

**A PROVING  
OF  
TORY ISLAND CLAY**

*Red Granite Clay*

**BY  
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# **Tory proving 23/6/2003**

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## **The Provers**

13 people took part in the proving including myself.  
I started the proving in August 1998 and completed it in 2003.  
The provers are labelled 1-13.  
Provers 5, 6, 7 and 11 were men.  
Provers 1, 2, 3, 4, 8, 9, 10, 12 and 13 were women.  
They ranged in age from 25 to 58.  
The 30th potency was used by all the provers.  
Provers were asked to take one dose twice daily until symptoms appeared.

## **Preparation of the remedy**

One third of a hundred grains of sugar of milk was put into a dulled glazed porcelain mortar and one grain clay from Tory was added. These were mixed with a spatula and triturated strongly with a pestle for six to seven minutes then the mass scraped from the bottom for 3-4 minutes. This was repeated and the second and third thirds of the sugar of milk added. As with the first stage, the remainder of the preparation was done in accordance with the Organon, paragraph 270 up to the 30th potency.

## **Soil structure**

Red granite with

- Feldspar
- Quartz
- Mica

The grain sizes are not equal.

The granite fractions are up to 1 cm across.

The smaller pieces of feldspar and quartz are only discernable under microscope.

The grains of mica are very fine.

## Introduction

Tory is an island 8 miles off the north-west coast of Donegal. It is two and a half miles long and about three-quarters of a mile wide.

It is a remote, not easily accessible island often cut off from the mainland by the powerful seas. The western side is a jagged rocky outcrop. Here large red streaked sea stacks rise from the thunderous waves, here sheer cliffs fall off into the foam, here a natural sea-hewn cathedral full of the song-cries of seabirds pay homage to Balor of the Evil Eye. Balor was a Formorian Cyclops who dwelt on the western side of the island. His people were giants who inhabited Ireland before the Celts and even before the Danaan. As a people the Fomorians were regarded as the embodiment of evil, they were monstrous and hideous.

Balor of the Evil Eye was the mightiest and most evil of the Formorians. He had one eye, which required four men to lift its lid. Its gaze was deadly.

Balor's only fear was of an ancient prophecy which foretold his death at the hands of his own grandson. He had only one child, his daughter Eithne. To escape the prophecy he imprisoned her in a remote cave on the island. She grew to be a great beauty and many men tried in vain to woo her. One day, Kian, a Danaan champion secretly gained entry to the cave and seduced Eithne. An outraged Balor discovered the truth when his daughter bore triplets. To avoid his fate he threw the newborns into the sea. The two that drowned became the ancestors of the seals. The third child had magical powers and swam to shore unseen. He was raised by his uncle, a black - smith, who educated him and named him Lugh (both he and Balor were sun gods; the blacksmith, may have been Lon MacLiofa from the Seven Streams of Taosca legend). Lugh became a great hero and possessed many talents and his son was the hero-god Cu Chulainn. At the age of twenty-one Lugh became King of the Danaan and prepared for a final battle with the evil Formorians. Balor's gaze killed all within his

sight but Lugh was just out of sight. When Balor's eye closed, Lugh hurled a stone from his sling just as the evil eye re-opened. Balor died instantly, at the hand of his grandson, just as prophecy had told. The remaining Formorians fled Ireland leaving the Danaan in peace until the Celts, defeated them. Eventually the two sides made peace and the Danaan were given all that lay below the ground. They still reside there, as fairies and leprechauns, and still practice magic.

There is a natural land bridge joining the eastern and western parts of the island. The eastern side is more gentle and holds the two main villages of the island. Colmcille's crater is here, a large crater gouged from the earth with a sea-arch through which the ferocious Atlantic can enter. A carpet of montbretias covers the floor of the crater. On a bright day the sun's rays catch the orange flowers like tongues of fire rising from the depths.

It is reported that Saint Colmcille on his way to Iona landed on Tory and asked the men of the island for land to build a church. His intention was to convert the people of the island to Christianity. The men refused but one man, a dark man of the island, who acceded to his request saying that he could have only whatever land his cloak would cover if he spread it on the ground. So Colmcille took off his cloak and spread it out. It expanded to cover the whole island and consequently the people of the island converted to Christianity. Colmcille built a monastery on the island which flourished, making Tory the principal ecclesiastical center in Northwest Ulster for a thousand years. In May 1595, a detachment of English troops destroyed the monastery and in the wake of the attack the monks fled to the mainland.

The art museum is also located on the eastern side of the island, in the old school house. The paintings by James Dixon, a local fisherman who on seeing Derek Hill - the English portrait and landscape artist - painting said that he could 'do better than that'. Derek Hill, accepting the challenge, sent him paints and brushes and so began the Tory Artists Primitive Painting Group. The art museum also houses paintings by contemporary painters Patsy

Dan, elected king of Tory, and Antoin Meenan, a very talented local artist as well as many other local painters. Many of their paintings are inspired by the extraordinary beauty and power of the sea. Derek Hill writing of James Dixon says: "Shipwrecks were often chosen as subjects by Jimmy, the most famous being the sinking of the H.M.S. Wasp in 1884. The boat had come from Sligo it seems, to collect island rates long overdue and the inhabitants are said to have turned a cursing stone for its demise. Whatever happened, the lighthouse is alleged not to have been functioning that night and the loss of over eighty lives was the result." (Derek Hill, James Dixon, Irish Arts Review, 1993, p. 179). The museum also houses the Bell of the H.M.S. Wasp and it is said that the local people encircled a cursing stone as the boat approached the island to collect the rates. They would be dispossessed of their houses and land if the rates were left unpaid. Laying their hands one on top of the other, they made a powerful incantation to the sea-god. The rest is history.

Further to the east of the island is the burial place of the Gentle Saint of the North purported to be the daughter of a Scandinavian king. It is said that she, along with two sailors, was washed ashore during a storm in the far distant past. She was buried along with the sailors on the island. Her body was placed on the bottom and the sailors' bodies were placed on top of her. The following morning, to the amazement of the people, she was found to have risen to the top. The people recognised her saintly qualities but to be sure the following night they placed her at the bottom once more only to find her on top again the next morning. She was a woman of delicacy, beauty, virtue and goodness. They then proclaimed her a saint. The clay from her grave is said to possess special qualities. It protects sailors at sea and it is said that if you sprinkle a little around your house you will be protected from danger and no rat will visit your house. No rat has ever been seen on Tory...

## **The reason I conducted the proving**

In 1997 I went to Tory Island with some friends;. As soon as I landed on the island of Tory I felt a very profound sense of belonging as though I had just come home. During my stay on Tory I oscillated between a deep sense of inner calm and peace and an intense sense of awe and terror at the power and beauty of the island. The night I left the island I had a dream. I dreamed of a very fragile woman. She was beautiful though her face was lined from the sadness and hardship in her life, she had never spoken. She walked from Connemara to Tory Island, holding her blue-grey shawl around her as she walked. Her eyes were always downcast. When she reached Tory she knelt in front of a rock and remained there, facing the sea and breathing in the sea air. The children of the Island knew of her sorrow so they left bowls of food for her and never disturbed her. The people of the island knew why she had come that she would be healed. They watched out for her but left her to her silence and meditation.

# MIND

## Bridge Between Two Worlds

### Misfit in the World

P1. Dream. I was quite wild and swimming naked I was sun-tanned, almost animal. I was with ladies who were reserved, mousy and proper. There were three of them. You could feel their observation of me was one of disdain, as if I was an Australian land-girl in tune with the elements having sun-tan all over me who just walked into a room full of Victorian ladies.

P2. Dream. My family and I had moved to a new place, to a town in the north. We used to live in a very remote, barren, snowy place and it was OK to kill if it was essential to your survival. You would not consider killing for any other reason. In the same way, if you were attacked, you killed the attacker. That was how it was done. Then we moved to a place and this behaviour was no longer acceptable so we lived in fear for the children if they talked of things that were normal for us like “do you remember the day we killed Johnny whatever.” These were always very exciting times and much talked about. Now we can no longer do this. We had to don this veneer of civilisation and pretend to be outraged like the rest of people. If we didn't, we would be killed by the law, hanged. It was very frightening because we were not too sure what was OK to talk about and what was not. We were particularly fearful for the children. We had to quietness them down. They had been very free and open and we knew that it would be very difficult for them to don this veneer of civilisation especially the boy who couldn't understand it at all. You had to curtail your physical movements and look downwards all the time lest you draw attention to yourself. The rest of the people lived in houses all stuck together and moved around silently and lived by rules and regulations and when anyone deviated from them they killed them. But because it was the law, it

was OK. It seemed cruel and barbaric but with a veneer of self-righteousness a seething hidden thing. We were like the Adams family trying to live in a civilised world.

