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LAPISLAZULI

God sleeps in rocks
Dreams in plants
Awakens in animals
And acts in men.

(Native American proverb)

Since I was a child, I collected rocks whether they were round or angular, smooth or rough, ugly or beautiful, grey or colored. Every single one is special to me because it is different and unique in its shape, color and character. Each one is a small part of this vast and diverse world.

I remember my grandparents' house when I bit into an apple jelly sandwich, sensing the unique musty smell of the basement with its many stored apples, the squeaking of the steep wooden stairs, and the sunlight in the windows that made the dust in the air visible. Just like that, a stone can connect me with worlds of ideas. Peridot brings me back to the beach with huge clouds of spray caused by waves breaking on the rough lava rocks of Lanzarote. Quartz reminds me of the light in a church in Tuscany that had no roof, of the enchantment of this atmosphere. Vanadinite allows me to see the colors of the scanty rocky desert in Morocco with its intense scent of wild herbs. Special stones add to the particular atmosphere of many places. Usually we do not notice the stones but only the place or the sights. But the stones were there first.

They provide us with the form without which the world would dissolve. Rocks form nature as coast, demarcating the water, and as landscape, impressive in the desert and the mountains. What have the rock formations of the mountains and the myriads of grains of sand in the desert taught the wise men and women, even Jesus? Loneliness, quiet, eternity – how short, comparatively speaking, is the life of a human! Today stones organize time in form of a quartz crystal in computers and watches.

Everyone perceives a personal version of reality, formed by impressions, experiences, emotions, abilities and attentiveness. The human power of perception is limited. We would perceive nature and stones differently if our eyes had more or different sensory receptors. Take a look at the greatly enlarged macro photography of a stone. New worlds seem to appear. Our inner life is a small fraction of the pattern of the outside world, the whole of nature.

This is the link that closes the circle leading to homeopathy, which tries to understand and organize the similarities of the patterns. Every new trituration of a homeopathic substance is a deep experience. This one was no exception. The worlds of ideas that appear are fascinating. Particularly the unbiased exchange of associations with the substance shows how the process of trituration, as a form of destruction and dispersion of matter, is able to release part of this pattern.

Lapis lazuli embodies the image of the boundless universe painted by nature. I can lose myself in the depth of this color, similar to the blue light of the Greek ocean when water and air melt into one another on the horizon, when the polarities of sky and water merge. Kandinsky expresses the color blue as a sensual experience: “The tendency of blue for depth is so great that it becomes more intense particularly in darker shades and appears, appropriately so, more internal. The deeper the blue the more it calls a person into infinity and awakens the longing for pureness and ultimately transcendence.” When you walk up to the Herkules Ballroom in Munich, pay attention to the Large Blue Canvas and you will be able to experience Kandinsky’s statement.

Only the color blue lends its name to a musical style, the Blues. Its homogeneous rhythms carry a deep sense of melancholy, “a form of clarity tinted by emotions” (U. Horstmann). C.G. Jung connected melancholy with an alchemistic, inner process of change, the encounter with our shadow. This produces great cultural achievements of humanity; think for example of Nietzsche, Schopenhauer, Hesse or van Gogh.

The Lapis lazuli blue of the sky or the water greatly invites meditation, self-knowledge. The world and life are too colorful to understand them completely, but during the silence we can get a notion.

Are we still able to “listen inside”? Maybe the Lapis is able to teach us to allow silence with calm.

Walter Schmitt

SUBSTANCE

The stone ^{1,2,3,4,5}

... origin

Lapis lazuli was already popular in some of the oldest cultures as an ornamental stone. According to research it came from the mines of *Badakhshan* (Sar-e-Sang in the center of the Hindukusch). Mesopotamia was the main trade center for this valuable stone. Trade relations between Afghanistan and Iraq existed since the 4th Millennium B.C.. Excavations show that the blue stone was used during the zenith of the cultures of *Ur* for jewelry, seals, amulets, sculptures etc. The quantity of findings allows the conclusion that the stone had ritual functions. It was a luxury item because it could only be found in the tombs of the wealthiest.

¹ Lapis, Die aktuelle Monatszeitschrift für Liebhaber und Sammler von Mineralien und Edelsteinen, Vol. 4, Nr.11, Nov. 1979

² Raymond, J.L. Walters; “Die Kraft der Edelsteine”

³ Dr. Flora Peschek-Böhmer; “Heilung durch die Kraft der Steine”

⁴ Michael Gienger; “Die Steinheilkunde”

⁵ Michael & Giny Katz; “Die Hüter der Edelsteine”

In addition to Badakhshan, the mines that produce the best quality Lapis, some deposits have been found in Siberia and a few places in Burma, Chile and Colorado.

The mines in Badakhshan are accessible only with difficulty; the working of the stone is difficult and not without danger. In former times, because the stone is hard, it was blasted by setting fire. Today dynamite is used.

Due to the difficulties in working it, belief exists that people need the help of ghosts in order to obtain the semi-precious stone.

... name

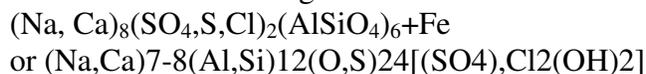
The name *Lazurium* appeared first in the 6th Century and was derived from the Arabic word *lazaward* (blue), which itself is derived from the Persian word *lazuli* and developed into *azul*, signifying a very deep shade of blue. The Arab word *azul* also means 'blue sky' and *lapis* means stone.

In the 5th Century the stone was called *ultramarinum* in Europe. This turned into the most precious blue color used by the great painters.

... substance

The crystallization occurs during the metamorphosis of calcium into marble with traces of various minerals. It is a sodium-aluminum-silicate containing pyrite enclosures that form golden lines or spots.

The chemical formula given is:



It is hard to cut the stone, thus, it is usually polished.

The color of Lapis lazuli varies from light blue to azure and violet-blue with shimmering gold colored enclosures. Supposedly, the sulfur atoms and also the calcium cause the coloration. Higher sulfur content causes a deepening of the color.

With their intense violet-blue coloration, sprinkled with waves and swirls of shimmering, gold-colored pyrite, the most beautiful specimen of the stone are reminiscent of the night sky with myriads of stars shining in it.

... value

The Lapis lazuli does not have a crystalline structure and is therefore not considered a precious stone. Its value stems from its attractive color.

For painters the Lapis lazuli was nearly the most expensive pigment, which is why it was mainly used to express super natural beauty, perfection and glory. For example Raphael's *Alba*

Madonna is painted with ground Lapis lazuli. Just imagine how much Raphael, Titian or Giovanni Bellini must have paid to be able to paint merely the cape of their madonnas in Lapis blue.

The frequent use of Lapis lazuli in the old world gives an indication of how powerful the ancients thought this stone to be.

Before the 12th Century the exquisite stone was considered to be as valuable as gold.

In Egypt it was the preferred stone used for amulets and jewelry, such as the scarabs. The Lapis lazuli on Tutankhamen's 3500-year-old death mask is as precious as gold.

Assyrians and Babylonians used the stone as a seal.

... symbolism

All cultures in the East and West used the stone in decorations of statues of gods as well as emperors. It is the *stone of the rulers*.

It was generally considered a symbol of the pure and the rare.

It was thought that the blue stones, because of their similarity to the blue of the sky, attracted the spirits of light and wisdom.

A Lapis lazuli in the shape of a stylized eye on ancient Egyptian amulets represents the eye of the goddess of nature, Isis, as she was watching over the souls of the dead during their final journey.

The 26th chapter of the book of the dead was engraved in hearts of Lapis lazuli. The stone is connected to magical practices; for example, one should always hold and rub it with one hand while reading the 26th chapter of the Egyptian book of the dead.

Judges were wearing depictions of the goddess of truth, Ma, on golden chains around their neck.

To the Assyrians, Lapis lazuli was the sacred stone *Uknu* that brought the blue of the sky and, with it, the light of the gods to earth.

... medicine Buddha⁶

In Tibetan tradition the highest healer is called 'Master of healing, the *Tathagata* in Lapis lazuli shine'. His sky, located in the East, carries the name *Pure Lapis lazuli*.

⁶ Raoul Birnbaum; "Der Heilende Buddha"

According to tradition it contains the highest number of vows (12 vows). In the second vow Buddha says: "...my body, inside and out, shall be like Lapis lazuli, shining with penetrating and immaculate purity."

Nepalese and Tibetan paintings show the Healing Buddha traditionally with dark blue skin, resembling the color of the Lapis lazuli. In Buddhist texts *liu-li* refers to Lapis lazuli. In ancient literature "a blue stone that can be found on the South side of mount *Sumeru*" is mentioned. "It is gleaming and of penetrating shine." "This gem is a divine substance, created by the Devas (or created in a divine sphere)." The radiance of the Lapis lazuli is the field of spiritual power of the Healing Buddha.

There is a possible connection to the blue eggshell of the divine bird Garuda.

The hand position of the Healing Buddha reveals his function:

The left hand shows the gesture of deep meditation. It holds a bowl made of Lapis lazuli, filled with *Amtra* (the divine nectar of enlightenment). The sick put their diseases into the Healing Buddha's bowl that has healing water of the Lapis lazuli River running through it. After that, the divine nectar is returned from the bowl to the sick.

The palm of the right hand is turned outward, and the fingers, pointing from the knees downward, show the gesture of granting blessing. He holds the *Myrobalane* (Latin: *terminalia chebula*), the healing fruit, in his right hand. The fruits of the Myrobalane are elixirs for a long life.

The Healing Buddha promises, in many of his vows, to help those creatures who hear his name.

The color of Lapis lazuli holds a key to the deeper iconographical aspects of the Master of Healing. According to Buddhist tradition, the searching ones practice meditative exercises and the picture of the Healing Buddha in the color of Lapis lazuli exerts great influence. The symbols are brought to life by the invoked divine powers. The luster of the Lapis lazuli blue has a noticeable healing effect on pain or calamities of which the practitioner has to be "cured" in order to gain enlightenment.

In a meditation concerning the medicine Buddha, three upper chakras are stimulated: the forehead chakra with the color white, the throat chakra with the color red and the heart chakra with the color blue. This corresponds to the healing of the heart chakra by the color of Lapis lazuli.

The outstanding frequency with which Buddhist tradition mentions the Lapis lazuli shows the extraordinary relation attributed to the stone.

There is an apparent relation to cosmic attributes like sun, moon, stars, night as a recurring element of the characters in the stories around the Buddhist healing deities. The celestial congregation of the Healing Buddha, with the twelve vows, the sun and the moon in the star-covered sky gives an image of harmony between time and space.

... magic

Its magical powers were used against the evil eye and for healing.

