

## **Proving of *Stangeria eriopus*, Natal grass cycad**

### INTRODUCTION

*Stangeria eriopus* one of the first seed plants on earth. It is a gymnosperm, dating back to Pangaea, and the Permian era, and still used today in Zulu medicine. It is biologically somewhere between a fern and a pine. It has been trampled by tyrannosaurus, lived through ice ages and thought to protect against lightning.

Synonyms: *Stangeria paradoxa*, *Lomaria lagopus*

Common Names: Natal grass cycad, False fern

Plantae; Spermatophyta, Gymnospermae; Cycadopsida;  
Cycadaceae, *Stangeria eriopus*

### Cycads

- \* Division: Cycadophyta
- \* Class: Cycadopsida
- \* SubClass:
- \* Order: Cycadales
- \* SubOrder:
- \* Family: Stangeriaceae

Cycads were the first seed plants on earth.

Cycadales are one of the four major groups of gymnosperms and are the most primitive extant gymnosperm order. This ancient Cycads family (Zamiaceae), are known to have lived in the Pangaea, and Permian era, over 200 million years ago - even before the dinosaurs roamed the earth. The Age of Cycads, began during the Triassic Period of the earth's geological history reached its peak during the 60 million years of the Jurassic Period and ended during the Cretaceous Period, about 95 million years ago. There are 9 groupings of cycads: *Bowenia*, *Ceratozamia*, *Cycas*, *Dioon*, *Encephalartos*, *Macrozamia*, *Microcycas*, *Stangeria*, and *Zamia*. There are about 300 species of cycads.

Cycads are dioecious (i.e. male and female reproductive structures are borne on separate plants). Though classified as

woody plants, they have a pachycaul stem, a thick, soft stem or trunk made up of storage tissue with very little true wood. The cycads have been classified as "gymnosperms" however recent studies suggest some members are closer to the flowering plants than to other "gymnosperms".

Stangeria was first classified as a fern and named Lomaria lagopus when it was discovered in 1839. After plants that had been sent to England produced cones, it was reclassified.

Stangeria is a woody, long-lived, unisexual plant, native to eastern South Africa. The leaves are fern-like, and reproductive structure is a large cone. The seeds of Stangeria are light pink to brilliant scarlet and are radiospermic. The Cycadales and Ginkgoales are unique among seed plants in having motile sperm. The mature seeds are dispersed by both birds and squirrels, which eat the fleshy outer coating, but not the seed itself.

It is a host of the cycad aulacaspis scale insect, while being resistant to deer. It was once part of the diet of the Maiasaura dinosaur.

### **ZULU Medicine:**

The Zulu's use the Stangeria (which they call "imFingo"), as protection against lightning. If you plant a Stangeria alongside each corner of your house, your property will never be struck by lightning. Traditional preparation is by chopping the trunk or and allowing it to infuse in cold water for 24 hours. It is taken orally or as a suppository to induce vomiting which is thought to render the body invisible to harmful spirits. It can also be scattered around a property in order to ward off evil spirits. Burying the root of this plant by a house is said to protect it from lightning. Other uses include relief of congestion and to reduce blood pressure.

**Medicinal properties:** poisoning, congestion, high blood pressure, headaches, flatulence, arthritis.

Parts of plant are poisonous if ingested. Stangeria contains Pyrrolizidine alkaloids, occurring in various roots and leaves, cyasin contained from extracts of the cycad nut, and safrole, a

naturally - occurring flavoring agent. It contains angiotensin converting enzyme (ACE) inhibitors.

### **Notes:**

It was part of the diet of the Maiasaura dinosaur.

This plant is resistant to deer.

Native to eastern South Africa.

Reproduce by coning and has a caudex like other cycads.

Seeds of Stangeria are light pink to brilliant scarlet and are radiospermic. The mature seeds are dispersed by both birds and squirrels which eat the fleshy outer coating, but not the seed itself.

Hosts of the cycad aulacaspis scale insect.

Woody, long-lived, unisexual plant.

Only other cycad in materia medica is Macrozamia spiralis.

### **The Proving**

Proving was conducted in double blind pure Hahnemannian manner. A group of 14 provers on three continents, from five nations participated. Each prover was paired with a supervisor. No one knew of the substance except the organizer. Notebooks were kept by both the provers and supervisors.

The Stangeria was purchased from a Cycad nursery. A leaf and thin root offshoots of the main root were sent to Hahnemann Pharmacy for potentizing.

Proving began in January 2005.

### **MIND**

#### ***Plant***

There's a kind of "seed" energy in this. The dormancy and stasis, yet the enormous latent energy potential.

Day 2, prover 1

Rose perfume is occasionally around, always to my left and slightly behind me when sitting at my desk. Seems to turn up when contemplating non-duality or writing about it in a way that expresses it clearly.

Day 9, prover 1

There were aspects of the energy that felt plant-like, though definitely not angiosperm (Lycopodium was closest), but there were aspects of the energy that felt much more solid, static, heavy, compressed. Those aspects felt much more mineral-like.

Day XX, prover 1

Think it's a plant; cheerful remedy could be a deep acting remedy. It could be poisonous plant. Arnica. Makes her think of Arnica, or Lycopodium, If you give Lyc to someone who needs it, the person feels better, as Lyc, it is deeply acting. If they are very sick and you give Lyc, they have bad first reaction, but a normal person, they just say I feel good again, I can drive my car at night, I can read again. Silicea.

Day 6, prover 3

Cold, wet, enchantment, tremendous energy, darkness, apparent paralysis, issues around movement, tectonic plates shifting! The slowness of rocks, transformation, delicacy and precision, birth. There's the universe and the speck of cosmic dust.

Day 2, prover 1

### **General**

More than once or twice I've thought of Stephen Hawking. The symptoms of muscle weakness and clumsiness are conceivably in the right ballpark for the early symptoms of MND,

Day XX, prover 1

In an absolutely Good mood. Feeling fantastic. Lots of energy. Sleep more than usual. Really fit. Actually better. In March we've got snow and cold, no spring. And people are getting ill with flu from cold. I should be morose like all the others with winter getting on nerves, but I feel just fine. I feel really really good. Better than normal. Cheerful. A bit edgy first few days.

On second and third day of proving, lots of energy, and cheerful in good spirits. Good mood. Think it's a plant. Hallucinations make me think of plants. Animals are a lot harder. Darker, more sinister. If I wasn't driving car I would not have minded. I worry step on brake and someone bump into me because there was nothing for them to expect. Feeling wasn't scary, just odd. Seeing things that don't exist.

Day 6, prover 3

Surprisingly little on the personal level. Not feeling any emotional perturbation. In equable and contented state. Finding it very hard to focus on the level of the "personal". Am either out at the universal – even the entirety of existence – or down to the level of the pixel. Nothing in between. Having to work very hard to keep commitments to patients, children, friends, etc in focus. Also having to work hard to observe and record anything on the personal level to do with the proving.

Day 2, prover 1

The proving symptoms developed from Psora (predominantly) to Sycosis. The symptoms (red line) I mentioned below were all Psoric symptoms. Head symptoms - the headache symptoms I described.

Skin Symptoms - like fleabites in the upper part of the body.

Explosive Stool with slight burning in the rectum.

General weakness not better after eating.

A high Spiritual state of calmness and serenity alternating with a sense of emotional fragility.

Explosive anger lasting two minutes.

The next stage of Sycotic symptoms were manifest by the:

- 3 months of amenorrhea along with

- The yellow staining indelible discharge

My mental state also corresponded to *Nat mur*, which is a predominantly sycotic remedy:

A feeling of deep grief like excruciating sadness that I had to keep within me and could not express or talk about with anyone. It was an underlying state that seemed to become very prominent by April. I think it was because of a decision I made in March to let go of a relationship that was a vital part of me. It was a decision that seems to precipitate this excruciating grief within (now I know what a *Nat mur* feels like!). This is a sycotic miasmatic state.

After taking *Nat mur*, I realised that letting go of that relationship was detrimental (anihilistic) to my psyche and my soul and I have since maintained the bonds of that relationship. This was the decision that I said helped my mental state. My periods also came back. I think the proving remedy is Psoric Sycotic with a predominant Psoric state.

Day XX, prover 4

Exploring the chestnutty-red colour. The divinity Ekajati whose skin is this colour.

Ekajati has one eye, one braid, one tooth, one breast. She signifies non-duality.

Chthonic, primordial. Has iron scorpions in her hair, her tongue emits lightning bolts, she rises up in flames, controls the 8 classes of demonic beings. Hades and Admetos rolled into one. Feel that all the explorations of what's behind this energy have finally arrived.

Day 6, prover 1

### ***Heavy/dark/down***

Thought pops into my head "this is like night and day" and immediately thought that very reminiscent of the Sulphur energy picture.

Day 4, prover 1

00:00:00 Down, down, sinking down. Want to lie down. HEAVY Everything – head, chest, arms. HEAVY. CAVERNOUS and heavy. Immense crushing weight and nothingness. Head is empty. No brain. No thoughts. Slight ache in left biceps. Muscles all feel very relaxed, like they no longer have the strength to hold up. Pleasantly so though. Jaw is dropping. Salivary glands feel as if made of lead, quite painful they're so heavy. Feel like they're dragging down. Submaxillary glands are tender. Now weight is in bones of skull. Like the bones themselves are incredibly dense and heavy. [Cat sat on my chest at this point, like he's adding his weight.] Not an uncomfortable sensation. Quite relaxing. "Lay your body down." The silence is gorgeous. Love it! Expansive feeling in throat, yet contractive. Like it's expanding to fit a container. Gust of wind hit the house. Hadn't noticed any wind earlier.

Day 1, prover 1

In speaking to supervisor, kept talking about researching stuff in terms of "following it down".

Day 3, prover 1

What was very strong was the desire to constantly listen to the deepest note I could find. I spent most of the proving listening to De Profundis (Arvo Part) and the Tuvan throat singers.

Day XX, prover 1

Dark and silence. Felt like the remedy wanted to be taken in the dark.

Day 1, prover 1

Immediate sinking down feeling on taking the remedy. Going down. Chest, neck, arms. Weight and slowness. Empty. No thought. Jaw dropping. Salivary glands like made of lead...sinking.

Day 1, prover 1

Feeling of complete stasis, yet writing fluid and easy.

Day 1, prover 1

Daughter wanted the bedroom door closed last night. First time ever she's slept without some light. Said she'd come to the conclusion that it was easier to sleep in the dark. Brother is delighted because he prefers the dark.

Day 1, prover 1

Daughter was very weepy at school today and when I finally got it out of her why, she said she was missing the kitten that was killed. Interesting. I had thought this energy might touch her. So we've got the DARK and LOSS again.

Day 1, prover 1

Not so conscious of the heaviness once I'm up and about, though there is a loss of muscular strength.

Day 1, prover 1

Tendency to sit. When I do, my head is quite simply empty. Get the impression it's slow and dark and deep.

Day 1, prover 1

Yeats' "Second Coming" is reverberating --  
Turning and turning in the widening gyre  
The falcon cannot hear the falconer;  
Things fall apart, the centre cannot hold;

Mere anarchy is loosed upon the world,  
The blood-dimmed tide is loosed, and everywhere  
The ceremony of innocence is drowned;  
The best lack all conviction, while the worst  
Are full of passionate intensity.

