

Minthostachys acris (Minth- acr) Muña Proving

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ABSTRACT

Minthostachys acris plant (or Muña as called by the locals of the Andes) proving was conducted in October 2016 by 5 homeopaths in Neot Shoshanim pharmacy, Israel. The proving was conducted as an intensive titration proving while preparing the different potencies, applying them and recording the symptoms that appeared. I will describe the full proving, a summary of the proving as a story easily grasped and a translation of symptoms to the repertory language.

I will show as well verification of the proving in its many years usage by locals in traditional medicine, the affinity to its habitat and culture, a shaman's meditation on the plant, the plant location in Michal Yakir's plant chart, a case study, the pathology of altitude sickness and the side effects of a conventional medicine used to prevent and treat it.

INTRODUCTION

During my trip to the Peruvian Andes, in August 2016, I visited the sacred valley, Cusco, Machu Picchu and Titicaca Lake. Mystical places, highly energetic, where Inca culture thrived. Before travelling, I studied the ailments prevailing in the area and gathered a remedy kit according to my understanding. The most common disease you will encounter at that area, is Altitude sickness. Especially travelling from 3,400-5,600 meters above sea level. I used Coca 30c in water to help with dizziness, nausea, headache and shortness of breath. It helped until reaching the height of 4,000 meters adding carb-v 30c. At 4,000 meters on three different mountains and occasions, women that traveled with me started fainting. In each incidence a local native woman would turn out of nowhere rubbing a plant in her hands, burning and applying it on the fainted woman's chest and nose. Like magic they woke up and set fully refreshed. This powerful plant is called by the locals Muña.

When we arrived at the Taquile tribe living at 4,000 meters above sea level, in an island on Titicaca Lake (the highest lake for boats in the world). We were served Muña tea. I asked the guide to show me this magical plant. On the 19.8.2016 I took a branch with leaves and flowers and put it in 70% alcohol to preserve and create a mother tincture.

Altitude sickness—also known as acute mountain sickness (AMS), is a pathological effect of high altitude on humans, caused by acute exposure to low partial pressure of oxygen at high altitude. AMS commonly occurs above 2,400 meters (8,000 ft.). It presents as a collection of symptoms resembling a case of flu, carbon monoxide poisoning, or a hangover. Acute mountain sickness can progress to high altitude pulmonary edema or high altitude cerebral edema, which are potentially fatal. Primary symptoms of AMS are headache, nausea, vomiting, and loss of appetite, indigestion, shortness of breath, chest oppression, dizziness, blurred vision, sleeplessness, and ataxia.

Conventional drug for AMS- It is interesting to learn from the drug action of Acetazolamide that is used for treating and preventing AMS. It inhibits Carbonic anhydrase therefore having a diuretic action, stimulating oxygen absorption and CO₂ emission. More interesting is to explore this drug's side effects, that correlates to the symptoms of AMS and the symptoms of the Muña proving (demonstrating initial and after action of the vital force). The side effects are: Diarrhea, frequent urination with large quantities, emaciation, nausea and vomiting, numbness in hands, feet and mouth. Uneasiness, flu like feeling, loss of appetite, fatigue, weakness, shortness of breath, fever, throat pain, hemorrhage, black and bloody stool, dark urine, difficulty and pain passing urine, pale skin yellow sclera, confusion, vertigo, lower back pain, depression, itching eruption on skin. I tried half a pill myself and felt pressure in the head, nausea, vertigo, difficult respiration and red eruption from legs up to face.

Inca civilization and their descendants have adapted to life in altitudes up to 5,300 meters above sea level. Adaptation to the altitudes led to distinctive physical development. Short and stocky, men averaged 1.57 m (5'2") and women 1.45 m (4'9"). Compared to other humans, the Incas descendants have slower heart rate, almost one-third larger lung capacity, about 2 liters extra blood volume and double the amount of hemoglobin, which transfers oxygen from the lungs to the rest of the body.

Inca- Andean civilization began at 7600 BCE. Based in the highlands of Peru, an area now called the *punas*, the ancestors of the Incas probably began as a nomadic herding people. Permanent habitations have been found as high as 5,300 m (17,400 ft.) above sea level in the temperate zone of the high altiplanos. The legend says the Incas were born from the son of the god Inti in a cave above Titicaca Lake. The Inca Empire in local language Quechua: *Tawantinsuyu*, the Four Regions, was the largest empire in pre-Columbian America, and possibly the largest empire in the world in the early 16th century. Ruling from Colombia to Argentina (the only area in the world Muña grows). The administrative, political and military center of the empire was located in Cusco in modern-day Peru. The Inca civilization arose from the highlands of Peru sometime in the early 13th century. Its last stronghold was conquered by the Spanish in 1572. The effects of smallpox on the Inca Empire spread by the Spanish were even more devastating than the Spanish conqueror weapons. Within a few years smallpox claimed between 60% and 94% of the Inca population, followed by Typhus, influenza, diphtheria and measles plagues.

The Inca's were known for their sophisticated farming system, known as the vertical archipelago model of agriculture, growing potatoes, eggplants, beans, corn, quinoa. Unique architecture with large granite rocks put one above the other with no cement and special angles that are earthquake resistance. Weaving with colorful alpaca wool, suspended bridges. Silver and gold mining and in cooperating them in temples and clay pottery. Practicing shamanic medicine mediated by spirits and strong connection to nature forces. Using plants as Cacao fruit, ayawaska, San pedro cactus, Coca leaves and Muña plant. The last two are used also for altitude sickness.

The "Small Muña" I gathered grows 4,000 meters above sea level at the island of the Taquile tribe above Titicaca lake in south Peru. Taquileños are Inca descendants running their society based on community collectivism and on the Inca moral code *ama sua, ama llulla, ama qhilla*, (Quechua for "do not steal, do not lie, and do not be lazy"). If you chit, lie, still or act violently you are deported for good from the tribe. The men knit from age 8. The women work in agriculture. Their maturation ceremony is knitting a special hat. Young couples live together for 2 years and then decides if to get marry or move on.



Muña Natural history

Scientific name: *Minthostachys acris* (Mint-acr)

Or *M. mollis* – the original defined plant.

Common names: Andean Mint. In Quechua - Muña, Muna-Muna, Arash, aka, khuno.

Family: Lamiaceae, Labiatae

Origin: Andes

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Muña, the Andean mint, grows in the Andes only, from 2,700-4,000 meters above sea level. It is a bush measuring up to 1.2 meters tall with small leaves and white flowers. The herb has white colored tubular flowers and a very sweet aroma. Muña has many small dense, erect and parallel branches, and equally small ovate leaves that are placed opposite to each other. Parts used for medicine are aerial herbal

parts, stems, leaves and flowers. The usage of the herb is popular among the local people where it is found. Muña has 17 known species distributed at various altitudes from Venezuela to Argentina like the distribution of the Inca Empire. The plethora of integrating phenotypes typical of *Minthostachys spp.* adds uncertainty to species determination. Other members of Menthe family like Hedeoma and Clinopodium are also called Muña by locals. The lower height species have large leaves and look like mint, whereas the higher growing species have small leaves and are called small Muña. Muña needs a humid climate and is usually seen in rocky and steep high altitude areas. (Schmidt-lebhun 2014).

The aromatic odor of the leaves of Muña is used by the locals to repel pests, parasites, vermin, ants and moth, from plants, cattle and humans. In some parts of Bolivia and Peru Muña along with potatoes are used for the safe preservation of tubers and prevents the growth of tuber buds. In the Andes, Muña is used for flavoring different dishes. Its aroma is similar to mint.