To this day various ideas exist in popular beliefs:

- The stone awards its bearer with physical, emotional, mental and spiritual powers. It takes away fears and blockages of the emotional realm, and helps to work through denial.
- Lapis lazuli procures inner truth, brings wisdom and sincerity. It helps to stand by oneself and achieve success, self-confidence and dignity. It furthers the will for power; reigning families wore Lapis lazuli. It expands the horizon and the potential of humans, gives courage and a fearless, venturesome spirit, which is necessary to realize dreams.
- It helps people to rid themselves of influences of past situations that still cause them problems in the present. It liberates from compromises and restraint.
- The energy emanating from Lapis lazuli can touch people deeply. It promotes strong friendships, sociability and helps to convey emotions and sensations.
- To dream of Lapis lazuli means success in affairs of the heart.
- It has the strongest influence when it gets as close as possible to the heart, for example on a necklace worn on top of the heart. The ancient Persian and Rigvedic (East Indian) name for this stone signifies 'chest adornment' or 'necklace', which suggests that even then the stone was primarily worn around the neck or on the chest.

... healing powers

The magical power of Lapis lazuli was known back in ancient Egypt. A papyrus dated around 1600 B.C. contains the formula for treating cataracts. It was also a remedy for neuralgia and headache.

William Rowland, translator of the *Complete Chymical Dispensatory (1669)* writes: "Primarily Lapis lazuli gets rid of melancholy, cures malaria, stroke, epilepsy, diseases of the spleen and many mental derangements. Children wear it around their necks to take away fear. It improves sight, prevents fainting and premature birth."

Tradition of folk medicine claims:

- Lapis harmonizes the function of the thyroid, which means that either it stimulates or it calms, whatever is needed. It generally has a strong impact on the various glands of the body and strengthens their function.
- It strengthens throat, larynx and vocal cords. Lapis is associated with the throat chakra. It is effective for diseases of the throat area, such as colds, hoarseness, difficulty in swallowing and diseases of the lungs.
- Its blood pressure lowering effects as well as its relaxation of hormonal cycles are of importance.
- It has a calming effect, is anti-spasmodic, for example soothes menstrual pains, headaches, neuralgias, pains of the limbs
- It has a particular relation to the eyes: influences disorders of the optic nerve, tearing eyes, and allergies.
- It strengthens not only the immune system but also self-confidence and trust in others.

The Color Blue

The Color Blue⁷

Blue is not really a color but rather a condition of light. For a long time, *blue* has been considered the color of imagination. It drifts away from reality to fantasy, from present to past, from the color of the day to the amorphous shades of blue of the night and the distance. The snow covering the mountains appears blue from a distance and seems to harmonize with the lower portions of the clouds.

In his color teachings, Goethe called the color *blue* a “delightful nothing”. *Blue* is pleasant, because “it doesn’t press us, but only lingers”; it gives a feeling of boundlessness and space. Objects shown in a blue light appear smaller and lighter. In 1810 Goethe was the first one to point out that our reactions to colors are mainly biologically based. He believed that blue can cause fearful, tender and longing emotions.

The Greeks considered *blue* merely vapor and air – nothing material; a color of perspectives, ethereal as the color of the sky, the ocean, the shadow of the moon, the unreal.

Blue can become dark and gloomy, but can also dissipate like veils of mist, which creates the impression of brightness and power.

The sky is blue because short-wave light is scattered most by the dust particles of the atmosphere. Blue is located on the short-wave end of the spectrum. The shift of the spectrum lines toward the short-wave end caused by the Doppler effect is called *blue shift*.

Ozone is a slightly bluish, allotropic form of oxygen and can be condensed into a deep blue, magnetic liquid, the color of the night.

Water that appears to be *blue* is always salty, warm and deep; it is typical for the tropics with its high levels of water evaporation.

It is important to realize that mountains, which appear blue from a distance, are not blue when we reach them; that the water of the ocean loses the color blue when we draw some and that the color of the sky, after passing the atmosphere, turns out to be the darkest of black.

Blue is a color that is easy on the eyes. It conveys calm and deep harmony.

Looking at the color blue activates the parasympathetic nervous system, the adrenal cortex excretes cortisone; blood pressure, pulse and production of adrenaline decrease.

Mescaline hallucinations produce an unusual amount of shades of blue.

⁷ Alexander Theroux, “Blau”, directions to read a color

Blue light slows down muscle reaction. Relaxation of muscles and nerves improves fine motor skills. Blue light supports the absorption of oxygen by the body tissues and simultaneously reduces hormone excretion, which explains the calming, sometimes even soporific effect, of the color *blue*. Hospitals utilize the calming effect of the various shades of blue, particularly with emotionally challenged patients. Screaming infants can be easier calmed down in blue light.

...in symbolism

Blue is the color of the dark side, the wonderful, the unfathomable, longing, and realization.

In Morocco, a *dab of blue* behind the ear of the bride wards off the power of evil.

In Jerusalem, a *blue hand*, painted on the door, offers protection for the house and its inhabitants.

In East Africa, *blue pearls* signify fertility.

In symbolism blue is the color of water. Water is the archetypical image of womanhood. In Christian tradition blue is the color of the Virgin Mary.

In Tibetan Buddhism *consciousness* and *wisdom* – called Dharma-dhatu and considered attributes of the immortal androgyne - materialize as a radiant blue.

In Chinese medicine blue corresponds to the *Dan-Tien*, the heart chakra. It is related to respiration. (see medicine Buddha)

The esoteric tradition of China associates blue with *immortality*.

The *blue city* in Judaic tradition is the city of the immortals.

Blue is the color of:

- male infants in Europe
- grieving in Borneo
- distress and suffering in native American tribes
- direction South in Tibet
- compassion in the Kabala
- virtue, faith and truth in ancient Egypt.

...in language

Bluebeard: fairy tale about knight Bluebeard and his eternal search for faithfulness and salvation through a woman.

Bluestocking: facetious name for an ‘educated woman’, which back then meant: lacking female charm. The name evolved in the 18th century from the translation of the English term *bluestocking*, an abusive name for the participants of a belletristic circle of women in London. The members appeared in blue yarn stockings.

Blue flower: Symbol of poetry in Novalis' novel 'Heinrich von Ofterdingen'. Since then it has been the symbol of romantic poetry and its longing for infinity. "...he left to find the *blue flower* and finally returns disillusioned, enriched, and matured after many dodges, disappointments and errors."

To dream into the blue: means more or less to 'dream of the unknown'.

Into the blue or *out of the blue*: means into the 'unknown' or 'out of the unknown'.

To fall for blue smoke (to be humbugged): means 'to follow illusions'. It is similar to the expression of being *blue-eyed*, which signifies something like being 'naïve'.

Blue Monday: Monday on which someone does not work, *turns it into a blue day*, i.e. takes the day off without authorization.

Blue blooded: vernacular expression for a sign of royal descent (blue veins shine through pale skin).

Blue Cross: Christian self-help organizations that aid addicts.

To be blue: To have a light alcohol buzz; a little drunk, the slight dizziness of a drunk.

Blue letter: Contemporary expression for the notification that a student has not met requirements to pass the school year. It has its origin in the envelopes used by Prussian cabinet letters from the 19th century.

...in paintings

Blauer Reiter (blue horseman TN): name of the almanac published by Kandinsky and Marc in Munich. The name was supposed to symbolize the birth of a new 'spiritual' art, which rejected the 19th century materialism. WW I terminated the activities of the Blauer Reiter movement. Its ideas lived on as part of the Bauhaus and many areas of abstract paintings. The name was based on a 1903 painting by Kandinsky, in which a blue horseman melts into his shadow. Kandinsky writes in his book *Concerning the Spiritual in Art* 'The deeper the blue the more it calls a human into infinity, awakens the longing for purity and, ultimately, spirituality'.

Picasso created his saddest paintings in his *blue period* (1901-1904). He lived in Paris at the time, deeply impoverished. In order to express hunger and the cold, he painted beggars, regulars at a café, poor working people drowned in lethargy, melancholy and despair. C.G. Jung said about this: this phase signifies a mythological descent into the underworld. The artist 'dies and rides on a horse into the hereafter, the Hades. There, the blue of the night, the moonlight and the water reigns.'

...in music

blue: when saying ‘blue’ one curls ones lips, like blowing a kiss and exhales softly as if being in front of the candles on the birthday cake.

Blues is one of the oldest independent African-American music genres. Country-Blues: spread abroad by traveling black singers; City-Blues: dance music when accompanied by instruments.

Blues-Feeling is a sentiment animated by optimism even though it appears melancholic: ‘I am feeling blue’ – ‘I’ve got the blues’ means to be ‘melancholic, gloomy’, to have a ‘moral low’.

Blue Notes: represent melody and harmony in Jazz (particularly in Blues); old black musicians like to talk about the ‘blue note’ being an ‘off-note’ or a ‘sorrowful note’.

SUBSTANCE

The trituration

... original substance

The original substance was a small amount (2 grains) of a raw, untreated piece of dark blue Lapis lazuli containing few pyrites. The origin of the stones is Afghanistan. A piece containing very little pyrites was broken off with a pair of pliers.

The substance was triturated up to 3C and succussed up to 30C.

... symptoms during the trituration

Various symptoms were documented during the trituration 1C, 2C, 3C. Because the participants of the trituration were familiar with the original substance, these symptoms were not included in the list of symptoms. However, they can be meaningful to the understanding of the remedy because they also appeared during the homeopathic proving (see below):

- sensation of awareness and clarity
- sensation of meditative calm and relaxation
- sensation as if intoxicated or buzzed, slightly ‘out there’ and more indifferent towards everything
- gazing into empty space
- briefly absent-minded
- slow oncoming sadness, melancholy with the sensation of constriction in the chest, as if something was weighing on the chest. She has to take deep breaths: it feels burdensome, which makes her sad
- cardiac irregularity
- sensation of anxiety in the chest – like pent-up energy
- irritating cough
- burning of the eyes
- pressure on the ears
- stabbing in left ear
- pressure on the right side of the head
- pleasantly cool sensation on the body’s surface

PROVING

Lapis lazuli 30C was proved in 1999. 12 prover (8 women and 4 men) participated in the proving.

