: <http://www.arhf.nl/en/donations/>

### Source Resonances for Trauma

The remedies described above are available at three European pharmacies:

- Helios Homeopathic Pharmacy in the UK ([www.helios.co.uk](http://www.helios.co.uk)).
- Hahnemann Apotheek in The Netherlands ([www.hahnemann.nl](http://www.hahnemann.nl) - [recept@hahnemann.nl](mailto:recept@hahnemann.nl))
- Apotheke zum hl. Florian in Austria ([pcremedies@hlflorian.at](mailto:pcremedies@hlflorian.at))

Volunteers and volunteer organizations interested in applying these remedies in their projects can contact ARHF for assistance and discounts. Please write to [info@arhf.nl](mailto:info@arhf.nl)

As indications are not allowed on labels, all remedies have a code by which they can be ordered. The codes of the resonances mentioned in the cases presented in this article are:

- PC304x for war & genocide trauma
- PC11c for shock trauma
- PC435p for rape and rape stigma trauma
- PC434n for long lasting grief trauma
- PC427d for depression

A complete list of all available Source Remedies for trauma can be found at [www.sourcemedicine.zone](http://www.sourcemedicine.zone).

The concise manual “Amma4Africa Trauma Manual – Basic Guide to Treating Trauma” can be downloaded for free in English and French at [www.arhf.nl/information/free\\_manuals](http://www.arhf.nl/information/free_manuals).

### Reference

Chappel PL & van der Zee HE. Homeopathy for Diseases – Vital remedies for epidemics, trauma and chronic diseases. Haren (Netherlands): Homeolinks Publishers 2012