In the Andes, Muña is known for the following medicinal properties

Digestive, anti-septic, analgesic, anti-inflammatory, carminative, anthelmintic, aphrodisiac, antispasmodic and anti-phlegm.

Digestive: Muña tea is often used by the South Americans to treat various ailments of the digestive system as stomach spasms, gastric issues, indigestion, colic and even bacterial diarrhea. Has a slightly anesthetic effect on stomach muscles, travel sickness, vomiting, diarrhea, constipation, colic, nausea, swelling and stomach pain, aiding in digestion and preventing gas. It also helps eliminate intestinal parasites. Recent studies in 2007 showed that Muña helps eliminate the helicobacter pylori organism, bacteria responsible for stomach pain, vomiting, diarrhea, food poisoning, gastritis and gastroenteritis, as well as the majority of ulcers.

Cold and fever: Muña is used for reducing the symptoms of cold and fever, especially those related to the respiratory system. As a remedy for colds, it halts mucous and fevers and encourages perspiration, helps in dilating the bronchial tracts and acts as an expectorant. Many locals use Muña to treat bronchial asthma and pulmonary infections and asthma attacks.

Hormonal: The herb is used to regulate menstruation.

Eyes: to improve the eye sight

Liver: treats liver infections.

Mind: Helps people become clear headed and refreshes the spirits. Helpful for people who are unable to concentrate or who have mental fatigue. Said to relieve

states of anger, hysteria and nervous trembling, excellent for depression and to keep drivers alert while on the road.

G: On the body, it has a dual action: cooling when hot and warming when cold. It's cooling and pain relieving action seems to ease headaches, migraines and toothaches. Used in liniments for the relief of muscle pain, lumbago, bruises, joint pain and insect bites.

Skin: Can be used to relieve any kind of skin irritation or itching but should be used in a dilution of 1% or less or the irritation could be made worse. Not much liked by insects and vermin, and ants and. Muña oil is anti-spasmodic and anti-inflammatory in nature, therefore, it is used externally to treat skin conditions such as wounds and bruises, skin fungus, muscle sores and rheumatism.

Ext: Bone strengthening – Thanks to its high calcium and phosphorus content, muña helps strengthen bones and teeth, as well as preventing decalcification. It facilitates quick recuperation after bone fractures and lowers the possibility of osteoporosis.

Altitude sickness: When tourist show symptoms of altitude sickness, guides from the Lake Titicaca region usually give them Muña branches. These branches are then rubbed between their hands and inhaled, relieving dizziness, freeing the bronchi, and decongesting the respiratory tracts

Reference: Faculty of Pharmacy and Biochemistry UNMSM 2009 “*Mate de muña*” (muña tea) is served in Andean restaurants, especially in the Lake Titicaca region.

Composition and chemical analysis of dried muña (Peruvian tables for food components – 1996) Content in mg per 100 g of the edible part: minerals calcium 2.237, phosphorus 269, iron 22.40, composition: mg/100g protein 3.20, fat 2.8, carbohydrates 66.3, fiber 9.4, ash 11.7. Vitamins: vitamin A retinol 306, vitamin B1 thiamin 0.35, vitamin b2 riboflavin 1.81, vitamin b3 niacin 6.85, energy 229 Kcal. Reference: INS – Instituto Nacional de la Salud (Peruvian National Institute of Health) Muña contains several different essential oils, of which each serves a powerful function. The main oils contained were pulegone (47%), menthone (25%), and isomenthone **4%**. The content is influenced by the matureness of the plant.

Pulegone $C_{10}H_{16}O$ - is a clear colorless oily liquid and has a pleasant odor similar to minth. It is used as a flavoring agents, in drinks and dental products and in aromatherapy. Pulegone is also an insecticide – the most powerful of three insecticides naturally occurring in many mint species. Pulegone was nominated for study by the National Institute of Environmental Health Sciences based on the potential for human toxic exposure and carcinogenicity.

Menthone is a naturally occurring organic compound with a molecular formula $C_{10}H_{18}O$. Menthone (or (2*S*, 5*R*)-*trans*-2-isopropyl-5-methylcyclohexanone), is the most abundant in nature of the four possible stereoisomers. Menthone blocks the

calcium channels causing smooth muscle relaxation. Treats nausea, sore throat, the common cold, cramps, dyspepsia and to relieve symptoms of irritable bowel syndrome and tension headaches. It is used primarily as a flavoring and aromatic agent in a wide assortment of products. It may also be used topically to treat myalgia and neuralgia, and also as an alternative medicine, it has been used as an antispasmodic, an antiseptic, and as an anti-HSV1 and anti-HSV2 antiviral. It was found that potentially exhibit free radical scavenging activity.

Isomenthone- is one of the constituents present in the essential oils of the plants. It was found that Isomenthone exhibited antiviral activity against Herpes simplex type-1 virus with the values of cytopathogenic effect ranging between .8 and 0.025 $\mu\text{g mL}^{-1}$. It was found that Isomenthone protects dermal fibroblasts by suppressing the TNF- α mediated reduction in cell viability and reduced the increase in apoptosis.

The location of the plant in the "Wondrous Order" plant table by Michal Yakir

I looked at the location of **Muña** in the plant chart by Michal Yakir. Belonging to the Lamiaceae family, like mint it shares the strong concentration of aromatic oils. The family sits in the 6th column 7th row. The remedy brings forward the highest quality of column 6 - in the seventh stage. The stage that enters the world, asking to enjoy, move, fly and experience - but encounters the body's limitations. Asks for relationships - but encounters its own limits with intimacy and reacts with detachment and dullness. The themes of the row bring up sexuality ambition and hierarchy. The flower is hard to penetrate but full of nectar. There is an affinity to reproductive and digestive system. They want nectar in their lives, living fully and reaching high. Fully capable they do reach their goals but arrive exhausted and obsessed.

The 7th row describes the young adult looking for status and achievements. Feeling omnipotent narcissistic standing on his own. Wishing to enjoy and experience. Has strong sexuality with difficulty connecting in an intimate, meaningful, long term relations.

The 6th column has to do with strong ego in a group. Individuality, strong emotions verses intellect. Survival, straggle, ruling, dominating status in the world. Overwhelmed. Allergies, fertility, straggle between masculine and feminine.

If we cross row and column we get the idea of: lips wanting to "taste and swallow" the world leaving an empty sensation in the stomach. Gas, bloating, bulimia. Alternating between religion and sexuality. Premature ejaculation. Want to change diverse, refresh. Cool sensation in body inner parts. Criticism, perfectionism, self-control, dissatisfaction, restlessness, insecurity, and low self-esteem. Suppressed femininity, cold ambitious women with hormonal problems. Fullness in sexual and digestive organs. Unbearable suffering. Excess becomes absence and exhausted.

Burned, unrefreshed. Lack of vital heat. Get cold easily but heat agg. Wants refreshing things. Etheric oils vaporize and leaves a cool sensation.

Motion: From overdoing to exhaustion and collapse. Numbness to excruciating suffering splitting and cutting.

Affinity: Hormonal system, sexual organs, hypertension and fullness. Digestive system, respiratory system cough, ear infections and colds.

It was so exciting to see how the remedy proving fits the themes of the Lamiaceae family at Michal's plant table and correlates to the use of the plant in traditional medicine.

Differentiation between the two plants used for altitude sickness in the Andes: Coca and muña.