Mind

Unusual perceptions

- 1 Fearful because of rain, fear the rain does not end (3-15)
- 2 Fear of the rushing sound of water in the shower (3-15)
- 3 Fear of a comet that I can already see above at my right, behind me (3-16)
- 4 Sensation, as if I was pervaded by wind energy, like rays, small dots of light that sparkle like fire when leaving me...everything passes through me. (3-07)
- 5 Sensation as if somehow everything passes through me: light and air. (3-08)
- 6 Strange sensation of being flooded, during the day (3-15)
- 7 Sensation as if completely drunk, with pressure in the head even though I had only a small amount of wine (12-07)
- 8 Sensation as if pregnant (swelling of abdomen) (3-xx)
- 9 Sensation as if pregnant; (heavy breasts) (12-xx)

Stupefaction

- 10 Stupefaction with vertigo, 4 PM, >lying down, when thinking and acting slowly, with the sensation of excessive pressure in the head (10-09)
- 11 Stupefaction with vertigo (10-14+15)

Relating to the rest of the world

- 12 The phone in the practice still does not work, I feel helpless and angry. To me it symbolizes that I feel disconnected from the world. I don't care to phone my supervisor, I don't want to talk. (9-14)
- 13 I am jealous and offended over a trifling matter, big discussion at night, I feel above everything, but I am hurt and call my husband names (5-08)
- 14 Many activities with friends, I engage well and realize that other people enjoy contact with me (5-06)
- 15 Relaxed, happy mood (2-02+03+04)
- 16 Happy, relaxed and calm, whereas I usually get upset when patients call me because of minor problems. Now it doesn't bother me, I don't let it get to me (2-06)
- 17 Very good mood; one can feel spring, the birds are singing, happy excitement in nature, the children are also cheerfully playful like young colts, I am excited about my children and think that they are really cute. (1-09)
- 18 Inside and outside connect: the dreams where I am in company of people and true life with a lot of people contact, many calls and visitors. I want to enjoy my life and not always attend to and care for others. Spring is the time of promise and longing, the earth smells moist, everything is possible this year. A feeling of change. (1-10)
- 19 Feeling of gentleness and composure (12-02)
- 20 Great ability to relax, can relax extremely well (12-03)

- 21 Inner calm (6-08)
- 22 An acquaintance perceives me as more mature, open and present.
- 23 Good feeling, more open and direct than usual (5-0)
- 24 I communicate, make more contact (8-05)
- 25 Candor and presence in the moment (4-11)
- 26 I feel as if I could fall in love, I am very open to all people (10-19)
- 27 I feel used by the children. There is no appreciation for my efforts. (10-23)
- 28 Everything, my work, my efforts appear useless (7-13)
- 29 In the metro I feel surrounded by 'weird' women with dumb, stupid facial expressions. I believe that they are not particularly educated, content and happy. They don't possess any radiance. They are simply 'weird'. I suffer from disharmony more than usually. (4-04)

Fear

- 30 I was not able to bear the rushing sound of water in my toilet. I could not fall asleep again. If I don't pay attention it will flood. (9-06)
- 31 Fearful because of rain, fear that it might not end. (3-15)
- 32 Fear of a comet that I can already see above at my right, behind me (3-16)
- 33 Fear of getting rheumatoid arthritis (3-xx)
- 34 Fear of being hurt by people (9-36)
- 35 Fear of malignant disease when discovering a skin rash on my nose (5-20)
- 36 The remedy seems to know all my weaknesses, my sinusitis and my cystitis. I get scared about what could be next (5-07)

Being rushed

- 37 I feel rushed because of preparations for a trip (3-04)
- 38 I feel less rushed than usually, I reached the metro without running (12-03)

Gestures

- 39 I raise my eyebrows while talking, as a gesture of emphasis, while my face is very red (7-10)
- 40 Raise my eyebrows again today, but the color of my face is normal (7-11)

Greed

- 41 I feel like I overate with a huge stone in my belly, I feel gluttonous when I see something edible (4-07)

Inhibition

- 42 I feel inhibited because I can't sing very well. I am worried that the other singers realize that I am off key, experience heart palpitations. (10-17)

Concentration

- 43 Concentration is better than usual(9-06+07)
- 44 Concentration is good (2-0???)
- 45 It is hard to concentrate (3-17) (3-19) (3-26)
- 46 Lack of concentration with distracted feeling in the head (3-21)
- 47 Mental exhaustion (3-21)
- 48 Difficulties concentrating (3-17+19+26)

- 49 Difficulties concentrating with distracted feeling in the head (3-22)
- 50 Lack of concentration and great fatigue (3-30)
- 51 Concentration is bad, drops things (13-08)
- 52 In spite of stress I manage my work at the practice prudently, one thing at a time, since I am usually scattered, this is obvious. (9-05)
- 53 During the seminar I am unusually disorganized, scattered and erratic. I discontinue explanations, present a case rapidly and mumble. (7-11)
- 54 I make mistakes when talking and appear tired (7-02)
- 55 Sudden detachment from my surroundings, I stop listening during a case taking and don't take notes until the patient points it out to me. The same happens during a presentation (13-12 and following days)
- 56 I am scattered, pour water on files, etc. (13-08)
- 57 Slowness of thoughts (1-03)
- 58 Slowness of thoughts (10-09)

Nervousness

- 59 I am suddenly very nervous, tremble from the inside with shaky hands as if I was very agitated (13-15)
- 60 Scattered; I pour water on files; spilled globuli (13-xx)
- 61 I appear rather exhausted and irritated (7-08)

Order and structure

- 62 Desire for order and mental clarity (3-01)
- 63 Urgent desire to rearrange the house, to organize, clean the entire house (3-25)
- 64 Impulse to cut my hair off because it looks neater that way (3-01+13)
- 65 Desire for order, straightens up the apartment (8-04)
- 66 Desire for order in the apartment (10-10)
- 67 Organizes a lot and cleans up. (10-03)
- 68 I feel overwhelmed by all the work, react with annoyance and impatience, would very much like to organize and straighten up everything, but can't make the time. (10-10)

Prophecy – premonition

- 69 In the morning I meet a girl friend of which I had dreamed that night that she was pregnant. I tell her about my dream and it turns out that she is pregnant. (1-04)
- 70 Says to a married couple “you are the sacred couple”. They reply that their names are Joseph and Eve and that they rewrite the bible (3-12)
- 71 I feel as if I should prepare for a trip even though no trip is planned. I tape an emergency booklet into an old passport, extremely precise. (Prover goes on a trip to Thailand a few weeks later, see addendum in the comment section) (3-16)
- 72 My husband hands me a news article about satellites that are supposed to get connected to a comet. (3-18) 2 days prior to this I began to fear comets and was very surprised to hear about a real one.
- 73 Sudden feeling as if my life was going to end soon (2-0)

Retreat, inward and desire to be by oneself

- 74 Aversion to participate in conversations (4-06)
- 75 I withdraw, do not participate during a team meeting (4-06)

- 76 Desire to be by myself, I don't want to see anybody and keep myself busy with housekeeping (4-12)
- 77 Desire to be alone, in spite of a nap during the day I feel very tired (1-02)
- 78 Desire for quiet, withdrawn, it is hard for me to talk to others, slowness of thoughts (1-03)
- 79 Completely frustrated for no reason with an aversion to talk. I go to my room, very extreme. That is not normal. (7-14)
- 80 Brusque and nagging at night with my family with the desire to be alone, total aversion to company (7-13)
- 81 Desire to be alone; I enjoy it (8-04)

Desire

- 82 Desire, undetermined longing for something of which I don't know what it is. (1-10)
- 83 Undetermined longing for something, as if I was missing something, in regards to food, drink and stimulants, also in general, every day. I imagine how nice it would be to have a glass of wine, read, lie down. But nothing would truly fulfill this undetermined longing. (1-03)

Changing mood

- 84 Extreme mood shifts between euphoria and depression. I am extremely angry, imagine how I strangle someone. (9-33)

Sluggishness

- 85 General sluggishness of body and mind with heaviness of limbs, better after getting up. I deliberately do one thing after the other. In this state I am communicative, my thought process is slow, while my general mood is cheerful. I enjoy my leisure time, no sign of hecticness. (2-02)
- 86 I am more and more motionless, apathetic. I think "now I will petrify completely"; I have gained 4.5 lbs and feel like the Colossus of Rhodes (1-xx)
- 87 Complete lack of energy: discrepancy between internal ease and unaffectedness and external heaviness and tiredness (1-xx)

Grief/ sorrow / weeping

- 88 I am terribly sad and cry a lot. (9-08)
- 89 I feel abandoned and sad, am annoyed by my self-pity. Communication with my friends has ceased as well. (9-15)
- 90 I am very sad, feel up-rooted, think about suicide, but only in my imagination. I feel as if I was only dreaming and hope that I will wake up any moment and the nightmare is over. (9-29)
- 91 Deep sadness with the sudden feeling that I have to cry, but I can't because I have the feeling as if I wasn't here anymore. Later I feel confused about this state (3-11+12)
- 92 Sadness, sudden, because of separation, when my husband went to work, very strong, as if it was forever (3-13)
- 93 Sadness, suddenly and unexpected with tormenting thoughts of separation and weeping that ameliorates somewhat (3-14)
- 94 Unfathomable sadness, not even crying helps in this condition; as if everything was falling apart; after that I feel frightful (3-xx)

- 95 A superficial situation moves me to tears. I fight against the tears and the feeling that overwhelms me. I don't understand what it is that moves me like that and try to maintain composure. I do not understand my reaction. (4-04)
- 96 My mood changes for the worse (11-01+02)
- 97 Very contemplative with bouts of sadness (11-04)

Unyielding

- 98 All in all I feel strong and well, in comparison with the past I am rather hard and unyielding, I talk loud and resolute with the children, without compromise, less sensitive than usual (1-02)
- 99 Less yielding, more consequent (8-04)

Commitment, lack of

- 100 Thoughts about commitment and tolerance. I think that my tolerance towards others is really only a lack of commitment. I don't get involved enough with people and things. (10-01)

No defense

- 101 I can't defend myself, can't hold my own (1-11)

Rage / anger

- 102 Trouble with the phone company, the phone in the practice does not work, they simply insist that everything works just fine, I am angry and talk unusually harshly with those people. I do not feel taken seriously (9-11)
- 103 I feel helpless and enraged that the water in the toilet can't be shut off. (9-21)
- 104 Was only able to install parts of the homeopathy software. No access to the repertory. I am mad at myself that I wasn't able to complete it. (9-22)
- 105 Trouble with a pine marten, chewed through wiring of my car, was still able to drive to the garage (9-29)
- 106 I am angry about some insolent children in my practice, talk to them in a harsh tone, very unusual for me (9-31)
- 107 Jumped out of my skin, I even slapped my son in the face. That is extremely rare; I apologized later (12-01)
- 108 Aggressive, during the day (10-42)

Dreams

- 109 A church built into brown stone, a huge **altar** that reached far into the open sky. At the very top the altar arched slightly inward, towards me. If one continued this line, a huge mandala form could be seen. When I looked up I saw paintings of saints at the top of the altar. These paintings reached into the sky. I was standing in mud with my feet, I left the church, knew that my husband was still inside. Outside of the church approximately 12 people stood around. I guessed the number. They were the colleagues that participated in the self-experimentation. My husband came out of the church, we went to an apartment together, the bathroom was flooded, a black and white cat whisked by. I said to my husband "the bathroom is under **water**". (9-05)