Surely some revelation is at hand.  
Surely the Second Coming is at hand.  
The Second Coming! Hardly are those words out  
When a vast image out of Spiritus Mundi  
Troubles my sight; somewhere in the sands of the desert  
A shape with lion body and the head of a man,  
A gaze blank and pitiless as the sun,  
Is moving its slow thighs, while all about it  
Reel shadows of the indignant desert birds.  
The darkness drops again; but now I know  
That twenty centuries of stony sleep  
Were vexed to nightmare by a rocking cradle,  
And what rough beast, its hour come round at last,  
Slouches toward Bethlehem to be born?  
Day 1, prover 1

The sunspot thing was to do with their numbers. This latest one -- 720 -- sums to nine. So it's like 9 is the "key" to revealing the sunspot energy release signature. If you divide 720 by 9 though, you get 80, and if you divide again by 9 then you get 8.888888 recurring, so this seems like 8 energy. Transformation and bringing the collective unconscious to awareness. The "number of transformation and timeless space " (Norman Shine). Lemniscate – the sign for infinity. Seems pertinent. There's certainly echoes of timeless space in this energy.

Cold, wet, enchantment, tremendous energy, darkness, apparent paralysis, issues around movement, tectonic plates shifting! The slowness of rocks, transformation, delicacy and precision, birth. There's the universe and the speck of cosmic dust.  
Day 2, prover 1

### ***Falling sensation***

I woke up with a strong sense of giddiness. Actually it was a sense of FALLING towards the LEFT side. I felt this as soon as I sat up from bed, and the sensation continued quite strongly for at least 15 minutes. It gradually tapered off in half an hour. The only thing different I did last night was that I had a small glass of beer.  
Day 6, Prover 4

### ***Serene during stress/efficient***

Things seem in control and I'm not worried about getting things done.  
Day 3, Prover 4

I continued to feel a sense of efficiency.  
Day 5, Prover 4

I was not disappointed or affected by things that did not seem to be going too well, and not even very much affected by the tantrums of the kids at my daughter's birthday party.

Day 5, Prover 4

It has been a very smooth day in general. I don't know whether this is a definite effect of the remedy, but considering what I was going through a few days back, I'd say the remedy is certainly having a very calming effect today rather than any agitation within me. I feel benevolent towards everyone, and feel like things are going right for me.

Day 3, Prover 4

Today it's easier to accept that I may have to wait a long time for things to be resolved (with a relationship from the past). So today I don't feel sad about the present status. I feel more energy to send positive vibes of healing.

Day 3, Prover 4

I can handle a lot of things going on without getting angry, impatient, overwhelmed, physically and mentally tired. I feel efficient and I'm doing what I have to do smoothly. My state of mind is calm in spite of how many things have to be taken care of.

Day 3, Prover 4

I have been able to reach the remedy (for my patients) very quickly because I'm perceiving the state and the remedy very clearly. I perceive the problems and blocks in their life very easily. I'm able to understand project the causes and solutions of their "states". In short - I'm very high on "Inspiration" so there appears to be very little "perspiration." Just now I have the backache (if I think about it) that signifies physical exhaustion. But I'm almost unaware of any exhaustion physically right now. There have been many times when I've felt like this - and it is often related to getting into a deeply prayerful state, after Mass or a Spiritual retreat. Today, it seems like it's very easy to be in this state of mind. It feels like it's my natural nature to be like this all the time. So I think the remedy must be assisting this feeling of being able to get into this state more easily, in spite of so much going on that would have distracted me in usual circumstances.

Day 3, Prover 4

I am generally quite perfectionist. So if aren't going to plan I "stress" out - get angry with people/inefficiency, upset with myself, worried about how little time there was to do everything, upset if people are not helping or doing what they have to do to help. Benevolence - I tend to be a benevolent person if you take away the times I'm impatient or angry with lack of efficiency or when my kids don't listen to me...I care about other people, at the same time I can be insensitive in my expectations. Today - I think I'm on a better balance of benevolence without much impatience or insensitivity.

Day 3, Prover 4

I think the remedy must be giving me some ability to handle more than I usually can.

Day 4, Prover 4

### ***Merging with others***

I seemed to sense things about people more acutely, as in their internal feelings or now they were feeling. I seemed to sense the dynamics between elope more acutely. I was able in some way to respond to this more appropriately as well, in a helpful manner.

Day 5, Prover 4

Manic talking. Saying things I would have held back on before. Prior barriers of 'my' sense of propriety lifted (not inappropriate).

Day 3, prover

I think I was understanding and supportive and able to see the other person's point of view.

Day 5, Prover 4

### ***Boundaries***

I won't tolerate any more unnecessary emotional expectations beyond what I'm able to give. I refuse to stretch myself.

Day 9-11, Prover 4

I've decided that enough is enough regarding certain things. I decided that I did not want to give in to daughters 4 year old tantrum any more. IT was time to set things right or I would go insane. I certainly felt like I was nearly over the edge in a few occasions while arguing with her. My response the last 2 days was to either scream at her to stop or just drop things and leave the room. The important things though is that I've made up my mind just now that enough is enough otherwise its my sanity that is clearly at stake.

Day 6-8, Prover 4

### ***Concentration/organization***

Cannot focus on anything but website programming. Feel the rest of my life is getting away from me. Scattered all over the place like the state of the house. Even forget to put the rubbish out for the bin men. Can't get myself to write proving log, though reasonably good at keeping in contact with supervisor – will have to rely on her record. Can't get myself to start on huge amount of work I have to get completed.

Day 6, prover 1

Still trying to get to this work I need to do. Simply cannot get started. There is an enormous resistance to this. Even the times I've had to push myself hard to get things like taxes done pales into insignificance beside the amount of willpower I'm having to build up here to do this.

Day 12, prover 1

Hard to get going on work commitments again, despite thinking yesterday's start might have paved the way. Realise am overwhelmed by the amount of detail in what I have to work with. It's too much. Needs condensing, distilling. Needs to be pared down to the essentials.

Day 13, prover 1

Hard work to stay focused and on task.  
Day 3, prover 1

Still no inclination to get on with work commitments.  
Day 4, prover 1

Yesterday I was missing lots of vowels out of words when writing. Today, when typing, I'm putting lots of extra vowels in.  
Day 2, prover 1

Beginning to feel slightly more organised.  
Day 4, prover 1

Still unable to make notes on this proving or get on with the other work on the computer that I need to. Becoming a little frustrated with all this. The frustration engages willpower. If I get frustrated enough about not being able to do something then I'll manage to achieve escape velocity.  
Day 9, prover 1

This proving really does not want me to work on other energies, but I have to get this done in the next two weeks because I promised I would.  
Day 11, prover 1

Several instances of discovering that I'd double-booked myself.  
Day 9, prover 1

Determined to get to grips with work commitment, which is now becoming really pressing. Realise am able to see things in a non-dual way much more easily. Ekajati again?  
Day 10, prover 1

Got down to work and managed 10 hours straight. So much so, completely forgot to go to local theatre event for which I had a ticket. Remembered it around the time the performance would have been finishing.  
Day 16, prover 1

Next day discovered that one of the pieces of work I'd completed had already been done by someone else. Checked out next one on the list. Supposedly that was OK, but 2 days later heard back that this one had been done already too, after I'd managed to put in 3 hours work on it, though less than I'd planned. Seems that whenever I fall behind with the work, then I don't have to do it anyway!  
Day 16, prover 1

Need to get on with this work I need to complete. Still finding it hard. As soon as I finally get started on it, tiredness returns with a vengeance. Can barely concentrate on what I'm doing. Losing the plot, forgetting things between the book and the computer. These are the symptoms I'm working with, so which energy is causing this?  
Day 19, prover 1

Start to study XHTML and discover it's XML rather than HTML that is particular about nested commands. X marks the spot then?

Day 20, prover 1

Worked on new section of website all day, tinkering and fine-tuning.

Sitting next to German people at a concert, and listening to the language found it entrancing and musical instead of coarse and guttural as usual. Momentarily thought about learning it.

Day 24, prover 1

### ***Grief/detachment***

I woke up with a feeling of not being entirely happy, that I was incomplete and the situation is not perfect as it could be. A vague feeling of not being accepted. This passed off in a couple of hours.

Day 2, Prover 4

I feel very calm this morning. I miss a particular relationship, but it seems easier this morning to accept it.

Day 3, Prover 4

I have been enjoying (truly) reading stories to my kids about William Brown (by Richmael Crompton), truly feeling joy at that naughtily little boy ways. And in stark contrast is the grief I feel within (re: the relationship). Then the next emotion is detachment and acceptance. But with this situation it can only be temporary. A lot of this is new - like I said - there is also a concomitant Spiritual movement taking place. But I'm certain this remedy is facilitating things in this direction.

Day 6, Prover 4

I am in the middle of a Spiritual transformation of sorts and have decided to do a meal fasting for this. AFTER TAKING THE DOSE: I was able to tolerate the fasting quite well. No problem with it. The spiritual response/change has been very positive. I don't feel indifferent any more, but more like detached.

Prover 4, day 1

### ***Frailty***

After the sense of being easily able to reach a spiritual place, came a sense of Frailty or being more vulnerable or realizing my emotional limits. The feeling of mental frailty and limits was quite a clear demarcation the last two days.

Day 6-8, Prover 4

### ***Driving***

At 8:20 had to get daughter, by car. Dark outside, I was out of town.

While driving, I saw a man, black trousers, tan colored jacket, running onto the street. I braked and man was gone. Like a hallucination. Further down, a field, saw something, it was a log of wood. Next, driving home, I saw a flash of light. I asked daughter what was the reflection. A tiny car plate, license plate. On house to show car parking place.

High up wall. Came to me like a flash of lighting. All traffic lights strange, lights very red. What shall I do with all that stuff? To smoke tobacco, I was told.

Day 1, prover 3

Delusions: As if someone shining a flashlight into my eyes, not white but yellow light. Light reflecting from metal on the wall appeared very bright.

Day 6, prover 3

Hallucinations while driving.

Motorbike cast a violet shadow. Motorbike was real, light from the shadow appeared as blue/purple light.

Day 7, prover 3

While driving, awareness of the reflection of dashboard on side window.

Day 7, prover 3

More incidents with people not seeing me overtaking them and moving out into the middle of the road as I was doing so. Again having to use the horn. No adrenalin with this – knew they were going to do it. Just annoyance with them failing to use their mirrors. Like the annoyance with people who won't look into the mirror of life and see their own shadows.

Day 3, prover 1

The same thing happened overtaking a slow motorist as had been happening before – overtook and as I drew up into their blind spot they pulled out into the middle of the road. Had to slam the horn on again. Knew it was going to happen when I came up behind them, at least a mile before I was finally able to overtake.

Day 25, prover 1

I am an excellent driver most of the time. But today, I had the car scratched because I did not see someone on a two-wheeler very close to the car on the left side, while I was concentrating on taking a right turn. This surprised me very much because I had not seen him at all! Of course he was in the wrong place but ideally I would have slowed and waited for him to move ahead before I looked for the right turn. I'm still a bit confused about what happened. Throughout though, the spacey feeling continued and a feeling of lack of accurate judgment while driving even though I was concentrating on my driving.

Day 5, Prover 4

This energy seems to involve: shamanism, the chestnutty-reddish-brown colour, shadow issues, things sneaking up in your blind spot and stealing your energy. Realise that the latter exactly echoes what's been happening while driving – people not seeing me as I'm overtaking them because I've snuck up behind them and am sitting in their blind spot.

