

PROVINGS VOL I

BY

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EMRYSS PUBLISHERS

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## Foreword

When asked to write a Foreword for Nuala Eising's *Proving's Volume 1*, I realised that, although I think I know Nuala, rather like the imponderables she has so admirably proven, I know little about her personally, and yet her provings permeate my homeopathic work.

I first saw her at a Society of Homeopaths's conference in 1988 when she was talking about her proving of *Granite* (1987), as well as exhibiting a few of the remedy's symptoms - Mind; anxiety; perspiration; with; hands, of; Mind; anxiety; tremulous; hands, of; Mind; confidence; want of self; company, in.

I was riveted by her offering of this material, and fascinated that she seemed so competent a prover, and yet suffered terrible stage-fright. I later learned that Nuala is nothing if not an absolute perfectionist. *Granite* spoke directly to me: I had spent my teenage years roaming the dangerous, introverted and windblown tors of Dartmoor. From this point on I followed Nuala's provings, occasionally trying out new remedies on myself (*Ignis alcoholis*, *Granite*, *Marble*, *South-west wind*, *Mobile phone etc.*)

Reading these provings, particularly the introduction to each one, is to have some small insight into the inquiring mind of the woman who lived her vision in running the Burren School of Homeopathy for 16 years.

"Her ethos was that inside every human being is a genius and as an educator the key was providing the right environment for that to emerge. Her style of school was about fostering independent critical thinking skills in her students through deep experiential learning with a scenario-based approach as opposed to a prescriptive style of homeopathic education; the difference between graduating master practitioners and graduating dependent students." [Clare Sheehan]

During Nuala's Society of Homeopaths lecture she mentioned that *Granite* provers wanted to stay in the past, but that granite is created at a point of transition. It seems to me that this is one of the keys to the provings that Nuala undertakes - they are all about points of transition, the changing of state. In this *Proving's Volume 1* we see *Mobile Phone*, *Magnet*, *Time*, *Volcanic Ash* and *Meteorite*.

*Mobile Phone* shows the loss of innocence, a much-too-young, and unwonted transition from innocence, often through abuse, to harsh reality and cynicism.

In order to create the remedy *Time* (made in October 2003), Nuala deduced that she would need to 'find speed, intensification of gravity, something cyclical and capable of disintegration or degeneration.' A vial of alcohol was duly placed into a high-powered centrifuge. One prover's first words on taking the (unknown) remedy were: "I have just

experienced the whole continuum of time.” Provers felt themselves transported to blissfully different dimensions; they found it difficult to communicate with their peers, which brought about many misunderstandings. Their personalities changed. Nuala deduced that the state was akin to that in schizophrenia, where the breakdown in the relation between thought, emotion and behaviour, leads to faulty perception, inappropriate actions and a withdrawal from reality and personal relationships into fantasy, delusion and mental fragmentation. Provings are not for the faint-hearted. In time, the provers came ‘back into themselves’. The language in a case used to illustrate the remedy is both revealing and helpful.

In proving the *Volcanic Ash* from the Eyjafjallajokull volcano one theme to emerge was the idea of “Who am I?” This we might expect from its constituent parts of Silica, Aluminium, Magnesium, Manganum, Iron and Titanium, tightly clustered in rows 2 and 3 of the periodic table. But what also came out was the desire for change, a new order, to plumb who one really is, rather than accepting how one had moulded oneself to be in order to get appreciation. And from this emerged Christianity, as a miasm, infiltrating the human organism and also moulding inheritable constitutional changes. As a lecturer at the now defunct Soluna School I remember asking students to take the case of Religion, my inference being that the results of religion perhaps formed man’s first miasm. *Volcanic Ash* awoke ideas of Heaven and Hell – mediaeval Christians believed the entrance to hell was to be found in the Icelandic volcanoes; the underworld being guarded by dogs.

The proving of *Meteorite* seemed to have an immediate effect on the spines of provers: the spine of one prover who had had scoliosis completely straightened out after taking the remedy and has since remained that way. Emotions seemed excessive and often explosive, or provers were ‘brought down to earth with a bump’. Ultimately Nuala’s overview is that the remedy would help in any trauma that so colours a life as to contract the person into such a deep earthbound state that they could never look up and see the stars.

In these provings Nuala continues to bring into the light the healing powers of the hidden forces of our planet. In each one she allows the proving to speak for itself. This is the work of a passionate woman who has brought the gifts of her perceptive insight into these substances to the homeopathic community.

Jenni Tree  
 Fulbeck, UK  
 March 2013.

# MOBILE PHONE the Proving

## *In search of Beauty, Innocence and Goodness*

I conducted a proving of Mobile Phone (cell phone) commencing on 12th of January 2002.

The proving was suggested to me by my son who said, “You should do a proving of mobile phone, half the kids in the country have one – and they are frying their brains with them.”

Mobile phones work by converting sound waves into light waves. When I speak into a mobile phone my voice enters as sound waves. The modulator in the phone converts these waves into microwaves, which then exit in all directions from the antennae. They are then picked up by the nearest mast, and beamed to the phone I am calling, where they are converted back to sound waves and the person can hear me speak.

Microwaves are on the non-visible end of the light spectrum or electromagnetic radiation. They exist beyond infrared.

The spectrum: Radio, Microwave, Infrared, Visible, Ultraviolet, X-rays, Gamma rays.

Microwaves cook food by working mainly on the water in food. Water molecules contain dipoles, which are a bit like bar magnets, with a positive and negative pole. A microwave or electromagnetic field oscillates as it passes through the water in food, and changes the polarity of the field causing the water molecules to flip in order to align themselves with the new polarity. Heat is generated by the friction of the water molecules reversing direction millions of times per second. Microwaves are absorbed by water and converted into heat, thereby diminishing their intensity.

So, as I see it – water is excited by microwaves, and microwaves are calmed by water.

The human body is approximately 60 percent water, 70% of the brain is water, blood is 92% water, muscles are 75 percent water, and bones are about 22 percent water. (“A microwave or electromagnetic field oscillates as it passes through the water in food, and changes the polarity of the field causing the water molecules to flip in order to align themselves with the new polarity”.)

**Science Daily (Nov. 11, 2009)** — A study at Örebro University in Sweden indicates that mobile phones and other cordless telephones have a biological effect on the brain. It is still too early to say if any health risks are involved, but medical researcher Fredrik Söderqvist recommends caution in the use of these phones, above all among children and adolescents.

“Children may be more sensitive than adults to radiation from wireless phones,” says

Fredrik Söderqvist, who is presenting his research findings in a new doctoral thesis at Örebro University.

On the one hand, he examined the use of wireless telephones among children and adolescents, on the other hand, whether adolescents themselves perceive any health problems that might be related to this use.

He then went on to study blood samples from adults, looking at two so-called biomarkers to see whether wireless phone use has a biological effect on the brain. One of these studies focused on a protein that exists in the so-called blood-cerebrospinal-fluid barrier, which is part of the brain's protection against outside influences. The study revealed an association between use of wireless telephony and increased content of the protein trans-thyretin in the blood.

Fredrik Söderqvist stresses that the increase as such does not have to be a cause of concern, but since it indicates that the brain is in fact affected by microwaves from wireless telephones, there may be other -- as yet unknown -- effects that may impact our health. The study also shows that users themselves experience health problems that may be caused by wireless telephones. Children and adolescents who regularly use wireless telephones more often reported various health symptoms and graded their well-being lower than those who do not use them regularly. According to Fredrik Söderqvist, it is not possible to draw any conclusions about what is cause and effect on the basis of this study, but he feels that it is urgent to examine this association more closely.

“The connection was strongest regarding headaches, asthmatic complaints, and impaired concentration. But more research is needed to exclude the effects of other factors and sources of error, even though it is difficult to see how this connection could be fully explained by such factors.”

**Numerous studies indicate prolonged cell phone use is hazardous.** The European Environmental Agency has pushed for more studies. It says cell phones may be as big a public health risk as smoking, asbestos and leaded gasoline. In 2009, WHO reached the same conclusion. A decade-long, \$30 million study into cell phones found **a link between long term use and brain tumors.**

The WHO's Interphone investigation's results showed **“a significantly increased risk of some brain tumors related to use of mobile phones for a period of ten years or more,”** the Telegraph reported. The study showed **participants in the study who used cell phones for 10 years or more had doubled the rate of brain glioma, a type of tumor.**

Symptoms from the proving that could lead one to querying brain tumor included; headaches, blurred vision, speech difficulty, stumbling and feeling of paralysis or numbness in extremities.

#### Remedy Preparation

To make the remedy I used three mobile phones and one cordless phone (cordless emit more electromagnetic radiation than do mobiles). All phones were switched on and te-

lephoning each other. I surrounded a small bottle of pure alcohol with the phones, and left them communicating with each other for one hour. I then took one drop of the exposed alcohol and put it into 99 drops of the same alcohol which was not exposed, succussed and made the 1c potency. I then continued potentising to the 30c, which was the potency I used for the proving.

There were 18 provers – 14 female and 4 male.

Observations:

Resonance with water was very apparent from the onset of the proving. Provers became excited by water and rain, and a passion for the sea and waves developed. They were also excited by wind and storms. A couple of provers developed a fear of the same.

Communication problems were abundant from the beginning. Confusion about words, while talking – “is it the right word?” and saying the wrong word. This was frequently accompanied by a wild feeling in the head. Some provers got a feeling of being tongue-tied and unable to get words out, as if there was too much going on in the brain and it couldn’t make its way out of the mouth. The opposite of this also occurred, as some became very loquacious and chatty.

Writing was also a problem – leaving out the middle of words or writing part of the word.

Provers became restless with wanting to be off somewhere all the time, and an inability to take care of everyday affairs, and feeling burdened and overwhelmed by these. Driving was affected as the majority became reckless and into speeding, and a fair amount of road rage. A number of provers got speeding fines. The opposite also occurred, as some became nervous driving while feeling out of control – as if the car had a mind of its own. Generally the nervous system seemed to be on high alert. There was great sensitivity to noise, especially high pitched sounds – dogs barking, children chattering etc. Holding the head and feeling like screaming, and feeling bombarded.