- 110 There is a house across the street. On the first floor is a man with a rifle in his hand. Outside it is dark, the room is lit. I think about what he is going to do with the rifle and guess that he wants to shoot his wife. (9-13)
- 111 I discover a **lump** in the lower part of my right breast, **erotic** images with various men. After waking up I am very concerned about the lump. (9-35)
- 112 Contest, test with several participants (1-01)
- 113 I am going with my son to an information center, where we spend the night. In place of my son I have an almost adult black daughter the next morning. At night she had performed a **ritual** for the great mother by herself. It was good and helpful. (1-01)
- 114 I drive with a girl friend to see a woman with whom I had ended every contact. When she recognizes me, she gets very angry, attacks me and swears at me. Her voice is repulsive to me. Suddenly she disappears. I realize that we are standing in a store where other people are waiting as well. My girl friend goes to see her in the basement and tell her that we want to leave now. She returns with eyes red with tears. As we are leaving she catches up with us, with her two brothers and three horses. She tells me to sit on the smallest horse and she sits behind me. It is remarkable that I am not afraid. I am convinced that it was right to end the contact with her and observe the woman that behaves like a **witch**. Feeling of being detached. (1-01)
- 115 A huge house with many empty rooms. There is a party, many people, I am alone. I see a girl friend in a beautiful, black, tight dress, obviously pregnant. She looks beautiful and I wonder because she has an eight-year-old daughter and separated from the father. She says that the child was going to be born in June. I am going from room to room looking for something but don't know what it is. The guests pick any room to lie down and sleep. When I want to lie down in my room a couple is already laying there. I can't find a place to sleep.
Feeling of detachment. There are many people but I am alone and observe only. (1-03)
- 116 Prophetic dream, the prover meets the girl friend of whom she had dreamed that she was pregnant and she really is pregnant (1-04)
- 117 Two girl friends want to watch my children while my husband and I go out. I am already in the restaurant by myself while my husband puts the children to sleep. My girl friend comes to the restaurant and says that her girl friend from Spain would watch the children. Then my husband enters with our youngest son because he can't sleep. The feelings of total excitement about going out, zest of life and high spirit disappear, I am perplexed. (1-07)
- 118 Dream about our wedding, it is a party. (1-08)
- 119 I discover a new apartment building in our street with patio and yard. Several families live there. Lively, happy atmosphere, a few people plan a trip together. My youngest son is with me. Some women invite me into the kitchen to eat some cake. I don't say anything but just sit there. I am wondering if I should move into this happy house. Our house it isn't as happy. (1-08)
- 120 I am standing in my practice in front of a beautiful old desk and pee on it with an erection, patients are present, it is embarrassing. (2-04)
- 121 **Witches** force me to perform movements that hurt my muscles like a pinch, unpleasant. (2-05)
- 122 A mother is supposed to appear in a TV show with big, naked, well-rounded **breasts**, she says to the host: "you will not get to see my milk"; instead another woman will appear who will demonstrate breast feeding during the show, but fakes it. (2-08)

- 123 See gnats that sit in pairs on a window, squash them with my thumb, philosophize in the dream about the fact that gnats are not made for windows. (2-12)
- 124 A group of physicians in a large, light room. Can psychological diseases be identified on the physical plane? Another group of physicians come up from below on a spiral staircase and bring autopsy preparations, body parts, bones, etc. **Gruesome horror.** The surgeons want to demonstrate that those diseases can be found in the body. (2-13) Gruesome feeling and aversion to writing the dream down.
- 125 Dream about a Turkish gyros dish (weird, I am vegetarian) (2-14)
- 126 I am looking at an apartment and a friend of mine says to me: “This is my dream house.” The house has a glass dome on top and it is so small that someone can only lie down curled up to look up to the sky. Just as I am looking at the room with the glass dome a helicopter arrives. An artist hangs from a rope outside of the helicopter, with one hand he grabs the house and it lifts up from the ground. The helicopter performs some stunts. After my fear has disappeared I am amazed about the ease with which this man carries me. After a few loops I am put down gently on a meadow. I am astonished that I have survived the ordeal. (3-02)
- 127 Some sort of feeling of “things continue”: wriggling creatures – eel-like - spill out of a **water barrel**, they are bearers of hope (3-03)
- 128 Room with a window front, outside **fish are swimming.** Many different animals entered by a heron. They walk through the porch door to join the fish, like a strange Polonaise. (3-15)
- 129 Two spastically twitching men are brought into the gym on a gurney. It was just them and myself. One of them wriggled his way closer to me. I had a hard time to save my baby who was in my lap. My girl friend asked me: what should we do? I suggested screaming, but that does not help our **isolation.** Some sort of sound could be heard, the door stayed shut and it became quiet. The feeling: we did what we were able to. (3-21)
- 130 Somebody is wrongfully chased by a crowd. When the pack approaches him he manages, assisted by another man, to resolve the misunderstanding. I experience great fear, identify with the man. (4-0)
- 131 I constantly rode on a bus and a cable car. An electrical wire **ignited**, wanted to put the fire out with **water.** (5-01)
- 132 Trip to Buddha in a group with my mother and my cousin – conversations about problems (5-01)
- 133 **Swimming pool** (5-01)
- 134 I go to a meeting with a girl friend, but I am not part of it (5-01)
- 135 Wooden suspension bridge, warm colors, all natural materials, absence of plastic and metal. Keyword memory: adventure playground. (12-09)
- 136 Angry about burnt pasta, charcoaled, the rest was white. (12-12)
- 137 A written piece: “We have to accompany him to the other side” – without any emotion. (12-12)
- 138 Steep ravine in forest, trees are bare, we have to guide the children down, maybe also horses. Brown, warm colors. (12-14)
- 139 About my family: I did something that didn’t meet with the approval of my husband. He criticized me, I said to him: “I could kill you”. Shortly after that I was very friendly again.
Feeling after the dream: I live in an armor that cracks open slightly for a brief moment. Alarmed about the negative feeling. (10-00)

- 140 My aunt suffers from a hernia of the navel, a coil is hanging from her **navel**, the navel suppurates, I prescribe Arsenicum for her. (10-14)
- 141 I am in a building with some people, I want to leave through the door, outside the light is gleaming, it snowed. I want to go to my car, I can barely make my way. (10-14)
- 142 I want to explain something essential, spill out only empty bubbles. Feeling: inadequacy, incapability. (10-23)
- 143 A woman tells me that the proving substance is Granite, it says CH5 on the piece of paper and that is supposedly Granite. (13-01)
- 144 A girl friend owns a large company that produces material for bath towels and such. The company's revenues are good but the financial reserve is not sufficient to continue business. We think about what to do. (13-02)
- 145 My husband is waiting in the RV. I can't get ready. He takes off up a hill without me. I have to walk. It is a steep hill. In the middle of it I get very tired and can't go on. (13-04)
- 146 At my brother's house they dumped too much soil in the yard, I can't get over the pile of dirt to make it to the house. On top of the dirt is a red layer. I am angry. It turns out that there is an easier way to the house if one makes a bigger detour. (13-04)
- 147 Fight with my cousin over my mother's affection. In the end there are no more arguments and I say: "my mother will be on my side". Then, my mother says "but when I feel down I need your cousin". Feeling in the dream: I am betrayed by my mother (13-09)

Vertigo

- 148 Vertigo when waking up and still in bed, lying down; does not improve when getting up; with slight impairment of vision, as if I can't see clearly and a dull headache in the forehead, both temples, and behind the eyes. (1-06)
- 149 Vertigo in bed when waking up with nose-bleeding and headache, dull, in forehead, temples and behind the eyes (9-06)
- 150 Vertigo (10-04)
- 151 Vertigo with heart palpitations (10-15+17)
- 152 Vertigo starting at a painful spot at the back of the head (12-05)

Head

Unusual perceptions

- 153 Sensation as if the head comes off when lying down, I can't raise it (3-15)
- 154 Sensation as if at a very precise spot in the right dorsal part of the brain a vessel ruptured, followed by dizziness (10-04)

Sensations

- 155 Itching, back of the head (7-19)
- 156 Pressure in the center of the forehead (7-02)
- 157 Fatigue of head during atmospheric weather changes, spring (6-02)
- 158 Drowsy sensation in head; > after eating (6-04)

- 159 Pressure in the center of the forehead, feels like intense activity of the 'third' eye (7-02)
- 160 Pressure behind the center of the forehead with sensation of heat, pressure extends from the root of the nose up to two thirds of the forehead and outward to the center of the eyebrows (7-03)

Hair

- 161 I lost a lot of hair in the past days, hair thinned notably (7-12)

Skin

- 162 Skin rash along hair line (temples and forehead) extends into hair, scaly, dry, itchy with redness (9-36)

Headaches

Unusual perceptions

- 163 Headache, as if a metal plate was sitting in the right side of the top of my skull (3-08)
- 164 Pain in the back of my head extending into the neck with the sensation as if the cervical vertebrae were dried out (3-08)

Sensations

- 165 Headache, pressure in the right side of the forehead, above the eye; at 2 PM > cold, cold hand, fresh air, disappears in the evening (2-02)
- 166 Headache, dull in the right side of the forehead, extends slightly toward the right temple, after waking up from a nap during the day; > fresh air (2-03)
- 167 Headache, drawing on the right and left side of the skull, extends upward when lying down, disappeared after taking a nap during the day (1-02)
- 168 Headache on top right side of the skull, before noon (3-10+12)
- 169 Headache on top right side of the skull, afternoon (3-16)
- 170 Headache, on top right side of the skull with dullness (3-17)
- 171 Headache, pressing, right side, 2 PM; > after sleeping (4-04)
- 172 Headache, pressing; left side of nose completely congested (5-04)
- 173 Headache when waking up, nose-bleeding when blowing nose, left side (8-04)
- 174 Headache in back of the head, on the top center, dull, pressing, creating a feeling of giddiness (12-01)
- 175 Headache in back of the head, pressing in one spot (12-05)
- 176 Headache in back of the head, center, in one spot, stabbing when waking up (12-10)
- 177 Headache during warm wind; > massaging neck and walking in fresh air (13-09)

Eyes / Vision

- 180 Fatigue of eyes (6-08)
- 181 Itching, right eye, 9 AM (10-07)
- 182 Conjunctivitis, left with feeling of sand in the eye (11-03)

- 183 Tearing with inflammation of conjunctiva and intense pain of the eyes, at night, with the sensation as if the eye was falling out; with coryza, discharge left side (11-04)

Ear / Hearing

Unusual perceptions

- 184 Heat sensation in the ears, but the ears are of normal temperature and not red (13-01)

Sounds in the ears

- 185 Sounds in left ear, in the evening, low rushing sound, synchronized with pulse when sitting (2-05 and following)
- 186 High frequency whistling in one ear, sometimes right sometimes left side (2-07)
- 187 Piercing, high frequency whistling in left ear when waking up at 6 AM (7-07)
- 188 Piercing, high frequency whistling when it is silent and when concentrating on it (7-07 and following)
- 189 High frequency squeak, 20 Hertz, with unusual sensation in left inner ear; it is not really pressure but I can feel the ear, which is usually not the case. (7-12)
- 190 Sounds in left ear (6-01)