Day 5, prover 1

I parked the car and bumped against a tree in the rear. Fortunately nothing happened.

Day 1, prover 3

Almost get hit by a car while riding my bicycle. Scary- car came within inches.  
Day 18, prover 5

Want to stop the proving (the bicycle incident scared me).  
Day 19, prover 5

Can feel the energy departing from the driving seat in my consciousness. It's still about, but sitting in the back seat now.  
Day 36-51, prover 1

Went for drinks afterwards, which involved a long steep hill in the snow. The car acquitted itself impeccably. Not even a hint of wheel-spin, though I could see by the tracks that others had been spinning and sliding all over the place. Seemed to echo my mental state – sure-footed and confident.  
Day 11, prover 1

### **Truth**

Strength in character/thoughts. More ability to stand up for myself and speak my truth than I have ever had the strength for in the past. (CURATIVE.)  
Day 2, prover 3

Mind feels clearer than it ever has before, like I can see truth clearly. (CURATIVE.)  
Day 2, prover 3

Still in a space of strength and clarity.  
Day 3, prover 3

I know I can't be hurt because I am on the right side. It is hard to be sure if things will turn out right. I feel protected, cannot be harmed. I feel safe. Everything will turn out. Confident that truth will come out. Confident that the rights things will happen and truth will be revealed.  
Day 7, prover 3

At night I was concerned about two issues. In both the issues it had to do with "truth". One concerned a woman I was talking to. I was concerned that she understood the truth of what I was telling her and was not going away with a misunderstanding about me or what I was saying. The other was about whether I needed to be open about the truth of a situation with someone who was not directly connected to it. I was afraid that she may have found out the truth (which I hadn't really hidden) but she may be holding some sort of resentment against me with it. Both these are not new situations, but that they seemed to become issues last night may be significant.  
Day 1, prover 4

Work going well- busy doing homeopathic cases and felt capable and energized. Glad for the opportunity to solve these cases. Also felt my inner strength and values were fortified and decided to end a dating relationship, which felt superficial and unfulfilling.  
Day 1, prover 5

People behaving wrongly. Makes me not in a good mood. I don't speak up for myself. I was in a good mood in spite. In the end truth will win. Hard to trust and rely on it and not fear, but instead I felt safe. Everything will turn out.

Day 10, prover 3

### ***Confidence/clarity***

I'm still feeling very strong, and clear and in really good spirits...a little higher than I usually am, like the first time I took a remedy, which was Ign. and it made me feel very ecstatic and bubbly.

Day 4, prover 3

Cheerful more energy in high spirits, not exalted or manic, just feel really really good.

Day 6, prover 3

Have lots of energy and clear focus. Strong determination in place "I can do it!"

(CURATIVE.)

Day 5, prover 3

In evening went to charity fundraising ball. Normally would have felt self-conscious and out of place at such an event, but comfortable and confident being there and watching people. Also was not drawn to engage with people in the way that I normally am – no desire to establish empathy. Felt in a parallel existence to them. In the same space but on different tracks. They all seemed very ordinary and mortal.

Day 16, prover 1

Decided to add a whole new section to website, so spent day trying to find out how to program it to get it to work elegantly and properly. Stayed up until nearly 3am doing this. Worked very well and the code validated first time! Damn! I'm getting good at this!

Day 23, prover 1

Clarity is waning.

Day 6, prover 3

All that beautiful conscious clarity is gone...sigh. I really enjoyed having it around ☺

Day 7, prover 3

The wonderful clarity and joy has now gone the opposite direction. I'm feeling lost, forlorn, like I can't find direction, and everything feels like it's just too much for me to figure out.

Day 8, prover 3

A nasty woman vanished from the staff room. I was on a committee and I realigned because people were talking of others behind their back. And they put a note out that I resigned for personal reason, and I laughed. I was not anxious when I resigned, as I would have usually been.

Day 10, prover 3

Finish website and take the huge step of putting it up. Feel a bit vulnerable and exposed – like this is a big step to be taking, and wondering if I'll regret it once the

proving energy has subsided. In this state it's fine – feel so much more positive about my viewpoint, uncompromising, no need to pander to or make concessions to the prevailing “wisdom” any more. People will accept it if they resonate with it and can see it for themselves. If they don't, they don't. That's fine. But it needs to get “out there”. Supervisor suddenly realises that since she took my baseline case she's been working on her website! She hadn't seen the connection because she'd been working on the content, leaving the design and programming to someone else, but suddenly realised what she was doing.

Day 9, prover 1

Much freer than usual in singing lesson. More confident. Singing teacher very pleased. Enormous fun singing together.

Day 11, prover 1

At choir only 17 people (out of 50) turned up because of the snow. Normally this would have made me feel exposed and affected my singing, but not in the least bit bothered. Sang out loud and proud and enjoyed it immensely, particularly singing with the two others in my row. We worked really well together – just like this morning's lesson and singing the duet with my teacher – and the enjoyment was infectious. Went for drinks afterwards, which involved a long steep hill in the snow. The car acquitted itself impeccably. Not even a hint of wheel-spin, though I could see by the tracks that others had been spinning and sliding all over the place. Seemed to echo my mental state – sure-footed and confident.

Day 11, prover 1

Otherwise in a really good space. Enormous contentment. Good energy. Very happy with my life. This is like back to where I was before this proving started, but more so because there is more solidity to it.

Day 12, prover 1

### ***Jinxed***

Overall, nothing has gone easily, feel Jinxed. Things go wrong or take a while to resolve.

Day 4, prover 5

Once again feel jinxed- a financial mess at work, felt almost betrayed by a former person who moved out of our offices. I have had an increased financial burden and she wants me to pick up more of it. Almost feel overwhelmed by it all.

Day 18, prover 5

### ***Anger***

Couple of angry episodes over trivial things but they really made me upset; I couldn't control myself and stop shouting. The sudden anger. Then I'm fine. They mostly happened in the evening. I found my kids curiously and concernedly peering at my face wondering what was the matter with me. They probably think I've flipped my lid finally.

Day 20, prover 4

The explosive, sudden anger episodes have passed I think. It may be because I went to mass yesterday evening and prayed as well. I continue to feel slightly detached from things.

Day 6, Prover 4

It's midnight now. I had one or two episodes of losing my shirt in the evening - for exactly two minutes each time. I exploded/shouted a little too loudly for some things that were quite insignificant actually. I sort of observed this behaviour like a third person at a distance telling myself there was no need for me to do that, I could have said things differently and understood the situation differently. I was actually seriously trying to understand the situation from the other person's point of view. I was actually trying out in my mind different ways I could have responded instead! My anger resolved pretty quickly - but it usually does.

Day 4, Prover 4

There continued to be outbursts of explosive anger though, where I give one sudden shout and then keep quietly angry to myself, which passes off in a few minutes. The anger is related to the feeling of my intentions not being understood, or lack of understanding on someone else's part. Also in some way to inappropriate responses (childish) from others. The expectation is that they behave in a more "adult" like manner or understand the circumstances more clearly without preconceived notions. Then I feel that I'm tired of taking the burden of working things out, I don't need to take on additional responsibilities when it keeps troubling me to do so.

Day 5, Prover 4

### ***Anxiety about future***

About 7.30 pm: a feeling of apprehension in the epigastrium region. As if expecting some bad news or results. Lasted for about an hour.

Day 3, Prover 4

### ***Tired***

Completely mesmerised by the sight, sound and feel of the cat washing himself while sitting on my lap. Could watch (typed "wash" initially) him all day. Sends me to sleep.

Day 3, prover 1

Still mesmerised by cat washing himself. He's very smelly today. Lots of farting smelling of hydrogen sulphide.

Day 4, prover 1

Went to bed at 11pm, very tired.

Day 3, prover 1

Still some difficulty getting myself to get out of bed.

Day 4, prover 1

Still hard to get up in the morning. Just want to lie there. If I do, then fall back asleep at the drop of a hat, despite having apparently woken fully beforehand. Seems just like

the website thing – can't get away from it, keep getting drawn back to it and requires a huge effort of will to break away to do something else. Though when I do break away, it's fine. Can get on with what I need to. It's like there's a gravitational field around the website and around sleep. The willpower required to achieve escape velocity is considerable, but once free there's no attraction unless I come within range of the field again (going to bed, or sitting down at the computer).

Day 6, prover 1

Hard to get out of bed again.

Day 13, prover 1

Being immersed back in the energy again noticed I had virtually nothing to eat all day and stayed up until 2.00am working on the web page!

Day 52, prover 1

Still entranced by watching the cat wash himself. Even more so if he's sitting on me or in contact with me while doing so.

Day 13, prover 1

### ***Duality***

Tried to explain something of the non-dual perspective afforded by this energy and realised that they simply could not see it – couldn't step outside of duality to see what I was getting at. Like the cartoon of the two fishes with one saying to the other "so what's this 'ocean' you keep talking about then?" The more personally identified they were in the concepts I was talking about, the more disturbed and defensive they became.

Day 14, prover 1

Very tired all day. Completed the circle on the relationship between passion and patient. Have been working on this – both derive from the Latin pati to suffer/endure. Passion can be a suffering, but also an indication of strong feeling and vocation, as in "follow your passion". Phrase of Ian Watson's – "suffering serves to remind us to be true to ourselves" provided the link. Needing to see this in non-dualistic terms. Suffering without the usual qualities attached to it is simply to undergo (= endure). In this sense, it equates to the Buddhist idea of life=suffering, in others words, life is an undergoing.

Day 17, prover 1

My notes for the seminar (only one side of a page) were quite different to my usual style. All the points I'd recorded are mapped out visually and relationally, rather than listed sequentially. Focused on the nested concentric circles used to depict Jung's levels of consciousness – personal conscious, personal unconscious, collective unconscious, and beyond that to the "unknowable" (yet experience-able) non-dual ground of being or what Ian referred to as the Tao. Lighted on his emphasising that \*it doesn't give a shit\*. Fitted perfectly with what I had been trying to tease out from the phrases "universal unconditional love" and "compassion": that the former is simply existing in a state in which the experience of the fundamental interconnectedness of existence is a constant reality, and the latter is "with another's undergoing", nothing

more, nothing less. Stripped of gooey sentimentality and all the attachments of virtue and personal projections, both ideas reveal themselves in their perfection.

Day 17, prover 1

Have this image of a vast double vortex within the consciousness-space-time continuum and the idea that we are travelling towards its narrow-point – hence the increased velocity and sense of compression many people are reporting – in order to pass through some interdimensional boundary.

Day 28-34, prover 1

There's still an aversion to this plodding linear sequential means of recording information when it feels like it should be visual, dynamic and relational.

Day 36-51, prover 1

A lot of the time feel almost as if I exist in some parallel dimension. Here but not here.

Day 6, prover 1

### ***Color***

Lots of tinkering with programming of websites and the colour of a very rich reddish chestnut brown.

Day 1, prover 1

When I woke up this morning I had this thought just pop into my head "green is the colour of nature". Also the day the remedy arrived, I had another parcel which was a book I'd ordered -- The Secret Teachings of Plants by Stephen Harrod Buhner -- which talks all about the heart as an organ of perception, specifically the perception of the energies of the natural world, which, at least in respect of plants, is predominantly green. Researched the role of Sulphur in plant metabolism and found that, aside from being necessary in protein metabolism, it's involved in maintaining the dark \*green\* colour in leaves. Also in stimulating seed production.

Day 2, prover 1

I kept saying "out of the blue" when talking about things that had happened.

