

Proving Lac elephantis (maximus maximus)



in Fiesa, Slovenia during a seminar 6-8 june 2008

Proving leader: Kees Dam

The remedy in 220 C potency was given by Rita Pasquale and Chandra de Zoysa who did a C4 trituration-proving in Sri Lanka in april 2008. The milk was obtained from an elephant in Sri Lanka.

The slovenia proving is followed by the results of the C4 trituration proving of Rita and Chandra.

THEMES OF LAC ELEPHANTIS (Maximus Maximus)

Acceptance – cannot do anything about it

Cramp in left calve (6 a.m.), so strong I could not do anything about it, I just had to let it come over me. After the cramp I felt sleepy (very unusual, most of the times I cannot fall asleep again after early waking), fell asleep and dreamt about a new (green – yellow) plane (stunt, making loops, very close to the ground) – it crashed, I had the feeling I cannot do anything about it, I went to the site of the accident and saw a south american indian making photographs (I was even a little upset about that), but then I saw there was nothing there, no crashed plane.

(My son is in venezuela now also with a new plane, doing parachute jumping – is it prophetic? I cannot do anything, just have to accept – feeling

I am just an observer and cannot do anything, no emotions involved or maybe somewhere very deep inside.

Dream about my daughter (adult), she went into a dark cellar, damp, I came to her at the entrance of the cellar and told her to come out, I felt icycold wind around my legs

coming from the cellar, she said, I will stay for awhile here and then I went away, because I had the feeling I cannot do anything about it, I have to accept - no emotional reaction

Comment kd: The elephant is one of the few mammals (next to the ape, dolphin and humans) who have mirror selfrecognition meaning that they are able to recognise and observe themselves in the mirror. This quality is the basis for empathy, altruism, higher social interactions and selfreflection, it is the ability to detach/dissociate yourself from your emotions, to observe (yourself) and to accept what is.

Dissociation is the quality needed to survive deep traumatic experiences, this ability is greatest in humans.

Also in the proving of Rita and Chandra there is a lot of calmness in mind and accepting – this can also be a curative symptom and then the opposite can (also) be found in lac elephantis – worrying, brooding, full of cares about others. For calmness in mind you have to be grounded and the elephant is build to be grounded.

Painless disaster - dissociated pain – no emotions/detached

Dream about a new (green – yellow) plane (stunting, making loops, very close to the ground) – it crashed, I had the feeling I cannot do anything about it, I went to the site of the accident and saw a south american indian making photographs (I was even a little upset about that), but then I saw there was nothing there, no crashed plane.

Dream: about an earthquack, I was in high building with many people, standing on balcony, but the balcony fell down but nothing happened only had to to wipe away some dust off myself.

Comment kd: These dreams are another expression of the above mentioned mirror selfrecognition ability of the elephants – being able to detach themselves from pain.

Anxious, restless, sad and guilty

I took a walk with others. Because I felt t restless and anxious I could not stand company. Without saying a word I left the group to find peace. I could not calm down even after doing meditation – which usually always calms me down.

Sadness; Feeling guilty without any particular reason

I remember that I had a lot of dreams first night, but cannot remember the exact dreams. I had very restless sleep (*usually I sleep like a baby on vacations*). I just know that dreams were very confusing. During the night I woke up and I just remember that dreams had to do something with my mother.

Comment (kd): these symptoms all come from one prover, we see here the opposite of the calmness and detachment, probably the picture that will be more usual in lac elephantis; the mother theme is a general lac theme and usually the origin of the sadness, guilt, restlessness (which are also general lac themes) can be traced down to the mother.

Childbirth, babies, children - neglect

Dream: I was busy delivering a baby of my own wife – it went very smoothly and I was thinking: how nice it is to be able to deliver your own child without midwife or gynaecologist. I was observant if the baby was breathing and screaming because it was not yet properly breathing. I was thinking maybe I have to clear to airway passages by sucking the mucus out. But then the baby started properly breathing and screaming. Then I saw still another baby was coming, so it was a twin. Did not pay much attention to the second one, I realised later.