There was a general awkwardness with provers bumping into things, dropping things, accidentally kicking things and stumbling.

“If only” was one of the most common expressions of the proving. If only this had happened, if only that hadn’t happened or just “If only”. We were playing cards at home one evening and I actually found myself saying “If only I had got a king instead of a two I would have won the game”.

“What about me” was the other frequently used expression. The self pitying self indulgence of this remedy would probably be totally unsurpassed by any other remedy.

I noticed confusion in some provers as to whether they were a child or an adult, and this also emerged in some of the dreams.

My own experience with provings is that we start off with a set of symptoms, or what

might constitute the presenting symptoms of a patient. As the proving progresses we either highlight events in our history to suit the state of the proving or we create a history to suit. In Mobile Phone abuse was the fundamental history of the proving. Any personal history of abuse in provers emerged loud and clear. This included a history of being bullied in childhood, an over sensitivity to the abuse of our planet and sexual abuse.

There appears to me to be an absence of innocence in the perpetrators of abuse, and a destruction of innocence in the victims. This can be to varying degrees, depending on the severity of the abuse and on the sensitivity of the victim. It seems very clear that when a child is abused their childhood is destroyed. This can range from the child in them being killed to the child being wounded. Very often the innocence is replaced with cynicism.

I had a case some years back of a seven year old girl. She was brought to me because the parents had discovered that she had been abused by a friend of the family. Prior to the abuse she loved nature and loved going out picking berries and hazel nuts. During the consultation I remarked that the hazelnuts were ripe at the moment. She retorted with "I'm not into that stuff anymore". She sounded more like a stropky pubescent teenager than a seven year old child.

The loss of childhood can result from many types of experience. I have had cases where it appeared that role reversal in childhood was the cause - where the child took on the responsibility of caring for a parent, and for younger siblings.

While doing the proving I came across a book on the life of Plotinus – philosopher born in Egypt 205 AD. Later in life he moved to Rome. Nobody knew anything about his childhood or ancestry, as he never talked about these. Apparently, the only story he ever told about his childhood was that as a child he was wont to bear the breast of his nurse and have a suck. He did this one day while going to school and was ridiculed and called a perverted imp. He never did it again. As he went on in life he appeared to have a disgust of his own body and mistrust in all things material. He seemed to spend his life trying to rise above the material world and into the spiritual realms, and his quest was for Beauty, Innocence and Goodness.

In the interest of self preservation, some victims seem to protect their trauma to such an extent that it colours their whole life and becomes the reason for everything. Others seem to bury their experience out of reach of memory in an attempt to rise above it – but it will always fester below the surface.

Healing is always about healing "now". Memory is invaluable in showing us where our belief systems and our compulsive behaviour patterns are coming from, thereby allowing us to free ourselves through realising their place in our lives and their irrelevance to now. It is better if memories are places we evolve through, rather than becoming our final resting place.

None of the provers became a paedophile, because in provers there is enough objectivity to enable us to step back from our feelings. However, there were enough allusions to it. One prover wrote about it and a couple of others cagily asked as to whether or not sexual attraction to children was a part of the proving. They did not want to write about their glimpses of perceiving children as sexual objects. This also occurred in dreams.

I had the following rhyme in a dream during the proving.

Paedophiles and all abusers,  
You've just found out, you are the losers.  
With increase in communication  
You stand betrayed before the nation

In anyone, to kill the child,  
The view we take can not be mild.  
The island of saints has done a proving,  
Maybe the scholars can get things moving

Perhaps, forgiveness we now might teach,  
Since paedophiles we now can reach.  
If only this were done before,  
Maybe a thousand years or more

The child within we must recover,  
There's love and joy for all to discover.  
Can we embrace a newborn light?  
With innocence instead of blight.

From articles I have read it appears that a good percentage of paedophiles have been abused during childhood themselves. I have also encountered the suggestion that head injuries and concussion in childhood have contributed to the state. One report suggested that it was genetic, and that mothers of paedophiles had undergone psychiatric treatment prior to their birth. A fairly commonly held belief relating to paedophile priests is that enforced celibacy in the Catholic Church is the cause.

If indeed there is any truth in the above speculations, only a tiny percentage of people in any of those categories will become paedophiles. There are probably as many causes as there are paedophiles. I believe it is better to avoid speculation that might cause suffering to a lot of innocent people.

The reason why I am focusing on this area is because it was an obsession of the proving, and there was much speculation on the subject. It is my opinion that speculation is of little use when working with people. Our time is better employed getting on with the business of helping people to get well and achieve balance. Maybe people who spend their time analysing and looking for answers to the reason for paedophilia could do with taking Mobile Phone.

It is my opinion that if the childhood in someone is removed, there is arrested development and the person will equally not comprehend what it means to be an adult. This can manifest in various irresponsible ways or, the opposite of that, in excessive responsibility. In my opinion, this is why a forty year old person can look at a five year old child and not see the difference. In general, it would appear that paedophiles do not feel they have done something wrong. They know that others will see it as bad and they know it's against the law, so they hide it. Generally they do not look for help unless they get caught.

What I find interesting is the choices we make as a consequence of our experiences. Take for example two people who have been bullied. One person becomes a bully and the other would never hurt even a fly as a consequence of the experience.

It may be coincidental, but it appears to me that the escalation in the reports of sexual abuse by the clergy in Ireland has run parallel to the sale of mobile phones. A lot of these reports were about abuse dating back to the 60's and 70's and had been kept well hidden until recently. We had the first scandal in the mid nineties as mobiles were just coming into common use. Through the last decade it has totally accelerated as has the sale of mobile phones. Apparently Ireland now has one mobile phone per head of population (I don't use one, so someone else must have two).

We have seen through the years many reports of mobile phones being used for bullying in schools and other places. A few years ago our local police were trying to get legislation to have mobile phones registered to their users and to make them traceable. This has not happened.

I have had some cases where young people were using their mobiles in a very abusive way, like sending abusive sexual texts to girls during the night or general bullying. In these cases I could find nothing in the history to support this behaviour. Parents told me that their child had changed personality over a period of a couple of years. The change usually involved the young person becoming restless, impatient, rude and unable to concentrate or focus, and school work was adversely affected. On enquiring as to when they first got their mobile phone I found that this coincided with the period of change.

Mobile Phone the remedy has worked really well in these cases.

I have found that asking the question "Do you have a mobile phone?" produces interesting responses. A 17 year old girl responded with, "Yes I do, it's the love of my life and comes everywhere with me and I sleep with it under my pillow". Her symptoms were tiredness all the time, unable to concentrate, restlessness and irritability.

Three months after taking the remedy I had a call from her mother who was delighted with her response. She now had good energy, was more focused, concentration good and much easier to be with.

A man in his 30's volunteered the information by saying, "If only I could get rid of my mobile phone". He had come with asthma which he said he had developed in his wild youth of late nights and music sessions. He then interrupted with, "Seriously Nuala, mobile phones are really abusive". As I continued the case taking and established that he has

to be near the sea he interrupted again with, “If only I could put my mobile phone down on Friday evening and not pick it up again ‘till Monday morning”.

I gave him Mobile Phone. I met him one year later, the asthma had cleared with no recurrence and he was much more centred and relaxed.

Forgiveness was another theme in this proving. The general feeling was that forgiveness was not possible without an apology.

One prover told me that she was at a function. Sitting opposite her was a man who had abused her when she was a child. She said she got a feeling that she wanted an apology from him. He caught her eye at one point, and in his eyes she saw an acknowledgement of what he had done – she saw remorse. She said she then felt free, and felt she had finally let go of it.

Fear of arrest and of having done something wrong was also a theme. As one prover put it - A feeling persists, as if I have done something wrong, and if I’m found out I’ll be in big trouble. Or it can feel as if something that I don’t see as wrong, others would.

There were thoughts of death, desire for death and feeling surrounded by death. One prover expressed surprise at finding herself still alive.

The proving also seemed to affect electricity. Provers found their light bulbs blowing frequently.

Finally there was the experience of too many legs. I haven’t made any sense out of that one yet – so if anyone can throw light on it, I would be grateful.

I have left the notes of Prover Q together at the start of the proving, as the proving acted totally curatively for him. We are now nine years later and a couple of repeats of the remedy, and he has never looked back.

## PROVING

### Prover Q

A bit of history.

Male, age 28.

The biggest trauma in his life was being bullied as a child by a sibling six years his senior. He had as a child talked to his parents about this, but felt that they always tried to keep the peace, and he felt he was not heard.

At 11 years attempted suicide by hanging – just to get away.

Between the ages of 14 and 17 a number of boys who were at school with him committed suicide. Caring so deeply became too much, and so he turned to drugs. He couldn’t attempt suicide again as he had become aware of the affect on families.

Through the following years of drug abuse he would do anything to stop a mate feeling depressed, in case they “topped” themselves. He came off drugs at age 20.

He was perceived by those who knew him as a very caring person. Generous to a fault. Good fun to be with. Very restless – had to be off somewhere all the time. Reckless driving. Addictive personality. Generally loved by everyone.

Physical history: recurring tonsillitis and swelling of glands.

Family history: Father had gonorrhoea at 16 years. Both sides had history of T.B.

He had been to homeopaths through the years.

Remedies taken: Hyos, Med, Thuja, Anacardium, Opium, Tub.bov.

#### Prover Q

At the start of the proving I was getting into road rage playing a computer racing game. My nerves going and my body tensing up. Previously I was quite relaxed with the same game.

Recurring dream for the first few days; I would be with a girl – everything nice and romantic. I would leave the room for something and on my return, one of my mates would be with my girlfriend – all cuddled up. I was thinking “Women are not interested in me”- disappointed but “Never mind”.

First few days; sleeping very little (return of old symptom). Couldn't sleep 'till anything from 2am to 4am. Would wake again during the night wanting to eat.

Very groggy in the morning, and better after eating.

I started getting into my own space, with no desire to go out. Desire to stay at home, or if I did go out would want to go home after one pint. Previously, I was very restless, and wanted to be off out all the time. I could not sit at home for an evening. I also drank a lot. Since starting the proving I have started to feel happier and more confident in myself.