The Coca (the ancient Ritalin) origins in Peru. It grows in very humid areas but only up to the height of 2,000 meters above sea level. It is the most common plant in Incas ceremonies, and considered a very sacred plant. In homeopathy we use coca for altitude sickness, but understanding that Muna grows much higher than coca can explain why I didn't benefit from coca above 4,000 meters. The Coca belonging to the Erythroxylaceae family of the Malphigiales order in Michal Yakir's book "Wondrous Order" is located in the 5th column, rows 3, 4. Where the semi mature individual meets the other. The expectations are high but he is not mature enough to fulfill them. An attempt to control and put boundaries by a strong mind results in a sensation of failure and insecurity. With the insight of Michal Yakir and colleague Kobi Nechushtan it seems that Coca fits people that have climbed high too fast without the means for doing so, therefor collapsing (like famous people using cocaine).

The muña on the other hand is located in column 6 in the 7th row at the end of the table, after the adult has acquired the tools to deal with society and he is full of ambitions wanting to "swallow" the world. A dominant mind disconnected from emotions, brings to exhaustion and collapse. **The muña fits those who have climbed high for a long time having great resources but being worn down. Ones who feel anxiety and exhaustion after having long lasting strong ambition and efforts to succeed. Therefore we can see the necessity of this remedy in modern life.**

THE PROVING

Methods and tools

The proving was conducted at Neot Shoshnim Pharmacy Israel on the 14.10.16 by five homeopaths. The symptoms were collected while preparing together the

remedy in a titration proving. Provers are numbered from 1-5. Provers 2-5 were blind to the remedy we were proving. We tried to study the effect of different potencies in succession. I will describe the process and symptoms of each dilution studied.

We made the 1c potency diluting one drop of mother tincture and 99 drops of 90% alcohol with 40 successions. Followed by potencies 2c, 3c, 4c, 5c, 7, 8c then 12c and 30c in 90% alcohol. The other potencies were diluted in distilled water.

On the 2.12.16 we continued provers 1+5 to potencies 89c, 144c, 189c, and 200c.

The upside of titration proving is an intense focused experience of obtaining quickly, strong, clear symptoms away from daily life.

The down side of conducting a titration proving is not having a sequence of time of symptoms appearing. Also not being able to observe alternating and reciprocal symptoms of the remedy as Hahnemann wrote in the 131 p. of the Organon that every dose takes away the symptom of the previous dose or brings the opposite symptoms.

"If however, in order to experience anything at all, one must give, as a test, the same medicine in ever- heightened doses (an increased amount of globules) to the same person several days in a row, then to be sure, one experiences the various disease states which this medicine can in general bring to pass, but not their sequence. Also, the subsequent dose often curatively takes a way one or another symptom aroused by the previous dose: or it takes away symptoms in bringing forth the opposite state. These symptoms must be bracketed as ambiguous until subsequent purer tests show whether they are counter and after-actions of the organism or reciprocal actions of the medicine." (Samuel Hahnemann)

Origin

On the 19.8.2016 winter in Peru which is the dry season, temperature ranging between 0-22 degree Celsius. I took a branch with leaves and flowers of *Minthostachys acris* (according to Schmidt-lebhun 2014 studies) and put it in 70% alcohol to preserve and create a mother tincture. I picked the sample of "Small Muña" (as the locals call the plant) at 4,000 meters above sea level at the island of the Taquile tribe above Titicaca Lake at the south region of Peru.

A summary of the proving

The muna proving reveals a life journey.

In the first stage there is optimism starting your life journey. But soon one feels the lack of "things" and starts working to achieve them. Full of youth, cheerfulness and

playfulness, curiosity, warmth, optimism, courage, agility and focus. There are fields of flowers, crisp air, you are dancing and singing. Feeling tranquility, need for motion, for flying – or yawning and sleeping standing up. There is impatience to reach the next stage. A lot of restlessness releases through motion.

"There is a disconnection between emotions and intellect, and the solution is to be in motion and fly, "(dreams about difficulties, earth, sky, flying, birds). Totem animal is a Sparrow. Desires to fly freely, unchain the physical bodily chains and wander in thoughts. For people who struggle to digest life, ungrounded. Feel small in their physical body, escaping up to the clouds with fantasies, not present in the here and now. From trauma of losing ground. With that said, they are very sharp and wise [6th column personality]. **Can have difficulty in establishing strong social bonds,** escaping to fantasy and virtual reality" (A shaman's insight by Daniel Tallor).

In the second stage, while the journey continues, one starts losing momentum. The air's oxygen levels are lower, one becomes anemic, starts feeling the limits of the body. The body is to "small" for fulfilling the fantasies and one tries to cover it up so no one notices. There is stress, pressure and anxiety in the chest. Once the problem is solved one moves on – immediately disregarding it as if it never happened!

The brain which is the organ that carries consciousness in column 6 is the center of pathology: the aroused brain state of the first stage is followed by blurring. The brain is confused, starving for oxygen and sugar. Confusion of names, in writing, in the order of executing your actions - like Alzheimer? Anxious wondering what will happen to me and my family? Tingling in vertex, numbness of lips is a concomitant. Legs feel stiff like logs. Pains in lower back like the spine is pulled out. Floating sensation, vertigo on rising with blurred vision.

Indigestion craving for light food like fruit, sweets and cheese.

Dreams about persecution, thieves, talking to the dead, clairvoyant, strange, moving from one dimension to another.

The eyes are dry, heavy and burning. **Nostrils burning with coryza, red burning eruptions.** Ears stumped itching, head and hands itching. Wants to open a window, need for fresh air. Throat painful, with thick coryza in its depth - unable to expel it. **Redness of face** with pale skin in the neck. **Red palms,** cold fingers, great coldness or warmth, or heat waves in parts of body.

Pressure in temples, jaws, chest. A restlessness with an urge to move, sway, flap hands like flying motions, escape from bodies limitations, wants to walk in fresh air, desires an open window, eructation, talking a deep breath any way to supply air and oxygen.

Chest oppression, felt in the center. Congestion with difficult respiration. Eructation amel. Stomach oppression with nausea and faintness. (Chest\ stomach connection is felt). Pulsation in the thyroid area. Discomfort in the pit of the throat with the urge to vomit. Compelled to take a deep breath which releases the discomfort.

Hunger from weakness. Eat or die [Row 7], or wanting of hunger and the food seems tasteless, sudden craves for cheese.

Emotionally: The emotions are disconnected from the mind. Sensation – as if the head is detached from the body, "I'm not myself".

In the last stage of the remedy: one is nearing the end of the journey. How does one survive at high altitude at the top of the mountain? There is lack of oxygen,

blurred vision and heaviness. Sensation of a stone instead of the brain, a stone in the stomach, a stone in the throat. Difficulty to digest life. Paralysis, numbness and tingling in different organs. Fluids in the lungs and brain. Mental confusion, one is beside oneself. Out of body experience, detached from the earth, head detached from body, floating, talking with the dead, disperse, wants to die, no oxygen to lungs, brain or stomach. No sense of smell, as if impressions does not penetrate any more. Faintness, coldness, palpitations and eventually death.

There is a movement in the remedy between two situations: Floating, staring into creation, satisfied, calm and numbness, and an inquisitive energy (opening drawers), powerful, hot, sexual, impatient- wants here and now, aggressive (Michal Yakir). Column 6's mature Ego that wishes to move high and forward but is halted in the body's limitations.