Dream: (send in after seminar): When I came home from the seminar I put the remedy on the bedside table. After a week my husband told me his dreams (I didn't tell him about the remedy). He dreamt about a friend of mine. She came into the florist shop of his mother. She came with a baby. He didn't know whose baby it was. He just remembers that my friend had given the baby something to eat with a ladle. (I got a feeling that maybe the remedy could have influenced him?)

Dream: A baby (from a friend of mine) was lying in the grass, had only diapers on, it was a boy. I didn't take care of the baby – I didn't know what to do, it was only three weeks and I realised I had to take care for him. I began to change his diapers and then he was suddenly 3-6 months old and the diapers were very tight around his thighs, now he started living, breathing (before he was crying but not really alive. I caressed him, which he liked very much, got more lively. For me it was a loving and lovely feeling because he reacted. Then my husband came and brought some tea for him, I gave it to the baby and then another child was coming, it was older, running towards us - it was our own child, then I got a bit confused if the small baby was also mine? Then my husband said lets run so that the older child (our own) cannot get to us, we started to run with the baby, I was confused but I did it, had the strong impulse to do it. Baby threw away the bottle of tea, I had to pick it up again and was afraid the older child would catch upon us again.

Comment kd: Especially this last dream seems to me a very important dream for understanding elephant milk. On one side you see the altruism of taking care of a baby that is not yours and at the same time you neglect your own child. It can be the situation of a mother who has a child that needs more than average attention and care at the expense of the other/older children. But the situation that will be even more prevalent is that the mother exhausts herself in the care of a vulnerable needy creature (baby, animal) at the expense of her own inner child often resulting in a burn out (see case of Rita Pasquale).

Sympathetic - own vulnerability projected? - Food

Dream: about a cock somebody gave to me as a gift (for cooking), I tried to find somebody to kill it for me so I could prepare it for cooking; I could not stand to kill it myself; I could not find a man, so I let the cock free and could not have a meal

Dream: I had a lot of dreams next night. I do not remember whole dreams. I just remember I was traveling and I wanted to buy some food. I stopped at gas station to buy something to eat.

Comment kd: Lac elephantis a remedy for vegetarians? Dreams about food or preparing food and also about traveling can be frequently found in Lac's.

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Teeth

In the dream I had problems with my teeth. Although I had my mouth filled with my own teeth, I had in my hands still a lot of teeth that I wanted to put in my mouth, but didn't know where. (I know that whenever you have big problems to solve or deal with, you get problems with your teeth).

Comment kd: maybe teeth are symbolical tools to deal with problems, the elephant has very big tusks (teeth) that do not fit in his mouth – teeth are there to bite your way through problems; teeth are also a symbol for aggression (but only for digestion, thriving, making space for yourself). One of the differences between the african and asian elephant is that the female asian elephants do not have tusks.

Jealousy

Dream: meeting friend (male) from high school, we are talking; husband came and was very jealous; I was surprised because my husband is never jealous

Comment kd: Jealousy is a frequent Lac theme and is a sign there was a lack, a shortage of mother(smilk) at a time mother was really needed and she wasn't there.

Ice - Cold

Dream about my daughter (adult), she went into a dark cellar, damp, I came to her at the entrance of the cellar and told her to come out, I felt icycold wind around my legs coming from the cellar.....

Dream: I was iceskating with hockeyskates on a frozen pond, anxious, had the feeling that people could see me stumble (although nobody was around) but I succeeded not to fall

Comment kd: Dreams of ice, snow,(ice) skating are universal lac dreams, I have seen them often in several lac provings.

Stairs – upward

Dream: just went upward on a path

Dream: about steps, staircases, I went up and steps finished, have to go down again and find another staircase and felt hurried to go up but could not succeed because the steps stopped at the ceiling

Comment kd: Also dreams of stairs, steps, going upward are very frequently found in different lac provings

Water – boat

Picture of boat, sailing boat (during meditation)

Comment kd: In the proving of Lac Loxodonta (the african elephant) there was a dream about being in a ship going to sea. But water, sea and boats are general Lac themes and can be found in several Lac's

Impending doom/danger

Dream: Carriage with big wheels, big horses in front, I had to drive it, it was not easy to come on the carriage and it was dark/night; feeling something bad was going to happen (in the first sleep)

Yellow – green

.....dreamt about a new (green – yellow) plane (stunt, making loops, very close to the ground).....

