

INSIGHT MEDITATION

by Philip Robbins

THE REMEDY:

The aim in making a potentised remedy from a meditation retreat was to attempt to capture a collective energy that was directed towards self awareness, without any religious connotations. The permission of participant was asked for and received before undertaking the process.

The remedy was made by placing a bottle of alcohol in the meditation hall during an Insight Meditation retreat where sixty participants meditated in silence for six days. At the end of the retreat, the alcohol was immediately potentised to the first potency to stabilize it. Further potencies were later made from this first potency.

Insight meditation is a modern offshoot from the Vipassana school of Buddhist practices. It involves a meditation practice of bare attention to cultivate awareness of self and the development of insight into the nature of existence. Through the direct experience of insight one may come to realize the interconnectedness of all things, and therefore develop a respect for all beings. The meditation retreat that was used for this remedy was conducted by two teachers: Christopher Titmus, a respected meditation teacher of twenty years standing and ex Buddhist monk, and Subhana Brarzagi, the first female Zen master in Australia. It occurred at The Channon in northern NSW in December 1996 and was organized by the Bodhi Farm community.

THE PROVING:

The proving was conducted in two stages several months apart. All participants were Homeopaths and there were no supervisors.

STAGE ONE: December 1996.

PROVER:

1. Female 32 yrs
2. Female 44 yrs
3. Female 40 yrs
4. Female 39 yrs
5. Male 40 yrs
6. Female 46 yrs

POTENCY:

- | | |
|----|----|
| 1M | |
| 1M | |
| 1M | |
| 1M | |
| 1M | 1M |
| 1M | |

STAGE TWO: April 1997.

7. Female 75 yrs
8. Female 44 yrs
9. Female 44 yrs
10. Female 34 yrs
11. Female 45 yrs
12. Male 40 yrs

- | | |
|------|------|
| 30c | |
| 200c | |
| 30c | |
| 200c | |
| 200c | |
| 200c | 200c |

THEMES:

LIFE ISSUES OF THE PROVERS:

- Each prover had issues raised that were relevant to themselves personally.
- major life issues and themes raised

CONNECTIONS/DISCONNECTIONS:

- Not making connections
 - message not getting through
 - underground connecting tunnels there all the time
 - connections with families
 - marriages
 - leaving and meeting again
 - not noticing anything happening with the proving until talking about it with their supervisor.
- Each persons personal issues raised were mostly not obvious to them at first.

SEPARATION; WALLS:

- boundaries; The Berlin wall
- stone fences
- the wall between my office and lounge room was removed

POLARITIES:

- no emotions to very emotional
- strengths and weakness
- connections and disconnections
- aggressor and insecure

ISSUES OF PAST/PAST LIFE (to be resolved):

- old friends
- relevant events/people
- purpose for being here

PROVING:

WHOLE PERSON:

Ten minutes after taking the remedy I sat on the toilet, took a few deep breaths and relaxed - looked at my face in a hand mirror and noticed parts I didn't usually notice. [5, day 1]

Feel tired but somehow 'awake'. [1, day 1]

Felt less anxious and calm today. [1, day 1]

Had some nice connections with people.

Kept being interrupted! Three phone calls during morning meditation! then phone calls when trying to siesta in afternoon, then a visitor during yoga in evening. But I didn't get annoyed - all nice connections. [1, day 1]

Ate heaps today and feel remarkably 'OK' about it. Drank some tequila and some wine, but didn't seem to get me as drunk as would have expected... ?

MIND EMOTIONS:

MIND INTELLECT:

DREAMS: (With a title/summary by proving coordinator. The dream analysis is from the provers' dialogue with a supervisor.)

PROVER 1:

Day 1.

Couldn't remember dreams - something about a journey in a car I think; with one other person, could have been my sister.

Day 2.

1. I was traveling on a space ship - the Enterprise. One crew member is really daggy, I find it hard not to fight with him.

2. I was driving a double decker bus - to pick up my friend L, who doesn't have any money, and try to persuade her to come back with me for Christmas.

3 & 4. Two of my dreams involved dogs - each dream, a pair of dogs. One dream has two really small dogs that I nearly run over, I think. The other, two really big dogs that I am walking, I think, and they are pulling. Hard to remember dreams.

5. In one dream I am in a dark doorway off the street and a man comes up, without any trousers on - I think he was about to piss in the doorway. I shout at him and make him aware that my friends are just across the road. He looks scared and goes away (though my friends haven't noticed a thing.)

Prover 5:

Day 1.

Intense, many dreams; difficult to remember. Unremembered dreams.

1. *Hiding from the Germans/trying to get to neutral/escape.*

The Germans had occupied part of Bodhi Farm - the rest was neutral. I was trying to get to the neutral part; was hiding from the Germans. Their leader was about to find me when he was called away. I escaped through a group of dancing children. I stabbed one man with my pocket knife; got into neutral Bodhi Farm and asked for someone. B answered and I told her I had been a hostage of the Germans.