The Muña suits people with high capabilities and strong ambition. People that climbed high and got prostrated. The Muña's journey is a journey toward our abilities to live at high altitudes with our achievements, successes – and the stress and pressure that follows. Enabling our vessel to contain our aspirations, without feeling the urge to escape, run or "fly" away. A journey to such altitudes that allows cooperation and intimacy with those around us, just like the Inca's descendants of the Taquile tribe that live in collectivism, equality and peace – the epitome of column 6 aspirations.

Insights of a Shaman

During the time we conducted the proving my son Daniel was training to be a Shaman in Cusco Peru. He was practicing with a Q'ero shaman that belongs to a Quechua-speaking community of natives that are Inca descendants. He drank the small muna tea and meditated holding the plant while recording himself:

"For people that have a difficulty to digest life. Ungrounded, feeling small in the material body, wishing to escape and fly up. Are in fantasy, head in clouds, less in the here and now. With trauma of losing the ground. Wise and sharp. They are emotionally imbalanced with a difficulty to express their feelings especially the ones that have to do with the earth. There is a repressed fear of living, instead they experience fake happiness of fantasy and virtual reality. Difficulty to establish strong deep social bonds. Rootless. Escape is a strong word. Wants to escape but the body blocks him. Totem animal is a sparrow that wants to fly freely, unchain his chains of the material body and wonder in thoughts.

Dreams: of earth, hard, sky, flying, birds.

Ailments: gastric and stomach.

Fluids in head and lungs.

Respiration difficulties, desires to take a deep breath.

Element: air

Desires: sweats, fruits, soup.
An imbalance between heat and cold.
Soft stool, diarrhea. "

(By Daniel Tallar).

A Case

A 54 year old man with respiratory difficulties started having panic attacks after being diagnosed with C.O.P.D. Had also a very cold sensation in the throat. The man is very capable, successful and ambitious. Working under constant pressure, moving from one project to another. Loves intensive sports, passionate about climbing high mountains and feeling the rush of adrenalin "hi". Has difficulty with intimacy, loves to eat fruits and vegetables. After taking the remedy the shortness of breath disappeared, he feels calmer with no panic attacks.

Using the remedy for altitude sickness

Two women that travelled to Bogota Colombia landing at 2,640 meters above sea level, started feeling vertigo and head pain. They put as I instructed 2 globules of **Muña** in a bottle of mineral water and drank a bit whenever the symptoms recurred. They were very content and felt great.

The Full Proving 14.10.16

1c potency was prepared by prover P-2 at 9.26

2c potency was prepared by prover P-2 at 9.28

3c potency was prepared by prover P-4 at 9.29

The 3c potency was applied on wrist, rubbed and inhaled. Description of chronologic symptoms obtained:

P-4 comment: 3c potency is a potency that enhances the material source.

9:30- P-5- Slight oppression felt at the middle of the chest.

9:31- P-4- Tingling felt in occiput.

P-3- Tingling felt in occiput.

P-3- Wants to fall asleep and wake up simultaneously.

9:32-P-1- A red spot on the right wrist where the remedy was rubbed. Oppression felt in lower chest at stomach area.

P-3- Aroused, like mist is clearing and the chi is awakening.

P-1- Respiration difficulties, slight vertigo, wet cough.

P-2- Tingling in upper palate of the mouth.

9:36- P-3- Numbness and dryness at upper palate.

P-5- Extreme heat sensation in the whole body.

P-4- Oppression in upper chest, with fullness with a slight difficulty in respiration.

P-2- The lips are actually numb.

9:37- P-1- The lips are numb.

9:38- P-5- Confusion in names between P-1 and P-3. Trying to call P-1 several times and instead calling P-3.

P-2- The hand palms becomes red.

9:40- P-4- Respiration difficulty with slight vertigo of head.

9:41- P-5- Numbness of foot soles.

9:42- P-4- A thought rose that the proving source has to do with paralysis, nerves and brain.

9:43- P-1- Anxiety with respiration difficulties.

P-3- I feel optimistic.

P-1- Confusion in names could not call p-4 or p-2 at the correct name.

P-2- Tingling at the back lower part of the head.

9:44- P-4- Feel I am going to faint.

P-5- Tingling at the lower back part of the head.

P-2- Heart beats felt.

P-1- Heart beats felt.

P-3- Feels like the blood pressure is going down, like sugar levels are dropping.

9:45- P-4- Heat sensation at the bottom of the neck in the thyroid area.

P-2- I feel the throat throbbing.

P-3- Sensation as if the spine is pulled out from bellow.

P-4- Sensation of heat in the throat at the thyroid area.

P-2- I feel my throat throbbing.

9:46- P-2- Tingling in the palms of my hands.

P-3- My palms are really warm.

P-2- Heaviness from knees down.

9:47- P-5- I feel very hot, but finger tips are cold.

P-4- Significant respiratory difficulties.

P-1- Cold finger tips in both hands.

P-4- I feel the need for more oxygen, like there is lack of oxygen.

9:48- P-4- Comments P-1 has red face and white skin in the rest of the body.

P-5- Looks pale.

9:49- P-3- I feel like dropping to the floor, the head is not receiving oxygen. I think the remedy suits Alzheimer disease. I feel like the brain does not work, paralyzed, a lump instead of brain.

P-5- Oppression in the left side of the chest.

9:50- P-1- Chest oppression, nausea wants to vomit. A need to take a deep breath which ameliorates.

P-3- Chest oppression in the middle of the chest, like a stone.

P-3- Eructation. Hot palms cold body.

P-4- It feels like a drug, after each wave of oppression comes a wave of peace. A nerve remedy, heat flashes.

9:51- P-1 – Uneasiness in the throat pit, wants to vomit. Connection with stomach, a need to take a deep breath to release it. Eructation releases it.

9:52- P-4- Tranquility and pleasant.

9:53- P-2- A distinct dizziness with blurred vision.

P-4- The body feels more elastic, calm, something is opening in the chest (P-5 notices P-4 releasing his hands to the sides like flying motions).

9:54- P-3- Sleeping while standing.

At 2.12.2016 P-5 takes another dose of 3c- Has vertigo cannot rise from his sitting position. Motion of head agg. better sitting or standing still. A very hot sensation in the body, especially at the back and shoulders.

4c potency was prepared by P-4 at 9:56 and applied on wrist, rubbed and inhaled.
Description of chronologic symptoms obtained:

9:56- P-5- tingling of tongue.

The chest feels locked as primary action.

09:57-P-3- The chest opens as primary action, feels a need to walk, walking amel. And releases the area of the chest.

P-2- An urge to walk.

P-4- A slight vertigo again.

09:58-P-2- A significant vertigo, blurred vision. Condense energy.

09:59-P-5- Observes: Everyone is suddenly moving and walking in the lab and pharmacy.

P-1- Oppression in stomach with an urge to vomit, and vertigo.

P-4- Higher energetic sensation and ability. Puts hands on P-3 and laughs.

P-5- Enormous inner heat is felt in the abdomen.

P-2- The word benevolence comes up.

P-4- Feels more in the energetic body, still here in the vital force media, but the body is energetic. The structure of the first octave of potencies is the most dramatic moving from one potency to the other.

P-5-10:00- observes: P-3- Shuts his eyes for a short period of time.

10:02- P-3- A primal image arises, of walking peacefully barefooted in a field of small pink flowers.

P-3- Pain felt in lower back coccyx area.

P-4- Pain in lower back and right hand, and clarity of mind.

10:03-P-3- Sharp pain in coccyx.

10:04-P-4- Vertigo restricted to the area of the eyes only.