P3. Got really upset today. A woman said something that I disagreed with. She lost it and was shouting at me. I felt really shocked and tearful and publicly humiliated. I felt she really attacked me. I'm still pissed off about it. I don't understand why it affected me so badly. I felt attacked and outcast by the group.

P3. I felt that somebody else was really hostile to me. I started to wonder if I annoy people by asking too many questions.

P10. Only issues are environmental - particularly garbage and trash. I don't like the amount of garbage that's produced in my life - I'm a low consumer. I refuse plastic bags at the supermarket. It is such hard work going against the grain.

## **Divided Self**

P5. I felt I was arriving back into consciousness and didn't know what was going on. Like two parts of self which overlap usually, were temporarily separate. One part is feeling (Astrality). It knows what is going on, desires things, exciting things, hence I feel anger, hilarity, strong feelings. The other part is a sense of self. Usually they operate together. Periodic feeling of focus through one – enhanced focus, intense local perceptions then focus through the other, reeling like temporary amnesia and confusion, relocating synchronous actions of 2 halves/parts.

P5. Very much aware of my thinking self, feeling self, life force/body centered self. Three separate beings. Action of will and luciferic astrality and sensationalism working together. Out of control of consciousness self. Conscious self is amnesiac and confused and seems to seize control from the astral self and not exactly comprehend what it is doing. Discontinuity of thought. Persistence of feeling.

# Feeling and Unfeeling, Cold Detached

## Water, Sea, River, Drowning, Weeping

P4. Everything is making me cry, not actually crying tears but choking. I went to the sea to feel better.

P5. Dream walking along the streets of Conway towards the quays going to work. I saw the quays were flooded, cars were under water. I walked to the bridge with a friend. The bridge was just passable. I was annoyed that I might get my feet wet. I was pushing a push chair with my son aged two. In the middle of the bridge, I see a woman in a car hanging on a parapet. I leave the push chair with a stranger and go back to help the woman in the car. As I approach I think "I hope she stays in the driver's seat. But she doesn't, she goes into the backseat and the car overbalances as she gets out. They both fall into the water. I run to get a life belt, my friend is panicking and running around in circles. I throw the lifebelt and the woman is already swimming ashore. I go to find my son in the café where I'm due to meet the stranger, she's nowhere to be found.

P11. Dream. I was getting on my motorbike. I had my rucksack on. I saw this man swimming in the river in his clothes, he was drunk. He got out and started on about how I had betrayed his friendship. Then as I was getting ready to leave he put on the rucksack and got back in the water. I was wondering was he trying to commit suicide and I was pissed off that my gear was getting wet. Next thing I'm at my parents' house. I'm opening the door and he pushes in behind me. He goes up to the toilet. My father (dead in real life) is old and incontinent and partially senile. He wants to get into the toilet. The man is in the way. He shits on the floor, my mother is trying to wipe it up. They are both giving out to me for inviting this drunk to their house in the middle of the night. The man looks like he's finally going to puke. I'm trying to push him towards the front door but I'm too late and he pukes everywhere all over the hall and stairs. I dreamt about that man because the night before he had said to me "I can only do management jobs". I was thinking:

“I’m going on tour again and you are sitting at home with your attitude to keep you company”.

P3. Dream. A huge explosion in the sea, burning oil, a terrible catastrophe. Feeling the sea was burning and black and nobody was taking responsibility.

P5. Dream. I was working for the school caretaker at a bowling green by the sea. I was taking down scorecards from notice boards and watching the sea through binoculars to find a baby who had gone swimming and might have drowned. I had to go to the Cash & Carry warehouse to get supplies. I had to polish the silver first, lots of different sets of cutlery, some elaborately patterned.

P3. Dream. Swimming or floating over shallow water. There was lots of fish in the shallows then a huge shark followed us back to its shelter. I was scared of it. Then it turned into a sharkman though still a shark. We were trying to fight it off with sticks but it was winning. Eventually we agreed to let it have the biggest stick, which it wanted. We won by sticking little sticks through its skin and twisting them around little pieces of its skin then we bit the lumps until it nearly passed out and begged to be let go. We had a great sense of conquest to have fought off the shark.

### **Detached, Quiet Place**

P8. Detached from everything; not caring about anything whatever. It didn’t matter.

P2. I feel quite reserved and detached from what’s going on, but not cold or indifferent.

P4. Loads of chaos around me, hectic mess but I feel calm, patient, slow and emotional like I’m drifting in shock.

P2. People like being around me even though I don’t mind whether they are or not. Two friends came to visit last night. They were a

little drunk. I just watched and enjoyed their interaction with each other. It didn't seem to have much to do with me.

P6. Dream. I was at a party. There were familiar people around me chatting, dancing, and standing. I don't think I was interacting very much. My girlfriend is dancing, she is very cheerful and joyful. A man with a beard is standing next to me; he is the brother of a woman friend. I identified another male person I knew.

P6. I feel more introverted, but then I am trying to be internally more observant.

P5. My shadow-self is getting the upper hand whilst my personal/ego looks on, maintains control with interest in observing procedures.

## **Snowy, icy, cold landscapes**

P1. Dream. A woman was standing at the side of the earth. I saw an image of the earth with silver veins running through it. The veins of the earth were frozen. I knew that ice would be a good remedy after this one.

P5. Dream. I'm walking along a major road out in the country in the snow.

P5. Seeing weather report – snow and cold-anger and sense of betrayal (I was waiting till Spring to take the remedy).

## **Scars and Self-injury**

P9. Dream I had a scar on left breast where incision was made. The scar was radiating from a wound on my breast. When I undressed I was surprised to see this scar Then I remembered that I had an operation to give a part of me or my breast to somebody ( I think it was my mother).I looked over to a person who was

standing to the right of me. I said: "See! Isn't that great? (like I've given part of myself to you).

P2. Dream. I had a mark on my left breast like a fish's tail sticking out a half an inch. It was about three inches long and I knew that it was the place where I would get a heart attack.

P3. There is a knife on the table and I have an urge to cut my wrist, not to kill myself but to see blood flow.

## **The Civilised World**

### **Important People, Buildings, Churches, and Art.**

P3. Dream. In a big grand hall, lots of posh, rich people. There was a big commotion as somebody was pulled up for stealing. The robber was Indian and dressed like a priest then he turned into little Miss Muffit, a demure nursery rhyme-type character. I was really shocked at how childishly all the people were to him. The policewoman who was taking him away was really kind to him. He was really freaked out.

P5. Dream. A girl who had a waistcoat. I helped her put it on. A golden button fell off. I picked it up and took the waistcoat up to an office and asked if anyone had a needle/cotton and could sew on the golden button. All the people in the office looked at me in amazement. A man in a suit turned around and walked out of the office. The office people told me he was the buyer from SAKS Fifth Avenue. He was an attitude of unforgivable intrusion / interruption. Later I heard people saying that a scene, in which somebody was playing the part of a buyer, from SAKS had been interrupted. I realised that it had been a drama. The golden button was the key to the puzzles. The puzzles were about identity.

P10. Had my hair cut and stuff. I looked like the Queen of England. When I chopped it off. I wanted it shorter, tidier. Thought it would

look great but the effect on me is that it makes me look older - official, like a principal.

P5. Dream. In a law firm. All the partners are being arrested. Each in turn asks me to represent them. There are three partners. There are three large room sized safes/ storage rooms. The last one to be arrested tells me his affidavit is in his safe.