Day 3, prover 1

This energy seems to involve: shamanism, the chestnutty-reddish-brown colour, shadow issues, things sneaking up in your blind spot and stealing your energy. Realise that the latter exactly echoes what's been happening while driving – people not seeing me as I'm overtaking them because I've snuck up behind them and am sitting in their blind spot.

Day 5, prover 1

### ***Music***

Music Bach, Mozart, Wagner, singing German opera.

Day 1, prover 1

Sitting next to German people at a concert, and listening to the language found it entrancing and musical instead of coarse and guttural as usual. Momentarily thought about learning it.

Day 24, prover 1

Listening to a piece of music with a very strong base rhythm and the word “fundamental” comes into my head, both in the context of the song and in the bottom resonance in overtone chanting. Entranced by the word. Want to be in fundamental resonance. Look up the word “fundament” and find: 1. The buttocks, the anus. 2. The natural features of a land surface unaltered by humans. 3. A foundation, as of a building. 4. An underlying theoretical basis or principle. [Middle English foundement, from Old French fondement, from Latin fundamentum from fundare, to lay the foundation, from fundus, bottom.] Interesting connections! The bottom/anus seems appropriate in view of slight constipation, but also realise a lot of my recent dissatisfaction and frustration with conversations on lists, etc, is that they’re not fundamental enough.

Day 13, prover 1

Decide on a whim to have a bath (usually only have showers). The first lines of Yeats’ “Second Coming” are in my head again – “Turning and turning in the widening gyre, the falcon cannot hear the falconer ...” And Lewis Carroll’s Jabberwock “’Twas brillig, and the slithy toves did gyre and gimble in the wabe.” It’s that word “gyre”. Look it up and find “i) A circular or spiral form, a vortex. ii) A circular or spiral motion, especially a circular ocean current; to turn round, to gyrate. iii) A round shape formed by a series of concentric circles.” Seems resonant with these repeating dreams about nested objects/descriptions in some way. Also a thesaurus gives dybbuk in connection with gyre. Seems to connect with the exorcism theme that cropped up yesterday.

Day 13, prover 1

### **Misc**

Took the kids swimming but for the first time didn’t go in with them. Didn’t feel like it and particularly didn’t want to end up even stiffer than I was after that bath.

Day 18, prover 1

Following day notice strong perfume of roses to my left while sitting at my desk. See if this tracks back to a rose candle I have in the room, but it disappears about two feet behind my chair. Hangs around for a while, then is gone.

Day 6, prover 1

Wake up at 9.30am and realise I should already be at an appointment. When I get back find that there is barely enough electricity getting through to light a light bulb. Not enough to provide ignition for the central heating and hot water, the modem, the fridge and freezer, or to boil a kettle or cook my tea. Turns out there’d been a power cut earlier in the morning but it had triggered something seriously wrong with the power supply to this immediate area. The lights went out completely around 5pm and didn’t come back until midnight. They had to replace an overhead cable. Interesting, given this other-dimensionality I’ve been feeling. So now I’ve been rewired too!! Didn’t phone supervisor because her number was in the computer and I’d crawled into my bed to keep warm and fallen asleep so missed our agreed time slot.

Day 7, prover 1

Couldn't use the computer, or clean the house so tidied up the children's bedroom and moved the guinea pigs onto the grass – both things I've been trying to get done for some time. Seemed to break the spell of working on the website somewhat. After stone carving realised that the same exacting attention to detail I was applying to the website I was also applying to the carving.

Day 7, prover 1

Electricity restored. Determined to give the house a good clean. Something seems to have shifted. The impetus to go hunting down the shamanism/colour/nature of the energy connections has evaporated.

Day 8, prover 1

Wondered how driving on the motorway would be and remained extra vigilant for people not seeing me in their blind spot. Sure enough a transit van almost pulls out from behind a lorry in front of me, but sees me just in time.

Day 8, prover 1

Still large gravitational field around website and sleep.

Day 9, prover 1

The not-thereness and lack of coordination is back.

Day 25, prover 1

Up until 3am tinkering with website again.

Day 25, prover 1

Thinking of way to summarise proving energy, hit on idea of web page. Spent all day working on it including sound clips, working on trying to define the exact colour of the chestnutty reddish brown, etc. Rose scent around a lot.

Day 52, prover 1

## **DREAMS**

### ***Unremembered***

00:07:00 Lots of dreams but couldn't quite catch them.

Day 1, prover 1

No dreams recalled though many.

Day 5-6, prover 1

Still unable to catch dreams.

Day 9, prover 1

No more dreams about nested descriptions for a while. Still can't grasp dreams. Aware that there's another repeating element, but can't grasp it.

Day 28-34, prover 1

### **Family, parents**

I woke this very early this morning dreaming of my mom and dad. I dreamt that my dad was seriously ill in a hotel (hospital?) and we were desperately trying to find a cure for him. He seemed to be getting slightly better and would be coming home soon, but suddenly my mom gets seriously ill along with him in the hotel (hospital?). This was very upsetting, as my dad cannot bear my mom being ill. So he would probably deteriorate and die very quickly as well. The next scene is we're in the Hotel (hospital?) gardens and my mom is in a plane on her way to Mumbai (?). Apparently the plane tried to take off but could not gain altitude. Then tried to come closer and inform us that there was a problem of crashing, then tried to gain altitude again. But again failed, with any number of weird and strong spins, and began to nosedive. I watched this whole process with a lot of other people in the garden. The plane was going to crash and of course everyone on it was going to die, including my mother. As the plane crashed on the ground, someone tried to get to it and see if anyone could be saved, while I was working more to get all the people to run to the other side of the building. I succeeded, because my concern was to save their lives from a possible explosion in the plane. So though I was very upset about my mother being in the plane and may be dead, I had to save the people around me first.

Day 5, Prover 4

### **Homeopathy**

Dreams of treating a baby who I inherit as a patient from another homeopath. The baby had been prescribed *Carc* and, while feeling that it's not quite the remedy to hit the nail on the head, see no harm in repeating as nothing else is coming screaming through. I even have the actual remedy the previous homeopath prescribed. It's unusual – instead of pillules there are sugar sticks about two inches long, which the baby is supposed to suck. Two colleagues and previous tutors look at my case notes and say that they think the baby should have *Saccharum officinale* instead – sugar.

Day 2, prover 1

Dream that night is disturbing. Dreamt I did not follow through on something I told a patient I would do. Felt badly-wanted to do what I said right away.

Day 6, prover 5

### **House**

Of being in a large house which is an ecologically sound self-sufficient construction. The house I am in is too large for my liking. There are two other houses, a medium sized one and a smaller one yet. Like Daddy bear, Mummy bear and Baby bear. I go to the medium sized one and find my neighbours there. It's their house (in reality they have a ecologically-principled wooden house though it looks a bit different from the one in my dream). I'm seriously considering building one myself (in reality I plan to design and build such a house, but it's a long-term project) thinking that there's no point in reinventing the wheel and I might as well go for the same Canadian kit they did. I'm asking them about the website address so I can find out more.

Day 2, prover 1

### **Confidence**

Impression of many more dreams all around proving themes and the message "Everything will be OK".

Day 2, prover 1

Enormous number of dreams. Caught some and felt so confident of remembering them didn't specifically nudge myself awake enough to write them down. The minute waking mind started up, they were gone. Frustrated at this, but in just lying there, not falling back into sleep but with mind just still, all of a sudden, the dreams came back. Never had that happen before. Usually once they're gone they're gone.

Day 2, prover 1

### ***Portions***

Many dreams but couldn't recollect any of them except the idea that a few revolved around the theme of portions – dividing things up into portions.

Day 3, prover 1

### ***Finding somewhere to eat***

Dreams: of being in Italy with a group of friends. Disjointed dream – friends and scenes kept changing, but a lot of it seemed to revolve around finding somewhere to eat. We were staying at a hotel which was full with some business convention which we weren't part of. A lot of men in dark suits. Mealtimes were about finding somewhere to sit at long crowded tables with a lot of people. There was talk of a man who smelled very bad and everyone was trying to avoid the possibility of sitting near him but nobody knew who he was and if, or when, he was going to appear. Only a few people seemed to know what he looked like. I hadn't yet found a seat and someone was saying he had just come in the door with a bottle of white Sauvignon.

Day 4, prover 1

### ***Flood***

Another scene involved a flooded plaza. The flood was evidently a daily occurrence when the tide came in. The shops were only open when the tide was out. I was looking down into the water and could vaguely see a row of beautiful old arches, but when the tide went out the shop fronts were just wooden boarding. One of the shops there sold shellfish and kept them in the basement below the level of the water, but when we came back later looking forward to some shellfish a sign on the door said "frites and mayonnaise", so we went elsewhere. Another scene involved finding our way through tiny passages in amongst the houses, discovering people's front doors in all sorts of unexpected places. The friend I was with at that time, an old school friend, suddenly sat down and started crying, but I couldn't find out why. Then the scene changed again. Another scene involved being in a record shop with my father.

Day 4, prover 1

### ***Travel car***

Dream: disjointed, confused and chaotic, involving going all sorts of places with the car but in each instance there were obstacles and despite going with the flow of it all, nothing seemed to flow right.

Day 18, prover 1

Dreamt I hit the car in front of me while driving, Stopped before I hit him.

Day 6-10, prover 5

### ***Recursion***

Many dreams, again mostly escaped me. Recalled one about translating the events going on into language – plain English this time rather than HTML or mathematical equations. Also one word – RECURSION.

Day 25, prover 1

### ***Birds***

I am sleeping and two birds come to land on the bed. I look up and the ceiling has a damp, becoming very wet spot. I'm concerned and wonder if my husband has seen this and how we're going to take care of it. More and more birds are entering the house and, when I look at the damp/wet spot I see that it is now a perfectly large hole/entrance for the birds. It's rounded, like the entrance to a birdhouse.

Day 3, prover 3

### ***Snow, church***

Dream: I'm travelling and end up in a Church. I don't feel like I belong here, even though I know the people and even though I follow the procession to greet the minister, I prepare to leave. I take a plane to Switzerland and arrive when the snow is the most beautiful, and it is very cold. I meet a friend there, and await the arrival of my husband, who was in the church with me.

Day 4, prover 3

### ***Html/geometry***

Dream: I am awaiting the correct Harmonic before proceeding and I observe my crystal self emerging.

Day 3, prover 3

More dreams of mapping reality into programming language. The chestnut brown colour resurfaces.

Day 22, prover 1

Woke up with fair bit of dream remembered but lost most of it by the time I came to record it. There was something about concocting a magic potion that needed a hair from a dog. A common theme running through seems to be scenes echoing the happenings of the previous day.

Day 12, prover 1

Know I have been dreaming a lot about programming websites and the getting of the hair of the dog echoed a friend pulling hair from their dog's coat last night.

Day 12, prover 1

Snatch of dreams – something about nesting commands within HTML, i.e. however more specific commands are nested within larger area definitions, etc.

Day 13, prover 1

Dream of a piece of artwork with smaller pictures nested inside larger ones and of trying to describe that mathematically and in computer programming language. Wondering what this dream theme is about since it seems to keep repeating, and physicist David Bohm's concept of enfoldedness and implicate order comes to mind.

Day 14, prover 1

Dream: of watching and participating in a series of events which took place within a computer screen. At the top of the screen were the phrases of the programming language describing what was going on. There were so many nested clauses that colour was introduced to the text, one colour for each clause, so that it would be apparent where each began and ended and if any one of them hadn't been closed properly to allow it all to work as it should.