P-1- Sensation of dryness of lips, impulse to take a deep breath. Thirst. Businesslike.

10:05-P-3- In regard to P-1's feeling I feel the urge to drink more than the feeling of dry lips.

P-4+P-5- Are not thirsty.

P-5- Peaceful and calm.

P-2+P-4- Having a conversation: The energy is gentle now, opens, caressed. Before the energy was aggressive, now is sycotic.

10:07-P-2- I feel the opposite? Less anxious.

5c potency was prepared by P-1 at 10:07 and applied on wrist, rubbed and inhaled.

Description of chronologic symptoms obtained:

10:07-P-3- A colic pain felt across the stomach from one side to the other.

P-4- The diaphragm is cramping, chest oppression felt again.

P-3- The motion of the remedy in each potency is throbbing, moving between constrictions to extension.

10:08-P-5- Burning pain in nostrils on the verge of tears.

10:08- P-3- No oxygen to brain. Feels done, so hungry.

P-4- Feels the brain as an organ.

P-4- Redness is the left hand palm.

10:10- P-1- The body is centered, erect and focused. But there is a need to spread my wings and fly. P-4- comments: that's what I felt in the 4c potency.

10:12- P-5- Really hot in the entire body.

10:13-P-3- Feels like I'm going to faint. Like I haven't ate in a week. Sugar levels are dropping. I want to drink something sweat that will give me immediate energy, like fruit juice. Sitting does not help. The energy is gone fast and the body is having a hard time using its energy.

P-5- Really warm all over the body.

10:15- P-5- Kind of a lump in my throat, in the lower back part of the thyroid, wants to swallow but gives no relief.

P-3- Pain in the back radiating to buttocks, more prominent on the left side.

P-2- Sensation as if the legs are like wood (I know this sensation).

10:16-P-5- Observation of P-1 moves a lot from side to side. Giggling and laughing.

P-1- Observes P-4 tapping, drumming with his hands.

10:17- P-3- Restless thought: when are we moving to the next potency?

P-1- Dancing! This staff gives me a high.

Numbness in mouth and inner cheek.

10:18- P-3- Strokes his hair, head is a little painful in the occiput area, root of the scull. When I take a deep breath it releases the pain and also massaging the area helps.

P-2- The left leg is still numb. Like wood going down to the feet.

10:19- P-2- I'm in control but I'm not myself. Difficult to define. Looks younger but not like myself.

P-1- Numb lips.

10:20- P-2- It's going down now, it's in my feet, a different feeling. I'm not myself.

10:21- P-4- Almost asleep while sleeping. I am quit. A feeling of quitting and just observing.

P-5- Eyes and nose burning.

10:22- P-3- A thought: We need sugar. Anxious to see what will happen next.

P-4- Becomes hungry. Eats bread and hard cheese.

6c potency was prepared by P-2 at 10:23 and applied on wrist, rubbed and inhaled.
Description of chronologic symptoms obtained:

P-4- Is there a connection to Venus in this 6 potency?

P-1- Bob Dylan got a Nobel prize- "Don't give up it's alright".

P-3- A need for sugar in order to recover. Drinks fruit juice.

P-2- A thought: It is interesting to find out if there is something Venusian in the remedy.

10:24- P-1- Listening to P-2 the song "what's love got to do with it" comes to mind.

10:26- P-4- Vertigo.

P-2- Vertigo on the right side only.

Observation: We are taking more and more of the remedy. Sniffing it like nothing is penetrating. Like before you faint, things do not penetrate totally.

P-2- The effect is one sided.

10:27- P-5- Burning in nose and eyes.

10:28- P-1- An urge to take more of the remedy to increase the effect.

P-2- An urge to take more of the remedy to increase the effect.

P-5- An urge to take more of the remedy to increase the effect.

10:28- P-3- Numbness- maybe that is the reason we want to smell more of the remedy.

10:29- P-4- Wants to eat a young goat in order to ground myself. Eats more and more bread and cheese. Makes me happy. I feel happy.

P-1- It makes me sick.

10:30- P-5- I have the urge to rise and eat also. I am calm.

p-2- My right side is not o.k. I was dizzy.

10:31- P-1- Need to take a deep breath. Happy to move to the next potency. P-5 feels the same.

7c potency was prepared by P-3 at 10:33 and applied on wrist, rubbed and inhaled.

Description of chronologic symptoms obtained:

10:34-P-3- The first thought is maybe to give up and die.

P-2- A thought about eternity.

10:35- P-1-Flapsand turns arms trying different ways to fly. An amusing atmosphere.

10:36- P-4- Before eating I wanted to die. After eating I want to live. Feels like a child.

P-4- Numbness and sensation of paralysis in the back sides of the head and the brain.

P-2- Tingling in lower lip.

10:38-P-3- Oppression in umbilical area of abdomen, rising through the center of the chest to the throat. From there to the sides of the neck and head.

P-2- Many people that passed away are suddenly coming to me. Just images saying nothing, working.

10:40- P-5- There is a song playing in my head: "I'm a believer".

10:41- P-4- Feels heavy, tons of weight. Heaviness in head, hands, eye lids, wants to lay down and sleep." And Moses hands are heavy".

10:42- P-1: Pain in coccyx. Anxiety in pit of stomach. Wants to take more and more remedy. Eructation.

P-3- Food is good for me, especially salty. Cheese tastes bitter usually is tasty to me.

P-4- Feels curious, wants to taste the third cheese I haven't tasted yet.

P-2- I am not myself.

P-3- Observation: Sits on the chair pulling his legs up to his chest. Says it releases his back pain. Strong urge to sleep.

10:45- P-4- Feels gluttonous (repeats this several times) tastes, nibbles. Opens drawers curious to see what's in them.

10:47-P-5- A sense of satisfaction. Can't stop smiling.

P-3- Again this feeling in the scalp of tingling.

8c potency was prepared by P-4 at 10:47 and applied on wrist and the third eye, rubbed and inhaled. Description of chronologic symptoms obtained: Infinity

10:49- P-3- Wants to put the remedy between the eyes at the third eye area, to open my insight.

We all followed.

P-4- Strong vertigo.

P-3- After applying the remedy on the third eye I could see the essence of each one of the provers. I don't remember exactly just P-4 looked like Buddha.

10:50- P-2- An urge to sail. I see myself in a small boat made of walnut tree shell.

10:51- P-3- The cheese in my mouth is not tasty now.

P-4- My head is lighter than the rest of my body. I had a cough in the first two potencies, now I just have to clear my throat. My heart is pounding from chest oppression.

10:52- P-4- The head is light and warm. The body is not, it is massively in matter.

P-3-The head and body are not together.

10:53- P-3- A feeling as if the body has stayed here, the head could separate from it. Stuck food is sitting in the stomach like a stone. The body is not transporting energy. There is energy, but the body doesn't know how to use it.

10:54- P-5- One minute silence feels like eternity.

10:55- P-1- The tomato and cucumber I ate are stuck.

P-4- The minute I close my eyes I leave the body.

P-2- Feels serious and heavy.

P-1- Rises the need for self-assembly. Seriousness, depth. Floating, everyone is in motion.

P-3- A partial outer body experience.

P-5- I want to lay back on the chair and close my eyes.

Observation: for two minutes everybody is sitting on the floor or chairs.

10:57- P-2- I am not myself it is really weird.

10:58- P-3- There is an affinity to the back. I have to straighten my back and neck and then everything flows.

P-5- Wants to keep quiet. Does not want to talk or express. Feels calm and does not want to interfere with the feeling.