Dreams for a couple of nights; I was John Travolta dancing with lots of women – pretty women. I was getting great kicks out of the women loving me.

In another dream I was Ted Danson – the remainder of the dream was identical to the other one.

I have now acquired a lot more respect for women, with a real appreciation of who women are, and maybe a bit of envy.

Now I see a woman as how pretty or lovely she is. Before the proving I would see a girl as how sexy she was. I was very much one of the lads. Now it is more gentle – softer.

I have a sick feeling in my stomach at all the horrible things happening in the world - like in Afghanistan. Thinking about the lives of these people, and how they must feel.

Before the proving I would think “Shit, another problem, isn't it terrible” but without much feeling – hardened. Now I can really let myself feel emotions.

I have become less restless, with looking for hits. I've become more responsible, setting targets for myself - something I never did before. I'm more focused on taking care of myself, whereas previously I was more self destructive. More responsible with money. Less interested in what my car looks like, and more interested in making sure that it works. Before the proving I would take days off work – didn't care. Since the proving I haven't taken a day off.

Previously, I was always feeling guilty about everything – always apologising. Now, in every aspect of my life I am able to be honest with my family, friends and myself. I have been able to share myself.

Four weeks after starting the proving I was at a family function. I met my sibling (the one who bullied me as a child). We really connected and had a real conversation. This was the first time that we ever had a conversation or a real connection. I felt really good and felt the connection was real.

Six weeks after starting the proving I spent an evening with my parents. We talked about my earlier life, and all that had gone on for me. I found it easy to share myself. I felt they really heard me, and I also found it easy to understand where they were coming from, and the difficulty they had during the teens of my sibling.

There was no blame on either side – just understanding. We had a brilliant evening together.

I feel I've really connected with my family. I have found myself again. It feels good to be a part of the family again.

Now I feel I can get on with my life – I feel I have a life.

Before the proving I wouldn't have told my family a lot of things about my life. I thought they might look down on me or judge me. I felt I wasn't living up to their expectations. I had one life with my family, where I was trying (badly) to portray myself as what I thought they would want me to be. I had another life with my mates. I had a fear that my family would feel let down by me.

I now realise that it's ok to be me, and can share this with my family. I have also discovered that my parents never expected me to be anything other than myself.

I am realising my own self value.

In the past when I was using drugs, I used to share them with other young people, from a misguided notion that I was doing them a favour. Because I thought they were helping me to be happy, I thought I was helping others. I now realise that it was very abusive.

Dream: My niece and I are walking down a road near the school I attended as a child. Suddenly there is a flash flood, and my niece is drowning. I pull her up and I start to drown. I can feel myself suffocating. I woke up coughing and suffocating. I closed my eyes again and thought "What about my niece – I can't let her drown". I went back into the dream. Again, I was pulling her up and drowning myself, and waking up suffocating.

This happened three times, and I couldn't let myself out of the dream until I knew she was safe.

Finally, back in the dream I could see the school wall and managed to drag my niece and myself up on to the wall. I could see dry land up ahead. We got to a field. In the field there was a sick looking lion with dinner on it's mind. The lion came over and started snapping at us. I was hitting and kicking it. It had teeth missing, and I thought I could put my hand in it's mouth, and that I might be able to stop it until my niece got away. She got away, and I let go quickly, jumped down and ran.

I went into the house of the people who owned the lion. I gave out to them for keeping such a dangerous animal. I was ranting "How could you keep an animal like this?" The guy apologised, and then it was fine.

I was then walking through a field with the guy. Next thing the lion burst into the field and we started running. I then grabbed the guy and threw him back to the lion, and was thinking "It's your fucking lion". I ran off and didn't look back. I had no remorse.

Dream: I was a vampire and had to suck peoples blood to survive. I was wearing black motorbike gear. I would apologise to a person first, and explain that I had to do this to survive. Then I would bite their neck. I was driving around, and then hiding in a dark corner. Then I would come out and apologise to someone and bite their neck. Later I met my family and became human again.

Since doing the proving I feel I have regained my innocence.

## MIND

### **Water; sea; wind**

Prover A

I love the wind and rain – excited by these. Excited by life – in love with life. I feel light in myself.

Prover A

Very excited by the effect of wind on water. Very excited by the sea, and feel much better there.

Prover A

We were taking the ferry from Rosslaire to Fishguard. There was a huge storm and the boat was cancelled. Lunchtime the captain got in touch with the hotel we were staying in to say he was going to have a bash at going out. We got on the ferry in a mighty storm, and it was fantastic. I had always been nervous in boats if the sea was not ultra calm. This time I was in my element, with fantasies of leaning out the front of the ferry into the storm. I absolutely loved the huge waves and the wind. No problem eating, this would have been unheard of for me in the past.

Prover P

Bathing much more frequently than before. I love water and rain at the moment.

Prover B

Last night stormy and I couldn't sleep properly. I listened to the wind howling around the house and was scared. Then there was lightening and that frightened me too.

Prover B

My son was out last night till late. I woke up – the storm was raging outside, it was a very bad night, and I was so worried about him. I imagined him hit by falling trees and lying on the road, not to be discovered until next day. I was short of jumping in the car to look for him when he came back. It took a while for the fear and worry to leave me, and the feeling of helplessness.

Prover B

Really angry at the rain – it's been raining non stop – Why the hell can't you stop?

Prover B

A couple of times I was at the beach and just had to take off my shoes and socks and paddle in the sea (although weather is cold)

Prover C

I got soaked today – I just love being out in the rain.

Prover D

On rising felt a bit off colour, didn't want breakfast – just felt like leaving. Went out – beautiful wind which seemed to waken me up, pulling at the roots of my hair – lovely. The words “dance there upon the shore, what need have you to care” were bugging me. Desire to be in an open topped car with the wind tugging at my hair, and a no care feeling.

Prover D

I splashed and waded through water like a child. A great sense of freedom. It's good to be alive.

Prover M

A sense of inner dissolution, as if dragged down by a strong current – maelstrom type. Not violent, but slow and calm. Not knowing what to hold on to.

## **CONFUSION; SPEECH; WRITING; MEMORY**

Prover A

Feeling detached, not connecting. Feeling awkward socially.

I cannot say what I am thinking. All the words going round in my head, but won't come

out my mouth. I can only get yes or no out.  
 A wild feeling in my head.  
 Very uncomfortable socially, because I don't seem to be able to talk.

Prover A

I find myself responding inappropriately on the phone. For example; earlier someone said "Take care of yourself" and I responded with "Not at all". This kind of thing has been happening frequently since starting the proving.

Prover M

At work I was very slow using a till I have used for the past three years. I kept saying the wrong things such as "Well done" to a customer instead of "Goodbye". Great difficulty explaining something simple to one of the staff.

Prover M

Unfocused at work. We had some deliveries and I put some wrong prices and codes. The till was completely wrong at the end of the day.

Prover A

The wild feeling in my head continues when trying to communicate. Today I was in a shop to buy fabric – I have been in this shop frequently, and would usually have a friendly chat with the assistant. Today the assistant admired the fabric, and asked if I was going to a function. My head suddenly filled with all the usual friendly responses I would have, but only "yes" would come out my mouth. My head felt crazy and wild but nothing would come out my mouth.

Prover P

I want to talk, but seem to be unable to say anything when I meet someone.

Prover A

Forgetting what I am about to say, or what I am saying.

Prover A

I went to sit beside my friend. All the thoughts of what I was going to say, in my head (friendly things). When she turned towards me I couldn't get anything out of my mouth, and just became awkward and tongue tied with a wild feeling in my head. I felt embarrassed and uncomfortable.

Prover A

Saying a word and thinking it's the wrong word. Would keep repeating it thinking it doesn't sound right. My head goes wild with this. My writing is very bad. I find when I have written something that I have written half words, or left out the middle.

Prover P

My writing is bad. When I read over what I have written I notice I have only written parts of words.

I feel unsure when saying a word if it's the right word.

Prover A

Difficulty understanding signs and notices. Earlier it was "Disabled Toilets" and I was wondering why the toilets were disabled.

Prover P

Frequently misunderstanding things and thinking I'm being criticised. A couple of times I've had letters from people, and completely misread them. I got really angry and thought of phoning them to tell them what to do with themselves. On re-reading the letters I found I was completely mistaken.

Prover P

Memory really bad – short term. What I was about to say or do. Words getting fumbled – saying wrong words or leaving out bits of words.

Prover A

Getting confused with words, and omitting parts of words. Like referring to the Itals instead of Italians.

Prover A

Forgetting how to do simple things – like momentary confusion. Forgetting how to change gears in the car, or wondering if I am meant to flush the toilet etc.

Prover E

Realised that I have confused dates a couple of times (unheard of for me). I have mixed up appointments. Four times I've mixed up events occurring on Monday as being Tuesday, and visa versa.

Prover B

My concentration is bad. Twice on the way home I wondered if I was on the right road or if I had missed my turn off.

Prover B

I find I have to look at words carefully to see what they mean. I misread things too. Walking past a bookshop I saw a book called "My Faith Journal", and when I had passed I wondered if it had said "Faith Formal". I had to go back and check.

Prover B

How do you spell heavy? Yes that's the right way. I definitely have a problem with spelling.

Prover A

Confusion as to where I am. Am I here or there?

Prover T

After the dream about being misunderstood I felt I needed to choose my words carefully, and deliberate fully with the person I am talking to so that they understand what I really mean, even if it requires repeating myself – which I don't usually do. I have always had an aversion to people repeating themselves.

I was aware today that I was focused and confident in what I was saying. I would have thought logically that I would have been more cautious and less loquacious (after the dream), but instead I was aware of being more loquacious than normal.

Prover R

I was doodling the word eyes – playing with the word, with different kinds of joined writing – which I haven't done for years. I don't write in joined writing.

Prover V

Problem with short term memory. Difficulty recalling things that were said to me a few moments ago.

Prover F

Getting words jumbled up.

## DRIVING: SPEED

Prover P

During the proving I have been driving very fast. Desire to go through cars in front of me. Anger and impatience if held up by other cars.