P2. Dream. We were collecting money for some charity. Somebody had donated a sculpture of a stand made from white marble with the shape of a bible on top of it and two hands which were not attached so that when the bible and stand were placed on a table, the hands would be placed one foot in front. It was beautifully carved with very fine detail on the opened pages. We approached many people to buy the piece but nobody was interested. Eventually we approached the director of the Arts Council and she said that she didn't particularly like it but would support the charity. My sister who was the organiser of the charity loved the piece and really wanted it. So I planned to persuade the chairperson to donate the money so that my sister could keep the piece. We went to her office at the appointed time but she was at another meeting with a man whom she obviously considered to be more important than us. We waited for her to finish. When she finished her meeting she got into her car and started to drive off. I stopped her. And made her come back, being quite annoyed by the fact that that she arranged a meeting with us and when somebody whom she considered more important came along she went off with them. She bought the marble piece and I didn't have the time to negotiate on my sister's behalf. But afterwards (in the Dream I could not stop thinking what would happen if my sister had kept the piece, suppose somebody had seen her with it. She would be disgraced for such fraudulent behavior. She would have to keep it hidden away in a cupboard and look at it ever so often.

P5. Dream. At a cabinet meeting of three Nazis of the third Reich. I'm asking about details of the acquisition of some antique implement /artifact. They seem hysterically amused by this and pass the question over to their propaganda minister. Later I'm

inspecting a crematorium with an old friend – we are decommissioning them. I have to disassemble parts. I pointed out that one of them is too hot – it's still in use.

P2. I had an experience in town. It was as if I was in a different town a long time ago with white houses with black slates and windows and sandy streets. Big strong stone houses painted white, like some place in the north a long time ago.

P5. Dream. Going to study Homeopathy at an art school in a church in South East London. My wife went to a separate school. There were documents from the Canadian Government, paying for fees. I gave them to the principal. He put them in a case divided into two halves, which fitted together like a complex three-dimensional puzzle joined together. I couldn't see how to separate them. Every student had one, different numbers of each. I lost mine, put it down and couldn't find it again. The security guard thought I was trying to steal someone else's (I would have no identity without it).

P6. Dream. Some place in the countryside. I am staying in a big modern house. Path going up into the garden blocked it. There is a dog there. People staying camping on a hill on the premises. Most of them seem like families or friends.

P6. Dream. Went with my girlfriend to a house in a forest; it looks a bit like old family home. Am running through the forest, big primal trees, western deciduous forest, some animals. I get lost in the forest and come to a cave which looks like a museum inside, a tourist attraction with exhibits. I follow the cave more like a tunnel to the other end. There I enter a big theatre at the interval. I see a friend with her son in the lower front seats. We have a conversation. Then I go to another friend who is in the upper centre of the theatre.

## **Embarrassing Situations**

P5. Dream. Election results. Women to help in catering at House of Commons. A naked girl on a train, I gave her cloak to cover herself. I was holding a young man out of the train window because he had stolen my briefcase.

P5. I am in a commune/house. My wife and I have a room with a big fire place. We are sitting on a mattress on the floor watching the fire. I notice that the burning wood and coal are setting fire to the surrounding furniture. We get up to put out the blaze. Our room is a real mess. I go out next door to the bathroom which is a communal space. It is beautifully kept neat and clean. I go to urinate at lavatory bowl which is in the middle of the floor and find that I peeing over my clothes I hear somebody outside and feel embarrassed and I notice that surrounding the lavatory someone has left their clothes neatly folded and hanging up. When I noticed this, I was so anxious to avoid doing it that I wound up peeing all over their clothes. I'm really embarrassed by this and try to think of ways to dry them without disturbing their order.

P6. Dream. I am in some sort of cathedral or big lecture hall. I am with another male figure who is doing the speech or sermon. My part is to play the music. I am sitting on the ground with singing bowls and other instruments. I play a bit of music however it does not come together. I have a glass bowl filled with water belonging to some woman figure. I place the singing bowl in this. The whole thing makes a great sound but the glass bowl cracks and the water leaks out. The woman is not happy about this and we catch the water and the vessel in another bowl. Some people come up to have a look at the instruments, also some woman figures. I play my music to them, and the music comes more together.

P10. Dreams vague. Filling garbage bags, they burst and had to get other stuff to fill them. I feel really sick - don't feel well all over, want to lie down.

## **Glamour, Taking Care of Oneself, Impulsive Buying**

P10. Only thing different about me is I bought cream for my thighs and got my hair cut. Taking care of myself. I tend to be careless about taking care of myself.

P10. Mood to take care of myself - reading magazines about moisturisers, etc.

P10. Looked dressed up.

P2. I was at a party last night, I didn't mind being with a lot of people. I felt that my clothes were too rough (the fabric). I wanted very soft flowery material, very feminine. I didn't talk very much, I felt very gentle, very soft and a little bit fragile.

P8. I bought a pair of knee-high stiletto boots, really shiny black P.V.C. Said they were for interviews. I wore them twice during the proving and never since except for a Halloween ball. I never wear anything but flat shoes.

P10. Don't have a penny this week and I can't say it bothers me. I just ran out. When I ran out in June I was freaked out but now not really bothering me. I borrowed money to get my hair cut – I wanted to get it done.

P2. I don't have much activity in my mind. It's very unusual and pleasant for me, just calmness. A friend described me as very serene.

## **Vague Feeling, Lack of Focus, Indecision, Heedlessness**

P5. Feeling slightly distracted from tasks at hand. Had to continually think what am I doing next, not the usual automatic routine.

P11. My preparation for work was really poor.

P8. Not feeling myself at all, stoned, vague feeling. I got a job in Dublin for three weeks. The evening before the job started I didn't

think about the job at all. No planning at all. I went the first night with no certain place to stay. Not a bit worried about it. Normally I'd pick a time and plan things (usually very organised). I was feeling like a very silly Blondie nor caring about things. Boyfriend said I was like a Blond Bimbo, doing really stupid things and not caring. I was leaving a building at about 8.00p.m. I said goodbye to the security guard. I left by the revolving door and ended back in the foyer. I wondered "how did I miss the way out". Then I went back in again a second time. When I ended back inside for a second time he said "you have to go out again". He showed me to another door and said "Put out your hand to open the door". I stood in front of the door, the door wouldn't open. He repeated "I told you to put your hand out". Eventually I put my hand out limply saying "yeah yeah yeah." I was not remotely embarrassed by the situation. I told people the story and they thought it was hilarious. I didn't care. I thought it was very funny.

P11. I had a few near accidents today: I nearly broke a monitor, hit two peoples with tables I was carrying. Was afraid a few times today that I would bump into something and knock my teeth out.

P11. Very indecisive, can't make my mind up about anything.

P8. I'd start washing the dishes then see something else and start to do that. Then I sit down and read the paper. Getting very easily distracted (normally very systematic. I felt like I was stoned all the time).

P8. When I went to Dublin I was not aware of being somewhere else. No thinking ahead at all just doing stuff.

## **Chaos, Plans and No Plans**

P3. I found it easy to keep the house tidy. It was easy to do it. I did things as I saw they needed to be done (usually chaotic). I made a timetable which I stuck to (never did that before), part of being organised.(cured)

P3. I stopped drinking. Is it what has been stopping me for years from getting my life together? Being hung over when I could have been doing something useful. For reasons partly financial but spiritual and self esteem ways as well. It has been really easy. Usually as soon as anyone says they are going to the pub, I crack and go but not now. Instead of going to the pub, I sat in at the school and had a nice quiet chat and went to bed early and didn't feel left out. Loads to do. I got everything I needed ready from the day before and made out a list. I don't know how I'm going to get everything done but I did more in a day than I normally manage in a week (cured).

P3. Calmness and efficiency (cured).

P5. Have quite abandoned my usual strategy of having plans and details of what aims are for the next year or so. Feel I'm living far more in the present. Usual lack of cash compels this. I'm usually short of funds and make lists of what will happen when the cash arrives. At last no lists.(Cure)

P3. Thinking more clearly at study group. Ability to think things through to the end (normally my mind is too cluttered so I'd postpone thoughts till later and then never do it).

P3. I can do the things I want to do if I focus on them one at a time and calmly and clearly set about it instead of frantically thinking of six things at once and getting in a total flap and doing nothing.

P3. Chanting to myself "do what you want to do don't do what you don't want to do".

P3. I was always afraid that I wouldn't be able to do what I was supposed to do that I had a fate or mission in life that I wouldn't live up to. Now I realise that if I'd the things I want to as opposed to what I should do, then I would feel good about myself because they are good things I want to do not high and mighty impossible things.