P-3- Waves of nausea rising from the abdomen.

P-2- Do not know what the remedy is but war comes in mind.

P-4- Tranquility, reduction of thoughts.

10:59- P-4- The body is heavy, the head feels weird.

11:00-P-2- The feeling of the small fishing boat comes again. A fishing boat in the ocean.

11:01- P-5- If I did not have to write the proving down, I would be totally spaced out.

Everyone is calm. A break in the intensiveness felt before.

9c potency was prepared by P-2 at 11:03, 10c potency was prepared by P-3 at 11:04, 11c was prepared by P-1 at 11 :04 and 12c potency was prepared by P-2 at 11:05 applied on wrist and the third eye, rubbed and inhaled. Description of chronologic symptoms obtained:

11:07-P-5- Feels relaxed, laid back, takes a deep breath, there is a smell of cleanliness like that of a toothbrush or toothpaste like Colgate air fresh toothpaste. Cold, nice, airy, feminine.

P-4- Feels it's a gentler more delicate potency.

P-2-Feels it's a more feminine potency, there is lightness.

11:08- P-4- We were out of the material bonds. The body now returns to organ harmony, head reconnects with body, body back to normal, I am connected. I felt beside myself earlier.

11:09- P-4- Feels a need to wash my hands. Stands up and washes hands. Observation: P-4+P-1 are taking more of the remedy on the vertex and chest, the respiration and chest are opening.

11:09- Everyone is applying more remedy on the vertex.

11:10-P-3- Again a sensation of running in the field, but now as a child.

P-5- Again great satisfaction, relaxed, content, I'm having fun.

P-2- Couldn't be better. I'm myself again. Joy.

P-3- My brain is blurred.

11:11-P-4- Free. The elasticity is back, the system is opening.

P-4- Agrees with P-4, the system is opening.

P-3- Singing to myself all the time.

11:13- P-4- Is yawning a lot. Puts more remedy on the chest.

P-3- Stretches legs forwards, wants to go outdoors and run because still feeling his strained back, stretches.

P-4- A motion of opening of the chest.

11:14- P-3- An inclination of something going too high and something too grounded. You have to be in the middle in order to connect. Like two triangles one above the other connected at the vertex, like an hourglass.

P-1- Coryza dripping to the back of nares to pharynx.

11:15-P-1- Numbness in the face and lips.

11:16-P-4- A really fun feeling.

P-2—I feel like dancing. I'm reconnected with myself. A remedy for schizophrenics.

11:17 - P-5- Leaning back helps opening the enjoyment sensation.

P-3- This pain in the scalp area goes on all the time and there is a sensation of heat.

P-1+P-5 Observing P-3 actually falling asleep.

11:19- P-3- Fatigue and heat flashes that comes and goes in the base of the skull. Shuts his eyes.

11:20- P-4- Feels strong energies in a phenomenal way.

11:17- 13C was prepared by P-2

11:18- 14C was prepared by P-1

11:18- 15C was prepared by P-5

11:19- 16C was prepared by P-4

11:19- 17C was prepared by P-1

11:21- 18C was prepared by P-5 applied on wrist and the vertex, rubbed and inhaled. Description of chronologic symptoms obtained:

11:21-11:25- P-4- Is wondering about the difference between Q potency and LM. He is interfering, restless, circling the room, opening drawers.

11:25-P-5- Chill all over the body. I am more alert and aware. Observes P-3 falling asleep.

11:26-P-4- Everything seems amusing.

11:27-P-1- A heavy vibe in the room. Confusion, everyone is interfering. I'm impatient.

11:28- P-4 Observes P-1 eyes turning very red. (They were slightly red already in the morning from an infection.

P-4+P-1- Very thirsty has to drink.

P-3- Going out for fresh air, to walk a little. I will be back in 5 minutes.

11:28-11:32- Everyone is walking in and out of the room, bumping into each other.

11:32- P-2-Starts working on the 30c potency.

P-5- My eyes are burning again.

11:36- P-3- All my senses are alert, I saw a woodpecker in work for the first time in my life. All kinds of memories accrued in their essence, I was disconnected when they accrued now I am thinking about it.

11:38- p-3-I will never want to eat again.

P-2- Thinks she mixed up the remedies and we were proving the wrong one. Talking about the stroke one of our mothers had.

11:38- 30C was prepared by P-2 applied on and under the tongue. Description of chronologic symptoms obtained:

11:41- P-5- Again a heat sensation all over the body.

11:43-P-4- Chest oppression, has to take a deep breath in order to fill the chest (like ign). Scraping the throat.

P-3- A massive fatigue without any proportions to my night sleep.

11:43- P-5- Super concentrated. Concise. Sharp.

P-1- Posterior nasal drop.

11:45- P-5- Restlessness in my toes. Doesn't want to say things out loud. Observes P-4 yawning again.

11:46- P-2- Sees a flying horse.

P-3- It is time to connect emotion and rationalism. To be completely here and now.

P-2- A need for heavy breaths.

11:47-P-4 feels the brain as an organ, the head is heavy, and there is pressure in the temples, heat in temples, sleepiness, heaviness, with sharp pain. Heaviness of the brain being separated in the head from the scalp. Unnatural looseness of the body.

11:48- P-3- A sensation as if the brain is heavy in the head, a heavy brain.

P-3- The handwriting is rounded more than usual.

11:49- P-5- Feels a very condensed energy in the third eye with clearness of vision.

P-2- I am not myself again.

P-3- Feels like I am running but this time in a volcano soil.

11:50- P-2- Does not feel the earth under my feet.

Follow up after the proving:

General remarks from P-5-There are a lot of mistakes in my notes, erasing, writing hours in reverse order- first minutes than hours, jumping hours. (Not typical at all). When I typed my notes after the proving I felt heavy and confused. I had difficulty in putting the information in order and had to check and recheck for mistakes.

A very strong sex drive. Desire for mint toothpaste which he never used before.

P-1 The proving brought back my experience walking in 4,000 meters above sea level in Peru. Pressure in my chest and a beginning of a panic attack which I never experienced in my life. An urge to take deep breath in order to relax the chest area and the anxiety and to catch some more molecules of oxygen. In the middle of November I felt the anxiety once again in a surprise party that was held for me.

The day after the proving I felt great coldness in my body reaching the core. Had burning diarrhea in the morning and at the evening. Dreamt for the first time about my dead mother trying on bathing suits. Dream about the house I grew in: A thief with a torn straw hat comes barefooted, I am in the yard, he leaves with my wallet and I am shouting at him, so he throws the wallet back to me.

A dream about car wash. A dream about a man conducting my only female choir but there are men there.

I had many incidence of flew all along the winter.

P-2- A very dry eruption on hand palms with cracks disappeared after the proving and instead after a few days, a sever rash appeared on my left cheek. Red, large, burning and painful.

P-4 Had a very long cold with persistent cough for over a month. Several panic attacks the following months.

P-3- Ravenous hunger impulses.

On the 2.12.2016 P-1+P-5 met again to bring the 30c potency up to 200c, testing Fibonacci potency 89c, binary potency 128c, Fibonacci potency 144c and 200c.

The night before there was a 6.3 magnitude earthquake that originate in north of Titicaca Lake and was felt in the area.

11:03- Repeating 3C applying it on wrist, there was no redness this time. P-5 Weird feeling, chilliness in the left hand and tingling in the throat.

P-5 We arrived on a stormy day. He suggested we travel with sails and paddles.

