

"UNITY MEDICINE" Dioscorea Batatas by Barbara M V Scott

This article is my direct experience with dioscorea batatas , a truly amazing plant also known as cinnamon vine or wild yam. This wonderous standing one was spoken of as far back as 1916 by Rudolf Steiner when he pointed out that this one plant above all, has the ability to store light ether, essential for the energetic life forces needed in the body. He spoke of how this light ether would be vital in the future for human development particularly as it relates to nutritional quality and forces.

As a biodynamic farmer and wildlife biologist by training I know how critical light is for physiological processes in plants and animals. For many years I have made St. John's Wort Oil which has helped to bring in the necessary light forces for many people during the long winter months in a northern climate where sunshine can be in short supply. It is important to realize that we are eating sunshine, our original food source, when during the winter we eat the fruits and plants that we have put by. Once that was all that humankind ate; sunshine.

Also if you begin to practice solar gazing you will notice that your appetite decreases, your spiritual essence rises and you begin to live on the light more and more. The friend in California who told me first about solar gazing is now well on her way to becoming a breatharian where one lives entirely on light and air.

My own journey to the light and levity has led to less dense foods and last spring I noticed that I no longer wanted potatoes but sweet potatoes or yams instead. I had first heard mention of dioscorea batatas from a friend in 2008 who was interested in having the plants grown. As my life was rather harried at the time I temporarily forgot but then the word lightroot showed up on BDNOW the listserv we belong to. This time I knew instantly that I needed some so investigated the source. At the back of my mind I wanted to make some homeopathic medicine from the plant itself. Not quite settled enough to do that the friend who had been taking the lightroot and I checked with Uriel Pharmacy to see if they could make some up for us. They did and we ended with a 16x dilution of pellets which I promptly began to take. It is very subtle and I now call it unity medicine as I could feel myself, upon morning doses, move in and out of unity consciousness. I most definitely could feel the light ether within. I am most grateful for this plant with its heart shaped leaves which stretches long distances to reach the light all the while the root is swelling underground.

Here are some of my other experiences with dioscorea after taking it for about 9 months.

We were at a busy time in our lives about to move yet once again after returning from a four year journey into the culture as earth stewards. I was driving between the storage locker , our future home and Kaslo, where we had been for 9 months. I am familiar with this part of the world having 5 generations in the Kootenays. It is glorious in the summer months with all the wild flowers and spots in nature close to the road. I would stop frequently to take a break from driving at a beach or wooded area to commune with the plants the trees and Kootenay Lake. I began to notice that as soon as my eyes made contact with a plant, all friends I have known for years, I could feel the light in me connect directly to the light in the plant or the animal in front of me. It was subtle and I had a lot on my mind so was not paying strict attention just absorbing the sensation and noticing my perceptions. Then I realized that my sense of humor, in spite of what was going on around me, was heightened. Then this light connection began to happen with people. Wow! What a gift and what a gift that Steiner spoke about this plant so long ago!

Since recognizing the power of the plant I have been getting this homeopathic miracle to as many people as possible in my search for the unified force field, the life forces and a unity consciousness for all. Others are also truly in awe of dioscorea batatas.

A couple other things that I have also noticed since taking this homeopathic remedy is that the emotion of fear is quelled. It actually does not seem to even come up anymore. I am not normally a fearful person but having been on a four year journey into the culture I have had my moments of sheer terror from the sights and sounds of what felt like a world gone mad or maybe a rerun of Steinbeck's Grapes of Wrath. I have no fear now. Isn't that how it is supposed to work the light moves everything else out of the way and your perception of life totally changes?

The second thing that is clearly evident comes through the memory. I normally, when in good health, have a photographic memory. Now, with the help of the dioscorea batatas, I have a double photographic memory. When I say double I mean that I can remember where in our totes, some of which have been in storage for over a year, a particular object is. I can recall which tote and where in the tote it is! Not that this will be how this light ether memory evoking can best serve but just that clear a memory comes in handy when your belongings have been on the move for four years! I also feel the memory and the clarity that comes as it improves essential in writing the book that I am currently working on. It helps immensely in choosing the words that best fit the feeling sensation in getting my story across to the reader.

This is from a lecture Rudolf Steiner gave on the 2nd of January, 1916:

"How does memory come about? This is what occurs: the first thing we have to take into consideration is this, that when we met the man five days ago our etheric body experienced certain movements. It is the light part of the etheric body that we are now considering; of course, the other members of the etheric body—the warmth, chemical and life parts also vibrate in sympathy, but it is the light part that we are considering today; I will speak of it therefore as the light body. Our etheric body, then, experienced certain movements . . . as inner light movements; so that apart from our having perceived the man with our senses, we received the impression (not communicated through the senses) that gave rise to movements in our light body. Thus the whole result of our meeting with the man consisted in our light body experiencing all kinds of movements. While you stood before the man and spoke to him, your etheric light body was in continual movement. What you said to him, what you felt and thought regarding him, is all disclosed in the movements of your light body. When, several days after, you see this man again, the fresh sight of him stirs your soul, and this movement causes your etheric body, purely because of its laws of continuity, to reproduce the movement experienced five days before, when you met the man and exchanged thoughts with him. Very well, we encounter this man again after five days. The etheric light body, stirred by this meeting, experiences again the same movements which it did at the first meeting. . .

Remembrance is this: the perception from the outer ether of inner etheric movements; the perception from the outer light ether of movements in the inner light body."

One ounce of tiny homeopathic pellets is more or less a month's supply: \$33Compounded and shipped by Uriel Pharmacy; order [here](#).