Prover M

Today, all morning my head was all muddled. Very slow at making decisions while driving. I was staying stuck at junctions, waiting until there were no cars at all in sight before moving on.

Prover A

I was playing a game with my dashboard (while driving). The red needles were like zap-pers firing at the blue planet (headlights on full indicator) if I did 35mph. Then slowing to a crawl for the speed needle to zap the petrol needle (I was almost out of petrol). I never even play computer games.

Prover P

Uncomfortable driving – feel a bit out of control. It's like the car has a mind of it's own.

Prover B

I was driving on the dual carriageway when the thought came into my head. What if I couldn't keep the car straight on the road? I felt I had to really concentrate on driving. The dazed feeling is worse when driving.

Prover B

Somebody ran into the back of my car. Next day I was very nervous in traffic and a bit shaky.

Prover A

I was stopped by a policeman this morning. I asked him "What's up?" He said "50 in a 30mile zone". I got a speeding fine and didn't even know I was driving fast.

Prover T

Generally impatient with myself and with others, when deciding what has to be done and wanting it done straight away. It is interesting to note that this impatience has manifested in two speeding fines and one minor accident since starting the proving.

Prover P

I got a speeding fine for doing 60 on a 30mph road coming into Galway. I have been driving fast. I get particularly excited when I see water on the road, and we have had lots of rain, so lots of mini floods on the roads. When I see water on the road it's irresistible – I just have to put the boot down and go for it.

Prover J

I had a feeling of not being in control of the car, and didn't feel like driving on dim, as if I couldn't see anything on dim. It brought up a feeling of fear "impending" something was going to happen, such as an accident and death. I kept going over to the wrong side of the road.

Prover C

I was driving like a maniac, doing 80 to 90 mph. Feeling disappointed when I had to slow down. I spent the last hour of the journey singing Red is the Rose. I kept rewinding and trying to learn the words, convinced I was a brilliant singer. Realistically, I don't have a note in my head.

Prover D

I feel giddy and reckless. Within the space of 5 minutes I crossed the road in front of two cars – barely making it in time. While driving I cut in front of a car, and just made it. I'm laughing more.

Prover D

Reckless energy of car through rocks at side of road. The force of rain on windscreen. Full of energy.

Prover D

Very giddy and flirty. I was actually swung off my feet by a priest – seemed the most natural thing in the world – a hug. Journey in the evening was amazing. Seven different vehicles which I thought were going to slow me down literally got out of my way. I can really do anything I want.

Prover F

I drove home really fast, accelerating around bends. Feeling very decisive and definite.

### **AWKWARDNESS**

Prover A

Awkwardness generally. Bumping into things, stumbling, dropping things.

Prover P

Awkwardness, dropping things, walking into things.

Prover B

I kept hurting myself – lots of little accidents. Just running into the dresser and things like that. This evening I bumped my forehead quite hard.

Prover C

Very clumsy today – dropped the post bike six times.

Prover F

In the supermarket today I ran into someone with my trolley. I nearly told him that it was his fault, but on reflection I realised it was mine.

Prover F

I fell over in the street this morning and bruised my left side – knee, hip and shoulder. Felt shaky and a bit of nausea but it passed.

Prover F

I dropped my tray of food in the middle of the queue for lunch. My co-ordination seems clumsy.

Prover F

I feel a general clumsiness – dropping things, bumping into things and kicking things accidentally.

### **DETACHED: FORSAKEN**

Prover A

I feel I am not connecting with people since the start of the proving – particularly people I'm close to.

Prover A

I wanted to talk, and couldn't get in touch with anyone. I have a feeling that people are avoiding me.

Prover P

During the day I had a feeling of loneliness and detachment.

Prover P

Tired, drained, detached. I feel I can't connect with people.

Prover E

Immediately after taking the remedy felt detached from the group, with no desire to talk to anyone.

A short while later became very animated and waxed lyrical about my boyfriend and how amazing he is.

Prover P

Still feeling alone and separate from people.

Prover P

I may be getting paranoid, but I feel people are trying to avoid me.

Prover T

At a study group I felt my comments were being ignored, especially by my supervisor, who is usually very supportive. So I left feeling dejected and fed up with my sort of lack of understanding.

Prover C

Felt restless and fidgety, wringing hands together, and rubbing legs. Nervous feeling, not comfortable and not belonging where I was – like a fish out of water. I felt the energy in my head – like a constant hum. Went to a night club – crowded. Couldn't handle the crowd and had to leave.

Prover F

Emotionally feeling detached.

Prover F

I feel in a bubble, cut off from things, a bit distant.

Prover M

Such a strong desire to be comforted, for someone to turn to. Turned to myself, and found no comfort there. I feel lonely, miserable and fearful. Feel I need somewhere warm, safe and supportive, but not finding it.

## COMPANY

Prover A

Generally an uncomfortable feeling in company. I feel like I am being false when talking about my work or beliefs.

Prover A

I find myself averting my eyes when people look at me, either that or staring. A fear that people will see what's inside. My eyes feel like lethal weapons.

Prover M

Intense desire to see friends, and have a fun relaxed day. Laughing at what my ex partner says, or at what my daughter does. Blowing kisses to my cat in the garden. I feel hot – opening all doors and windows. Spent all day in a very cheerful mood – singing, laughing and joking. Sitting in the garden looking at a pale green leaf just come out of a bud, had a sudden desire to eat it, but didn't do so.

Prover E

I phoned my dad and another friend, and had lengthy conversations with them. I noticed that I was confiding feelings about frustrations at work, with my dad. I don't normally do this.

Prover T

Generally very confident and clear and looking forward to the week with an anticipated feeling of having more connection and awareness of the people I will be working with. A feeling of more appreciation of others potential rather than the critical judgemental attitude.

Prover C

My parents have gone away for a few days. I'm glad. I have strange feelings lately. I love them but don't want to be around them, and can't explain why. Memories are being stirred all the time. Flashes from my past literally flash before my eyes all the time. Fleeting glimpses from my childhood. I feel recently that I have let go of baggage that I was still holding on to.

Prover D

Very giddy, impulsive, calm and at ease. Amazing feeling. Sense of gratitude, acceptance. Thought of my sons – they are wonderful. Yesterday is history, tomorrow a mystery, and every moment is mine.

I'm really excited, something great is happening. I need to tell someone, I need to talk. At home in the evening I kept asking my son questions, and surprise, he was more than willing to answer. Then he said "Ma, why are you asking so many questions? Give up that course, it's making you weird". When my other son came home, he ran to him saying "Watch out, she's going to ask you loads of questions".

The whole evening was light-hearted and full of laughter.

Prover D

Up at cock crow and off for a walk. It's a joy to be out and about. I skipped part of the way. Great sense of freedom and care freeness. Lots of energy – I can do as I want. In the evening felt the life and soul of the party. Tonight, I don't think my husband can fathom out what's up with me – but he's not complaining.

Prover G

I am talking more than I usually do. Usually I'm quiet but now I want to talk

Prover G

I was in a queue in the bank and felt relaxed as if I could stay there all day. In really good form, laughing and talking a lot with people.

Prover M

I am more chatty at work – feeling involved rather than being an observer. There seems to be a softer, less abrupt edge to my voice, and people seem more willing to interact.

Prover M

Yesterday I had lots of phone calls from friends and all sorts of people, being helpful and friendly. Normally I spend the days without hearing from anybody, and end up feeling isolated.

## **SENSITIVE TO NOISE**

Prover A

Hearing very acute. I love the sound of fire

Prover A

High pitched noises are driving me crazy – dogs barking, metal scratching on metal. When people are talking to me I feel bombarded. It's like their voices are bouncing off my face and not getting into my ears. It's the same watching television.

Prover P

Very sensitive to noise, particularly high pitched sounds. My children's chatter is driving me crazy, and I feel like screaming at them to shut up – but I don't.

Prover P

Very sensitive to noise – loud or high pitched. People talking to me – its like they are talking at me instead of to me. Sometimes I have to hold my head. I get a crazy wild feeling in my head.

Prover B

At breakfast, my 10yr. old's chattering irritates me, and I wish she would shut up for a bit.

## REGRETS

Prover A

I find myself frequently using the expression “if only” (I have never been one for regrets). If only I had done this or that, my life wouldn’t be the way it is now. If only I had done something different I wouldn’t have ruined the lives of my children. It can take quite a haul in that mood to realise that my children are fine, and that I have no need for regret. Sometimes I find myself saying “If only” and bursting into tears, and have no idea what I am if onlying about.

Prover P

My regrets have turned to a deep despair. I feel this remedy would suit people who feel they have poisoned their children. I feel that being me, and whatever I have done (I don’t know what) has ruined the lives of my children.

Prover J

Sighing a lot – deep sighs – sad sighs coming from the depth of my soul, as if I was sighing about things regretted and not achieved.

Prover M

Thinking about friends in a much less sentimental way than in the first week of the proving. No nostalgia about what could have been. I realise that I was longing for something that wasn’t real or wasn’t there.

## ABUSE

Prover A

I notice that I have been rocking back and forth when upset and muttering to myself “I am not going to be abused again”. Then stopping and wondering “What am I on about”.

Prover A

While driving I was thinking how much more a male thing paedophilia is. Then the thought came into my head that maybe women generally don’t need to be paedophiles since the men they marry are so like little boys. How many women having had their first child, realise that they now have two children instead of one.

Prover A

Thinking a lot about paedophiles and what makes them tick. I came home in the evening thinking about paedophilia, and turned on the light as I came into the house. The light bulb blew with a loud bang. The light bulb had only been changed 2 days ago. So I thought “Don’t turn on a light while thinking about paedophiles”.

Prover P

Getting nervous changing my baby’s nappy. What if someone thought I was doing something to her. I’ve never had this before – she is my third child.

Prover P

In a restaurant today I noticed a little girl – she was beautiful. I found myself thinking how sexy she was. The thought horrified me and I turned away.

Prover E

I went to a film called ‘Bully’, with my boyfriend and another friend. I knew nothing about the film beforehand. The cinema was packed so we sat separately.