11:09- P-1 while preparing 40c potency from 30c starts having nausea and vertigo.

11:16- P-5 preparing 50c from 40c- feels pain in right middle side of the abdomen pressing lightly from inside out, uneasiness. Using left hand instead of right.

11:20- P-1 I really feel like vomiting. Going up from 50c to 60c takes a deep breath.

P-5 There is a song playing in my head I don't remember the name. The back of my neck feels tight on the left side. Dull vertigo, heavy noticed breath. Mistakes in writing down the potencies. Mistakes in the cups P-1 mistakes in writing the hours. Very sexual thoughts are rising. Wants to sleep with the assistant. P-1 looks more attractive than ever.

11:39-P-1 preparing 80c potency from 70c potency. I feel nausea and vertigo. Pain in both temples pulling, tightness in jaws.

P-5- Difficulty to do two thing at ones, to dilute and to report. Not typical.

A wild sensation of sexuality, wants to grab her hair from behind and have wild sex. Do I have to restrain my thoughts?

11:45- P-5 prepares the 89c potency from the 80c potency. Feels braver, stronger, more organized, and capable to do things. Less terrified to make a mistake.

P-1- Confusion difficulty to concentrate. Nausea and vertigo grow stronger. I am totally out, very warm. Sits down- does not amel.

89c Fibonacci potency the closest potency to a hundred 11:51- P-5 takes an oral potency on the tongue. P-1 is weak just inhales the potency.

11:51- P-5 feels brave but needs to sit down. No trace of sexuality. Chilliness from back of neck to shoulders disappeared. Feels the heart strongly. The eyes are heavy like in gelsemium. Great heaviness, drooping, hot opens a window, posterior nasal drip. Chilliness in hands. Great heat all over the body, than concentrated in the abdomen. Hand palms itching. A thought rises to continue the titration. Laughing.

12:06- P-5 dilutes from 89c to 100c- Strong eructation at 100c.

P-1- Sharp pain over the left buttock. A wave of dizziness from the forehead.

Needs to take a deep breath. Walks out of the room. Eats a brownie.

P-5- I know everything is going to be alright.

12:11 P-5 sharp pain in left temple. Chill from temple to the back from both sides.

P-1- my left ear and head are itching- maybe I have lice? (Never had them).

12:15- P-1 prepared 110c from 100c. Full of energy, laughter. Talking about an edgy musician that turned a fanatic religious and died.

P-5 the energies are low.

P-1- We are strong.

P-5- There were palpitations and they calmed down. Heavy breaths, tingling in throat, nice feeling heat at abdomen.

12:20- P-1 prepared 120c potency from 110c potency.

P-5 Extreme heat all over the body like a heat flash. Fatigue and yawning. It seems there are 2 distinct subjects in this remedy: alternating states (comment by P-1 because of the sequence of taking the potencies) and waves.

12:27 P-5 Prepares the binary 128c potency out of the 120c applied orally on tongue. It does not feel as powerful as the Fibonacci potency.

P-1 A cloud comes like a wave over my head. Nausea, vertigo and pressure in the ears, ears are stuffed. Looks tired feels gone.

P-5 Sings: "Once again we are excited, riding the waves" (Israeli song)

P-1 Catarrh in the pit of the throat. A lump stuck sitting in the stomach.

P-5 Itching in inner right ear. Urge to flirt.

P-1 takes a deep breath, tightness in jaws. Sits down, plugged ears, heaviness of head, blurt, heat in palms both of our hands are red especially the finger tips.

The right ear is painful, catarrh in the throat, a strong itch in the face above lip and under the nose.

P-5 Pressure in left ear and temple.

P-1 Thick catarrh in bottom of throat wants to take it out.

12:45 P-5 and P-5 prepares the Fibonacci 144c from 130c applies under the tongue orally.

P-1 Stuck catarrh, deep breath.

P-5 Confusion in writing the potencies, hours, names (very unlikely). Chill stuck in the back of neck wishes it goes down to release. Did release to the hand with goose bumps. Eructation, Pain in left temple, dull pain. Annoying pain in the throat. The eructation releases, itching in the back of the hand and above calf. Restlessness swaying with the chair.

P-1 Confusion in names. Observes P-5 swaying from one foot to the other like praying. Right ear is plugged, vertigo, no air, wants to walk outside, a huge eructation, very thirsty.

P-5 Feels light, it's more fun this way, feeling good physically, light, right quietness. Feels the need to tie myself to the ground here and now.

P-1 Blurry, impatient wants to move on. Impatient.

13:15 preparing 160c potency from the 150c potency.

13:24 preparing the 170c potency from the 160c potency.

P-5 Philosophical thoughts about the emotions of machines. Binary verses Fibonacci. Remedies from machines that are named after animals like yasur (shearwater) helicopter. Do they get the energy of the animal? Do the machines that prepare remedies think and dills with the remedies?

P-1 Apathy I don't care what happens.

P-5 Deja vu that all this already happened. Most of my symptoms are on the right side. Tells about a strange dream he had last night: He is in his father's house, the house looks different, his father is opening envelops that were addressed to different members of the family and predicts events that will happen to them in the future. Everyone is very excited. It seems there are too many envelops.

P-1 Prepares 180c potency from the 170c potency.

13:35 P-5 Pain in the right side of the throat.

P-1 prepares the 190c potency from the 180c potency- Impatient and rigid.

P-5 Dry lips has to lick them. An annoying catarrh in pit of throat. The pain in the throat is better.

P-1 Realizes that he hasn't urinate for hours. Although had great thirst and drank a lot there is no need to urinate.

13:41 preparing together the 200c potency from the 190c potency.

P-5 the catarrh is still there the pain in the throat is gone.

P-1 right eye is itching.

P-5 an untypical thought about home. How is his spouse getting along does he considers her time as obvious? A lot of mistakes writing and erasing.

We decide to take the 200c potency at home.

P-5 I had an even stranger dream the night after the proving on the 2.12: A character from a cellular game I play which is a skeleton named smoke that fights with knives and traps souls, reaches our medium to fight a force that is attacking us. That force stabs people in the abdomen but they can't stab him because he doesn't have an abdomen. But the moment they did stab him he screamed and we moved to another dimension. We were led to an army base that was a mall, there was a drill and we received red cellular phones that opened like clams. There was a mess, I went out of the room and deliberately threw my phone to the side of the road before returning to our dimension. Their police caught me for an inquiry and I said I don't have a clue on the where about of the phone. They had pictures of me with the phone but a colleague of mine spoke out on my behalf, so they let me go. I was stressed and running getting help and guidance from friends from my past.

3.12 22:26- P-5 Takes 2 globules of the 200c potency on his tongue

22:26- Fastidious, started rearranging the remedies in a perfect way. I opened and reopened them again and again until they were in the same height. I smoothed the aluminum foil so I can use it in the best way.

22:33- Pain in my temples, especially in the right side. Heavy breath and restlessness. Thoughts that maybe something is wrong with me. Maybe something will go wrong. What will happen to me?

22:34- Chest oppression, in the center and in the blade of the heart.

22:36- Pain pressing at my cheekbones.

22:37- The pressure in the chest and temples is burdensome. Wants to vomit. Light pain at the lower middle back no position relieves.

22:40- Rocking in my chair relaxes, especially the squeaking of the chair. When I stopped rocking I starts feeling the pressure at the temples and breath again.

22:44- Leaning back on the chair improves the feeling.

22:48- Feel I am back to normal with only a dull pressure in the temples.