Yellow and green (yellow circle went into green) during meditation

Right – Left Split

Right side of head was light, and left side was heavy

Right side of body was really very heavy (old symptom)

Mistakes left/right

Synchronous events:

The first thing we did when I was picked up from the airport of Ljubljana and heading for the seminar hotel at the sea, was stopping at an old castle, with very thick grey walls – it was very foggy at that time so we could not enjoy the view out on the sea and Italy. Not very far from this castle massacres had taken place with thousands of people killed.

Near Fiesa (the seminar and provingplace) I was told the skeletons of dinosaurs (once the biggest animal on earth) were found.

It was raining a lot during the seminar (I had the same experience when proving liquor amnii at the croatian coast a year before – a lot of water from heaven) – a lac is also 90 percent water ;-)

During the lecture about the lacs there was storm and thunder as if universe wanted to signal that we were proving a lac (?) and there is a book written about the communication of elephants called “silent thunder”.

Comment kd: Of course these events get only their significance in perspective of the proving remedy - they do not belong to the proving symptoms but just enhance the proving remedy atmosphere. Elephant connects to ancient times and trauma's (see also proving Sri Lanka) – old castle, dinosaurs, massacres

PHYSICALS

Head – face

Headache in the afternoon, sleep amel

Headache on waking after rising amel
Obstructed nostril left in the morning

Itching of palate

Formication top of head

Spasm like feeling right cheek, increased salivation (but recently a tooth extracted)

Right cheek tingling; toothache on right side lower

Tickling right nostril
Right side of head was light, and left side was heavy

Stomach/intestines/digestion

Eructation and flatus through whole day (not very loud or intense)

Stool changing with food

Feeling of burning in stomach, like heartburn when hungry

Chest - Breast

Swollen R breast for short time

Strong feeling of heat/warmth/energy in the chest/heart area and also slightly in the head – later also pain on sternum and heart area

Extremities

Pain in right wrist (rheumatic like)

Roots/grounding from right foot into the ground, not the left

Pain right ankle prickling

Pulsating handpalms and hot

Pins and needles in feet, also a paralysed feeling (in both)

Pulsations fingertips (3x)

Cramp in left calve (6 a.m.), so strong I could not do anything about it, I just had to let it come over me.

Cramps in calve (right) at night now worse (being pregnant)

Cramp first night in one (left) leg, the next night in both with numb paralytic feeling in left arm

Pain in left leg (calve)

Hot burning feet

Generals - Sleep

Need for hot, sauna – could have stayed in for two hours, though not chilly

Woke up at four o'clock, and was too hot, then uncovered then got too cold, then covered again etc etc and this went on till morning

Like after first contact I woke up (too hot) at 2h cannot sleep till 3 30h changing position all the time and covering and uncovering

During night I woke up before 4 a.m., I was sleeping on my back, I was snoring loud (I have never noticed before, was very surprised)

I remember that I had a lot of dreams first night, but cannot remember the exact dreams. I had very restless sleep (*usually I sleep like a baby on vacations*). I just know that dreams were very confusing. During the night I woke up and I just remember that dreams had to do something with my mother.

Prover -- curative action

After contact with remedy I felt strong beating of heart and then a good feeling around breasts, they felt even a little bigger than usual, reminded me of breastfeeding my children, which was a very good feeling, second best feeling I ever had, that came back now (less intense of course than at the time)

Eczema back of right hand, itching that was there for a couple of days, it disappeared, first the itching, then the pimples got larger and softer and then disappeared in three hours.

Pain in left thigh, strong smell from axillae (even after showering), felt comfortable lying on back now (normally not)

Sensitive soles of feet, had to put some extra inlay in my slippers because I felt all the pebbles on the beach (normally no problem)

Strong itching of anus in the night, noticed a little prolaps in the morning during stool (old symptom from 5-10 yrs before)

Yellow milky urine with strong smell (smell strong also the days before and after)

After the remedy a much better energy, was very tired before

Story that came up in the prover's mind during proving:

The folk story of LEPA VIDA (Beautiful Vida) begins at the seaside and is based on real stories of mothers who went to other countries (f.e. Aleksandria in Egypt) to breastfeed children of rich men. The money they earned, was sent home for the survival of the whole family.