From the outset the images in the film disturbed me. It was based on the story of two male friends aged about 17yrs. In a small American town. Theirs was an extremely violent relationship, where one of the guys had the upper hand. The film showed him punching his “best friend” in the face while driving, without provocation. He was forcing his friend to engage in a striptease performance, raping his girlfriends and striking his friend with a leather belt.

The society portrayed was one where very casual relationships existed, and girls were expected to have sex with guys who picked them up, almost within minutes of first meeting.

When the bullied friend met a girl, whom he started to see regularly, she remarked that their problems would be solved if the bully were dead. The rest of the film evolved around a group of their friends organising his murder, which was ultimately carried out in a most brutal fashion.

Perhaps because I was not sitting with people I knew, and that I felt some peer pressure (sitting in a trendy cinema, where the films are supposed to provoke some sort of reaction). I watched the whole film whilst feeling increasingly nauseated and disturbed. When we left the cinema I was in shock and sick in my stomach. My body felt jarred. The following day I realised that I felt violated.

I understand that the director was ‘making a point’ and showing how degenerate some sections of society have become. But I would not sit through such a gratuitously violent and soulless film where the imagery often bordered on the pornographic. If it were pornography – so be it. But presenting it as something else is disingenuous. Seeing young people abusing their bodies, without any regard for their sacredness, particularly disturbed me.

Prover N

When the proving really got going for me and brought up sexual abuse that happened to me when I was a teenager. I was taken very much to a place of feeling very vulnerable, raw, exposed and unsafe. I suddenly found myself coping like I did when I was 14 and all through my teenage years.

I found myself feeling very self-conscious and uncomfortable around my husband. I did not want him looking at me as I got undressed or dressed or even to be in the room when I was dressing. I felt very shy and wanted to hide myself away alone to get dressed or undressed.

I was also using big baggy old clothes to hide under. I would wear only loose, old big

clothes - no matter how warm it was, I would keep my hiking fleece on. I reverted back to that mournfully long period in my life where I had a terrible body image – seeing myself as fat, slobby, flabby and unattractive. Here I was doing all this again. To protect myself and shield myself from the world. I would eat and eat, especially when I was alone and in the evenings. This just made me feel fatter and much, much unhappier and more annoyed with myself. I had had to wear big baggy clothes to hide myself but all the time was in a terribly bad mood. My main feeling was to hide away from the world to protect myself because I was feeling very exposed and invaded. This is exactly how I felt and how I survived when I was a teenager. The proving took me here and brought much learning and realisations about that time.

Even when I forced myself to change this way of coping and made choices to do it differently now. The self-conscious remained. I'd force myself to wear a T-shirt or top in the good weather. However, when outdoors meeting people, I would have to cover myself up, especially my breasts, to feel covered and not exposed. I thought people would think I was scantily dressed. It was a protection thing. I felt people weren't looking at me if I was covered up.

Prover W

Depression, despair. I was bullied at school, and all the feelings resurfaced with the proving.

Prover M

In the past few days there has been a feeling of simplicity and light-heartedness, and an inability to handle complex thoughts or feelings. It's as if the emotional world limited to focus on friendship and closeness to people. No feelings of deep emotional love entanglement or sexual desire. It reminds me of myself as a child in the 60's, before awareness of global warming, ozone layer depletion, and all the terrible inescapable damage done to the planet. All the heaviness, darkness and concern are gone.

There is a feeling of softness and letting go, spreading from within. It's like the first realisation of being in love, and the whole world is perfect.

I have stopped worrying about what's relevant or not. When I was a child in the 60's and 70's it was sweet parties, pancake parties, and the whole town out in the fields roasting mutton – lots of contacts and laughter. Twenty years later, it became apparent that for the individual children involved it had been a completely different story. I had started to hear many different accounts of pain and trauma. One of us had become a famous rock singer. I went to see him last year, and have many of his tapes. His songs about childhood are full of darkness. For me it felt that it was all real at the same time – none of it was pretence. The joy and fun and darkness were all happening in our lives, just like an apartment with different levels, and on each landing a different story is taking place

## UNFEELING: EVIL

Prover A

I've been through a phase of feeling nothing. I feel I have become a cold and heartless

bastard. Trying to think about people I love, but feeling nothing. I feel very removed from people.

Very comfortable wearing black.

Prover A

I was told my eyes were strange. One person said that my eyes looked as if they would go through him. Another friend told me to stop looking at her “like that”, she said I was making her feel uncomfortable. A couple of people told me that I looked very black around the eyes.

The feeling I have is menacing.

Prover P

Feel I'm totally lacking compassion at times, and this bothers me. Plenty of passion – like having compassion without the com.

Prover P

On closing my eyes am seeing grotesque images – faces, evil eyes, monstrous eyes.

The images seem to be a mirror image of how my own eyes feel at the moment. I have observed people getting uncomfortable in my company. I don't really care.

Prover M

On looking in the fire, I keep seeing monstrous, Quasimodo-type faces in the coal lumps, and one evil face with burning eyes.

Prover D

I met friends for a cuppa and listened to their tale of woe, but didn't have any feeling. I nearly felt as if I wasn't there. I was totally disinterested and distracted. At one stage I had to jolt myself back, and hoped it wasn't noticed.

## WHAT ABOUT ME

Prover P

Feel very self centred self conscious and self obsessed. I'm consciously trying to not have everything about Me! Me! Me!

Prover A

A lot of anger at people being victims, or perceiving themselves as victims. Why can we not live for now or the future. Selective memory has been on my mind a lot. How we allow one negative event to colour our whole life, and make it the excuse for everything. I get a desire to shake people who are complaining. Self indulgence is a great irritant to me at the moment. It's funny really because frequently through this proving I wonder when do I get the chance to complain. Everyone seems to be having one big moan about their life, and I feel I have no one to listen to me. What about Me Me Me?

Prover N

Wednesday was my birthday. At the study group, I tried to tell the women what was going on for me. Tears swelled up in me. They all knew. However, they couldn't be there for me. The group, I felt, couldn't handle this. There was other stuff other people wanted to talk about. I wished they could have been there for me. I desperately needed listening. I felt myself that these people who are doing the homeopathy course couldn't listen, couldn't take my vulnerability, rawness and listen to my experience, and no telling them about my daughter and her remedy. They asked me if I had support from my supervisor, homeopath, etc. but they did not offer any. The conversation changed and I shut down. I was so deep in my own stuff. There was so much there which I as yet did not really understand and feel that I just accepted it as me and moved on with the group. I hate that. We, as trainee homeopaths, have no problem talking about people's problems, issues as long as they're out there, but don't ask us to open ourselves up or listen to someone else's pain here. I came away from that time feeling that even these people cannot understand me and what I'm going through. The pain of not feeling understood, that anyone could listen and understand and understand my situation and that everyone else's lives seem so sorted, so perfect, so secure on all levels while I struggle with my home situation. When I left the study group, I felt better. I managed to detach myself and go with the flow of the group. We had a good chat. One of them said to me when I was leaving to ring her anytime. I felt glad of this drop of support. I could feel that she cared but I know I wouldn't ring her. I don't know her well enough. I don't know how she'd be with my stuff and now I am wary of talking to people who cannot hear me and be comfortable with this or at least show me something of their vulnerable side. I suppose I project perfection onto some people out there.

## OVERLOAD

Prover P

Very tense – too many demands on me. I don't know how to do everything.

Prover A

Very much on overload at the moment – too much to do. I could cry.

Prover P

Everything feels too much. I feel overwhelmed and vulnerable.

Prover A

A lot of conflict in myself. I cannot do everything. I cannot be everything to everybody.

Prover E

I have had a number of spells of intense anger at my employers inability to employ new people to assist with my untenable workload. Normally I would grin and bear it, but have been unable to. Instead I have seethed and have been complaining to my employers. The stress has on occasion been so great that I cannot do any work properly, because of

tightness across my heart. I am no longer prepared to be the donkey in the office, quietly shouldering numerous burdens, and being continuously dumped on.

Prover B

The weekend is intense with the family, because I don't get any space or time to myself. Now I am looking forward to Monday – they will all be gone – Thank god.

Prover T

I feel very disgruntled and not really motivated or able to study or do anything with enthusiasm for any length of time. I really just want to take a break and go to bed and be there for myself.

Prover N

I am now questioning our whole efforts at parenting, especially my mothering of our children. So, we're trying to parent our kids well, to give them what they need – love, time, attention and a strong secure early childhood from which to grow. We're also building a house, with all the obstacles that are being thrown up, as well as working to provide and doing demanding courses as well. What the hell are we doing? We have no family support and we live too far from the village to attempt to forge any friendships yet. Anyway we're too busy, too tired and much too serious for this now. And the relationship.....ha!

Prover N

I always thought I was in tune with my kids, observing them and intuitive about their inner world and spirits. Now, that's all gone. Before, I could really trust our way of doing what I felt was right for us, and to withstand others (like my mothers) advice and criticism. Now, I don't know. Has this way got us anywhere? We pride ourselves on the attention and time we give the kids always, and not having TV, commercial toy characters, or junk food. We have given them a simple life based around Zen, and a wholesome quality of life where we continue to question ourselves and make conscious choices. But where has this got us? We are isolated. We carry everything – no wonder I have an aching shoulder, cramped in pain. I'm carrying too much. I have no support and no friends.

Prover W

I feel cranky, and don't want to see friends. I feel everyone is on my back. If someone burdened me with another load I could not take it.

Prover N

Really hard day. Lots of let downs and disasters and worries. I feel helpless and exasperated. What is happening?

## LEGS

Prover A

I woke between 3 and 4am and was curled around my husband (normally sleep turned away). I had a strange feeling as if we were joined from lumbar region down. It seemed like there were lots of legs. Tried to turn away, but seemed to have to pull out legs from all over the place in an attempt to separate us. I turned away, but there still seemed to be too many legs and no control over them. I stayed awake because I didn't know what to do with my legs.

Prover M

Very aware of my legs. Strange sensation of being like a centaur with front legs and back legs. Lots of strength in front legs. Frustration; like an animal coming out and being unable to free legs.

Prover A

Last night I had the leg thing again. Too many legs and no control over them. I felt my legs didn't belong to me.