2. *Pandora's Box/treat with great caution/useful objects.*

I found a small tin buried in the ground and opened it. A note inside said 'treat with great caution'. I told the Bodhi Farm people; a sense of some great danger (magic/evil) possible in the tin. It had some useful objects in it that H liked. H was overseeing the laying of concrete strips between and among tree roots - very intricate work to not damage the roots.

Analysis: Realised the tin is me - nothing much to look at; cautions about being opened up; has some useful things inside. It feels good to be useful.

I also realised that the tin, found and opened, was like Pandora's Box - contained all the evils of humanity. This seemed to represent this remedy prepared from the collective energy of sixty representatives of humanity.

Day 3.

Suicide/my fate/karma in the next life.

In a community group like Bodhi Farm - close friends. One man wants to die and has strapped a small nuclear device to his leg and it will explode soon. A close friend of mine offers to fly him to Melbourne - to save the rest of us here from the bomb. I am filled with sadness and grief and go and say goodbye to him. Some others don't notice. I run along a path and over a hill to watch the explosion - see a flash and turn back. I hear on the world news of a nuclear accident in Australia, near Melbourne, evacuations etc. After a while, planes start arriving from Melbourne with evacuees.

Half awake, I wonder about the feelings that could lead to suicide - after watching a TV show before bed, where a policeman was part of a murder, and later felt so bad about it he could not redeem himself; he committed suicide. Would it be Okay in his next life, to suicide in this, knowing the magnitude of the wrong he has committed and knowing he can no longer live with himself? How would he come back in the next life? Would it be better to stay alive and live with the pain of the remorse etc?

Analysis:

Man with bomb - I have made my decision - the time is set; it's irreversible. My fate is set. It's bigger than friendships.

The nuclear device - I'm going to make one hell of a show; the world will see. When I explode: a flash of white light and something is transformed. Not unlike a meditation experience. Death and transformation.

Melbourne - Medical Homoeopathy; after the flash they have to come here to a different Homoeopathy.

The close friend - Sacrifice and service. I offer my life for others.

The only explanation for this dream that fits for me is that it is about an issue in some past life that has led to my incarnation in this life situation of giving service as a homoeopath. I am not usually into past life stuff and have never contemplated suicide in this lifetime, so this explanation is the only one that seems to fit the dream issue.

Prover 8:

Friend with big breasts/leaving/meeting again.

Slept through and couldn't remember my dreams this morning. Only vaguely remember that H was in it with very big breasts, that people including me were traveling and leaving at different times to meet up again later on. [8. day 1]

Hole in brother's cheek/old people taken away.

I see a hole in my brother's cheek, he needs to go to hospital; his teeth are even visible through the hole. Old people that look a bit like mummies are being taken away, the hole grows over very quickly without medical attention...

PROVER 11:

Day 1.

1.

Wedding of a friend/rose bush/romance.

Dreamt of the wedding of a friend.

I wanted to buy a rose bush, I'm not sure for what reason.

Then I was in a large shed which was full of many things, like an old fashioned general store. I ate some food there, but I think there was a concern that the food was contaminated in some way. The people at that place were Italians, which relates to my friends wedding, because she married an Italian man.

Analysis: *Rose Bush - Pink-apricot; something I suddenly realised I could have. Pretty bush in good health. Could take it with me; in a tub. Perfume, romance and beauty.*

2. *Pet fly in a cage/getting lost if let out.*

Then there was a strange dream in which a child - possibly my younger brother as he was years ago - was keeping a tiny fly as a pet. He kept wanting to take the fly out of its cage, and I kept telling him that he would lose it if he did. In the end he did let it out and it became mixed up with other flies, so he didn't know which one it was anymore. Instead of being upset, as I had expected he was quite unconcerned.

Analysis: *A tiny fly - A pet; very little; if you let it out it will be gone. Worried he would be upset. As the fly I was wanting to get out and fly away. Repulsive.*

3. *Thoughts of home/ it will be cold there.*

I was showing photographs to someone, of when I went to SA and they remarked that it appeared to be very cold there. I was trying to convince them that that wasn't the case, and then suddenly, I was back in SA and my main thought was that the weather was lovely and mild.

Analysis: *I strongly desire to return to SA All the dreams were of home, family and old friends*

Day 2.

1. *Locking up/insecure/angry.*

Had a new job cleaning up and locking an office building at the end of the day. The other girl who worked there is someone I knew from a job that I had ten years ago. She showed me very vaguely what was expected, then left me to it. When I came to locking the place, I found that many of the windows were loose and that the glass was falling out, so I was having a hard time trying to make anything secure. The other girl came back and was frustrated and annoyed at me because I hadn't yet finished, then I think she just left. I then seemed to be in a caravan trying to shut more windows that kept popping out of their frames. I was feeling angry by then.