"Lepa Vida was washing the diapers at the seashore. A black sailor came to her and asked why she is not a beauty anymore, she looks so sad and unhappy. She answered that she has at home a sick child who weeps the whole day and her husband- an old man who coughs the whole night, so she is tired and very sad.

The sailor told her that the Queen of Spain has send him to bring Lepa Vida to the court to breastfeed the son of the King and there she will have an easy life. When they were at sea and the water was deep, Lepa Vida began to despair and weep: What has she done? She left at home a sick child and her old husband. Every day she asked the Sun and Every night the Moon to tell her how her family lives? She was told that her sick child that wept the whole day and night has died and the old husband mad of despair was walking through hills and valleys trying to find his beloved wife. Lepa Vida in her own despair was weeping every night, but she was not able to tell the Queen the real cause of her weeping- longing for home. She simply told the Queen that she has lost a golden cup, that fell into the sea. The Queen promised her help so that the harsh King will not find out that a golden cup is lost".

Comment kd: this is a very story fitting the picture of lac elephantis, we already saw in other symptoms that people needing elephants milk might be able to neglect their own (inner) child to take care of another child more in need. Not being able to talk about it, hide it is a sycotic symptom (and in sankaran's miasm scheme elephants milk is in the sycotic miasm).

The female elephants (socalled "allomothers") are very prone to babysitting and caring for baby-elephants of other female elephants (you can read this in the wikipedia article on indian elephants http://en.wikipedia.org/wiki/Asian_Elephant).

Elephant milk, Lac elephantis maximus maximus

Trituration in Sri Lanka, 19./20.4.08 Rita Pasquale and Chandra de Zoysa

Issues coming up during trituration (as noted down by Rita):

Night before trituration: headache on forehead at point of 3rd eye (never before such a headache, only on this point).

C1:

Sweat rins down my head, very hot feeling mainly in head, inner calm.

Being stubborn is an issue (M., who wants to go along her own rhythm at a point where adaptation to others would be required)

During trituration (we did the C1 at the house of the man who organised for us the elephantmilk), there was on TV a transmission of buddistic meditation.

De Zoysa and M. were delighted about it. I couldn't understand it, but was feeling the calm and peaceful voice.

Feeling of pressure under ribs of left side (place of spleen)

Feeling of being like in an oven, very hot.
Pain in ear, left side.
Pain of pressure under sternum, worse on pressure.
Feeling of being old, tired, pain in back.

De Zoysa told me about the point of the 3rd eye on an elephant's forehead: this is the point where hunters point when they shoot an elephant, it's his most vulnerable point.

C2:

Very hot feeling in face, vibration, formication in face. Very calm, "stoische" (stoic) Ruhe.

Extremely sensitive for noises, rumors of nature. Can hear all the animals in the surroundings as from very far. Deep feeling of oneness with them.

Human noises from neighbourhood are provoking a feeling of danger, threatening.

Tired in back. Feeling of having no space for my intestines. There should be more space inside; the singing and drinking neighbours are disturbing, but the rumors of frogs and insects are calming.

Vertigo in head, as soon as I move the head.

Again this feeling of tightness in body, upper left side, under breast.

Elephant says: "I am a wanderer of the ancient times. The world has become too tight, too small for me. The sun of thousands of years has hardened my bones and they are like potentised now. In my genes there are the experiences of the very early times of earth. But I feel sad about the present time. There is no space anymore for me. Even when I am considered as a holy being in Sri Lanka, the world does not respect my presence.

I carry in myself the experiences of thousands of other species, many of them have disappeared from this earth. I am very sad about this. Sadness about all who disappeared."

There is a deep "Sanftmut" tenderness and feeling of inner peace, beside the sadness.

C3:

Itching on whole body. Again this pain left side of breast, more in the back, under the ribs. Stiffness of neck., left side.

Stiffness of left hip as well.

Elephant says: " I combine my tenderness of my heart with my memories. My memories are stored in my heart, it's not in my brain, they are conserved in my heart. This kind of heart-memory is lacking in the human beings. This is what my milk can bring to you: my milk shall help that all the horrible happenings of wars, all your horrible behaviour shall be marked in your heart and that this memory shall go over to your children, so that they can learn from it without having to experience these horrible things themselves. My milk can store the experiences of war of generations, that means, the homeopathic remedy can bring up these memories and touch the heart, so that you become sad and it will really hurt.