Prover M

Tingling and weak sensation in legs, or as if they were tied together. An image of ivy growing up around them, as it does around a tree trunk.

Prover V

I thought my arms and legs had become greatly extended.

Prover E

I notice since starting the proving that I like my appearance more. This is unusual for me. I have resumed going to the gym, and that feels great. I am determined to have toned legs by the time we go on holiday to Spain in April, which is possible to achieve.

## IRRITABILITY: ANGER

Prover A

I had a powerful feeling of hatred for someone who offended me. I felt I would have to do something that would make her suffer for the rest of her life. I was very upset and couldn't stop crying, and felt very unsupported.

I noticed I was holding my head and squeezing tightly when upset.

Prover A

Feeling irritable when my husband asked me what I was doing (I was writing these notes). I had to stifle a snappy retort.

Prover M

Woke feeling very irritable after a deep sleep.

Prover E

When I got home I felt very calm and rested. My boyfriend wasn't there (as planned). This didn't bother me and I went out for a drink with some friends. Ordinarily I would wait around for him and get bothered that he wasn't where he said he would be at a given time. When we met later he remarked on how calm and grounded I appeared to be. We had a lovely evening together with good food and wine, listened to music and discussed things.

Prover E

Since taking the remedy I feel more balanced. It's as if I am the person I would like to be, not as moody and irritable as I have been. Things don't upset me so much. At work I am also more relaxed, and perhaps more quietly confident.

Prover N

I have no patience with my children. We came home and my husband and I were together 20 minutes when I bit his head off about 10 times in that space. Nothing is right for me. If things are not done to my liking, or the way I do them, I go mad. Usually I let it go, but today everything was wrong. I was so so impatient with everyone – angry, frustrated, annoyed and wound up. I have become an impatient irritable terror.

I find myself shouting at the kids to come to dinner – do this – don't do that. What is happening to me? I don't like this, it doesn't get results, but I keep doing it. I'm like a wound up frazzled housewife and mother, who could be on valium or the bottle. I can really see my emotions, my moods, my irritability and irrational behaviour, but yet I continue with it. Eight o'clock came and I got them to bed with some shouting, crying and a battle of wills. I hate myself for being so impatient and snappy with my husband and kids. My husband who is so generous and supportive and my two beautiful kids. I'm filled with remorse and pain.

Prover M

Very irritable this morning, nagging at my daughter – foul mood.

Prover C

I watched a drama on Channel 4 about Bloody Sunday. Cried silent tears, yet, felt detached, and was laughing and joking at the commercial breaks. I watched one last week (before the proving) and was really angry, and held onto the anger for hours after.

Prover A

I was in a cafe watching a father with his two kids. I was wondering what people see in kids. What did I ever see in kids, they are troublesome little gits. The children were doing nothing except talking to their dad.

Prover D

Extremely busy. I'm growing increasingly impatient, and am having difficulty containing my anger that is always bubbling beneath the surface. I need a break.

Prover F

Felt really angry when the toilet wouldn't flush – nearly smashed off the handle.

### RESTLESS: ESCAPE

Prover P

A desire to be on the move – to be off somewhere all the time.

Prover T

Impatient – wanting to be moving – wanting to be doing something else.

Prover N

Feel I just want to get away from it all. I find myself pondering the thought, with tears in my eyes, as I look out at the fields. I'm such an awful mother they would be better off if I left.

Prover R

I'm in a relaxed mood – none of my normal running around like a blue ass fly. Quite chilled out.

Prover B

When I woke up I suddenly thought that the proving might be a bird – a migrating bird. All the dreams of travelling south to the sun. I definitely feel light and am not brooding over things (which I normally do). My mood is such that I feel I could fly off. The phrase "Spread your wings" comes to mind. All the dreams that bring me back to the time in my life when I was spreading my wings.

Just after I had written this I came down with a bang. The cause was an argument with my husband. I had said something light hearted (as I thought) and he took offence, and it developed into an argument. I was shocked, and when he left the room I sat for a couple of minutes stunned. I felt hurt – wounded. I felt like a bird that just got his wing broken. The lightness had gone. After that there was sadness all day and I felt very tired in the evening.

Prover N

My husband says that I lash out at him recently, that I get intensely angry at him about something stupid and that I push him away. He says it's something beyond me. I've been so tired recently with the kids sick, him going through his work crisis last week and then this catharsis. I don't know what's me any more. I don't see who I am. I'm just surviving. I can now reflect with some detachment on what he said. And, yes, I think I was pushing him away. I think I was so afraid that he'd hurt me and I was trying to protect myself. I felt so vulnerable.

I felt like running away and hiding. I felt I'd like to curl up in a small pot and pull the lid shut. It pains me that I hurt my husband; on Tuesday I was thinking of all the people

I've hurt in my life. I'm sad and sorry for that. I spoke to my husband – explained the proving – that I'm bringing up pain from my past for healing. He listens, understands. He loves me. He's an amazing guy, but it was hard.

Prover P

I asked my husband for feedback. He said he was a bit scared of my intensity during this proving. He also said that he felt like I was pushing him away. I have indeed been very intense, and also have had a great desire to get away from here, and generally very restless.

Prover B

The funny thing about this cold is that I feel stuffed up and short of breath with aches and pains everywhere, but mentally I don't feel bad. Normally I would feel sorry for myself, wishing I could go to bed for a few hours. But this time I want to do lots of things until my body stops me, and I suddenly realise I am exhausted and have to lie down. It's like my mind doesn't realise that my body is sick.

Prover D

I visited a friend on her birthday, and forgot to go home. Didn't feel like doing so anyway.

Prover D

Spent entire afternoon outside, and even hugged the trees. No dinner to make. Hooray for peace and quiet and nobody pulling on my apron strings. Great, for the freedom of being outside.

Prover M

A desire to be out in the countryside. I am better being out – happy and relaxed.

## DEATH

Prover J

Mind drifting a lot. Contemplating life and death a lot. Could be here one minute and gone the next.

Prover A

A feeling of being surrounded by death.

Prover C

This morning when I got up, I wondered if my mother was still alive. Later I had an image of my father lying dead in a room in my house. Strange morbid thoughts several times today about my parents dying.

Prover D

I don't want my death notice in the paper.

## Prover D

Slept really well. My husband called me – unusual, as I usually wake on my own. I'm alive – I was really amazed to be still alive. Then had to come to terms with being still alive.

## Prover F

I went for a walk with my partner to a place that was new to me. I didn't feel like going, but I did. I felt very cold and in low spirits. I felt that the cold was locked inside my coat, and developed a dislike for the coat which was new. We had a picnic in a beautiful place with a waterfall, but I did not enjoy it. I was very cold and said "I could curl up and die here". I really felt I could – a desire almost. We then walked through a small area of pine trees where the ground was very soft. My partner said we could sleep there. I said I would go to sleep and never wake up again. I continued to feel cold and desolate until we finally left the place. It was an old gaming estate. It was only when we left that I began to feel warm again. I disliked the area and estate, and felt glad to leave.

## Prover M

A sense of unbearable sadness about the way people drift off from one another, and die.

## ANCESTERS

## Prover A

10 minutes after taking the remedy I was going to bed. I heard my mum calling me from a distance (she is dead). I jolted out of the space I was in, and lost the experience.

## Prover A

While driving home last night I had an overpowering feeling of being surrounded by the old people – the ancients. Passing houses I had the sense of the old people exuding from every house, and felt totally surrounded by them.

## Prover N

I've just had a long bath. Since my birthday night, I've noticed that the bath is the right place late at night where I can be with all that is going on for me. My husband is at work every night so I soak in the bath before bed, after I have everything done. I could stay in there for an hour, in the one position soaking in the warm water with glow of yellow candle light all around me. It's beautiful, I feel warm and relaxed, just being with myself. I have to coax myself for minutes to get out when the water is getting colder. Tonight I was trying to get to what I really feel, and looking back on the day and all that is going on in my life at the moment. I go through my day disconnected. It came to me in the bath. It's like I'm suspended in air, the sky. I cannot connect to earth and the sky is gone. I used to be so spiritual. Zen permeated my life. Now nothing. I just got through the days doing the material coping and, well there is no space for anything else. I miss this connection. I never think now of the spiritual life as I used to. Anyway, that was that space, that time. Speaking to a friend today it struck me "healing the karma of our ancestors". Something

which often kept me going to sit in the dojo – or not moving. I was in sheer agony. I felt connected to the universe then – healing it and that somehow I was healing my karma, my parents and grandparents, all humanity. Now I want to do that.

This journey is of the soul, my soul. I feel now it's beyond my life and with this I can heal the karma of my ancestors. I feel part of a long line extending from way back in humanity, from my ancestors, ancient people, to way into the future and I'm a part of that. I'm doing something different. I'm being used to change something, to link more with the past, take the teachings of my ancient ones and pass them on to my little ones and all the future spirits that come to be part of this long extending line. Since I've had children, I felt an urgency to deal with the pain in my life, to make sense of it, and heal it so as not to load it on them. At times in counselling my only motivation to continue through the shit was the panic that my kids should never suffer what I've been through. The abandonment, by my mother, being thrown out and left. Now I see it as beyond my life, its events. My past and my children's future. Now it extends much further back to my birth and beyond, back through the generations and also much further into the future, my children, their lives and beyond them to their children and beyond.

The only comfort I had during the proving was knowing that this is everywhere and not just everywhere here but going back into the ancestors.

(Observation: As this prover made this statement she was gesturing with her hands, making wave patterns away from her. This same gesture was noted in other provers.)

### **FEAR ARREST: DONE WRONG**

Prover P

A fear of letting people know me in case they abuse it in some way. It's as if I will get into big trouble with the law or something.

Prover P

A feeling persists, as if I have done something wrong, and if I'm found out I'll be in big trouble. Or it can feel as if something that I don't see as wrong, others would.

Prover A

Feeling I'm going to be arrested for something. When I see a policeman or police check point I get a momentary panic, and am convinced I've done something wrong.