## **Lack of Depth, Blackness**

P5. Dream. In a dream fragment I know that reality is made of layers of coloured light like colour separations from a lithograph painting which has red, blue and yellow plates – each an identical picture which when superimposed make up a coloured image of reality. Lithographic prints in full colour lack accuracy until the black plate is added which gives tone. In my dream I know that reality is lacking the black element.

P5. Jamais vu sensations. Familiar situations and actions seemed totally unfamiliar and inexplicable.

## **Behind the Mask of Civilisation,**

### **Fear of Men, Aversion to Men**

P12. Men are all the same. They don't get it. Fuck men! Fuck them!

P10. No attraction to men or relationship - strange fantasy (not really a fantasy) - maybe useful to be healthier - actually about someone I wouldn't ever like...

P4. My house is full of people, I'm sick of it. A friend's new boyfriend turned up. I don't like him. I can feel his anger and aggression though he hides it very well.

P4. Dad came to visit. I felt very cold towards him. My flesh crawls if he touches me. I jump and shudder, cleaning the house like mad. I need to move.

P2. I went to visit a friend today. As I left her house I realised that I had forgotten my car keys. I returned to her house to collect the keys, her son answered the door. I was terrified of him (he is a very gentle boy).

P2. Today an ex-tenant and her boyfriend came to collect some stuff from the flat. I asked about the phone. He looked at me with

cold impatience. I was terrified. I hid downstairs until they had left. I was going to run away, go off in my car but I felt it would be a bit rude. I began to feel angry towards him, then I felt exhausted. They're gone now and I am exhausted. I want to hide away, I feel they are laughing at me. I'm not too sure about that.

P1. I am thinking of a woman a lot. Her home was beautiful. A country home in London. Her son was quite coarse and vulgar, a biker. I could be a land girl. There were the women who worked the land. Before I could have been modest, something just post or pre-war. Dreams I felt liberated, ration books. Looking at husband thinking he is coarse, unkempt, his beard unshaven.

P1. Man came walking towards me. I looked down. I felt fear. I felt intimidated by him. I felt he was threatening.

P1. I have an aversion to men.

P1. I saw a man in a car. I had a definite dislike for him, there was something ominous about him.

P5. Dream I'm in a library with my wife. She is searching for a book, it is a rare and valuable volume. As I see it on a shelf where she is standing, a small dark heavy man comes to stand behind her and moves as if to attack her. I confront him wordlessly – move in an animal-threatening mode. He shouts and threatens verbally but moves away.

P1. A friend came around to visit me. She really visited me. She had her son with her. Her son really irritated me. How irritating boys can be!

P9. (Prover is manager of a restaurant). I had a run in with a customer. He was a totally arrogant prick. I got a headache. It started pounding pulsating from the movement, from the anger. I felt it lasted for 5-10 minutes. While I was angry my head pulsated all over especially in my eyes, pulsating throbbing pain. It went again when I calmed down.

P2. I'm really afraid of men.

P5. Dream. Lying in bed with partner. She turns to kiss me. She says 'you have to fight'. I take hold of both her hands and feet with one hand and with the other I take a rainbow-coloured shoelace and tie her hands and feet together behind her back. She starts to cry and says "I don't think we should play these teenage games".

P1. I feel justified by things I do, creating arguments, about him (husband) not shaving. Thinking that I don't have to say this, then I say it to him anyway. I knew that it would cause an argument.

P1. I'm giving orders to husband "find my shoes" and he did in fact find my shoes.

P5. I dreamt I was in a very large house. I went in to look in on a child who was sleeping, for whom I was responsible. The actor Michael Kane came in the room and backed me into a closet, he meant to rape me. I screamed very loudly (I never scream in my dreams) I wanted the father of the child to hear me and come into the room. My two sisters came in instead. The door closed and MK disappeared. Then another woman came through the door. She was a spirit, aggressive and forceful. I put my hand up and backed her out of the room saying 'leave this house, leave this house, leave this house, leave this house.' She left and the door closed, and then immediately a bitter cold wind blew the door open and hundreds of thousands of spirits not at rest began to swirl around the room. My sisters seemed to just watch me go through this. I got scared, but then remembered to stay calm, I immediately entered a state of meditation, repeating to myself, 'I am a child of god' I felt strong and calm, I was only scared of what was behind my back, of what I could not see.

## **Uncivilised Animal**

P7. I feel as I'm changing into some sort of an animal. A serious frown is almost covering over my eyes.

P7. Sensation as if horns growing from the centre of my head

P3. Dream. Some strange creature, thing. It was originally inanimate but it came alive. I was looking after it. It was really freaky at first to realise it had intelligence and that it was alive but it was quite cute and harmless so I stopped being afraid of it.

### **Cruelty Behind the Mask of Civilisation**

P2. Dream I was at a bridge in town with a friend. As I was crossing the bridge, a young man joined me. I thought this was OK as I kept myself to myself and spoke very politely and reservedly to him. I held myself proudly, I didn't think that anything could happen since I kept myself aloof from the situation. We got to the far side of the bridge and suddenly he started to turn very weird. He tried to drag me off to rape me. I was shocked and frightened mostly because I didn't think that was possible. Next I find myself deciding to go back to my friend but I can't. The river has overflowed and the bridge is submerged in water and all the surrounding area is covered by water. I can't go, back I'm desperate.

P2. The Germanic, English and American races are the worst. Their unruly, sadistic, savage behavior is so close to the surface, it is only a thin veneer that is keeping it undercover. English politeness versus football hooliganism or the TV program Ibiza Uncovered, the National Front... They are very different from the state of being pre-civilised. In this case people take responsibility for their actions. They have an inherent respect for themselves and everybody around them. They do not kill because they feel superior nor do they need rules and regulations on how they are or what to do – they know. In the civilised world things have to be superior or inferior. There has to be tension and everything is justified by that. In our world things are the way they are. In that sense all things are equal. You eat food because you are hungry not because you are superior to an animal. You do not have more because you are superior, you have it because you need it.

## **Evil, Black Cloaked Shapes, and Vampires**

P6. Dream Sewing a costume made of human skin like in 'the Silence of the Lambs'

P5. Dream of houses. Ex-wife and her husband lived somewhere else. I asked exactly where the house was. She told me where it was located and that they had problems because the electricity didn't work. I told her that that was because it was positioned between two fields and this interfered with electromagnetic forces. I went to tell her husband, an old friend of mine, that we had a very old ancient mission house but that I was terrified of it because it was the sort of place where you find vampires.

P12.Dream. My brother and I were in a large Victorian house. There were a lot of people, people we know; but we realized that they were all vampires. We moved to leave, and J. made it out the front door, but as I followed behind, the door slammed in my face. I tried to open it but it was locked. So I began to circle around the inside of the house. It was not as though they were chasing me, but I was trying to evade them. I kept going around in circles, seeing the same faces over and over. I went into a closet and closed the door thinking I would be safe. I breathed a sigh of relief, turned around to the back wall of the closet and saw two red eyes peering at me through the darkness. So I left, circled the house again, and repeated the closet situation again.

P6. Dream as if I physically got drawn into one pointed center. There was a ring of cloaked entities or shapes around me. These were swaying about, neither malicious nor friendly, more something unknown, something new. I woke up again very thirsty, had to go to drink at the tap.

P1. Something ominous on the borders of my reality. There might be something easing in. Subtle ominous thing. I feel I'd be anxious on my own. The other night the silence felt too loud, the silence got too loud.

P1. Over a few days there was a gradual build-up of the feeling. One night I prayed all night, all Christians had become too evil. Later in the day I went to a birthday party. I went to the garden. It had big old trees, evergreens full of rooks and crows, a feeling of invasion. Black birds, arrival, an ominous feeling of something returning in the edges of my aura. Towards evening, I weirded out. It got more intense. I went upstairs and friends pulled up. I was experiencing possession, I could feel it coming like Dracula's manservant would say that 'e could feel Dracula's coming.