2. *Watched by a friend/drugged/stroked/sided against.*

I was on a beach, somewhere tropical, because there were palm trees. My partner was standing on the foreshore with his friend - they appeared to be in discussion about me as I walked towards them. They were watching me and I felt uneasy.

Then I was lying somewhere almost asleep and the friend had grabbed me and curled up behind me. I was experiencing great lethargy, almost as if I were drugged, and I couldn't escape him. He was stroking my shoulder and saying how nice my skin felt. I was conscious of my partner standing over us, and far from being angry or upset, he was agreeing with his friend, which was even more disquieting and made me feel helpless.

Analysis: *I remember that that friend asked for a photograph recently, so that he could send me Reike. I wasn't feeling very comfortable with the idea, so I refused the offer, the result of which I sensed some hostility from both my partner and the friend. They were really trying to push it - maybe the dream has something to do with feelings of being sided against.*

Day 3.

1. *In the country/horse riding.*

I have a vague recollection of being in the country somewhere (not around here). Big gum trees and paddocks; something to do with horse riding - getting up very early and riding.

2. *Inside with a woman/man outside/growling/will bite.*

Then I was in a cabin that was quite rustic, except that the door was a sort of crinkled clear glass. I'm not sure who the other person at the cabin was, but another woman anyway. We were cooking dinner; it was night time. She was saying something about some man; I'm not sure what; it seems as though he may have been some sort of a threat, although in what way, I couldn't say for sure. Suddenly, I had a feeling that someone was there. I went to the door and there was a distorted image of a tall blond man standing outside, trying to look in. I felt an adrenaline rush of fear and also aggressiveness. I put my face right up to the glass and began growling and sort of barking loudly with my teeth bared. The man did nothing. I felt as though I would bite a piece out of him if he came in. The dream woke me and I felt frightened of how I'd reacted in the dream.

Analysis: Growling and snarling - If you come in I will tear strips off you. An inner animal coming out.

The tall blond man - I'm trying to look in. I don't react - like a zombie. Curious; a bit detached. If you come close it will get you - it is not just a threat. I want to come in. I want something - light, warmth and people.

3. *With family/married girlfriend/leaving.*

I dreamt that I met with my family for lunch someplace, and my girlfriend who was recently married was there. We hugged and then she had to leave because she was going away somewhere.

4. *Leaving my mother/change of plans.*

I was with my mother on the way to the airport, because I was leaving. The terminal was in a dusty, barren place, then I found out that I wasn't flying from there, and that I had to catch a bus to Casino.

PROVER 6:

DAY 2

I am first aware of trying to find a place to pitch the tent. We are confined to a small island which is at first deserted. We find a snug little spot for the tent and erect it. It is evening and there are now others on the island, which has become surrounded with rising tidal salt water. I think P (my partner) has to move the tent because of this water rising. I notice a couple walking around the island, on the edge of the island so to speak. The water is sparkling and rushing past near where this couple are walking. In the water are all manner of sea creatures, both small and very large, also rushing past in the swirl of water going around the island. (This is actually not how a tide normally ebbs and flows perpendicular to the beach line).

As I'm watching this couple amble along enjoying the last of the day, I notice a large salt water crocodile wash past. When the croc spies the woman it turns sharply and heads out of the water and towards her. That is, I find the croc heading my way. I race back to the campers to raise the alarm, stressing that this is a salt water croc and that that means the creature is particularly fast and agile. This crocodile haunts the rest of the dream with its unseen, as it were 'in the background', presence. In the remainder of the dream the island turns into a huge kind of tarpaulin, with heaps of people camping under it. We have to find yet another spot to set up. Meanwhile, I notice in the weathered and eroded edge of the island masses of snakes nestled in amongst the tree roots and rocks. They to sort of surround the island in much the same way as the circling rush of tidal water filled with sea creatures.

At this point I'm wondering if this is the original tranquil island refuge first perceived! One not only finds it difficult to find a resting place for the night, but now discovers its heavily populated with both people and creatures including a threat that the croc could cause havoc at any time at all!!

GENERALS:

Poor energy until 4 pm. [10, day 1]

Very tired 5 pm; slept half hour [1, day 1]

My energy became better and better as the evening progressed. I felt like listening to music and singing and dancing around 7.30 pm. It was as though I had woken up. My energy remained good until bed time - 10.30 pm. [10 day 1]

HEAD:

My neck is very sore this morning [os] and there is cracking and crackling sounds when I move my head. Stiffness and soreness left after one and a half hours. [10 day 1, ns].

Slight headache until 4.25 pm.

Discovered a very tender painful pimple on top of my head, to the right, slightly less painful this morning, can touch it. [8. day 1]

Slight pressure headache in temples and top of TMJ since taking the remedy - still there this morning [5, day 1]