Day 19, prover 1

### ***Water, salt***

I begin with my feet soaking in a tub of salt water. I find myself in a place where the salt is SO present that I can smell it, taste it, and even feel the grit between my teeth. It is a black salt and, as I put it into the water that my feet are soaking in, I see that my legs have become black salt coated almost all the way up to the top of my thighs. I take a hose to wash it off. Suddenly the bedroom is covered with the salt water, including the bed linens, a sleeping bag, etc. and I think that I will have to throw things out because they are getting covered with the salt water. Suddenly the water is flowing out to a lake, which is in the west corner of the room. When I awake from this dream, the salt was SO present in the dream that I am surprised that I don't taste or smell it in my waking period.

Day 15, prover 3

### ***Dream fear***

Dream that night was Fearful non-specific-do not remember details. Woke up feeling disturbed. During night felt like I could catch a cold.

Day 3, prover 5

### ***Grief***

Dream of grief for my father who died 34 years ago. The grief was for now-present day. He died suddenly, just before I started medical school, so at that time had to keep going and it never sank in.

Day 6-10, prover 5

### ***Pregnant***

I was pregnant. Very realistic.

I even tried to figure out the due date. I year minus 3 months and a few days, calculating. I don't know how I got pregnant, who made it, as I have no partner at moment, but didn't bother about that. When was child due? I was about 5th month pregnant. Due date I figured out was May or June. When I woke up realized it can't be, the belly was gone.

Day 2, prover 3

### **VERTIGO**

Suddenly, this afternoon, I began to feel dizziness, bordering on 'passing out'. Any fast movement, or standing up caused the dizziness. Only thing that helped was staying still and not moving. Began at 4:30 PM. and ending around 7:30 PM, with energy fluctuations afterwards, like dizziness flowing in and out better with no movement (full moon reaction who knows!).

Day 7, prover 3

## **FACE**

Discovered a crop of small spots behind left ear. Also itching underneath right nostril, beginning around 9pm. Felt like the itch before the eruption of a cold sore. Also slight itching around margins of nostrils. Occasional itching on vertex. Seems to be some association with feeling shivery.

Day 3, prover 1

Threatening herpetic eruption under right nostril disappeared. Spots behind left ear still there. Slight itching round margins of nose still, and occasional itch on vertex, not always but often accompanied by a shiver of cold.

Day 4, prover 1

Sensation in bottom lip close to right hand corner as if cold sores will come. Not itchy, though. Heavy.

Day 5, prover 1

Itching concentrated around margins of eyes and nostrils. Sensations of spots coming to the surface come and go. Occasionally a spot does actually surface, but they're usually gone with 24 hours.

Day 6, prover 1

Skin of face itchy at times.

Day 5, prover 1

Face and scalp much itchier throughout day.

Day 6, prover 1

Itching still coming and going. Some days it's almost constant and everywhere, others it's very slight and restricted to the areas around my nostrils and eyes, plus left side of vertex on scalp. Doesn't seem to be any factors I can correlate between itchy days and non-itchy days.

Day 8, prover 1

Crack in right hand side of mouth appears again. Lips quite dry. Tendency to chew inside of cheek (childhood habit) much intensified – the inside of my cheek is a mess. Breasts beginning to feel a little fuller pre-menstrually. The loose association between itching left vertex and a shiver of cold is no longer noticeable. Both still occurring but not noticeably correlated.

Day 16, prover 1

Nose running but not stuffed. Cough more frequent. Later on headache. Above eyes and frontal sinuses. Slight burning/heat in the pain. Better cold applications. Worse movement, using eyes. Extends backwards. Slightly affects vision and balance. Sensation of not being quite there or in control of body. Liable to bump into things, poor coordination. Took aspirin. It went.

Day 21, prover 1

Throat feeling slightly sore from late afternoon. A kind of tightness. Not so bad at chewing the right side of my face but notice I presently seem to have chewed a circular pattern.

Day 19, prover 1

## **HEAD**

Head, scalp. Large flakes of dandruff and funny itch.

Day 1, prover 1

Scalp still periodically itchy, now consistently to left side of vertex, and often associated with a shiver of cold.

Day 5, prover 1

Stiffness and slight heaviness in occiput, slight pain on turning head to its extremes, same both sides. Heaviness forcing head downward.

Day 19, prover 1

## **HEAD PAIN**

Head ache, mild, dull over both eyes and top of head.

Cross-section from eyebrows up. Real dull nothing special about it. No specific sensation just dull. Whole top of head. Started one hour after second dose. It stayed until I took a shower. At 11 pm disappeared and went to sleep with no headache, but woke up with one. Hot steaming shower, it got nice and warm, but then got into cold bed. Still headache was gone.

Day 1, prover 6

Headache. Above eyes and frontal sinuses. Slight burning/heat in the pain. Better cold applications. Worse movement, using eyes. Extends backwards. Slightly affects vision and balance. Sensation of not being quite there or in control of body. Liable to bump into things, poor coordination. Took aspirin. It went. The modalities of the headache were unique to the proving.

Day 21, prover 1

A pressing sensation in the head, especially on both temples. Severe pressure pushing in from both sides.

Day 18, prover 4

Mild H/A, yet energy pretty good all day.

Day 4, prover 5

No sunglasses made ha go from 1-12/ bright sunlight agg ha. Stabbing moved left. Sunlight made it stab and move left.

Day 2, prover 6

Strongest pain was headache after light.

Day 3, prover 6

Actually with the nasal obstruction and pressing pain in the head, I thought I was going to get bad sinusitis (there is some URTI/LRTI) going around.

Day 19, prover 4

It felt like sinusitis or a cold coming up. Along with that I had a nasal obstruction, but no coryza. Just like having a cold. As if there was swelling inside the turbinates. I had to breathe through my mouth. This symptoms seemed worse at night after 9pm  
Day 19, prover 4

Woke with heavy occipital headache. Slightly affecting focus and balance. Took aspirin again.

Day 22, prover 1

Woke with quite a sore headache in vertex in sinuses. Disappeared as soon as I became more awake.

Day 22, prover 1

Head feels like mincemeat. Hard to think clearly.

Day 25, prover 1

Then wake up with headache and nausea. Expecting guests so finally get myself to go Hoover up and immediately discover the vigorous exercise removes both the headache and the nausea.

Day 28-34, prover 1

Headache gone. Dull feeling root nose.

Day 2, prover 6

4.30 pm: Pain right side of the head, just behind the ear. Slow, piercing pain that lasted for about 2 minutes. It moved upwards I think and disappeared.

Day 3, Prover 4

Still strange not-there feeling in head, not right. Balance and vision slightly affected. Still sinuses are clear, no congestion, despite having to blow nose more.

Day 23, prover 1

Head feels like mincemeat. Hard to think clearly.

Day 25, prover 1

## **MOUTH**

Mouth felt dry immediately. Acrid taste.

Day 1, prover 3

Dry mouth.

Day 2, prover 3

Still have dry mouth.

Day 3, prover 3

Great thirst is back, dry mouth and throat.

Day 8, prover 3

## **EYES**

Very tired. Eyes feel tired – slightly watery.

Day 3, prover 1

Itching margins of eyes and nostrils again, especially while driving.

Day 14, prover 1

Eyes felt grainy/dry.

Day 1, prover 3

My eyes are not tired as they usually are at this time after working the whole day for most part on the computer. (CURATIVE)

Day 4, Prover 4

Right eyelid, upper, was swollen last summer, maybe from an insect. A tiny pearl remains upper eyelid. Like pepper seed size. Yesterday, it got raw, swollen, size of coriander seed. Big and red. Now it is the size of mustard seed. Not red. Not itchy. Smaller than before the proving. (CURATIVE)

Day 2, prover 3

Eyelid pearl is smaller, still getting better.

Day 6, prover 3

Eyelid pearl not vanished completely. First got bigger, now only slightly there.

Day 10, prover 3

## **NOSE**

Dry patch of skin at bridge of nose. Flaky.

Day 26, prover 1

It felt like sinusitis or a cold coming up. Along with that I had a nasal obstruction, but no coryza. Just like having a cold. As if there was swelling inside the turbinates. I had to breathe through my mouth. This symptoms seemed worse at night after 9pm

Day 19, prover 4

Actually with the nasal obstruction and pressing pain in the head, I thought I was going to get bad sinusitis (there is some URTI/LRTI) going around.

Day 19, prover 4

Sneezing wears off by midday, and nasal discharge lessens.

Day 27, prover 1

Intermittent sneezing.

Day 2, prover 3

Some minor sneezing and stuffiness of nose.

Day 3, prover 3

Still slight sneezing, coughing, throat irritation.  
Day 6, prover 3

Throat, coughs have dissipated and are no longer present. Only a couple of sneezes.  
Day 7, prover 3

A few sneezes.  
Day 8, prover 3

The weirdest symptom through all of this is a very subtle sneezing throughout the days...only once or twice a day, but certainly not in my normal realm of experiences, and it was consistent throughout the first weeks of the proving. There was no consistency in modality (time, etc.).  
Day 11, prover 3

### **EAR**

Right ear, moment of achy pain.  
Day 1, prover 3

Sensation of earache. As if earache. For five seconds, brief.  
Day 7, prover 6

Fleeting sensation that there is going to be earache, knee ache, inner aspect left knee. All on left side and don't manifest.  
Day 7, prover 6

### **THROAT**

Throat more dry than normal.  
Day 1, prover 1

Throat a little raw, like the beginning of a cold.  
Day 1, prover 3

Some amount of soreness in the throat. Not painful. Just a tickling. Someone noticed that I was coughing. But I never realized I was. Just short dry coughs due to a tickling irritation in my throat.  
Day 19, prover 4

### **COUGH**

Slight occasional cough that seems nervous in origin, yet DEEP.  
Day 1, prover 1

Coughed a few times on rising.  
Day 5, prover 1

Coughing more frequently though still without any sense of anything to cough up.  
Day 17, prover 1

Some amount of soreness in the throat. Not painful. Just a tickling. Someone noticed that I was coughing. But I never realized I was. Just short dry coughs due to a tickling irritation in my throat.

Day 19, prover 4

Cough increasing in frequency. Some very slight sense of tightness in back of throat and a "thereness" at top of chest.

Day 18, prover 1

Cough hovering. Can feel a sensation of slight zingy tickly irritation in the mucous membranes lining the frontal sinuses and pharynx. Also briefly the brain meninges.

Not an unpleasant sensation. A kind of voluptuous tickling?

Day 19, prover 1

Cough is very tight, confined to upper part of chest. Not particularly productive. Cough is frequently one single long emphysema-like expiration.

Day 21, prover 1

Gave daughter a dose of this remedy for her 3-month cough based on symptom similarity. Long duration (about 4 months). Seemingly nervous in origin. Little or no expectoration. << first thing in the morning, last thing at night, cold air. Paroxysmal with tightness in bronchial passages. Abdominal muscles sore from coughing.

Day 21, prover 1

Took a while to get to sleep for coughing.

Day 23, prover 1

Glass of wine after evening meal gave palpitations. Quite strong, with a sense of tightness around the whole upper chest/heart region. Later had a glass of orange juice and the same thing happened. Coughing worse towards evening. Chest suddenly tightens in bronchial region, cough for a while (in same pattern as before) then it loosens again and I don't cough for a while.