The first night of terror came after I was in Cong, I had repeated images of a long abbey and a man in a black cloak gliding over the well kept lawns. I saw another man and thought he is a pedophile or just dark. That night, I thought that this was a remedy for satanic ritual abuse. It was so intense. My jaw was chattering in terror as though frozen, pulled out of the sea. My Body rocked in terror. It was like evil forces were possessing me from outside. I started to pray, like a mantra for hours and hours, frenzied prayer. I prayed for rose quartz and it came in an answer to my prayer. In the morning I felt shaken. My friend came wearing rose quartz. After the rose quartz it crescendoed and passed through me. I have never experienced anything like that before.

Supervisor of prover P1. "I called to a friend's house and Prover 1 came in. She looked wide-eyed and terrified like a cross between Stramonium and Aconite. She felt she was about to die as if she was threatened by something very evil and dark. I felt there was something around her that was very dark. You could feel that there was something palpable happening to her. We spent about an hour with her trying to calm her down. She was better for the contact."

P1. I used to get a fear at night but since the proving I'm not so fearful at night.(cured)

P4. I had a feeling in the past that made me anxious about my kids, paranoid. This time it's a sense of danger and death in the atmosphere around me. I feel detached from it. I feel a sense of death around but I am not frightened now.

P5. Looking at wife's face like a luciferic mask when she was talking.

P11. Walking home in the dark I was slightly nervous of shadows and shapes.

P11. I am thinking about serial killers. It's been bothering me since somebody mentioned them the other day. I find the whole notion disturbing. It's not something on TV anymore. It's among us, our people in our country.

P5. Felt lecturer was a dark sorcerer serving dark forces. Not on a thinking rational level. Pride is equal to luciferic dark forces, fear is equal to dark forces Mephistopheles.

## **Being in the Sun, Being Seen,**

### **Sun**

P3. The sun is trying to dazzle the earth with its brilliance. It's baking the earth; it's relentless. It just stays there above the earth beating down. And there is a silence. It just keeps on and on as though trying to challenge the dark secrets inside like earth secrets. It's like challenging the power within.

P2. I find the sun very sinister this September. It's September and really hot. I don't like it at all. I like to be indoors looking out at it. I feel there is something really sinister about it: the heat and quietness. I don't particularly want it to go away either. I spent some time in the sun yesterday I felt uneasy and irritable (normally I love the sun but I'm not sure if it is the proving or something weird about the sun. Other people don't seem to have a problem).

P2. I don't like when there are a lot of people around. There is too much noise.

P2. I love the evening when it's cooler and still. The sunshine of these days is too harsh. It hurts my eyes.

P11. I felt particularly gloomy after sunset yesterday.

P12. I dreamt I was outside on a bright beautiful sunny day. I was watching swallows flying overhead, I could see their auras as perfect bright triangles encompassing their bodies. I started to fly. It was beautiful. I went into a friend's house. A tall man approached me. I said to him "your energy is beautiful" and I put my head to his chest. He said "soak it up". I said "I am, I will."

## **Secrets**

P2. Dream. A person, a client, went to another homeopath because they knew I knew a deep secret about them.

## **Heightened Focus, Clairvoyance, Prophecy**

### **Psychic Powers and Heightened Focus**

P2. While driving along I saw a Middle Eastern Muslim woman and I thought to myself "she must feel very lonely here in the West of Ireland." She was carrying books so I knew that she was a student. I looked deep into her eyes and I knew that she was happy in herself, that she had deep religious conviction and an inner sense of peace, and while she was here she would like to observe how young Irish people behaved, going to the pub, etc. She would never partake of any mind-altering substances but she would enjoy knowing about others and she would not be judgmental and she would be able to tell great stories of her travels when she went home.

P1. Lying in bed. It's like my third eye burst open. I could see with absolute clarity what was happening between my friend and her son.

P5. Alternating states of deep clarity, enhanced perception and vague lack of focus. Visual concentration consisted in isolating

areas from usual background continuity for particular studied attention. Awareness of occasional intervals of intense concentrated visual awareness focussed on narrow range of view. Heightened perception visually-intense concentration.

P2. It seems as if we live in a world with a curtain before our eyes so that we can no longer see things as they are. We are no longer clairvoyant, have deep insights into things or even just see them the way they are. It is all covered up with this veneer of Christian civilised behaviour. We are very confused. We are crowded by rules, regulation, data facts things that are totally irrelevant. That is why we lack vision.

P2. Dream. Some Dutch and German homeopaths came to Ireland to do some research on developing psychic or clairvoyant powers. They were asking me if I would help. They told me I had to but I wouldn't co-operate with them because I felt a bit intimidated by them. They then asked my sister and they discovered that if the person who needed to develop psychic powers placed their forehead on the left cheek of the person who was already psychic and concentrated on whatever they wanted to know they would be able to do it. It could also work the other way around i.e. the head of the psychic person on the cheek of the learner. Also in the dream a scientific discovery that psychic ability is related to the part of the brain to do with short term memory or the part that stores bits of useless memory so that while the person is being psychic they have no short term memory. It is like the psychic part resides behind the short-term memory part. So a person has to lose short-term memory to become psychic but not all the time. They can regain short-term memory once they are not occupied with being psychic. People who are very precise usually have good short-term memory i.e. they remember details. It is also why they do not have any psychic or clairvoyant ability. They would have to forfeit precision for something greater, the bigger more in-depth view. Also Irish people have a race memory of oppression therefore they are subservient. They fear letting themselves be seen. It's quite a deep down fear.

## **Prophecying Death, Seeing Mask of Death**

P1. Somewhere in my mind's eye I was able to see everyone's death, I could see all this stuff. Something I was terrified off. I saw my husband with his death mask. I turned to look at him and I saw his death. The image of a knight in the Middle Ages laid out in a church, the Templars who were crusaders. I didn't know if I was seeing past lives. Then I didn't want to look. If I focused on somebody in my mind's eye, I could see their future and it was like you were implicated in it. Then I started to say a mantra in order to stop it.

P2. While walking through the streets of Galway last Friday I became very hot and found the town to be very stuffy. I suddenly got the feeling that I was walking through a town of dead people, of spirits. People were walking about scowling, expressionless, like zombies. The experience was very real. They were very unreal like shadows but slightly more substantial. A little later I thought that I was dead or a spirit and had come into another time and was watching all the people walking up and down the streets. I had no connection with them. I felt I was a shadow spirit just floating through the streets, observing it.

P1. I saw a man come through my door. He is the father of a friend. He was getting a heart attack. I felt like I saw people dying every time I closed my eyes. I could see another person's death.

P2. I saw a man. I knew he looked much lighter than usual; normally he'd have a darkness introversion about him but when I saw him he was very light, like he was barely tipping the earth when he walked. I stared at him for what seemed a long time. Later that day he was killed in a collision.

I saw a woman I knew. She was with her husband. I had never seen him before. But I stared at him and thought how unhealthy he looked, how fragile to be married to such a lively woman. I do not know how I knew with certainty that he was her husband but I did. A few hours later he died of a heart attack. I was very frightened by

this and was afraid to look at people in case I was complicit in their death in some way, had cast the evil eye on them.

P9. While walking down the hall, I got this image of my sister, she was dead. Just lying there and her face was grey and waxy. Her death was not a nice death and she was still young as she is now. Maybe she was drowned or was attacked and every time I closed my eyes I could see it. Was it a premonition? I didn't want to know. I was frightened.

## **Saintliness and Gratitude**

### **Piety, etiquette and manners, modesty**

P5. I overcame my personal issue and behaved in formal recognition of the teacher. I thought I was very Japanese. Leaving the school saying goodbye. Classmates pointed out that I had given a small bow from the waist. They both bowed back and mentioned that they did not know who should bow lower - like the Japanese.

P10. Dignity and decorum - expecting to be treated with respect.

P1. I think a lot about my old headmaster. He preached morals to us. I remember how important he had been. He instilled good manners and respect into us. For this I felt gratitude. He was strict but I understood where he was coming from. He cared for our wellbeing. He took responsibility bestowing a respect in us.

P2. I ordered my son to sit properly at the table to do his study. Normally he studies on the couch and plays music and studies very well. But it annoyed me. Yesterday evening I ordered him and his friend to sit at the table in an upright manner and to turn the music off. He refused (I think he thought that I had gone a little mad since my attitude came out of nowhere). He pointed out to me that he was doing what he normally does.

P2. Rules of proper living.

To be a victim is totally to degrade oneself.

