The Lanthanides are too valuable as potential guides for the development of the self—and for understanding the underlying cause of autoimmune diseases—to wait until Hahnemannian drug provings are available before using them.

Some toxicological data on them exists, and Jan Scholten has enriched us with his perspective on them, but Hahnemannian provings of them are not yet available. Nevertheless, it is possible to gain clinical experience with them, and in retrospect, I recognize many of the clients for whom I previously could not find the curative remedy as one of the Lanthanides.

The Lanthanides – *the rare earth elements*

As a directory for: The Inward Path

- "The self". They want to know who they are, to know themselves. **Self-knowledge**.
- They want to decide for themselves. **Autonomy**.
- They want to be **in control of themselves. Self-control**.
- They want to **be themselves**—who they truly are—without being controlled by anything else. To find and follow their own path.
- They look inward and encounter their "**shadow side**", which must be brought into conscious awareness to avoid being controlled by it.
- They mirror themselves in others in order to shed **light** on their inner selves and discover who they truly are.
- In order to be themselves, they must first **purify, transform** and let go of the lower shadow side.
- They must identify and shed what has been imposed upon them from the outside—through upbringing and the like—that is not in alignment with their true selves and manifests as **autoimmune disease**.

Core themes of the lanthanides

- **Autonomy.** They want to be independent, self-governing, self-defined. Be their own law, have the center in themselves. Are sensitive to dominance – strong aversion to limitations, coercion, being controlled, manipulated, brought up or controlled.
- **Inner truth.** They navigate by their inner sense of self, not by external authority.
- **Self-awareness.** They possess deep introspection, self-reflection, and an inner sense of self. A deep identification with their own inner core.
- **Integrity.** They protect their inner truth from external influences.
- **Inner struggle.** They do not fight with the world — but with themselves, their Ego.
- **Spiritual individuality.** They seek inner meaning, not outer dogmas. Searching for inner light, clarity, insight, self-understanding.
- **Freedom.** They want to be free—not as an act of rebellion, but as an inner necessity. Independence, space and leeway.
- **Self-control** – inner discipline, self-restraint, introspection, self-realization.
- **Internal power** – as opposed to the outer power of the gold series.

- **Shadow work** – confrontation with the dark sides of the psyche.
- **Responsibility** – both for oneself and for others.

Typical Lanthanide Individuals

- They are **introspective,** philosophical, analytical. Talking about internal processes, not external problems.
- They are **autonomous.** They want to handle things themselves and hate dependency.
- They are **self-aware**
- They are **analytical**
- They are **self-employed,** often "their own boss"
- They are **authenticity-oriented**
- They are **sensitive.** Reacts to stimuli, relationships, pressure.
- They are **self-critical.** Have high demands on themselves, often too high.
- They have **inner conflicts**
- They have **deep** inner **morals,** strong principles
- They have **inner complexity.** Have many layers, many inner conflicts.
- They have **spiritual maturity.** Have deep inner searching, not new-age surface.
- They have **integrity**
- Feels a sense of **responsibility** for the world but refuses to be dominated.
- Can **seem quiet**, reserved, "invisible"
- May develop **autoimmune** themes (somatic manifestation of inner conflict)
- Often embark on a lifelong journey towards inner **freedom** and self-mastery.

Key medical and clinical areas

- Autoimmune diseases
- Chronic Fatigue Syndrome (CFS), Long Covid
- Mental states with loss of control, self-criticism, inner conflict
- Life crises in which the individual seeks their own identity.

The somatic basic signature of the lanthanides

The lanthanides have a *common physical profile*, regardless of stage and salt

A) Autoimmune tendency

The disharmony of the self is manifested in the body. The counterweight of the life force to the psyche's Self-conflict.

Typical areas:

- Thyroidea (Hashimoto, Graves)
- Joints (RA, spondylitis)
- Skin (psoriasis, vitiligo))
- Intestinal (IBD, Crohn's, colitis))
- Nervous system (MS, neuropathy)

B) Inflammation

The lanthanides have an "inner fire" often low-grade, chronic.

Typical signs:

- CRP slightly elevated
- muscle pain

- joint stiffness
- migraine
- Conjunctivitis
- sinus problems

C) Sensitivity
The lanthanides respond strongly to stimuli:
- lights
- sound
- touch
- temperature
- stress
- relationships
- chemicals
- medicine

D) Energy pattern
The lanthanides exhibit a characteristic energy profile:
- high inner activity
- low external energy
- exhaustion after mental strain
- overheating after emotional strain

E) Nervous system
The lanthanides have an "overstimulated" nerve profile:
- hyper-alert
- Inner turmoil
- Sleep problems
- sensory overload
- migraine
- tension in the neck/shoulders

Experience with the lanthanides and their salts is still evolving, and in the absence of full Hahnemannian provings, we must expand the Materia Medica based on the positive results we have obtained. I would therefore very much like to hear from homeopaths who work with the Lanthanides, so that together we can gather clinical experience and gradually fine-tune and expand the basis for prescribing.