Earache

- 191 Earache, right side, when blowing my nose, 11:30 AM (6-11)

Nose

- 192 Nose-bleeding from right nostril in the morning when waking up. The blood is dark red; when blowing the nose a large blood clot is expelled (1-06)
- 193 A large blood clot is expelled when blowing my nose (9-06)
- 194 Nose-bleeding, left side; when blowing my nose (8-04)
- 195 Nose-bleeding, left side, 10:30 AM (8-06)
- 196 Slimy discharge, yellow (9-25)
- 197 Coryza with runny discharge, in the evening (5-02)
- 198 Coryza with runny discharge also with sneezing; < cold; > warm (5-03)
- 199 Coryza with runny discharge also with sneezing and pressure on left ear; < draft (5-04)
- 200 Coryza with runny discharge from cold wind (5-05)
- 201 Congested, can't inhale through the nose, have to breathe through my mouth, in spite of discharging (9-25)
- 202 Congestion, right side of nose with sticky excretion after midnight until the morning when getting up. When inhaling either both nostrils are stopped up or only the left one because it is narrower. (2-01)

Face

- 203 Boil on chin, left side; < touch and motion (4-14)
- 204 Pale complexion (6-02)
- 205 Red face with red nose and in the evening also red ears (7-08)

- 206 Sensation of heat in the face including the ears, with dull headache in right forehead (2-02)
- 207 Sensation of heat on cheeks and ridge of nose, later sensation of glowing ears even though they are neither hot nor red (13-xx)
- 208 Burning of lips with dryness (3-04) (3-05) (3-06)
- 209 Cracks on the center of the lower lip, pieces of skin are sticking out (7-13)
- 210 Soreness of lower and upper lip (7-18)
- 211 Perspiration on nose during coryza (5-05)

Skin rash

- 212 Skin rash on the ridge of the nose, raised, irregular redness (5-20)
- 213 Rosacea that exists for 15 years increased with small inflammations. (6-xx)
- 214 Psoriasis along the hairline that I used to suffer from returned (9-xx)
- 215 Scabs at the left corner of the mouth (12-11+12+13+14)

Pain

- 216 Short pressing pain in left lower jaw while eating, 1 PM (2-02)
- 217 Pain in upper jaw, left side; extends into frontal sinus when biting down on something (5-05)

Mouth

- 218 Inflammation of gums on left lower jaw (6-39)
- 219 Burning pain on right underside of tongue with redness, similar to aphthae; < moving the tongue (2-01)
- 220 Blisters in the middle of the tip of the tongue (12-08)
- 221 Dryness of mouth (1-01)
- 222 Dryness of the mouth; without thirst (1-03)
- 223 Dryness of the mouth with intense thirst, drinking barely alleviates (12-07)

Taste

- 224 Strong metallic taste in mouth during toothache (11-11)

Teeth

- 225 Toothache; < cold; < chewing; particularly on the right side with strong metallic taste in the mouth (11-11)

Internal throat

- 226 Stabbing pain with empty swallowing; < cold drinks; > scarf around the neck (9-24)
- 227 Burning pain in the throat; < cold air (9-20)

- 228 Sore throat with the urge to clear the throat (4-0)
- 229 Scratching pain (3-0)
- 230 Scratching pains, left side, with sensitivity to cold (5-0)
- 231 Sore throat initially on the left side, moving to the right, before noon (5-01)

External throat

- 232 Supervisor notices a possible enlargement of the thyroid, maybe there is a connection to my tiredness (1-05)
- 233 Skin is scaly and dry (10-08+09+11)
- 234 Swelling of lymph nodes, pressure is painful (12-01)

Stomach

Unusual perception

- 235 Like a fist that closes tightly (9-23)

Sensations

- 236 Lack of appetite (3-01)
- 237 Thirsty (3-12+20+21) (10-17+18)
- 238 Ravenous appetite when I see something edible (4-07)
- 239 Heartburn (10-10)
- 240 Nausea with stabbing pain under right costal arch (1-01)
- 241 Nausea with urge to inhale deeply, around 5 PM and increasing, lasts about one hour (12-05)

Kidneys

- 242 Drawing pain in kidney area (12-02)

Respiration

- 243 Repeated sensation of not being able to inhale properly without pain during the day (6-05+06)

Abdomen

- 244 Distended with impeded bowel movement (1-11)
- 245 Distention with flatulence, foul odor 4-6 PM (1-02)
- 246 Abdomen distended, as if pregnant with pain that extend downward (3-12)
- 247 Rumbling with flatulence (4-03)

Pain

- 248 Stabbing pain under right costal arch with nausea (1-01)

- 249 Cutting pain in right abdomen; > walking around; passing of flatus ends pain (4-04)
- 250 Drawing pain in right side of abdomen (4-01)
- 251 Sensation of swelling in lower abdomen, in the evening (3-02)

Rectum

- 252 Diarrhea with solid lumps, ochre, foul odor (8-01)
- 253 Diarrhea, pasty, reddish-brown, strong offensive odor (12-10)
Flatus, in the morning, smell like rotten eggs (12-04+08)
- 254 Bowel movement feels as if there was a knife in my anus, with intense cutting pain followed by bleeding of the anus (4-10)
- 255 Bleeding of anus, after painless bowel movement (4-11)
- 256 Bleeding of anus, probably after bowel movement (7-05)
- 257 Long, severe bleeding of anus after bowel movement (7-06)
- 258 Hemorrhoid, external, the size of cherry pits almost double in size within a few days (7-05+06)
- 259 Itching of anus (location of old perianal thrombosis) (2-05+06+07+08+13+14)
- 260 Itching of anus; < warmth of bed; voluptuous scratching and rubbing (2-09+10)
- 261 Itching of anus (8-04)

Stool

- 262 Bowel movement: small amounts of stool spread through out the day with passing of flatus (6-03)
- 263 Bloody, 9AM (4-00)
- 264 Looks like prunes, oval knots, brownish black (4-01)
- 265 Harder, reddish-brown, smells differently (can't name it), while bowel movement is difficult (12-02)
- 266 Soft, reddish-brown (12-04)
- 267 Sticky stool (3-02+09)
- 268 Soft, 8 AM (6-04)

Bladder

- 269 Burning pain with frequent urge to urinate; every drop in the bladder burns severely and needs to get passed immediately (5-06)
- 270 Strong burning after urinating (OS) (5-06)
- 271 Pain in bladder, at night with strong perspiration (5-06)

Female genitalia / sex

- 272 Vaginal discharge, brownish (10-approx.9-14)
- 273 Vaginal discharge, light colored with spotting before menses (3-24)

- 274 Watery discharge with brownish granules at the beginning of menses (12-11)
- 275 Menses shorter, 2 days (3-26)
- 276 Begin of menses delayed by two days (1-03)

Male genitalia / sex

- 277 Sexual desire increased (2-03+06+09)
- 278 Sexual desire increased, I feel content and balanced (4-09)

Talking / voice

- 279 Hoarseness with urge to clear the throat, does not bring relief for hoarseness (4-0)
- 280 Voice, nasal, as if having a cold (7-10)

Cough

- 281 Dry without expectoration (9-27)
- 282 I try to hold my breath so I don't have to cough, because there is a strong burning in the throat, it feels like it tears me apart (9-27)

Chest

- 283 I experience a sharp stabbing in my right armpit. It feels like a shot or the sting of a scorpion. A severe induration and swelling of the lymph nodes in the armpit disappeared after taking Lapis lazuli 200C. (3-xx)

Heart pain

- 284 Sensation of pressure around the heart with palpitations, pressure sensation extends to larynx with vertigo and drowsiness (10-13)
- 285 Sensation as if heart stops beating with sensation of pressure traveling upward along the esophagus, 4:30PM, followed by severe drowsiness and pressure in the head; < Closing of the eyes and > lying down (10-04)
- 286 I wake up at night lying on my back with a terrible pressure on my heart, like real heart pain (sensation of cardiac infarction!); no change when lying on the left side; better when lying on the right side, very alarming (5-0)
- 287 Stabbing in area of the heart, 5PM, with the sensation of a sore heart (8-12)
- 288 Pressing pain below the right breast extends toward the center with anxiety around the heart; have to inhale deeply even though it increases the pain; > when walking even though that causes palpitations, lasts approx. 45 min. (12-01)

Sensations

- 289 Sensation of tightness of the chest when waking up at 8AM (5-01)
- 290 Sensation of oppression in entire chest area (12-0 until 07)
- 291 Stabbing, right and left breast, in the morning (5-02)

Skin

292 Skin rash in area of and below clavicle, lumps, itchy after bathing (306)

Unusual perceptions

293 Sensation of heaviness and enlargement of breasts, as if pregnant (13-05)

Back

Unusual perceptions

294 Between spine and shoulder blade: sensation as if something was out of place with stabbing (7-06+14)

295 Sensation of disintegration in the back (3-23)

296 A sudden shooting pain below the right shoulder blade took my breath. (6-xx)

Skin

297 Shoulder girdle and shoulder joint appear as if having flea bites (3-06)

298 Itching between shoulder blades, during the day (6-05+06)

299 Itching of neck (10-06)

300 Waking up with itching of neck, right side, redness of skin, raised, dryness of skin, hot, as if after contact with stinging nettles; > cooling (10-06+07)

301 Both buttocks fiery red (10-05)

Backache

302 Neck, cervical area; < when moving the head, < bending the head (3-09)

303 Neck, cervical area from wind (3-15)

304 Neck, moves to thoracic spine; < movement of head (3-17+21)

305 Tightness of neck, left side, with sensation of flu, drowsiness and runny nose (5-03)

306 Stabbing pain in the right shoulder blade (5-01)

307 When waking up tightness, right shoulder and outside of right side of neck; < massaging; > in the course of the afternoon (13-10+11)

308 Stabbing pain below the right shoulder blade; extends in the direction of the sternum (10-07)

309 Stabbing pain next to the shoulder blade (7-19)

310 Stabbing pain in thoracic spine, stabbing, 10PM (5-05)

311 Pressing pain below the left shoulder blade (12-05)

312 Sensation of pressure below the left shoulder blade, causes slight sensation of oppression in entire chest area (12-07)