The food that one takes into one's body must be prepared and cooked with love and care and must be what one's body needs — to this, there are no rules.

To eat modern day fast foods is to degrade ones self

If you are a gentleperson then fabrics you wear should match that.

It is not good for the soul to have a tension between the inner and the outer state in clothing.

It is better to watch in silence than to talk to fill the empty space.

Such talk is chatter and distracts from true communication.

One's silence should never be an imposition on another person, it should be modest and discreet and done with love.

It is not usually necessary to become angry. It is enough to express with conviction one's inner truth directly, then walk away and leave the person to think through what has been said. They need their own space.

P2. I feel that it is not right that I don't take enough care of myself.

People tell me that I look very well and am very nice to be around. I

feel that I am presenting a very nice modest but assertive face to the world. Like obeying a proper code. But there is something else.

I am very good in sad situations, particularly tragic situations, mothers loosing sons or betrayal in love. It is a very still place to be.

## **Spirituality**

P5. I said to a friend today that I want more time to explore the big mystery of the world. I'm too tied up in the day to day routine to even remember that there is a big mystery. It's all concrete blocks and nuts and bolts and pettiness. I'd like to feel the freedom of the sky. When you see it, it gets inside.

P1. Dream. I was at the foothills of Galway looking down over the city feeling a sense of peace. It was like looking over Bethlehem or Jerusalem, a holy city. There was peace and stillness and cosiness

like a feeling that all is right. Sparkling of light, intimacy of light. I met a girl there whom in the past I did not get on with at school. We were standing side by side. It was like Christmas. I felt very comfortable with her. It was a beautiful place to live. I was surprised at how beautiful it was. It was like a spiritual renewal.

P6. Even though I did not change my normal routines, I did feel as if nothing mattered and everything was relative and felt good about most things, all this in a positive sense, as if I was living some Buddhist philosophy. I must say I have a relatively contented nature anyway.

P2. I keep thinking that my body is a temple of the Holy Spirit. I must be careful what I put into it.

P12. I dreamt I was outside on a bright beautiful sunny day. I was watching swallows flying overhead, I could see their auras as perfect bright triangles encompassing their bodies. I started to fly. It was beautiful. I went into a friend's house. A tall man approached me. I said to him "your energy is beautiful" and I put my head to his chest. He said "soak it up". I said "I am, I will."

## **Gratitude**

P1. After taking this remedy I felt so grateful for my mother. Normally I can't handle her in my space. I felt so full of gratitude for her, for being my mother. I'd like to get to see her.

P2. I feel very humble and appreciative of life.

P11. I want to love my mama but she is far away. Maybe I'll say to my mama you gave me my life, I owe it to you to bring you happiness. You've got the right to see your son more often mama.

P10. Been on an easy keel all the time, the last while was intense and now again, today, there is all the family stuff - a lot of it is positive - loving and caring for my sisters. I do have an understanding and a caring sense. Having sisters is the greatest think there is. If my daughter had a sister she could get on with.

P5. Dream. I notice a box of pears on a wall. A man is leaving the garden. "You want to watch those" I say or she'll steal them, pointing to my wife. He realises I'm joking. "Have you got any to sell?" I ask. His wife comes out of a shop where there are large red apples on display. She tells us they are on display until school holidays but they don't have any at the moment. All the time in the dream I'm trying to get to talk to my wife. I'm convinced she is seeing someone else when I'm away.

## **Important missions**

### **Mission and diligence**

P2. Dream. I was with two or three women in some place remote and sparse in the North. We had come together for a very important meeting, something to do with explaining our situation to the officials. We were in a building, which was a hostel or a place of rest. It was a central meeting place for people who lived very remotely, very far apart. We were there as delegates from our own

regions. In the building we met with two men who had come for the meeting. Nobody knew at the time that the meeting was to take place. We were waiting for some government officials to arrive. We had to wait overnight and in the morning the men arrived. The two men at the hostel started to make a fuss and take command of the situation and behave as though they were very important and we, the women, were insignificant. We had been washing ourselves and preparing ourselves for the meeting, we did not want to rush, we did not want to hurry, and we wanted to prepare properly, wash and tidy ourselves. Meanwhile the men fussed about. When it came to the meeting we were more surprised to see that the officials were much more interested in what we had to say than in what the men said despite their fussing and trying to look important. We knew what we wanted and very quietly explained our situation. They treated us with the utmost respect. One of the officials was in a wheelchair. They had come to the island to meet with us. We all came from different islands or different tracts of land. It was very cold harsh landscape.

P3. Dream. I was riding my little dog. I had to bring a very important message. It was vital to save the village. An old village set back in time. I was worried I'd break her back but she said it was OK. I was amazed at how fast she was and how strong.

## **Moods**

## Anger

P9. Had a run in with a customer (works in a restaurant). Totally arrogant prick (Manager). Headache started pounding pulsating from the movement from the anger I felt; lasted for 5-10 minutes. While I was angry my head pulsated all over especially in my eyes, pulsating throbbing pain. It went again when I calmed down.

P5. Sense of observing, irrational anger

.P5. Able to prevent anger erupting into irrational expression. Aware that I mustn't start shouting at people.

P2. I felt really angry and was about to make a huge scene when I remembered I was doing a proving and I backed down and left the room but I remained angry for a long time. I had a similar incidence with my sister. She came to my house in a lively talkative mood. I was talking to friends about work. She bounded into my kitchen, went to my cupboard and asked me for some dinner (nothing unusual about that since we had just eaten). I got up from the table where I was sitting and pushed her out the door.

## **Bored, ennui**

P6. Feeling of boredom. Not motivated to do anything constructive. Slept and played the drums; at night time found the interest to read Scholten's book and do a case study but had to have music on

P6. Boredom when not busy. Like studying homeopathy. Provide a good ambience. I have a positive feeling waking in the night.

P11. I'm bored in my job. Gotta get away, gotta get away.. I've been pretty boring for a long time and consequently what I write is pretty boring. I'm beginning to dislike everyone I work with and feel I don't belong there. I was thinking that none of them are very exciting and they suit the job.

P10. Lack of anything. Just needed to be left alone.

P3. Feel down, flat, lethargic, what's the point.

## **Censorious**

P7. Everyone and everything annoys me.

P5. Very critical.

P6. Felt quite fed up at the end of the day. I do not want to listen, especially to my girlfriend as she raps on about different things. Seem to be more introverted. Need quietness.

P2. I get very irritated and annoyed by things. I don't feel like pussy footing around people.

I think I am a bit like that with people: confrontational, just to test their metal, what they are made off. I can't stand weak wimps of any sex.

P13 Boyfriend gave me three engagement rings I said "Lets clean them then I will wear them".

## **Changing moods**

P5. Quarrelsome, emotional, paranoid, impatient, unfocussed, periodic black short-term amnesia. Feelings very much to the fore, felt unreasonably sad.

## **Cheerful**

P6. Good energy. On day 6 had to push myself out of bed and go to Aikido class this morning. Met friend, her daughter was sick, so I went for coffee and then to surgery. I was surprisingly tolerant and in good form. I have a great urge to go to the countryside, get out of the city. I went to a friend and was surprisingly tolerant of him. I felt much better. No urge to go to the film festival. Quite contented to stay at home and watch a movie. No desire to meet people, crowds or interact.

P7. Feeling of lightness and buoyancy, quite pleasant.

P7. Woke up this morning in a good mood, cheerful and singing

P11. Late for work three days last week (unusual) had a very laid back week. Felt really happy at work, enjoyed working (working on my own).

## **Irritable**

P2. Getting very angry inside if people won't sit where I want them to sit. Teaching this weekend. People said that I was more bossy than usual. Ordering people about. I was getting very annoyed if people didn't turn up on time. Both they and I are lax about time keeping. (more assertive: cured symptom!).

## **Quarrelsome**

P2. Very confrontational with people but not aggressive. I say everything I want to say but don't worry about the consequences. No regrets.

## **Sadness and despair**

P5. Felt sorrow in diaphragm for several hours. Later moved up to lump in throat. All experienced on three hours journey.

P5. Sense of observing sorrowful emotional disturbance.

P2. I have been almost despairing in the morning before getting up. Despair about the day ahead. Then perfectly ok when I got up.