### **APOLOGY: FORGIVENESS**

Prover A

Thinking a lot about apologies as necessary to liberate the past. I always believed that forgiveness was all it took – without necessarily getting an apology. Now I feel that forgiveness is not possible without an apology.

Prover J

The notion of forgiveness and reconciliation if you don't show a person their sins.

Prover

Note: One prover told me that she was at a function. Sitting opposite her was a man who had abused her when she was a child. She said she got a feeling that she wanted an apology from him. He caught her eye at one point, and in his eyes she saw an acknowledgement of what he had done – she saw remorse. She said she then felt free, and felt she had finally let go of it.

Prover N

Realisations came to me about my father and how I have replayed that situation with two men in my life – I never understood it ‘til now. In both of these situations I was disempowered as I was by my father. I was somehow under their control, being cared for by them but at the same time they were both arrogant and lashed out at me – certainly pushed my buttons. The same situation of fear and anger but yet not having the power or strength to do something positive. No, I suppressed the anger inside – questioning, beating myself or lashing out in anger. I completely gave away my power in these situations like how it had been ripped away from me as a fearful, vulnerable 14 year old by an arrogant, angry man. Now I understand more. I forgive myself for these situations. I forgive the men involved. And my father, well he has had a lot of problems. I am moving on from that place and it has made me the strong, determined person that I am, so I am thankful. I wouldn't be on this journey only for my father and mother. I would never have awakened my spirituality and come into contact with my soul and all universal consciousness. Hopefully now I can move from here to reach out to people – help others to heal and do something for humanity.

I also feel more able to let go. So many good things are happening in my life at the moment. They are beyond my control. Totally happening by themselves with the timing of the universe. It's scary to feel out of control, but new and exciting. It's certainly easier. I now feel very relaxed in my relationship and relaxed with my children. We play and paint a lot together. We take walks in the sun or I have little picnics outdoors. I enjoy them. My relationship after coming through that rocky patch is now great. I feel very close to my husband. We are very .much in love and enjoy each other's company immensely. We are very romantic and intimate, despite the pressures on us just now. We are working wonderfully together. I feel we can understand and support each other so much more now. These two months have brought a lot of growth in our relationship.

## **ELECTRICITY: TELEPHONES**

Prover A

I phoned a friend and heard her answering the phone, and then realised the phone was still ringing. Then her husband answered it. I heard a loud crackling in left ear while talking on the phone.

Prover A

Light bulbs in the house are blowing frequently. Some were only changed 2 days ago.

Prover D

It was staff dinner day at work. It is normally a day that I despise. The catering staff serve the teachers and secretaries at the function. The feeling always is an “Upstairs, Downstairs” one. This year was different. The place was electric – light bulbs flickered and blew during the meal. There was a great feeling of team work, good spirit and joviality among my group, and it was infectious. I went home elated and wishing I could bottle up the feeling and have it on tap forever.

Prover R

I felt a jolt like electricity. It ran from my head to my toes. I was in bed. I felt or said to myself “it’s a realignment of something”.

Prover P

I feel as if there is a lot of electricity in my body. I also seem to be affecting electrical things and telephones. On a number of occasions light bulbs have blown when I have gone into a place. The telephone is acting up a lot – like cutting off mid conversation, or ringing and nobody there.

Prover H

Something I noticed during the month of the proving was that all the light bulbs in the house had to be replaced. I tried to tell my boyfriend that it must have something to do with the remedy. Needless to say he dismissed it with a wonder as to what I was on.

Prover H

Again I came home on Saturday night and the light bulb blew as soon as I turned on the light.

## MISC

Prover A

Generally better when occupied, although finding it difficult to motivate myself.

Prover A

I was taking a case when suddenly I noticed that I had drawn a large phallus on the page. I got into a bit of a panic “What if he were to see this, would he think I was calling him a big prick”. I started disguising it by drawing a hat and glasses on it.

Prover A

Smelling fire frequently – something burning, or cooking, when none of these is happening.

Prover A

I was having breakfast in a cafe on an industrial estate. The male energy in the place was very powerful. I found myself really appreciating men in a manner different from previ-

ously. I was noticing how seriously they take what they do. For example; I was thinking of a time when I built a stone wall, and I saw it as fun or like a game. But men take that sort of thing seriously – it's what they do. Mind you, they also take football seriously, and that is a game. It was like getting a glimpse into another world, of which I am not a part.

Prover J

My overall feeling is grief. Feeling quite heavy in myself. A feeling of wanting to stay in bed and just lie there. No desire to get up and go. Feel like I'm crying inside, but no tears coming out. A couldn't be bothered feeling.

Prover M

Sometimes feel on the edge of tears. Feeling that the world is empty and mundane. I can't imagine what I want.

Prover C

Mood swinging up and down.

Prover R

Definitely an attraction to older women. They seem more attractive and more fun.

Prover M

Sense of dread and unease in late p.m.

## DREAMS

### FLOODS: DROWNING

Prover A

Dream: I was in an apartment. I found an electronic device belonging to my husband. I put it in my pocket. My husband came in and was looking for it as he needed it for work. He said it was very dangerous. I didn't tell him that I had it, but pretended to help him search for it. I then hid it under the airing cupboard in the bathroom.

Later I saw a small child playing with a similar device – but smaller. Knowing it was dangerous I took it from the child and wrapped it in a towel. I went out onto a balcony which was overlooking a very large river. The river was coming straight towards me and under the balcony. I threw the device and towel into the river. There was a low rumbling noise, and the river began to swell. The swell got so great that the river burst its banks and flooded into the city. I was watching the river flooding the streets and into buildings. I was standing there astonished thinking "I've changed the course of the river". I was also frightened that I might get caught out. I then decided to dispose of the original device. It didn't make much difference although it was larger. I kept repeating "I've changed the course".

Then I went inside and found a young girl who was concussed. My husband came in and

I told him we would have to keep her walking to prevent unconsciousness. Later I put her lying on a bed that was too small for her.

I then told my husband that I had taken his device, and what I had done with it, and that I had changed the course. Then I said that I thought it would be ok, and that no one would know it was I who had changed the course.

All the time I could hear the loud rumbling as buildings collapsed.

Prover P

Dream: I was in a city, and trying to walk up a narrow street with a massive flood coming towards me. It was as if a huge river was pouring down towards me with just a narrow strip of road left in the middle. I was crawling on hands and knees trying not to fall off. Then I saw someone coming the other way towards me. It turned out to be a young boy about 10yrs. I was worried that we would not be able to get by each other. He then helped me and came with me to my house. I then found myself fancying him sexually. He then started treating me like I was an elderly aunt, and I then realised what I was doing, and that he was only a child.

Prover P

Dream: I was drowning, and could feel myself suffocating and fighting for air.

Prover P

Dream: Huge explosions of water in the garden. People getting killed by them.

Prover E

Dream: My boyfriend and I are on a boat – like a huge ferry. We are standing on the top deck when a huge wave knocks me overboard. I manage to hang onto a railing and am dangling off the boat. My boyfriend takes control and manoeuvres the boat, so it appears to fly close to dry land, and I can jump off to safety. I am absolutely drenched, and watch the boat/plane as my boyfriend has to rescue himself. He eventually jumps off and hits a high building, and blood comes pumping out of a wound on his forehead. Thankfully he is ok. The building appears to be a hotel, and people start cheering when they see we are both alive. I have a huge sense of relief, and we stand there hugging and kissing, delighted to have each other and to be alive. We are then approached by one of the secretaries in my office who wants to chat about something mundane, and we say “Later”, and continue holding onto each other.

Prover C

Lots of dreams about kids. Kids doing strange things. I saw one boy trying to drown another boy in a puddle of water.

Prover W

Dream: Sea and waves – lady flowing with the waves – lovely flowing dreams.

Prover W

Dream: Tidal waves – everybody in the family going to be drowned.

Prover W

Dream: With grandfather – look out and see water up to the windows. They could crash – water at a dangerous level.

## ABUSE

Prover A

Dream: Children who were turned into zombies from abuse. The children were being passed round to different people.

Prover A

Dream: I was in a town at night time. The town was set up for some kind of pageant. There were hundreds of young girls on floats and in open buildings. All the girls had white sacks over them, and were completely covered. Days went by and nothing was happening, and the floats were going nowhere.

There was music playing – from Vivaldi the four seasons. I remarked that the music was fabulous. A woman beside me said “They always play Vivaldi or Puccini at these things. I wish they would play something different”. I felt very uncomfortable when she said this, like I would have done at 13yrs – like it wasn’t cool to like this music.

Then I realised that there was some very insidious sexual stuff going on with the girls. I woke wondering if Vivaldi had been a paedophile, and if that was what he was doing while teaching music in an orphanage. I had to tell myself to stop thinking bad things about someone who was dead.

Prover E

Dream: I was at a church ceremony. I knew that there was a little girl present who had been very difficult, and who had had a hard upbringing. I decided to buy some fruit pastilles so that I could offer her one. I offered her one on her return from communion, and she initially hesitated but then smiled and took one. I offered her another sweet and then the rest of the packet. Both of us seemed happy and touched by the experience.

Prover E

Dream: I had been raped and was in hospital, about to be internally examined. A priest I know, and with whom I get on very well, visited me and expressed his sympathy. I was lying on a bed, and covered with a black rubber sheet which was elevated at the end, so that I could be sluiced with water. I felt humiliated and in disbelief that this treatment was possibly worse than, or as bad as the rape itself.

Prover B

Dream: I am going home from school, and a boy catches up with me. I think he is lovely, very handsome with dark hair, and about 15yrs. He asks me if I want a lift. I say I am ok,

and he gets in a car and drives off. Then I realise I am not a girl anymore, but a woman in her forties, and how come I fancy a young boy.

### CRASHES: DANGER

Prover A

Dream: I was trying to cross a kind of square in a town. It had a lot of junctions. There was ice and snow on the ground. Buses were jack-knifing all over the place, and I was desperately trying to dodge them.

Prover A

Dream: It's night time, and I see my son-in-law going by in a car with my daughter and their babies. Then I see the car heading for a building. It crashes into the building and folds like a concertina. I am sure they must all be dead. Then I see my son-in-law waving out the rear window. He is smiling and indicating that they are ok. I am in a panic trying to get help to get the car out of the building. Then I hear the engine revving as my son-in-law tries to reverse out of the wall. I am scared that the car will blow up. But he manages it and all is ok.