Day 23, prover 1

Cough not too bad. Exacerbated by cold air and smoky atmosphere. Also by hot air.

Day 24, prover 1

Cough much looser with slightly more expectoration, but still not a lot.

Day 25, prover 1

Getting to sleep difficult for coughing. Cough definitely worse night (not lying down). Starts to really tighten up about 1am. OK once I can get to sleep. Doesn't wake me.

Day 25, prover 1

Lot of coughing on waking.

Day 26, prover 1

Cough again worse night, starting up in earnest around 1am again. Went to bed slightly earlier (2am) but took a while to get to sleep for coughing. It's bronchial spasms that initiate it, rather than tickling anywhere.

Day 26, prover 1

Coughing again in earnest late evening <<1am. On trying to go to sleep tried to consciously relax tightness in bronchial region. Wasn't happening. Then turned onto left side and immediately felt the left side of my chest ease and relax. For a minute or two the left side was soft and easy while the right remained tight, then the right relaxed too and I went straight to sleep.

Day 27, prover 1

Cough starts to wear off. Return to choir March 22, but find singing awkward because of the amount of mucus in bronchial region and throat. Seems to help to sing though – feel clearer afterwards.

Day 28-34, prover 1

During this period, cough gradually tailed off to the state it's been during most of the proving – the odd occasional burst apropos of nothing in particular.

Day 36-51, prover 1

Some months later I gave it to a crow that had been visiting with his flock for over a week and coughing like that. He was coming right up to my window and sitting there coughing. I put the Rx out on the grass where the crow was eating the remains of some guinea pig food, figuring that crows being crows, he'd take it if he needed it. He came back and continued eating (I knew it was him because he was still coughing) and when I checked later the Rx was gone. He was back the next day but coughing much less frequently. (CURATIVE.)

Day XX, prover 1

## **STOMACH**

About 7.30 pm: a feeling of apprehension in the epigastrium region. As if expecting some bad news or results. Lasted for about an hour.

Day 3, Prover 4

Then wake up with headache and nausea. Expecting guests so finally get myself to go Hoover up and immediately discover the vigorous exercise removes both the headache and the nausea.

Day 28-34, prover 1

## **CHEST**

Glass of wine after evening meal gave palpitations. Quite strong, with a sense of tightness around the whole upper chest/heart region. Later had a glass of orange juice and the same thing happened.

Day 23, prover 1

Palpitations with morning cup of coffee.

Day 24, prover 1

Sense of impending palpitations  
Day 25, prover 1

Pain on deep inspiration: hips, chest, lower back.  
Day 7, prover 6

8 pm pain both sides of chest wall around level of breasts.  
On inspiration, pain sharp, 6 out of 10, then disappeared after a few deep breaths.  
Deep inspiration caused sharp pain. Normal inspiration caused mild pain. Lasted a few minutes.  
Day 7, prover 6

## **BACK**

Aching pain. Back and left side. Towards left shoulder blade edges and spine and lower section of trapezius. Lying on left side made it go away. Back no amel as much by lying on back.  
Day 3, prover 6

Left side achy. Moving around. Better with pressure.  
Day 2, prover 6

Achy lower back.  
Day 2, prover 3

By 2 pm ache shoulder blade edge went to spine and away, centered, lower trapezius, and stayed, moving didn't help. Left side pain stayed and went and returned. Showering helped, then in bed, uncomfortable.  
Day 3, prover 6

Restless, couldn't lie on left because of pain. It would stop hurting  
Left would feel better when lying, but back discomfort because you couldn't lie on both at same time.  
Day 3, prover 6

Pain on deep inspiration: hips, chest, lower back.  
Day 7, prover 6

Back sore around base of scapulae and abdominal muscles, both from coughing.  
Day 28-34, prover 1

Back feels weak. Feels like I'm slouching more than normal.  
Day 28-34, prover 1

I have a pain in my upper back that usually signifies exhaustion for the day because I've been doing too much. Now, unless I'm conscious of it, it's hardly noticeable.  
Day 4, Prover 4

## **STOOL**

I've not been able to pass a stool today - maybe I wasn't paying attention at the right time.

Day 4, Prover 4

Stool very slowly. Seems sticky. Like a difficult birth. Wondering if it gets any worse will have to pull it out. "From the bowels of the Earth" comes into my head. Large and heavy, as it has been of late.

Day 1, prover 1

Slightly constipated towards end of day. Passing stool difficult. Abdomen feels slightly bloated with catching/dragging sensations. Not sure whether these are intestinal or ovarian.

Day 12, prover 1

Slight feelings of constipation and dragging/catching sensations in abdomen still like yesterday. Decide it's ovarian. Full moon, so will be ovulating. Slightly warmer and sweatier with it.

Day 13, prover 1

Still slightly constipated with difficulty passing stool.

Day 14, prover 1

Stool back to sticky and hard to pass.

Day 25, prover 1

Defecation easier and more frequent.

Day 18, prover 1

Morning: I had a strong urge and soft stool in pieces with a little burning.

Day 2, Prover 4

I just had the dose (3rd) and felt and strong urge for stool in 15 minutes.

Day 4, Prover 4

Slight diarrhoea. When writing "diarrhoea" initially, couldn't for the life of me remember how to spell it? Had to look it up.

Day 4, prover 1

Fluffy stool, ochre, brownish yellow. For three days, Getting lighter and fluffier.

Day 6, prover 3

Fluffy stool.

Day 8, prover 3

Smelly gas, like rotten eggs.

Day 1, prover 3

## **URINE**

Drinking more and urinating more. Little and often of both.  
Day 17, prover 1

Still thirstier through the day and urinating more frequently.  
Day 18, prover 1

## **EXPECTORATION**

Right nostril still has catarrh.  
Day 2, prover 1

More nasal discharge on waking. Right nostril temporarily blocked on waking, clearing on rising. Blowing nose a lot more. Sneezing quite a bit. Powerful, whole-body sneezes. More discharge from right nostril than left.  
Day 27, prover 1

Sneezing wears off by midday, and nasal discharge lessens.  
Day 27, prover 1

## **FEMALE**

Breasts feel larger and slightly tender. Likely premenstrual, but this is not a normal symptom though have experienced it with some previous provings.  
Day 1, prover 1

Period started. Brighter blood than usual. Slightly heavier than usual. Slightly earlier than usual. Over the last 2 months it has been earlier than normal. Backtracking to get synchronised with new moon.  
Day 5, prover 1

Menses begin. 26 day cycle as last month. By evening very profuse as last month.  
Day 20, prover 1

Main other symptom is menstrual spotting-two weeks early. Turns out my period was starting two weeks before it was due. Also nipple (breast) tenderness.  
Day 2, prover 5

Felt PMS- mild headache, fatigue at 5:30 pm, crave chocolate. That night woke up at 2-2:30 am-hot sweats (rare for me).  
Day 3, prover 5

Initially felt fine, then slowly PMS again.  
Day 4, prover 5

Still felt PMSy yet energy pretty good.  
Day 4, prover 5

Feel extreme nipple tenderness, very unusual then period started. Restless sleep the entire time. Energy decreased as menses began.  
Day 10, prover 5

Yellow staining mucous discharge - not exactly leucorrhoea. Just a mucous discharge that would occur in a normal menstrual cycle. Also given my state of mind as well as these symptoms (amenorrhea, yellow staining leucorrhoea, acne).

Day XX, Prover 4

After taking the remedy, this is the 3rd month (Feb, March, April) that I've missed a period. Missing my periods for 2-3 consecutive months happened only a couple of times during my teens. Repeating *Palladium* has helped with other things/colds, etc. But it has not set my menstrual cycle right yet as it used to be before.

Day XX, Prover 4

### **EXTREMITIES- UPPER**

Biceps. Heaviness running down my arm, feels slightly neurological. Better palm up. Left arm.

Day 1, prover 1

Sleep that night- left wrist pain-fairly intense-woke me up. Had some wrist pain previously from overuse but this was intensified.

Day 1, prover 5

Feels like my arms are very heavy.

Day 1, prover 3

Tension in shoulders, especially left scapula (old symptom). Sudden pain in left ear that dissipates very quickly. Feels like it's connected to jaw tension.

Day 3, prover 3

Energy improved overall, wrist feels better.

Day 2, prover 5

Left arm still weak and muscles in shoulder sore, yet not as strong as this has been, particularly not as strong as it was the day before I took the remedy.

Day 2, prover 1

Left arm very sore – deltoid and triceps predominantly, but radiating down to the hand as before, until fingers felt painful. Pain seemed muscular down to elbows and more neurological from elbows to fingers. Better for keeping it moving though working hard with it seemed to make it worse.

Day 3, prover 1

The feeling in the arm, which feels as if the muscles are very contracted even though they are soft and relaxed. The arm feels worse when it's still – the sensations of contraction are much stronger.

Day 3, prover 1

Actual loss of strength in left arm noticeable toward evening. Arm was shaking when lifting a full 2-litre kettle of water.

Day 3, prover 1

Left arm very sore with deltoid and triceps muscles feeling highly contracted (though not objectively so), worse for holding the arm in a position where those muscles were stretched somewhat. Wondering if it was too sore to allow me to sleep. Couldn't find a comfortable position where it felt relaxed. Then tried lying on it. Immediate and total relief. Went to sleep straight away.

Day 3, prover 1

Left arm much better. Hardly any soreness at all, and what there is confined to deltoid muscle. There is a point at the insertion of the deltoid muscle that feels as if someone is constantly applying pressure to it with a fingertip.

Day 4, prover 1

On going to bed immediately felt problems with left arm again. Couldn't get it comfortable. Lay on left side again. It's not the pressure that creates the amelioration, but having the arm straight so that no muscle groups are being stretched as it's the stretching of the muscles that creates the sensation of contraction.

Day 4, prover 1

Left arms still sore on waking.

Day 5, prover 1

Left arm about two inches from the elbow and shoulder joints is where I've been feeling the sensation as of a finger pressing. Also right hip which was painful when therapist worked the leg, specifically in the tendons in the groin. Particularly enjoying touch, and realised this is the same with the cat. Felt cold afterwards though.

Day 5, prover 1

Left arm still sore, though comes and goes without much rhyme or reason.

Day 6, prover 1

Sensations in left arm and right hip coming and going, but never leaving completely.

Day 9, prover 1

Left arm still stiff and lacking flexibility. Still feeling the energy blockage around the insertion of the deltoid muscle like a finger is pressed there.

Day 12, prover 1

Left arm still stiff. Mentally relaxed and easy-going.

Day 13, prover 1

Left arm very sore. Radiating down to hand, to distal edge of little finger and to a slightly lesser extent to thumb. While resting arm on arm of chair, trembling/pulsating sensation on outer edge of elbow.

Day 22, prover 1

Left arm still troublesome. Soreness in deltoid muscle with sensation as if finger pressed into arm at the deltoid insertion.

Day 26, prover 1

Sensation in left deltoid passed away with some slight residual stiffness and lack of full range of movement. Ditto right hip joint.

Day 36-51, prover 1

Ragnails on left hand.

Day 6, prover 1

### **EXTREMITIES LOWER**

Also some discomfort in both hip joints, worse right. Back also felt weak lifting things. Yet, although feeling weak was able to lift heavy things, so it was as if the sensation was there without the actuality – rather like the feeling in the arm, which feels as if the muscles are very contracted even though they are soft and relaxed. The arm feels worse when it's still – the sensations of contraction are much stronger.