313 Sudden, shooting pain below the right shoulder blade; deep inhalation impossible; > pressure (6-17)

314 Drawing above the right and left side of the pelvic girdle, sensation as if menses were starting (12-04)

315 Pain in the area of the lumbar spine, in the morning; extends into the right hip (01-03)

316 Dull pain in area of sacrum or sacroiliac joint; both sides; < bending, rotation (6-24)

317 Dull pain in sacral area; < after prolonged sitting (6-27)

318 Shooting pain in sacral area; sometimes when moving (6-27)

319 Pain in entire back (8-04+05)

Extremities

Unusual perceptions

- 320 Sensation as if finger and hands disintegrate in the joints, in the evening before falling asleep (3-15)
- 321 Sensation as if I wasn't surprised if my hands fell off (3-11)
- 322 Sensation as if my fingers would fall off when someone pulls on them. (3-23)
- 323 Staggering gait for about 20 yards, after that able to control walking again, in the evening (3-19)
- 324 Sensation of heaviness in all limbs, avoiding every move; but restlessness of the legs, right side more than left side, as well as of the left arm, forces me to get up and move around. (2-02)
- 325 Sensation of numbness, as if fallen asleep, lower arms and hands, also extends into upper arms, at night when waking up (13-04)
- 326 Trembling of left arm after anger and rage (1-02)
- 327 Trembling of hand when holding something, for example a cup of tea, like an old woman. (13-10)

Skin

- 328 Purulent inflammation, later side of left big toe nail, slightly ingrown (6-04+07)
- 329 Purulent inflammation of nail fold on left index finger (6-24)
- 330 Penny sized, scarlet spot on the inside of the right hand between index and middle finger (10-04)
- 331 Skin of the hand, back of the hand and wrist is dry, wrinkly, shriveled (3-15)
- 332 Skin is itchy, dry on back of the right hand; redness (12-11)

Extremities – pain

Unusual perceptions

- 333 Pain in right wrist as if something was pinched, sensation of the beginning of an inflammation; < motion and massaging (12-14)
- 334 Joint pain, metacarpophalangeal joint of right middle finger, sensation as if the tendon moves to the right and the joint disintegrated, in the evening (3-22)
- 335 Pain on underside of toe as if there was a stone inside (3-11)
- 336 Stabbing pain in the left knee, always when coming up from a squatting position, can't put my foot down, as if the joint was dislocated. Weakness of the knee; I sag at the knees when I try to walk and the knee hurts severely (1-07+11)

Sensations

- 337 Pain in the right shoulder (11-02)
- 338 Pain in the arms as if from muscle soreness, when waking up (13-06)
- 339 Pain in left elbow joint, in the evening (3-13)
- 340 Pain in right elbow joint (3-14)
- 341 Pressing pain in elbow joint, epicondylitis, left and right side, for a few days now (6-17)

- 342 Pain in metacarpophalangeal joint of the right thumb (11-02)
- 343 Burning pain, hot, brief, at 9AM in upper joint of the right thumb (1-06+09)
- 344 Burning pain in right hip joint; < sitting and rest; constant motion (1-11)
- 345 Pain in right hip joint in cold, damp weather (1-11)
- 346 Pain, sciatic, right pelvic girdle, extends to gluteal area (3-17)
- 347 Stabbing pain, knee, below the patella, medial, after getting up from a seated position; > motion (1-02+06)
- 348 Pain, front of the knee, right and left side, with cracking; < with motion (3-12)
- 349 Pain and swelling of ankle; strained when slipping; < putting weight on it and walking (12-15)
- 350 Pain, foot, heel (11-03)
- 351 Pain, metatarsal bone, left side when walking (3-33)
- 352 Pain, toe, right side, middle joint; < putting weight on it (3-10+12)
- 353 Pain, joints of toes, left; < putting weight on feet (3-14)
- 354 Pain, last joint of big toes, left side when resting and < when dancing (2-02)
- 355 Pressing pain, left big toe (6-17)
- 356 Joint pain as if in rheumatoid arthritis (3-xx)

Sleep

- 357 Waking up at 1:45AM from horrible dream (2-13)
- 358 Waking up at 5:30AM, unusually awake (6-0)
- 359 Waking up at 5:30AM, couldn't go back to sleep (7-04)
- 360 Waking up at 4:00AM, for no reason (7-05)
- 361 Waking up at 3:00AM and 5:00AM, couldn't go back to sleep (7-06)
- 362 Wake up startled, have the feeling that I overslept; I feel as if I had a pack of cigarettes and a liter of wine last night, with pain in larynx and drowsiness (10-14)
- 363 Waking up at night from vertigo with anxiety (10-42)
- 364 Sleep refreshing, nevertheless tired during the day (6-07)
- 365 Short sleep, without tiredness during the day (6-09)
- 366 Falling asleep is fast and easy (6-17)
- 367 Light sleep (6-01)
- 368 Sleepless during full moon (7-25)
- 369 Need less sleep, 6 hours are enough (9-07)

Perspiration

- 370 Sweat, at night, warm, entire body (3-01)
- 371 Sweat, at night (5-05)
- 372 The entire body is drenched in sweat after the slightest exertion (3-xx)

Skin

- 373 Dryness (6-17)
- 374 Wart gets inflamed all of a sudden (11-02)

Generals

- 375 Night < (5-07)
- 376 Absence, as if I wasn't there any longer (3-05)
- 377 Sensation of heat across the entire body when going to sleep (13-04)
- 378 Chilly (1-02)
- 379 Being cold, even in the apartment (1-03)
- 380 Chilly, in the evening
- 381 Chilly in cold rooms (6-10)
- 382 Sensation of being cold
- 383 Internal coldness with shivers down the spine (12-03)
- 384 Very tired around noon and in the evening (1-05)
- 385 Fatigue, in the morning when waking up (1-06)
- 386 Fatigue, during the day (1-11)
- 387 Fatigue, during the day (3-26) (3-30)
- 388 Fatigue, in the afternoon after taking a nap (2-02)
- 389 Fatigue (6-0)
- 390 Fatigue, during the day (6-02)
- 391 Fatigued around the eyes (6-07+08)
- 392 Fatigue, particularly after eating (6-10)
- 393 Constantly tired and worn out, without energy, internally restless with the desire to move about, can only complete the bare necessities in housekeeping. I feel as if paralyzed or glued down. I feel heavy, lethargic and sluggish. (Gained 4.5 lbs) (1-11)
- 394 Exhaustion during the day with increased thirst (3-21)
- 395 Weakness after short menses, my eyes almost fall shut (3-26)
- 396 Desire for dark chocolate (2-01)
- 397 Desire for chocolate (12-01+02)
- 398 Can easily suppress the usual desire for cake (7-07)
Desire for alcohol (7-17)
- 399 Desire to use the sauna (moist heat?) (3-01)
- 400 Internal trembling with great nervousness (13-15)

... comments

Provers and supervisors made the following comments before the substance was revealed. Hahnemann refers in §139 of the Organon to all "...sensations, complaints, coincidences and changes in conditions experienced" that describe the effects of the remedy:

Prover #1

- 401 "I experience a strong discrepancy between inside and outside, between physical and mental/emotional"
- 402 "Aversion to talk, but also enjoyment in meeting and exchanging with others."
- 403 "I respond more sensitively to critics; I feel treated unfairly. But I also experience a strange lack of sensitivity and emotion, I am indifferent and observing."
- 404 "There was a non-specific longing and later the feeling of change and sometimes euphoria."

- 405 “Physically I became more and more immobile: hip, knee, thumb (“not being able to tackle something”) with weight gain.”
“I thought ‘*now I will petrify completely*’, I became more and more apathetic. I felt like the Colossus of Rhodes”
- 406 “Nevertheless, there was a feeling that something was going to change, as if it was about to happen; a certain clairvoyance, prophetic dreams, more sensitive in regards to myself and others.”

Prover #3

reports that the remedy began acting before actually taking it but while she carried it with her:

- 407 Desire to retreat, I cleaned out the practice, cleaned the house. I spent one sleepless night because the fire in the oven wasn’t supposed to be out, that was very important to me.”

Followed by a dream:

- 408 Dream about the mountain Ararat (the mountain where Noah’s ark landed): “I am riding in a train, sharing a compartment with my family, there is an announcement ‘*the weather forecast calls for strong winds on the way to Westland(?), please dress warm*’. I think to myself that such a wind doesn’t penetrate the walls of a train. I feel a breeze going through me in the dark. I can’t see my children and my husband in the dark. I apparently brought the wrong wardrobe for the trip. In the morning, through the trees of a big forest I can see a mighty gigantic white mountain. It is the “Ararat”, how magnificent, I had no idea that this is where this trip brings us. It is way more beautiful than I had ever imagined. The mountain is covered with pure snow. I cried out of happiness.”

Association: wind – flood – feeling the ark

- 409 After taking the remedy she acquired a tank with goldfish. Later she reported certain moods that were somewhat representative of the remedy:
- 410 She reported sudden moments of deep sadness. “Not even crying helps this state”, the prover says, “it is as if everything disintegrated.”
- 411 She cut her hair during the active phase of the remedy: “as if cutting the umbilical cord.” Her periods of sadness improved after that. Physically she felt clearly better after cutting her hair. “I desire clarity and being grounded.”

They prepared for a trip even though no plans existed. Some weeks later she goes on a trip to Thailand.

The supervisor of prover #3 reports: “Everything prepares for something new. She has to create order.”

Prover #4 reports:

- 412 The radiator of our car explodes on Sunday after receiving the remedy. It turns out later that this was due to a defect in the construction of the radiator. The car is 12 years old and drove just fine thus far, in spite of the defect.”

- 413 “One week later, on another Sunday, I ran into a roadside ditch: the car was totaled. Nobody was injured.”
414 On another Sunday a waiter poured water over my shirt.”

Prover #8:

- 415 “The remedy brings me closer to my true being, reliable and friendly on one side, physically and mentally rigid on the other.”
416 “It confronted me with my own rigid side. Listless and sluggish, rigid, no interest in cooperation.”
417 But the remedy also inspires something very deep, genuine, tender and subtle inside of me, the dimensions of which I can only imagine, because defense, blockage and not-wanting-to-see dominate me.”

Prover #9:

- 418 “I had a lot of technical difficulties in my house: can’t install the software, the phone doesn’t work, I am cut off from the world.”
419 One night the toilet was running, I was not able to turn off the water. I had to ask a friend for help that same night, because I could not handle the rushing sound of the water.”

Prover #13:

- 420 “I was clumsy, dropped the globules all over the desk; poured water over files. I was trembling like an old woman.” “Many incidents involving water: It rained during the entire vacation. The bag on top of the car got wet and all homeopathy books were soaked.”

SUMMARY

When repertorizing the mind and general symptoms of this remedy the main mineral constituents of Lapis, which are Natrium, Sulphur, Silicea and Aluminum, appear on top of the list. Thus, Lapis provides a complex picture of those minerals that are part of the great polycrests of homeopathy. The present proving showed

- sadness, withdrawal, depression of Natrium muriaticum
- heat, congestion, burning, redness of Sulphur
- panaris, boils, acne of Silicea
- dryness (cough, lips, mouth, hands, skin, stool consistency) of Alumina

Nevertheless, a stone is more than the sum of its individual parts, just like a plant or an animal, and has its own characteristic *gestalt*. It is the function of a remedy proving to elaborate this character.