Repertory:

Mind amativeness

Mind anxiety respiration diff with- 2

Mind anxious chest oppression with-2

Mind anxiety, chest in, respiration diff with, deep inspiration desire, amel- 3

Mind confusion

Mind Benevolence

Mind beside oneself, being.

Mind self control loss of

Mind cheerfulness-3

Mind cheerfulness dancing laughing singing with

Mind check things must

Mind childish behavior.

Mind cares full of family to his

Mind clearness dullness after

Mind Courageous

Mind content

Mind concentration diff-2

Mind concentration active.

Mind dancing

Mind delusion body small feels to, leave body desires to

Mind delusion brain paralyzed

Mind delusion brain sensation of as an organ

Mind delusion back spine pulled out from tail

Mind delusion body heavy has become, head light feels

Mind delusion dead persons sees

Mind delusion energy dense

Mind delusion energetic powers has

Mind delusion floating air, in.

Mind delusion happen that something terrible is going to.

Mind delusion head light body from a

Mind delusion head separated body from, is

Mind delusion horse flying sees

Mind delusion head lice.

Mind delusion outside of body

Mind delusion sailing boat in

Mind delusion walking barefoot field in, flowers with, land reddish in
Mind delusion stone chest in

Mind delusion war

Mind dreams birds

Mind dreams earth

Mind dreams flying

Mind Dream clairvoyant

Mind dream robbers

Mind dreams persecution of

Mind dreams strange

Mind eat, eating amel

Mind escape desires to

Mind fear happen something will him.

Mind fastidious

Mind fly desire to.

Mind floating,

Mind gestures make, involuntary motion of hands, flying.

Mind intimacy intolerance

Mind high spirited

Mind impatience, wait cannot- 3

Mind impatience, wants to move on- 3

Mind indifference apathy

Mind inquisitive

Mind lasciviousness, lustfulness

Mind lightness feeling of

Mind memory weakness, loss of names for, persons of-2

Mind mistakes making writing, in-2.

Mind mistakes, making talking, in words, wrong names-2

Mind optimism

Mind philosophy ability for

Mind play desire to playful.

Mind fear wrong something indescribable.

Mind restlessness.

Mind restlessness impatient-2

Mind restlessness respiratory complaints in-2

Mind restlessness rock, must-2

Mind sit sitting desires to still, silent

Mind suicidal thoughts

Mind senses dullness blunted

Mind seriousness

Mind singing

Mind time timelessness

Mind time passes to slowly, appearing longer, as eternity

Mind tranquility-2

Mind vivaciousness

Vertigo forehead.

Vertigo vision with dim

Vertigo rising after seat from

Vertigo right

Vertigo walking, air open in amel-2

Head congestion hyperemia

Head congestion hyperemia brain

Head pain drawing temples
Head heaviness dull- 2
Head itching occiput
Head numbness occiput- 2
Head numbness brain
Head numbness scalp
Head pain wave like
Head occiput touch amel
Head pain breathing deep amel
Head pain sudden temple left .
Head pain pressing temple left- 2
Head Pain pressing temples, right
Head pain nausea with
Head pain motion amel move must- 2
Head tingling occiput-3
Head tingling vertex
Eyes burning
Eyes heaviness lids upper
Eye itching right
Eye lachrymation coryza during
Vision Blurred
Vision blurred right
Ear itching right
Ear pain right.
Ear pain left- 2
Ear obstruction, obstructed sensation, right
Ear obstruction, obstruction sensation

Nose pain burning nostrils,
Smell menthol breathing deep sense
Face dryness lips
Face itching lip above.
Face eruption red, painful, cheek right
Face numbness lips-2
Face paleness
Face tension jaws
Face Tingling prickling lips upper
Mouth dryness palate
Mouth numbness cheeks inner.
Mouth tingling palate
Mouth tingling tongue
Throat lump sensation swallowing not amel by
Throat lump sensation mucous pit of .
Throat mucous thick
Throat pain tonsils right
Throat palpitation as if
Neck heat sensation, thyroid
Stomach anxiety pit of stomach
Stomach appetite ravenous
Stomach eructation amel
Stomach eructation, respiration diff eructation with, amel-2
Stomach heat agreeable
Stomach lump sensation pit of stomach-2
Stomach nausea vertigo after .
Stomach nausea eating agg

Stomach nausea eating amel

Stomach nausea, respiration complaints with

Stomach nausea waves in

Stomach oppression- 2

Stomach thirst extreme

Stomach thirstlessness

Abdomen heat flushes of

Abdomen oppression umbilical region extending chest

Abdomen pain cramping, pain sides extending to side to side

Abdomen pain cramping diaphragm/inspiration deep amel.

Abdomen pain pressing inguinal region left

Rectum diarrhea

Rectum pain burning stool during diarrhea

Bladder urging to urinate morbid desire absent

Male sexual libido desire violent

Respiration difficult- 3

Respiration difficult palpitation with- 3
respiration difficult vertigo with- 3.

Respiration difficult vertigo with sitting amel.

Respiration difficult walking desire, amel.- 2

Respiration deep desire to breath-3.

Cough wet

Chest closed sensation inspiration deep amel.

Chest fullness respiration difficult with- 3

Chest fullness upper. Congestion,

Chest fullness oppression- 3

Chest fullness inspiration deep desire-3

Chest fullness inspiration deep ame-3l
Chest lump sensation
Chest palpitation- 3
Chest oppression- 3
Chest oppression ascending high, a-
Chest oppression heart
.Chest oppression. Sternum, xiphoid process about
Chest oppression middle
Chest oppression eructation amel- 2
Chest oppression palpitation with- 3.
Chest oppression respiration deep must- 3
Chest oppression violent
Chest oppression extending upward
Chest oppression bending amel backward
Chest oppression yawning amel
Heart oppression heart.
Heart oppression heart, palpitation with.
Heart oppression heart palpitation with, inspiration deep amel.
Back pain coccyx standing
Back pain coccyx sudden
Back pain coccyx bending foreword amel
Back pain cervical region muscles left
Back pain erect position amel
Back pain sudden sacral left
Back pain sacral region extending to sciatic nerve left
Back pain stretching amel
Ext coldness finger tips

Ext heat sensation hands palms- 2.
Ext heat hands coldness of body with
Ext heaviness knees under
Ext itching hands back of.
Ext itching leg Knees below
Ext motion hands flying
Ext numbness lower limbs feet
Ext numbness leg right
Ext numbness feet
Ext redness finger tips
Ext redness hand palm left
Ext restlessness motion amel- 2
Ext restlessness hands- 2
Ext tingling hands palms/right
Ext twitching fingers first thumb left
Chill beginning in back, cervical, downward
Chill temple extending back
Sleep, sleepiness alternating sleeplessness
Sleep sleepiness- 2
Sleepiness sitting while room, sitting in a warm-2
Skin eruption red bright
Skin eruption red burning
Skin pale redness of face with
Skin redness bright spots
Skin redness burning spots
Skin redness upper limbs hands palms
G right- 3 , G left- 2

G agility

G air cold amel windows open must, have- 2

G eating amel

G faintness- 2

G food and drink cheese desires/aversion- 2

G food and drink fruit desires juice-2

G food and drinks meat desires

G food and drinks sweet desires

G heat lack of vital- 2

G heat flashes- 2

G heat flashes walking air open amel

G heat sensation body

G heat sensation, finger tips left cold with

G heaviness- 3

G lassitude

G sit sitting amel

G walking desire- 2

G walking air open in amel-

G weakness

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