Day 3, prover 1

Pain in both hips, worse inspiration, better hot shower. Movement didn't effect it for better or worse.

Day 7, prover 6

Right hip is often sore on the femoral head on waking from lying on it.

Day 6, prover 1

Pain on deep inspiration: hips, chest, lower back.

Day 7, prover 6

Got up three hours after waking, pain in both hips - aching but worse on inspiration in hips.

Day 7, prover 6

Fleeing sensation that there is going to be an earache, knee ache, inner aspect left knee. All on left side and don't manifest.

Day 7, prover 6

4 pm. Ache in hip, left side again. Lasted one hour. Then disappeared. No radiation, no movement. No pain, just an ache.

Muscle, not bone pain.

Day 6, prover 6

Pain in left ankle that feels like a muscle sprain that quickly dissipates; comes on quickly and leaves quickly.

Day 3, prover 3

Pain in left thigh, as if the pain, after leaving the ankle, has risen to the thigh, and quickly dissipates and doesn't return or travel anywhere else.

Day 3, prover 3

Took the children roller-blading. Skating round the rink experienced almost cramp-like sensations in legs. A sort of contractive burning sensation, though without a sensation

of spasm. Worse in right leg, which is the one with the discomfort in the hip. Whole body felt lacking in flexibility.

Day 9, prover 1

The sensations of this remedy are quite arthritic.

Day 9, prover 1

When climbing ladder into bed, tried to evade cat catching my toes and missed footing with left foot. This meant I had to take my whole weight with the right leg, which was bent at the time. Searing pain in the tendons of the groin.

Day 13, prover 1

On waking felt horribly stiff and arthritic and knew this was a result of the bath last night.

Day 14, prover 1

## **SLEEP**

Slept easily and quickly, though wondering if the bed would take my weight.

Day 1, prover 1

No dreams. Good sleep. Feel fit. Going to bed earlier, wake up earlier than usual. Good mood on waking.

Day 6, prover 3

Waking four times and not go back to sleep after.

Day 2, prover 6

Sleep woke up 12:15 am had trouble falling back to sleep.

Day 6, prover 5

That night woke up at 2:30 am and could not fall back asleep.

Day 2, prover 5

Sleep that night, woke up 12:30 am and could not sleep till 2:30 am.

Day 4, prover 5

Woke several times during the night again. Thirsty with very dry throat. Had to take a drink.

Day 4, prover 1

Woke frequently. Hot and sweaty and thirsty. Drank all my one pint of water by morning. Not a great sleep. Exactly 28 days since this happened before. Still tired with sleepy feeling in eyes, though not as intense as previous two days.

Day 19, prover 1

Also for about three weeks or so after took the remedy my sleep was fitful and disrupted. Would wake up 3 or 4 times during the night and could not fall back to sleep.

Day XX, prover 5

Hot and sweaty during the night. Woke several times thinking it was morning and time to get up but it wasn't.

Day 4, prover 1

Cat woke me at 7:40, but went back to sleep. Sleeping and waking, sleeping and waking until 1pm. Each time I woke thought I should get up but never made it out of bed. Sense of impending palpitations. Expected to feel refreshed after such a long sleep but very tired, eyes tired.

Day 25, prover 1

Another hot and sweaty night but not so thirsty.

Day 22, prover 1

Sleep that night- left wrist pain-fairly intense-woke me up. Had some wrist pain previously from overuse but this was intensified.

Day 1, prover 5

Burping on going to sleep. After lying down.

Day 6, prover 6

Better night's sleep but still thirstier than normal.

Day 5, prover 1

Waking difficult. Hibernation would be nice. Huge INERTIA to overcome to get up.

Day 1, prover 1

Again reluctant to get up. Heaviness gone, but bed is so delicious don't want to leave it.

Day 2, prover 1

Very hard to overcome the inertia to get out of bed. Woke around 8am but didn't get up until about 10.

Day 3, prover

Woke sneezing three times.

Day 1, prover 6

## **SKIN**

Red itching spots all over the body. They look like fleabites. They itch for a while and I have to scratch which feels better. Or do I have fleas in my clothes??? I realized this morning I had about 20 spots all over the upper part of my body, arms, chest and abdomen.

Day 20-22, prover 4

I have been developing acne on my face especially on my chin or on the right side.

Day 20-22, prover 4

## **GENERALS**

### ***Sides***

Left: Earache, knee ache, falling sensation, scapula, thigh, wrist, back

Right: head, hip

All symptom have been left sided.

Day 6, prover 6

### ***Ache***

Left. Fleeting sensation that there is going to be Earache, knee ache, inner aspect left knee. All on left side and don't manifest.

Day 7, prover 6

### ***Itch***

Red itching spots all over the body. They look like fleabites. They itch for a while and I have to scratch which feels better or do I have fleas in my clothes??? I realized this morning I had about 20 spots all over the upper part of my body, arms, chest and abdomen.

Day 20-22, prover 4

### ***Misc***

I think the sphere of action of this remedy must be:

Head symptoms - the headache symptoms I described

Skin Symptoms - like fleabites in the upper part of the body

Explosive Stool with slight burning in the rectum

General weakness not better after eating

A high Spiritual state of calmness and serenity alternating with a sense of emotional fragility

Explosive anger lasting 2 minutes

Day XX, Prover 4

### ***Weak***

General losing strength.

Day 1, prover 1

### ***Thirsty***

Thirstier.

Day 1, prover 1

Thirstier throughout day, especially evening (8pm ish). Also cold.

Day 1, prover 1

Still thirstier than normal, noticeable first thing in the morning and around 8pm at night.

Day 9, prover 1

Drinking more and urinating more. Little and often of both.

Day 17, prover 1

Still thirstier through the day and urinating more frequently.  
Day 18, prover 1

Great thirst is back, dry mouth and throat.  
Day 8, prover 3

Woke frequently. Hot and sweaty and thirsty. Drank all my one pint of water by morning. Not a great sleep. Exactly 28 days since this happened before. Still tired with sleepy feeling in eyes, though not as intense as previous two days.  
Day 19, prover 1

### ***Heavy***

Heavy: Stool, Mind, Arms

Still heavy.  
Day 1, prover 1

### ***Pressure amel***

Pressure better, really big.  
Day 3, prover 6

### ***Light agg***

Strongest pain was headache after light.  
Day 3, prover 6

### ***Energy increased***

Energy improved overall, wrist feels better.  
Day 2, prover 5

Freezing, shivering. Goosebumps.  
Day 1, prover 3

### ***Wine***

Glass of wine after evening meal gave palpitations. Quite strong, with a sense of tightness around the whole upper chest/heart region. Later had a glass of orange juice and the same thing happened. Coughing worse towards evening. Chest suddenly tightens in bronchial region, cough for a while (in same pattern as before) then it loosens again and I don't cough for a while.  
Day 23, prover 1

### ***Stiff- water agg***

On waking felt horribly stiff and arthritic and knew this was a result of the bath last night.

Day 14, prover 1  
Stiffness continues all day.  
Day 14, prover 1

Took the kids swimming but for the first time didn't go in with them. Didn't feel like it and particularly didn't want to end up even stiffer than I was after that bath.

Day 18, prover 1

Decided on a whim to take a bath, wondering how I'd react since haven't tried this out since the last time when it provoked quite a noticeable aggravation. Bath itself was enjoyable, but on getting out felt so completely drained of energy nearly collapsed and had to lie down on the floor for a bit.

Day 52, prover 1

### ***Dry***

Dry: eyes, throat, nose, mouth, cough

### ***Food***

I did not want to eat an egg, which I usually do because I felt it smelled a bit. I preferred to eat cheese and Chapatti (dry roasted pancake made from wheat flour) with a cup of tea.

Day 2, Prover 4

### ***Cold***

Felt cold from the inside -body was cold (rare- I'm usually VERY warm).

Day 1, prover 3

### ***Sensitive***

Became extremely psychically sensitive/aware and that remained all night.

Day 1, prover 3

### ***Heat***

Woke frequently. Hot and sweaty and thirsty. Drank all my one pint of water by morning. Not a great sleep. Exactly 28 days since this happened before. Still tired with sleepy feeling in eyes, though not as intense as previous two days.

Day 19, prover 1

Another hot and sweaty night but not so thirsty.

Day 22, prover 1

### ***Coordination lacking***

Felt much better, not so uncoordinated and not-there.

Day 24, prover 1

### ***Appetite diminished***

Being immersed back in the energy again noticed I had virtually nothing to eat all day and stayed up until 2.00am working on the web page!

Day 52, prover 1

I've not been able to tolerate the fasting /hunger. I feel very weak and some sort of body pain peripherally. I feel like I'm drained of energy.

Day 9-11, Prover 4

I don't have a craving for food as such, but to take something to strengthen my energy that has drained out. So after the 8 hours, I eat a large amount. Even after eating this, I do not feel like I am strengthened. There is a residual weakness.

Day 9-11, Prover 4

### ***Night agg***

It felt like sinusitis or a cold coming up. Along with that I had a nasal obstruction, but no coryza. Just like having a cold. As if there was swelling inside the turbinates. I had to breathe through my mouth. This symptoms seemed worse at night after 9 pm

Day 19, prover 4

### ***Movement amel, vigorous***

Then wake up with headache and nausea. Expecting guests so finally get myself to go hoover up and immediately discover the vigorous exercise removes both the headache and the nausea.

Day 28-34, prover 1

### ***Pain piercing***

There seem to be more symptoms in the evening. 4.30 pm: Pain right side of the head, just behind the ear. Slow, piercing pain that lasted for about 2 minutes. It moved upwards I think and disappeared.

Day 3, Prover 4

### ***Apprehension in stomach***

About 7.30 pm: a feeling of apprehension in the epigastrium region. As if expecting some bad news or results. Lasted for about an hour.

Day 3, Prover 4

### ***Flu-like***

Actually with the nasal obstruction and pressing pain in the head, I thought I was going to get bad sinusitis (there is some URTI/LRTI) going around.

Day 19, prover 4

It felt like sinusitis or a cold coming up. Along with that I had a nasal obstruction, but no coryza. Just like having a cold. As if there was swelling inside the turbinates. I had to breathe through my mouth. This symptoms seemed worse at night after 9pm

Day 19, prover 4

I have a feeling like before a flu. Head ache sore throat, pain in neck. Shoulders ache.

Day 10, prover 3

Monday, went to school to work, blowing nose all the time. Nose running dripping. Mon night, no work. Hopeful feeling stopped when flu came on.

Day 10, prover 3

I feel quite alright when I have the flu. I enjoy having the flu.

Day 10, prover 3

### *Tired*

Tired by 11pm. Want to go to bed.

Day 1, prover 1

Again reluctant to get up. Heaviness gone, but bed is so delicious don't want to leave it.

Day 2, prover 1

Still tired in evening. Went to bed very early – around 10.30 pm. Realised this tiredness occurred a month ago. "Turning and turning in the widening gyre ..." There is a very strong cyclical element here.

Day 17, prover 1

Still very tired. Would like to sleep.

Day 18, prover 1

Energy still low. Coordination still slightly off. Balance affected. More energy from going out and doing something.

Day 26, prover

Very little energy. Tired but still unable to go to bed at a reasonable time.

Day 28-34, prover 1

### **CURATIVE SYMPTOMS**

My eyes are not tired as they usually are at this time after working the whole day for most part on the computer. (CURATIVE)

Day 4, Prover 4

Right eyelid, upper, was swollen last summer, maybe from an insect. A tiny pearl remains upper eyelid. Like pepper seed size. Yesterday, it got raw, swollen, size of coriander seed. Big and red. Now it is the size of mustard seed. Not red. Not itchy. Smaller than before the proving.