Unusual symptoms are important to describe the basic idea of the *gestalt*. This summary offers themes that came up on different levels. The corresponding number of the individual symptom is footnoted.

Consolidation and disintegration

Symptoms of consolidation appear, like *metal plate in the head*¹⁶³, *petrification*⁸⁶, *swelling of indurated lymph nodes*^{284,234} and the matching dream¹¹¹ about *a lump in the breast*. One prover dreamed that the substance was *Granite*¹⁴³.

But there was also *deep sadness* leading to feelings of *disintegration*^{94,296 and 412}, which showed itself in physical symptoms as *joint is as if disintegrated*^{335,321}, *sensation of disintegration of the back*²⁹⁶ and in *delusions of transparency*^{4,5}.

Lightness and heaviness

A sensation of heaviness appears repeatedly as in *now I will petrify completely, the Colossus of Rhodes*⁸⁶. It comes with constant fatigue, exhaustion, weakness³⁸⁵⁻³⁹⁶. On the other hand the *discrepancy between internal lightness and external heaviness and tiredness*⁸⁷ becomes apparent. It could be said that there is something *tender, subtle*⁴¹⁹ versus *rigidity, sluggishness*^{394,418}, as well as *slowness*^{57,58} and *lack of concentration*⁴⁵⁻⁵¹ versus *being rushed*³⁷ and *nervousness*⁵⁹⁻⁶¹.

Polarity can be seen between *calmness*¹⁵⁻²⁶, *deep sadness*⁹⁴ and *fighting tears*⁹⁵. In this state *not even crying* alleviates.

Womanliness, motherhood, pregnancy

Two proverbs express the *sensation as if they were pregnant*^{8,9}. *The great mother*¹¹³, *being pregnant*^{116,247 and 294}, *breast feeding, mother milk*¹²² play a role in dreams as well, so does the above mentioned dream of the *lump in the breast*¹¹¹ (see consolidation above!)

Religion

We find religious symbolism in dreams about *altars, paintings of saints*¹⁰⁹, *trip to Buddha*¹³² and also dreams about *witches*^{114,121} and *heathen rituals for the great mother*¹¹³.

Order

Three different proverbs mentioned *order*⁶²⁻⁶⁸ and as a contrast *clumsiness*^{60,422, 415,416} as an important theme. In the big picture it is of importance that the remedy brought up the things that were out of order: *malfunctions of the car appeared*⁴¹⁴, *weaknesses in the organism surface*³⁶, water damage that had been invisible until then was strongly emphasized (see the chapter Synchronicity in particular).

Water and dryness We mentioned the water theme as part of the synchronicity (see the chapter): the matching dreams about *Noah's ark*⁴¹⁰ and *animal Polonaise!!*¹²⁸, as a contrast: *dryness and flakiness of the skin*^{162,233,332,333,374}, *dryness of the lips*^{208,209}, *dryness of the mouth*²²¹⁻²²³, *dry cough*²⁸², *coryza with runny discharge*¹⁹⁷⁻²⁰⁰, but also *congestion of the nose*^{201,202}.

Heat and cold

Sensation of heat^{160,184,206,207,378} combined with abundant perspiration^{372,373} in the face, cheeks, forehead, ears and the entire body, as well as dryness of the skin^{301,374} increased; also - but less – sensitivity to cold²³⁰ and sensations of coldness^{383,379-384}.

Disease pictures

Numbness, stiffness and trembling of the hands, arms^{327,328,401}, as well as *staggering gait*³²⁴, *sagging in the knees when trying to walk*³³⁷, also the dream about the *shuffling gait*¹⁴¹.

Pain in limbs^{334pp} and rheumatic complaints^{357,33}.

Four provers noticed heart disorders²⁸⁵⁻²⁸⁹, including the sensation of cardiac arrest.

Three different provers noticed various symptoms of vertigo¹⁴⁸⁻¹⁵² and sounds in the ears. This included whistling high frequency sounds twice¹⁸⁵⁻¹⁹⁰.

Bleeding from the anus^{256,257,258} and bloody stool²⁶⁴, nose bleeding¹⁹²⁻¹⁹⁵ or complaints regarding the head *as if vessels were rupturing*¹⁵⁴.

Lapis lazuli in comparison with other stones

We compared the Lapis symptoms of the present proving with stones that were previously proved and included in the repertory. So far provings exist for lap-a (Lapis albus), lap-c-b (Limestone), lap-gr-m (granite from Ireland), lap-mar-c (marble). Nuala Eisig proved the last three of these remedies in Ireland. The last three of these remedies were extensively proved by Nuala Eisig in Ireland and we would like to compare the themes of their provings with the Lapis proving. The “common” themes of the provings are as follows:

- rage, anger
 - order and structure
 - feeling of being abandoned, isolation
 - sorrow
 - haughtiness, feeling of grandeur, arrogance
 - indifference, apathy
 - inner calm, meditation
 - easily offended
 - irritability, rage
 - religion
 - sadness without a cause; cannot cry, even though one is sad
-

- water

Polarities

- sensitivity, complaisance vs. heartlessness or harshness
- aversion to company, withdrawal, misanthropy, taciturnity vs. being social and open

Synchronicity¹⁰

The theme of synchronicity is an important factor in every remedy proving. So far this important factor has been neglected in homeopathy. Thus, we want to give some consideration at this point to the phenomenon of synchronicity in general and in the case of Lapis in particular.

... in general

Within the last century the findings of modern physics have influenced our scientific view of the world. Scientific observations deal with reproducible occurrences; experiments force nature into the stipulations of the human quest. As a consequence, unique or rare occurrences that take place outside of the experiment are of little or no value. Nevertheless, biology in particular recognizes such *unique* singular events to some extent. In homeopathy, however, these are considered the actual *gold nuggets* that we are searching for and not the exception to the rule. Apparently, the scientific and the homeopathic point of view will never correspond.

According to §153 of the Organon the “*the more striking, exceptional, unusual, and odd signs and symptoms of the disease case are to be especially and almost solely kept in view...*”. Because they “*must correspond to very similar ones in the symptom set of the medicine sought*”, this is not only about the unusual symptom of the patient but also about the unusual signs in a proving. These signs characterize the remedy. Particularly they are the ones that can only be detected in a few provers. Many cases have been solved based on patient symptoms that were recorded only by one prover during the self-experimentation and were considered so-called chance symptoms.

We have to distinguish between *causal* chance and *non-causal* chance. Causal chances (law of series)¹¹ can be included in a statistical survey because they are chance accumulations with a causal base. Non-causal chances on the other hand cannot be approached in this way. Non-causal chances are spontaneous and irregular. They cannot be conceived on a logical or methodological level, but only detected intuitively and holistically. Within primitive peoples they played an important part. It was only after introducing measurements that the idea of space and time was established in the course of intellectual development and with it came causal chances.

¹⁰ C.G. Jung; Die Dynamik des Unbewussten, GW 8, Synchronizität als ein Prinzip akausaler Zusammenhänge, Walter-Verlag, 1995

¹¹ Kammerer, Das Gesetz der Serie

C.G. Jung considered causality and non-causality a pair of opposites that does not mutually exclude but complement and co-exist with each other. His thoughts are first seen in a conversation with Albert Einstein at a time when the latter developed his “relativity theory”. Jung thought about whether or not space and time are truly absolute¹² or if they depend upon their frame of reference or the angle of reflection. For example, a certain event experienced in a particular context of time and someone’s feelings or sensations can be of special meaning to that person and may reveal an important reality in his/her life. This would be considered a non-causal chance. To another person the same event is merely a random happening that is not of any particular importance.

In this context Jung describes the phenomenon of synchronicity “*as a simultaneousness of two or more corresponding but non-causally connected events.*”¹³

Jung saw non-causal, synchronistic events as indicative for our personal development in life, particularly in moments when we believe that we get off or have lost track. This creates the phenomenon that we encounter something that occupies our mind suddenly or more frequently than usual in different contexts. It is obviously important that our attention is focused on the issue in question.

Research was done using dice and card experiments, which we cannot elaborate on at this point, to explore such *non-causal* connections. However, a consistent result of all experiments was that the success rates change according to the interest of the test person in the outcome of the experiment. That means that openness, willingness, positive expectation, hope, and beliefs are important for the occurrence of the phenomenon. In contrast to that, such synchronicity cannot be perceived if the attention is not focused and emotions are not stimulated.

Various reports about such unusual non-causal connections exist in psychological literature. The following story documents this: M. Deschamps received, when in Orlean as a boy, a piece of plum pudding from M. de Fontgibu. Ten years later in a Parisian restaurant he discovered plum pudding again and ordered a piece. It turned out that the last piece had already been ordered – by M. de Fontgibu. Many years later M. Deschamps was invited to a dinner with plum pudding as the special rarity. During the dinner he made the remark that all that was missing was M. de Fontgibu. In that moment the door opened and a very old disoriented man entered: M. de Fontgibu, who mixed up the address and mistakenly joined the party.”¹⁴

What type of explanation offers psychology for such synchronicities? The occurrence of *non-causal* chances is connected with the unconscious. They are coincidences in time. The determining factors of the unconscious are the so-called *archetypes*, which originate in the structure of the *collective unconscious*. These *archetypes* have a specific charge that surfaces for

¹² C.G. Jung Letters, Vol. 2, p.324; from a letter to Dr. Carl Seelig, 2.25.1953:”Back then, Professor Einstein was visiting me repeatedly ... It was Einstein who initiated the thought about a possible relativity of space and time and their psychological nature. 30 years later, this initial idea has led to my relationship with the physicist Professor W. Pauli and to my theory about psychological synchronicity.”

¹³ *ibid.* § 849

¹⁴ C.G. Jung; Die Dynamik des Unbewussten, GW 8, Synchronizität als ein Prinzip akausaler Zusammenhänge, Walter-Verlag, 1995, § 830, page 470pp.

example during an impulse (a strong emotion), which allows for a sudden and uninhibited expression...that is, when the conscious registers *non-causal chances*.

The emotional factor plays an important part in the event of *synchronicity*. Thus, symptoms or chances frequently occur in situations when the flow of life comes to a halt and the unconscious points at a possible development. They may also appear when the attention is directed toward something that is of great importance at that particular moment. This takes place during the self-experimentation of a homeopathic remedy proving. By taking the proving substance, the provers turn their intensified perception inward. This allows structures that are part of the collective unconscious to surface and display the phenomenon of *synchronicity*. The prover gets in touch with sides of himself that relate to him as well as to the proving substance. These phenomena cannot be rejected but need to be observed with care and detachment.