P2. Sadness but I'm ok. With I feel sad a lot of the time. There seems to be a lot of incredibly sad things happening: the Omagh bombing, a young man I know killed in a motorcycle accident, a father of three young girls killed, an 18-year old boy killed in a car accident. The world is seeped in sadness.

## **Spaced out**

P2. Spaced out as if everything is unreal.

P6. I'm in good form, relaxed, feel well balanced in tune with everything and myself. My girlfriend tells me I am not as irritable or short as I usually am. May be I am a bit spacey but I drank half a bottle of wine with my dinner.

P10. Thoughts? Surprisingly free of anything going on in my head.

# PHYSICAL SYMPTOMS

## Head

P7. My head aches as if two bolts were squeezing my temples and squeezing my head.

P7. A great deal of pressure on my temples and head area, tight as if my temples were being pushed together like the start of a migraine headache.

P6. Headache after eating chocolate.

P10. Right side of my head, eye and ear are very sensitive to touch.

P5. Flashes of light like rods, escaping from fixed focus when glancing down to left. I noticed when urinating. After visual symptoms sorrowful feeling moved up back of neck and head to frontal headache.

P10. (2nd day) Bad headache - so bad I woke at 4:00am - woken by headache and I've had it ever since. Feel horrible. It is a sinus kind of headache - flat behind my eyes - could feel my sinuses getting blocked yesterday after taking the remedy.

P10. Really terrible headache so bad that you feel nauseous, wondering about going to bathroom - might start throwing up or getting diarrhoea. Need to go right now, feeling too sick.

P10. Headache in the same spot, no movement. At back of nose, heavy.

P6. Slight headache, frontal, throbbing.

P9. Head pain left occiput pulsating, wavelike. Worse sudden movement.

P6. Tightness in head.

P5. Headache. Drinking wine with a headache last night.

P9. Headache started pounding pulsating from the movement from the anger I felt; lasted for 5-10 minutes. While I was angry my head pulsated all over especially in my eyes, pulsating throbbing pain. It went again when I calmed down.

## **Vertigo**

P1. Vertigo evening.

P1. Feeling faint on turning; feel I could lose balance.

P1. Vertigo with slight shudder.

P1. Disorientation if I turn my eyeballs or on turning my head quickly like I'm going to faint. You'd need to hold onto something.

P2. Vertigo at the top of my head as if my brain turned suddenly. It lasted just a couple of seconds, but the feeling of disorientation lasted a little longer.

## **Eye**

P10. Right side of my head, eye and ear are very sensitive to touch.

P9. Headache started pounding pulsating from the movement from the anger I felt; lasted for 5-10 minutes. While I was angry my head pulsated all over especially in my eyes, pulsating throbbing pain. It went again when I calmed down.

## **Vision**

P5. Unusual visual symptoms

P5. Flashes of light like rods, escaping from fixed focus when glancing down to left. I noticed when urinating. After visual symptoms sorrowful feeling moved up back of neck and head to frontal headache.

## **Ear**

P1. I put my hand on my ear. I felt a pain come out of my ears. I didn't know what to do.

P1. Pain left ear in Eustachian tube.

P10. Right side of my head, eye and ear are very sensitive to touch

## **Nose**

P6. Sinus. Post nasal drip.

## **Mouth**

P10. My mouth is very dry and I am sleeping with my mouth open (unusual). Pretty severe pain.

P6. Metallic taste in mouth.

P5 Salivation, conscious of

## **Teeth**

P11. All my teeth with cavities feel like there is pressure inside them. Concomitant with the teeth pain I am getting a pain like a sharp nerve pain in my left anterior deltoid.

P6. Front teeth sensitive.

P11. Pains in my teeth. Upper right side this afternoon.

## **Face**

P5. Mouth ulcer beginning, lower lip, left.

P6. Tightness in jaw spreading to temples.

P6. Tightness in lower jaw muscle and chin.

P6. Tight feeling around lower jaw, left cheek, upper lip, behind nose. Pain in jaw muscles tightening.

P9. Could feel my sinuses getting blocked yesterday after taking the remedy.

## **Throat**

P5. Itching in throat, compelled waking and rising at 6.45 am.

P1. I started to sing this morning, felt my voice really clear. I had a sore throat which got better from singing.

P2. Lump, plug sensation sadness, during

## **Stomach**

P6. I seem to have become intolerant of chocolate. Headache after eating chocolate: taste in mouth slight nausea. Thirsty.

P6. Felt thirsty and had to go to the toilet to pee. Spirits felt slightly low.

P6. Woke up at 2 am from a dream. Still had the queasy feeling in my bowel and stomach.

P10. Appetite good now, ate like an elephant last night and today same - eating and eating

P6. Felt thirsty and had to go to the toilet to pee. Spirits felt slightly low.

P3. Stuffing my face with bad combinations of food, eating lots of sugary and stodgy things carbohydrates.

P2. Pain stomach after eating salad, relieved by eructations and flatus for a few hours.

P2. Repeating food.

P2. Nausea after eating fatty or fried foods or oily stuff such as smoked salmon and chicken.

P6. Thirst.

P6. Slight queasy feeling in stomach.

P5. Food temptations immediately to be satisfied. Butter, cheese, chocolate (though I knew better).

P1. Starving hunger, needing to eat.

P10. I have nothing to eat this morning. Just lying in bed since 4 am. Moving around - keeps changing

## **Abdomen**

P2. Pain and flatulence after cabbage.

P2. Rumbling in abdomen.

P3. Flatulence copious and constant but especially in bed.

P3. Pains in abdomen, cramping. Stuffing my face with bad combinations of food, eating lots of sugary and stodgy things carbohydrates.

## **Rectum**

P10. Energy ok but after a night of diarrhoea I wouldn't want to bounce around. I have eaten very little - like yesterday and then I got ravenous.

P6. Very loose bowel movements and frequent (6 a day, normally most would be 2 in one day).

P5. Anal sphincter swelling like a boil on the anal sphincter – caused immediate immense worry.

Felt something the size of a large pea, lasted for one day and vanished.

P2. Loose stool, copious, frequent (normal tendency towards constipation).

## **Sleep**

P5. Slept very deeply since taking the remedy. Feel enthusiastic about the day to come even though frustrations are no less than usual maybe more so.

P10. I didn't sleep at all last night till 7am.

P10. Tossing and turning and couldn't get to sleep until 7. Didn't go to bed until between 12 and 1, just couldn't sleep. Listening to radio, watching TV. Just haven't had a right sleep for several nights.

P6. Unremembered dreams. Sleep very soundly.

P6. Felt I had to get rid of excess energy so really worked hard in my Aikido class. The result is a black eye with a mistaken head butt. Despite the physical discomfort after training I slept surprisingly well. 'Being' rather than 'doing' seems attractive.

P6. Woke early thirsty.

P10. I didn't go to sleep until 4am. I was very awake and alive. Not so unusual but 4am is a bit late.

P6. Sleep deeply and late.

P5. Sleeping very soundly (usual sleep is light and frequently disturbed).

P8. Dreams normally vivid not vivid at all.

## **Bladder**

P5. Awoke often for frequent urination (most unusual).

P4. Pain when urinating.

P3. Waking a lot at night to urinate (unusual).

## **Back**

P3. Pain, dorsal area across my back in bed and shortly after getting up. It goes during the day.

P2. My neck went into spasm. The muscle on the right side became very tense and painful. Sharp pain. I couldn't turn my neck – it was very painful from suppressed anger.

P2. Eruptions. Very itchy eruptions, pimples across my lower back, below the lumbar region.

P7. Pain in back muscles from mid way down on waking.

## **Extremities**

P6. Strain in right arm from sports injury became worse.

P5. Numbness in right shoulder, muscle pain. Muscle to the left side of shoulder blade affecting the muscle that grips the pen when writing.

P2. Sharp pain in shoulder joint on waking. It goes as I walk about.

P3. Leg really aches deep in the back of my knee.

P3. Pain in groin after sitting all day.

P3. Pain deep in the middle of my heel.

P3. Pains back of knee and heel and armpits that extend down the bones. I've got a cold all week got it from exposure

P6. Right shoulder painful again – dragging pain down arm.

P5. Pain in shoulder and tingling in upper right arm which were worse when sitting down and looking upward.