Day 2, prover 3

Gave daughter a dose of this remedy for her 3-month cough based on symptom similarity. Long duration (about 4 months). Seemingly nervous in origin. Little or no expectoration. << first thing in the morning, last thing at night, cold air. Paroxysmal with tightness in bronchial passages. Abdominal muscles sore from coughing.

(CURATIVE.)

Day 21, prover 1

Some months later I gave it to a crow that had been visiting with his flock for over a week and coughing like that. He was coming right up to my window and sitting there coughing. I put the Rx out on the grass where the crow was eating the remains of some guinea pig food, figuring that crows being crows, he'd take it if he needed it. He came back and continued eating (I knew it was him because he was still coughing) and when I checked later the Rx was gone. He was back the next day but coughing much less frequently. (CURATIVE.)

Day XX, prover 1

I am in the middle of a Spiritual transformation of sorts and have decided to do a meal fasting for this. AFTER TAKING THE DOSE: I was able to tolerate the fasting quite well. No problem with it. The spiritual response/change has been very positive. I don't feel indifferent any more, but more like detached.

Prover 4, day 1

Have lots of energy and clear focus. Strong determination in place "I can do it!"  
(CURATIVE.)

Day 5, prover 3

I think the remedy must be giving me some ability to handle more than I usually can.  
(CURATIVE.)

Day 4, Prover 4

## THE NUMBER TWO

Explosive anger lasting **two** minutes.

Day XX, prover 4

The feeling of mental frailty and limits was quite a clear demarcation the last **two** days.  
Day 4, prover 4

I had the car scratched because I did not see someone on a **two**-wheeler very close to the car on the left side, while I was concentrating on taking a right turn.

Day 5, Prover 4

At night I was concerned about **two** issues. In both the issues it had to do with "truth".

Day 1, prover 4

I had one or two episodes of losing my shirt in the evening - for exactly **two** minutes each time.

Day 4, Prover 4

Tried to explain something of the non-dual perspective afforded by this energy and realised that they simply could not see it – couldn't step outside of **duality** to see what I was getting at. Like the cartoon of the **two** fishes with one saying to the other "so what's this 'ocean' you keep talking about then?"

Day 14, prover 1

Following day notice strong perfume of roses to my left while sitting at my desk. See if this tracks back to a rose candle I have in the room, but it disappears about **two** feet behind my chair.

Day 6, prover 1

Left arm about **two** inches from the elbow and shoulder joints is where I've been feeling the sensation as of a finger pressing.

Day 5, prover 1

Still tired with sleepy feeling in eyes, though not as intense as previous **two** days.  
Day 19, prover 1

Sang out loud and proud and enjoyed it immensely, particularly singing with the **two** others in my row. We worked really well together – just like this morning's lesson and singing the **duet** with my teacher.  
Day 11, prover 1

Dream: **Two** colleagues and previous tutors look at my case notes and say that they think the baby should have *Saccharum officinale* instead – sugar.  
Day 2, prover 1

Dream: I am sleeping and **two** birds come to land on the bed  
Day 3, prover 3

Main other symptom is menstrual spotting-two weeks early. Turns out my period was starting two weeks before it was due.  
Day 2, prover 5

## Repertory *Stangeria eriopus* by Melanie Grimes

Mind

Lost, forlorn

Cheerful

Mind strength and clarity

Loquacious saying things I would have held back on

Barriers of 'my' sense of propriety lifted (inappropriate)

Anger feeling intentions not understood

Sense of efficiency

Frailty, more vulnerable

Mind clarity -I can see truth clearly 2

Truth 3

Safe feeling

Driving, lack of accurate judgment, causing car to hit an object 2

Strong determination

I know I can't be hurt because I am on the right side

Protected, cannot be harmed

Confident that truth will come out

Falling, sensation of, towards the left when waking

Calm, detached about relationships 2

Jinxed

Sinking sensation

Heavy, sensation of  
Driving, car accidents  
Anxiety, about future  
Explosive anger  
Angry, trivial things, evening  
Duality, sense of  
Delusion, someone shining a flashlight into my eyes  
Darkness, desire for  
Giddy on waking  
People not seeing me as I'm overtaking them because I've snuck up behind them and am sitting in their blind spot

Hallucinations

While driving, I saw a man, black trousers, tan colored jacket, running onto street. Braked, and man was gone. Ameliorated by smoking tobacco  
Seeing things that don't exist  
Hallucinations while driving  
Motorbike cast a violet shadow. Motorbike was real, light from the shadow appeared as blue/purple light  
Roses, scent of

Dreams

Black salt  
Salt, water soaking feet in tub of  
Birds, land on bed  
Plane travel 2  
Church  
Pregnant  
Plane crash  
Fearful  
Grief for dead father  
Driving car 2  
Flood  
Recursion  
Geometry  
Html/computer programming  
Travel 4

Vertigo

Dizziness, when standing, am not moving

Head Pain

**Headache 4**

Head ache, mild, dull over eyes and top of head  
Head pain amel hot water shower  
Headache, Agg sunlight.  
Stabbing pain from sunlight, moving left  
Pain behind ear, piercing. moved upwards  
pressing sensation temples  
Pressing pain  
Itchy scalp  
Headache from light  
Headache vertex, sinuses, waking with  
Dull pain root of nose  
Headache, waking, with nausea

Mouth

Dry  
Acrid taste  
Bottom lip heavy.  
Crack on right hand side, inside  
Lips dry

Face

Itchy  
Eruption, under right nostril  
Itching, margins of eyes and nostrils  
Eruptions behind left ear

Eyes

Grainy  
Dry 2  
Swelling on upper eyelid  
An old, pearl like growth on upper eyelid reduced in size  
Tired 2  
Tired and watery  
Itch inside margin, esp while driving  
Eyes not fatigued by computer work (CURATIVE)

Vision

Delusion: All traffic lights appear strange, lights very red

Ear

Right ear, moment of achy pain  
Ear left ear pain, momentarily  
Mind psychically sensitive/aware all night

Pain, ache 2  
Eruption, behind left ear

Nose

Sneezing 3  
Nose stuffy  
Nose runny  
Dull pain root of nose  
Nasal obstruction  
Itch, under right nostril, like itch before eruption of a cold sore  
Catarrh, right nostril  
Discharge on waking  
Nasal obstruction, Worse night, 9 pm (sinusitis)

Ear

Pain, sudden, left ear with jaw tension  
Pain ache. 2  
Pain ache left  
Pain, ache right  
Pain, ache fleeting 2

Throat

Soreness tickling 2  
Short dry coughs due to a tickling 2  
Dry  
Raw  
Tightness  
Cough, tight, upper chest

Cough

Nervous cough  
Cough on rising  
Tickling, dry  
Tickling, frontal sinus and pharynx  
Cough tight  
Paroxysmal, with tight bronchial passages  
Cough worse evening  
Cough agg cold air, smoke  
Cough agg hot air  
Cough worse evening  
Cough worse night 1 am  
Cough, on waking  
Cough, spasms, bronchial

## Abdomen

Flatulence, smell like rotten eggs

Left side ache better pressure

Left side ache better shower

Ache better pressure

Feeling of apprehension in the epigastrium region. As if expecting some bad news or results

## Chest

Palpitations after wine in evening. Tighness upper chest

Palpitations after orange juice

Chest tightens, bronchial region

Palpitations with coffee, morning

Pain, inspiration, deep

Sharp, Pain, chest wall, around breasts on inspiration

Sharp pain on deep inspiration

## Back

Ache better lying, better pressure

Ache left, shoulder blade, and lower trapezius better lying left

Ache, left better moving

Ache, lower back 4

Ache shoulder blade to spine, amel showering

Restless from pain

Pain inspiration, lower back

Sore, base scapula from coughing

Weakness

## Extremities

Pain left ankle like muscle sprain, quickly dissipates

Pain left thigh, leaving the ankle, has risen to the thigh

Hip ache left

Pain, hip joints, worse right

Pain, hips, worse inspiration, better shower hot

Sore, hip, femoral head, on waking from lying

Ache Knee ache, inner aspect left fleeting

Pain inspiration, hips

Aching pain, hips, worse inspiration

Sensation of ache, left

Pain, ankle, left, like muscle sprain

Cramp, leg, contractive burning without spasm, worse right

Arthritic

Pain worse right  
Pain hip worse right  
Pain, searing, groin tendons, right leg when bent and bearing weight  
Stiff on waking, from bathing  
Pain hip 3

## Upper extremities

Heavy, arms, sensation of  
Heaviness running down left arm, better palm up  
Pain, left wrist  
Heavy, arms  
Tension, shoulders scapula  
Shoulders, pain sudden  
Weakness, left arm  
Shoulder sore left, weak  
Sore, left deltoid, triceps, radiating to hand, fingers  
Neurological pain elbows to fingers, better moving  
Pain, arm contraction, worse when still  
Sore, left, worse stretching, better lying  
Sore, left, deltoid insertion  
Pressure, left deltoid insertion as if from a fingertip  
Pain, left arm straightening, not stretching any muscle groups  
Pain, stretching causes sensation of contraction  
Sore, left, waking  
Stiff, left  
Sore, radiating to distal edge finger, and thumb  
Trembling pulsating on outer edge elbow while resting on arm chair  
Ragnails  
Arm worse still  
Arm, contraction sensation of  
Ache, biceps, left

Stool  
Fluffy stool, ochre, brownish yellow  
Stool fluffy, like cake  
Stool soft 2  
Stool sticky  
Constipation 2  
Stool, frequent  
Urging, morning, burning  
Urging  
Diarrhea 2

Gas, smell of rotten eggs  
Explosive, with burning

## Urine

Frequent

## Expectoration

Right nostril

Sneezing

## Female

Breast tender

Blood bright

Blood heavier

Spotting

Tenderness, nipple 2

Hot sweats

Discharge, yellow, staining mucous

Amenorrhea

Missing periods

Menses, early 2

Menses, heavy

## Sleep

Sleep more than usual

Going to bed earlier, wake up earlier

Frequent waking 4

Burping on lying down to sleep

Heat while sleeping

Waking difficult

Heaviness, sensation of

Sneezing on waking

## Skin

Red itching spots upper part of my body, arms, chest and abdomen

Acne face, chin right

## Generals

Left: Earache, knee ache, falling sensation, scapula, thigh, wrist, back, side, shoulder, head

Right: head, hip

Dry: eyes, throat, nose, mouth, cough

Heaviness: head, chest, arms, menses  
Weight, sense of, crushing  
Thirsty 2  
Cold internal. 2  
Freezing, shivering. Goosebumps  
Burping  
Sneezing 2  
Amel by smoking tobacco  
Showering in hot water amel  
Pain fleeting 2  
Left- ear, knee, pain.  
Food egg aversion. Because of smell  
Aching pain. 3  
Fleeting pain 2  
Sensation a cold is coming on 3  
Heaviness, sensation of 3  
Bathing agg  
Weakness, not amel eating  
Pressure amel  
Light agg  
Cold, shivering  
Cold sensation, internal  
Bathing agg  
Uncoordinated  
Movement amel  
Apprehension felt in stomach  
Sensation that a flu was coming on 3  
Tired  
Inertia

## **dd**

nat mur- grief  
lycopodium  
silica  
arnica