They may be crucial to the understanding of the remedy. For the homeopath who is studying a remedy, they can be very helpful for the memorization of the symptoms. Of course it is important to avoid speculation, but we should learn to handle these perceptions with great care.

... in particular

Prover #3 describes in her diary: “The remedy brings about some synchronicity: when I picked flowers, I found a porcelain fragment with the same flower pattern as the flowers that I had picked.” She had additional perceptions, see symptoms 69-72, that dealt with premonitions.

Water plays an important role in the proving of Lapis lazuli: see symptoms 1, 2, 30, 56, 60, 102, 109, 127, 131, 416, 421, 422 as well as dreams 127, 133. On the day when the group of provers met to find out the name of the remedy, the importance of water (see also the chapters in regards to the *color blue*) was confirmed by a particular *synchronicity*. This date in May of 1999 had been scheduled for a long time and was the end of the self-experimentation. Severe rainstorms plagued Bavaria in those days. On that exact date rain poured down like a flood and water came through the ceiling of the classroom. The enormous amounts of water exposed a weak part of the ceiling that had been there for years (see explanations in chapter summary and symptoms 36, 414). It so happened that many provers reported water problems, flooding, etc.

We found these and similar phenomena in all homeopathic remedy provings. As part of the proving of *Cyprea eglantina*, the *porcelain snail*¹⁵, issues around ‘money’ – ‘money problems’ appeared (in ancient times¹⁶ this snail was used as currency). At the time of the homeopathic proving an exhibition took place at the museum “Man and Nature” titled “At a premium – mussel/snail money and other ancient currencies – Do you want Euros or Kauris” ... of course, all this took place during the transition from German Mark to Euro.

Anne Schadde

¹⁵ Anne Schadde, *Cyprea eglantine*, Eine homöopathische Studie, Müller & Steinicke, 2002

REPERTORY

MIND

ABSENTMINDED

ANGER (= bad temper / fretfulness / irascibility / vexation)

ANXIETY - pains, from the - heart; in the

AWKWARD - drops things

CLAIRVOYANCE

COMPANY - aversion to (= presence of other people agg. symptoms)

CONCENTRATION – active

CONCENTRATION – difficult

CONSCIENTIOUS about trifles

DEATH - presentiment of

DELUSIONS - eyes - falling out

DELUSIONS - pregnant, she is

DESIRES - full of desires – indefinite

FEAR - disease, of impending

FEAR - hurt, of being

FEAR - rain, of

FEAR - water, of

FORSAKEN feeling - isolation, sensation of

HAUGHTY

INDIFFERENCE, apathy

INDIFFERENCE, apathy - sleepiness, with

IRRITABILITY

MISTAKES; making - speaking, in

OFFENDED, easily (= taking everything in bad part)

RETIREMENT, desire for

SADNESS – causeless

SADNESS (= despondency, depressed, depression, gloom, melancholy)

TACITURN (= desire to be silent)

TRANQUILLITY, serenity, calmness

WEEPING - cannot weep, though sad

WEEPING – suddenly

YIELDING disposition

VERTIGO

EPISTAXIS – with

HEADACHE - during

MORNING - waking, on

VERTIGO – general

HEAD

ERUPTIONS – itching

ERUPTIONS - Margin of hair

ERUPTIONS – scurfy
HAIR – falling
ITCHING of scalp – Occiput
PAIN - air - open - amel.
PAIN - cold - air - amel.
PAIN - cold - applications - amel.
PAIN - Forehead, in - right side
PAIN - morning - waking, on
PAIN – Occiput
PAIN – pressing
PAIN - pressing – Forehead
PAIN - rubbing - amel.
PAIN - Sides – right
PAIN - sleep - after - amel.
PAIN - stitching – Occiput
PAIN - stitching - Occiput - morning - waking, on
PAIN – Vertex
PAIN - walking - air - open; in the - while - amel.
RAISE THE unable to
TIRED feeling

EYE

INFLAMMATION – Conjunctiva
ITCHING
LACHRYMATION
LACHRYMATION - pain, from - eye, in
TIRED expression – sensation

VISION

DIM - during

EAR

HEAT - sensation of
NOISES in
NOISES in – left
NOISES in - pulsating, throbbing
NOISES in – rushing
NOISES in - sitting, while
NOISES in - waking, on
NOISES in – whistling
PAIN
PAIN - blowing nose, on

NOSE

CORYZA - air - draft of; from a
CORYZA - cold - air agg
CORYZA - discharge, with (fluent)
DISCHARGE - bloody - morning - blowing nose, on
DISCHARGE - yellow
EPISTAXIS
EPISTAXIS - blowing the nose, from
EPISTAXIS - headache - during
EPISTAXIS - morning
EPISTAXIS - morning - bed, in - waking, on
OBSTRUCTION
OBSTRUCTION - discharge, with
PERSPIRATION on

FACE

CRACKED - Lips
CRACKED - Lips - lower lip
DISCOLORATION - pale
DISCOLORATION - red
DRYNESS - Lips
ERUPTIONS - acne - rosacea
ERUPTIONS - boils - Chin
ERUPTIONS - crusty, scabby - Mouth - corners of
ERUPTIONS - Nose
ERUPTIONS - red - Nose, on
ERUPTIONS - rough - Lips
HEAT
HEAT - headache, with
HEAT - sensation of
PAIN - burning - Lips
PAIN - Jaw
PAIN - Jaw - lower jaw
PAIN - Jaw - upper jaw

MOUTH

DRYNESS
DRYNESS - thirst, with
DRYNESS - thirstless
INFLAMMATION - Gums
PAIN - burning - Tongue
PAIN - Tongue - motion agg
TASTE - metallic
VESICLES - Tongue - tip

THROAT

PAIN
PAIN - cold – air
PAIN - cold - becoming, on
PAIN - drinks – cold
PAIN - left - to right
PAIN – scratching
PAIN – stitching
PAIN - stitching - swallowing, on - empty, on

EXTERNAL THROAT

PAIN - Cervical glands
SWELLING - Cervical Glands
SWELLING - Thyroid Gland

STOMACH

APPETITE - ravenous (= canine, excessive)
APPETITE – wanting
HEARTBURN
NAUEA
THIRST

ABDOMEN

DISTENSION
DISTENSION – painful
FLATULENCE
PAIN - cutting - flatus - passing – amel
PAIN - cutting - Sides – right
PAIN - drawing - Sides – right
PAIN - stitching - Hypochondria – right
PAIN - walking – amel
PAIN (= aching, dull)
RUMBLING

RECTUM

DIARRHEA
FLATUS – offensive
FLATUS - offensive - spoiled eggs
HEMORRHAGE from anus
HEMORRHAGE from anus - stool – after
HEMORRHOIDS
ITCHING
ITCHING - warm bed, in
PAIN - cutting - stool – during

STOOL

BALLS, like

BLOODY

ODOR – putrid

THIN, liquid – fecal

BLADDER

PAIN – burning

URGING to urinate – frequent

KIDNEYS

PAIN - drawing - Region of

MALE GENITALIA

SEXUAL DESIRE – increased

FEMALE GENITALIA

LEUKORRHEA

LEUKORRHEA – brown

LARYNX AND TRACHEA

VOICE – hoarseness

VOICE – nasal

RESPIRATION

BURNING - Throat-pit; from

IMPEDED, obstructed

COUGH

DRY

CHEST

CEASES to beat; as if heart - would cease

CONSTRICTION - waking – on

CONSTRICTION (= tension, tightness)

ERUPTIONS

ERUPTIONS – itching

OPPRESSION

PAIN - Heart - walking – amel
PAIN - pressing – Heart
PAIN - sore, bruised – Heart
PAIN - stitching – Axilla
PAIN - stitching – Heart
PALPITATION of heart - vertigo, with
SWELLING - Axillary Glands

BACK

ERUPTIONS - Cervical region
ERUPTIONS - fleabites, like
ITCHING
ITCHING - Cervical region
ITCHING - Dorsal region - scapulae – between
PAIN
PAIN - Cervical region
PAIN - Cervical region - moving head
PAIN - Dorsal region
PAIN - lancinating - Dorsal region
PAIN - Lumbar region
PAIN - Lumbar region - extending to – hip
PAIN - Lumbar region – morning
PAIN - pressing - Dorsal region - scapulae – under
PAIN - pressing - Dorsal region - scapulae - under – left
PAIN - Sacral region
PAIN - Sacral region - stooping, on
PAIN - sitting - long, after
PAIN - stitching - Dorsal region
PAIN - stitching - Dorsal region – scapulae
PAIN - stitching - Dorsal region - scapulae – right
TENSION - Cervical region

EXTREMITIES

CRACKING in joints – Knee
DISCOLORATION - Nates – redness
DRYNESS – Hands
ERUPTIONS - Hand – red
FELON (Onychia, Paronychia, Panaritium, etc) – panaritium
HEAVINESS
ITCHING - Hand - back of
NUMBNESS - Upper limbs – night
PAIN - burning – Hip
PAIN - burning – Thumb
PAIN – Elbow
PAIN - Fingers – second

PAIN - Fingers - second - joints – metacarpal
PAIN - Foot – heel
PAIN - Foot - walking – while
PAIN - Hip - motion – amel
PAIN - Hip – right
PAIN - Hip - sitting – while
PAIN - Hip - weather, wet
PAIN - Joints – rheumatic
PAIN - Knee – motion
PAIN - Knee - rising - seat; from a
PAIN - Lower limbs – sciatica
PAIN - pressing - Toes – first
PAIN – Shoulder
PAIN - Shoulder – right
PAIN - stitching – Knee
PAIN - stitching - Knee - motion, on – amel
PAIN – Thumb
PAIN - Thumb – right
PAIN - Toes – first
PAIN - Toes - first – left
PAIN - Toes - stepping, on
PAIN - Upper limbs – morning
PAIN – Wrist
PAIN - Wrist - dislocation, as from
PAIN - Wrist - motion – on
TOTTERING gait
TREMBLING - anger, after
TREMBLING - Hand - holding - objects, on
WEAKNESS – Knee

SLEEP

DISTURBED - moon, at full
LIGHT
SHORT
WAKING - fright, as from
WAKING - night - midnight – after
WAKING - night - midnight - after - morning, toward
WAKING - vertigo, from

DREAMS

CHURCHES
PROPHETIC
WATER
WITCHES

CHILL

CHILL, COLDNESS in general
EVENING
INTERNAL

PERSPIRATION

EXERTION - during slight
NIGHT

SKIN

DRY
ITCHING

GENERALS

FOOD and DRINKS - alcohol – desire
FOOD and DRINKS - chocolate – desire
HEAT - sensation of
HEAVINESS – externally
HEAVINESS – internally
MOTION - desire for
SLUGGISHNESS of the body
TREMBLING - internally
WEAKNESS (= enervation)
WEARINESS
WEARINESS - eating – after
WEARINESS – morning

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