This is why I am very much loved by children. I am so big and though so sweet and peaceful. This combination is very rare in the humans! The powerful nations like USA, Russia, China... they could learn from me.

I am a relative of the whale, who also can bring a lot of good to the humans. I am the ruler on the earth, the wale is the ruler in the sea. We are in constant contact, and are carrying the destiny of all creatures who are inbetween since thousands of years.

This itching on my skin is why I am loosing my patience: the time is getting to an end, take the chance to change, to regret your horrible actions, to show compassion with all living creatures on this planet - if you do so I as elephant will gain again my space and my liberty.

Give my milk to the powerful of this earth, to the managers of big companies, they will love it. I will soften them from inside and teach them to be compassion.

Physical symptoms:

Pain on ellbow (in a case of De Zoysa who had it for many weeks, it got cured), in my case: I had it during trituration.

Eczema on right arm, lower side of under arm. Little itching.

Dream at night:

Of a small child on a railway station, wearing a hugh pamper, making the baby very round, so that he falls all the time on his back. Baby makes that also purposely, to make people laugh.

Other dream: we have bought a new house, when we were there, we realised that there was already another couple living there, they came into my sleeping room: feeling of having no space.

Other dream: of a dream-psychologist in the US telling me she is the only one to work like this. She asks us for support (from homeopathy).

C4:

Head becomes very clear, very present. Pulsation in the mandibules in face, slight pain in teeth.

Very sensitive ears, can hear much more than usual.

The soft rumors oft he mortar are as the soft footprints of the elephant: heavy, potential, but soft hearted. The remedy acts in this way: it sharpens all the senses: mainly the sense of hearing and of touching. And it gives the capacity to realise very fast the importance of a situation and to react adequately.

It could be a remedy for people who have hearing problems, and for neurological problems (MS, parkinson....) also for hyperactiv children.

Gives them the capacity to react, is fitting their power, but lets them become quiet.

I feel pulsation in the finger tips. The remedy has an energizing effect on whole body. Gives a nice body feeling. Feel relaxed but ready to react perfectly at any time .

When I move my head, it gives a feeling as if my brain would be washed in water : washing my thoughts, washing away my old concepts, making space for the right reaction in the moment, in presence.

The remedy empties your brain, makes you feel your heart, allowing feelings of tenderness, activates all cells and connects you with the ancient wisdom.

Clinical experiences of Rita Pasquale (from email correspondence)

Case 1: I have given the remedy already to a patient - a mother of a handicapped child. The mother has a kind of burn-out due to the caring for the child 24hrs a day, and having a lot of difficulties to find somebody to take the child on weekends or for holidays. She had various problems of joints (ellbow) and a lot of tiredness. With the remedy elephant milk it went much better.

Case 2: Today (4-8-08) I had another patient for follow up to whom I gave the Lac elephantis maximus maximus end of June 08. She is a gardener and lives with her husband and 2 children in a house together with her old parents. She feels that she owes it to the parents to look after them, since they had a very hard life. Now the father is getting more and more in a dement status, with changing of his personality, and for her it is very difficult. But still she feels that it is her way she has to go. She had on the physical level pain in her ellbow since quiet some time. And she feels a little exhausted.

She took the remedy as follows: C4 one dose a day during 2 weeks. Then 2 weeks of pause, then C220 3 doses.

Today I saw her after 6 weeks. She says she had strong reactions: her ellbow pain got worse, then better, now it is almost gone. She got a pain in her lower back, the same as she had after giving birth to her 2 children. That same pain she says she always gets when she is sick or somehow weak. Then she told me she got a repetition of former ways of interacting with her husband, what she thought she had overcome.

So, old themes were coming up. At the same time she feels much better with the situation of her parents. She doesn't want to change anything. She just thinks it's okay the way it is.

She told me she would like another dose of the same remedy and asked me if I don't have a higher potency. And yes,..... I could give her the M you have sent to me!!!! Thanks a lot again!

The (commercial) remedy from a C1 was manufactured by the Hahnemann Apotheek in Heiloo, Holland, it is available in 30, 200 and MK and can be ordered via www.hahnemann.nl.

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