P7. Tightness in foot like a cramp

P5. Burning pain like ember on my sock getting hotter to intense heat. Then it stops.

## **Female**

P12. Vaginal discharge, much more excessive than the small amount that occurs regularly in the second week of menstrual cycle.

P10. I had a good sleep but woke up with a heavy period at 9 or 9:30am. It seemed to arrive very heavily (unusual) - I always get it in the morning. It didn't continue like that, it came in a puff - no feeling and no problems. I used to have trouble - just ordinary - through the day. I wouldn't know and have to check every few hours.

## **Chest**

P2. Pain across my chest and in my left arm.

P2. Tight pain like a band across my chest, heart region. Dull pain in left arm and then right arm.

## **Cough**

P11. I have a cold. It seems to be worse in the evenings or it could be indoors in the warmth. It seems to be a long time coming maybe a week or so well certainly about 3 or 4 days.

P5. Irritating cough persists, evening after 8, lying on back, swallowing honey.

## **Expectoration**

P2. Expectoration thick, glue like, yellow.

## **Generals**

P2. Very tired.

P6. Difficult to get up in the morning.

P2 Very deep prolonged exhaustion. I don't feel as strong as I normally do.

P2 Exhaustion after least exertion and after eating

P1. Cold.

P1. Symptoms are left sided.

P6. Chocolate aggravates.

P10. Bought fruit - apples, bananas and oranges - only ate that. All I felt like eating.

P2. I'm very tired, worse for exerting myself. I don't want to go outside and I have an aversion to exercise (usual but exaggerated).

P6. I seem to have become intolerant of chocolate. Headache after eating chocolate: taste in mouth slight nausea. Thirsty

P3. Stuffing my face with bad combinations of food, eating lots of sugary and stodgy things carbohydrates.

P1. I had a huge desire to eat bacon which I had not eaten ever before

## **Dreams**

P5. No sense of anxiety in dreams (as is usual).

P2. Unremembered dreams.

# REPERTORISATION

## Mind

### Ailments

anger suppressed from  
domination from  
mortification  
sadness

Anger, weakness followed by

Antagonism self with

Aversion men to

Calmness

Censorious

Chaotic

Cheerfulness

Clairvoyance

Company aversion to

Company desires

Concentration difficult

Confusion

Conscientious about trifles

Contemptuous

Death,

presentiment of  
predicts,  
others

### Delusions

animal, she is

becoming an,

attacked, about to be

black entities

cloaked figures

confusion

as how to be in society

danger

dead,

he is,  
all about him is  
dead persons sees  
death,  
everyone's sees  
devil  
possessed of, is  
divided  
three parts, in  
evil  
happened to him  
feeling as though some evil had:  
figures  
black sees  
horns growing  
identity errors of personal  
images frightful black  
importance of others while he himself is lowly  
insignificant he is  
masks sees  
men are coarse and vulgar  
mission  
paedophiles  
persecuted  
possessed  
religious  
superiority of others while he himself is lowly  
society,  
misfit, for  
threatened  
uncivilised that he is  
unreal everything is  
vampires  
visions  
horrible,  
living dead  
world is unsafe

Despair

Detached

Dreams

bleeding

bridges

buildings

churches

clairvoyant

cloaked figures

defecating

drowning

eyes red

evil

flooding

flying

important people

litter

mission, she is on

naked

none

north

official buildings

precious objects

rape

robbers

scars

secrets

sewing human skin

snow

terrifying

threats

unremembered

urinating

vampires

water

Duty

too much sense of duty

Ennui

Estranged from society

Fastidious

Fear

alone

attacked

crowds

death

evil

foreboding of

possessed by evil, they are

happen terrible something will

invaded

men

noise

overpowering

rape

shadows

silence

sun

Going out, aversion to

Haughtiness

Heedless

Humility of others while he himself is great.

Hypocrisy

Impatience

Impulse, morbid

stab, to

his flesh with a knife he holds; to stab

Impulsive, shopping impulsive to go

Indifference

to everything

ennui

Indignation

Injure, himself

Irritability

Meditation

Memory weakness,  
loss of  
periodic

Men  
contempt for

Piety

Postpones everything

Praying  
mantras

Prophesying  
Predicts  
death others

Prostration  
anger after

Quarrelsome trifles

Religious affections

Rocking, terror, from

Sadness

Secretive

Serenity

Serious, earnest

Sun, aversion to

Superstitious

Suspicious

Time fritters away his.

Theorising

Two trains of thought

Weeping  
easily  
sadness of the world  
trifles

## **Vertigo**

Evening

Fall, tendency to.

Turning  
head

quickly  
brain, as if brain turning suddenly  
on turning

Trembling  
Vertex, from

## Head

Constriction  
temples

Heaviness

Pain

general

night

midnight after

4a.m.

anger, from

catarrhal

obstruction of frontal sinuses from

eating

chocolate after

emotion

touch

wine

vomiting. with

boring

pressing

temples

screwed together, as if

pulsating

anger from

motion from

occiput

pulsating wavelike

motion, sudden

Sensitiveness

side right

touch

## **Eye**

Pain

headache, during  
throbbing  
anger from  
touch, agg

## **Vision**

Flashes

rods, like  
looking to  
down to  
left,

## **Ear**

Pain

left  
inside  
touch, agg.

## **Nose**

Sinuses

Catarrh

postnasal

Discharge

green

yellow

posterior nares

## **Face**

Expression, frowning

Pain

jaw

tightening, on

Tension

chin

jaw

extending to temples  
lower  
lip  
upper

## **Mouth**

Dryness  
morning  
waking, on  
Open  
sleep, during  
Pain  
Salivation  
Taste  
metallic  
Ulcers  
lip, inside lower  
painful  
palate

## **Teeth**

Pain  
afternoon  
pressing  
filling, of the  
right  
upper

## **Throat**

Itching  
Lump, sensation of a  
Sadness during  
Pain  
sore  
singing, amel

## **Stomach**

Appetite

constant

increased

wanting

morning

Eructations

food, of regurgitation

Nausea

fats agg

night

Pain

general

eructations

amel

flatus passing amel

Thirst

## **Abdomen**

Pain

flatus

cabbage agg

aching

leukorrhoea, with

cramping

Flatulence

bed in

Rumbling

## **Rectum**

Diarrhea

general

night agg

Eruptions

boils

anus, in

## **Stool**

Copious  
Frequent

## **Sleep**

Deep  
Refreshing  
Sleeplessness  
    general  
        morning  
        restlessness, with  
Waking  
    thirst, from.  
    late

## **Bladder**

Pain  
    general  
        urination  
            during  
Urination  
    frequent  
    night

## **Back**

Eruptions, pimples  
Itching, lumbar region  
Pain  
    general  
        morning  
            bed in  
            rising after  
            waking, on  
    cervical  
        cramping  
        anger, from  
        moving Head

## **Extremities**

Cramps

lower limbs

feet

Numbness

upper limbs

shoulder

right

hands

grasping anything

Pain

upper limb

shoulder

waking

walking amel

extending to, arm

aching

lower limb

knee, hollow of

walking amel.

foot, burning

Tingling

upper arm, sitting while

## **Female**

Leukorrhea

clear

copious

painful, abdominal pain aching

thin

Menses

copious

start, at

late

Sexual desire, wanting

## **Cough**

Evening  
Lying. agg  
Persistent

## **Expectoration**

Thick  
Viscid  
Colour  
    yellow

## **Generals**

Air open, aversion  
Faintness  
    vertigo, with  
    hold onto something must  
Food and drinks  
    bacon desires  
    cabbage agg  
    chocolate agg  
    farinaceous desires  
    fats and rich food agg  
    fruit desires  
    sugar desires  
Heat, lack of vital heat  
Lassitude  
    morning  
Weakness  
    exertion  
        slight from

**Differential diagnosis:** staphisagria, arg-nit., stramonium, anacardium, lac caninum, granite.

**Symptoms Cured during by the remedy**

Anger suppressed

Fastidiousness

Fears, attacked

men

overpowering

to be seen

Lack of organization

Planning too much

Estranged from family

Delusions divided

Haughtiness

Mildness

Ulcers mouth, painful palate

**Some key words:** three, masks, devils, vampires, buildings, important people, sun, black, identity, theft, precious objects, north, snow, officials, art, sisters.