Prover P

Dream: I was watching a two week old baby driving a car. I was horrified and worried. Then I noticed a two day old baby also driving a car. I was driving behind them and managed to manoeuvre my car so as to force the other car into a small lane. I succeeded and managed to get the other car to stop. Then I noticed that the baby was talking like an adult, although in all other aspects the baby was a baby, and couldn't sit or crawl. I tried to explain to the parent that it was very dangerous to have the babies driving. They were taking no notice of me. I then told them that it was illegal to drive under the age of 18, and that they would be arrested for allowing the babies to drive. That worked. I was then explaining this to a homeopath friend. He was in bed, and I was sitting in a chair with my legs up on the bed. As I was relating the story he was picking a wart off my leg.

Prover A

Dream: I was in a car with two friends (husband and wife). She said to me (in a tone as if she is about to tell me something strange) "This morning my husband saw the curtain move in the derelict house beside us". I then went to the derelict house, and was standing back from it at the end of a field with a stone wall behind me. I saw the curtains at both sides of the window being pulled back. The window seemed to be a large eye which was opening slowly, and looking very menacing. I pointed at the window with my index finger, as if playing shooting with a gun, and I said "Pow". Then I saw a large gun coming out the window, and it started shooting at me. I leaped over the wall and was running very fast down the field.

Prover C

Dream: I was in a horse and trap with another person. I was the passenger. We were taking a trip which seemed to be a regular trip, one we did often. We opted for a more main road than our usual country route. I was drinking Guinness from what looked like a whiskey bottle. Suddenly the horse was free from the trap. On one side of the road was green fields, the other a built up area. I remember seeing my brother as a young boy of about 10 (he's now 24) sitting on the horse screaming for help. The horse was trying to get up but my brother held him down. My brother was hysterical, looking for help. There was a lorry on the horizon heading straight for them. I just stood there drinking my Guinness.

Prover C

Dream: A car chase coming towards me. An unmarked squad car hits me. No one gets hurt.

Prover M

Dream: having a quarrel along a roadside with a man, because of car problems. Lots of hostility. It ends up with sex.

## ANIMALS

Prover A

Dream: I found a few baby swans. I took care of them until they grew up. I was then letting them go into the garden, and was delighted that I had a pond for them. As I watched them through the window I saw them diving and eating my fish. One flew up into the air with my koi in its mouth, and he then swallowed it. I was horrified, and thinking "Those evil little bastards that I have nurtured have eaten all my fish"

Prover A

Dream: I'm in a field with a lot of lions, and have a fear that they will eat me. I am trying to push them with my foot through a fence, and into an enclosure. I manage it.

Prover A

Dream: There was a litter of very cute little pups with big eyes and floppy ears. Someone poisoned them and then buried them. Someone else dug them up. Some were dead, some barely alive and some were more alive. I was trying to revive the barely alive ones, and they required a lot of gentleness and care.

## TRAVEL: HOLIDAYS: JOURNEYS

Prover A

Dream: I was in a building with my granddaughter, and we were preparing for a journey. I heard a thunderous noise outside, and looked out the window. There was a huge herd of horses going by. I decided it was too dangerous to go until they passed. The same thing happened a second time. Sometime later we were outside going on the journey, and were beside

a lake. My granddaughter said “You can’t go until you have said goodbye to the old people”. At the centre of the lake was a pool surrounded by a brick wall. In this pool were the old people. I decided to wade through the lake to get to the pool, but soon realised that the water was up to my neck. I decided I would have to swim, although I realised that I couldn’t swim. I threw myself at the water and started swimming with my body from the waist up rising vertically out of the water, and my legs straight out behind, and was paddling with my hands. I was moving very swiftly and easily through the water. I reached the pool, which I now realised was clear jelly instead of water, and the old people were suspended in it. I leaned over and said goodbye, and then turned and swam back in the same manner. We then continued on our journey.

Prover B

Dream: I was living with my parents, yet my older sons were there too. I was preparing to go travelling for three months to Italy. I was packing my rucksack, and paying attention that I wouldn’t forget anything. I was to leave early next morning, and knew I had to say goodbye to my sons the night before, since they would not be up early. I was looking forward to the time in Italy, wondering where I would go and what I would see. I thought the boys won’t really miss me – they are big.

Prover B

Dream: Another girl and I (we are young) have been on holiday and seem to have found two boyfriends, maybe by putting an ad in the paper. I am wondering now if this was a good idea, and want to ask my father about it. But I know he is not going to approve.

Prover B

Dream: I was with a group of people in a small boat. A local man brought us to an island – it was in Greece. We landed in a rocky little bay, and had to go up a steep path. We all had backpacks and sleeping bags. There was a lot of excitement about the whole thing.

Prover J

Dream: I am on holiday with my fiancé. He is with someone else and all over her. I am upset because he is never like that with me. I leave for the beach and get mugged. I go home and am going to mass with loads of clothes on. I meet a French man who is very pleasant. He is with someone but there is a connection between us. The feeling after the dream was grief and disappointment in love.

Prover J

Dream: It is night time and I am in a big truck, and there is snow everywhere. All of a sudden I can see a guy very high up on a mountain road and over the edge of the road. I look down and see police pursuing him. He turns to me and says “Thank God, God gave us hearing outside of a car”.

He jumps into his car and speeds away. Later there is a roadblock and he hits a police car and gets caught.

Next minute I’m down by the sea, and a huge dog comes out of the sea, and I can see

that it's man made. A girl jumps out of the side of the dog, and proceeds to get into the mouth of a sea lion. There is a baby sea lion present who doesn't know what's going on, so he climbs on the back of the dog. Then all three re-enter the sea.

Prover E

Dream: I was in a car going somewhere that I was not invited. The driver told me it was fine, and I went along with it.

Prover J

Dream: Again dreaming of going on holidays. Discussing it with my sister – all very excited.

Prover J

Dream: I was on holidays with a skiing gang and my fiancé, and had to do some of the driving. At one point I missed a turning and ended up at an intersection which would take a wrong direction. We had to get from this point to meet the rest of the gang. Everyone was subdued and not upset at my trauma, not even my fiancé who was playing cards. They were all just observing me. I went to an office so I could get down and get my car. The guy charged me and I was very upset. Eventually a girl came and helped me. When I get to the end of the stairs, before leaving, I realise I have left a plastic bag behind, so I went back to get it. Then I am driving in my car and see the same plastic bag on the side of the road, so I pulled it and picked it up.

Then I am in bed with my fiancé in a hotel room, and he is very affectionate towards me, and I'm enjoying it. Then his mum enters to see if I'm clothed. My fiancé throws off the bed clothes to show his nakedness. She leaves and my fiancé gets up and eats half my lunch, and goes off to meet the gang. He walks ahead of me, and I feel ignored and unwanted. I am realising more and more that he is not in love with me, and it hurts, and I have a lot of grief inside of me. I also feel abandoned by the rest of the group, who were just watching me and not talking to me.

Prover N

Dream: I'm on a train like a subway train, with no seats. The train pulls up alongside another train, with the doors opposite each other. The doors of both trains are in the middle. All the doors open, and people from my train jump over into the other train across the gap. I start pushing buttons near the doors, which makes the trains move apart, leaving an increasingly wider gap. People jump over the gap and just make it on to the other train, and this amuses me. The other train is now packed and the doors are open onto the tracks, and people are frightened. There are a few people left in my carriage – all retreating into corners for safety. I press more buttons, and the trains jerk and rock from side to side, and people are thrown to the doors. This amuses me.

Prover F

Dream: I am on holiday with my friend and her parents. We have individual chalets. Two boys both fancy one girl. One boy goes to her chalet and kisses and embraces her.

I can see this through the window, and so can the other boy, who then also goes up to her and kisses her.

Prover L

Dream: I'm on a journey and it's late. I'm anxious about getting somewhere to stay and it's already 10.45pm, and still have some distance to go. I'm with my sister who says that she doesn't even care if the room is without central heating. I then realise that I am at home and can sleep in my own bed until early morning, and continue my journey there.

## DEATH

Prover E

Dream: I was at a funeral of my gran and an old man. I was conscious that their spirits had left their bodies, and they were in communion with each other. So it didn't matter that we were to leave their coffins in a hotel overnight before the funeral.

Prover T

Dream: I was at the funeral of a priest or bishop whom I didn't know, and didn't know the people at it either. I was a mere bystander. I had a great sense of communication with the dead man, and was aware of his almost euphoric state of relief on dying. I was amazed at how aware I was of his state both before and after death. I was aware of the restrictions and limitations he was leaving behind with his physical body, almost like a denial or suppression of real life, and pure joy. I was also struck by the state of the mourners, how sorry they were, and what a state of loss it was for everyone. Almost like "poor man", and yet they could not see or comprehend that he was so relieved and delighted to be free. I also had a sense of him doing what he had to or should do all his life, rather than what he really had wanted to.

Prover J

Dream: I was sitting with my dad and a priest. My dad got up to receive a blessing before he died. But he got up with no difficulty, and looked very well. I kept thinking "He is not going to die" and was wondering why the priest sitting there waiting for the doctor to come.

Prover J

Dream: I was with a couple of people who I had met at a wedding. The guy was very closed to life in general. I had an intuitive pick up that he was going to die, and that it would be a sudden death. I was trying to prepare himself and his wife for his death. I was saying things like "It's good to live in the moment in peace, and in gratitude and acknowledgement of each other". They then went their separate ways, and I followed him to help with his forthcoming death. He didn't know I was following him. I met a man who is a doctor, but who can turn himself into whatever is needed at the time. He looked about 60 with grey hair, beard and a gentle nature. We were following the other guy, but he then disappeared on us. It was as if his psyche had picked up that he was

being followed, and he fled. We then went in somewhere and found him collapsed and being carried out. My bearded friend turned into a doctor, which was funny because he was a doctor. He proceeded to insert an IV, and handed me a litre of sol. I check the date and it is out since September '97. I went to find another but couldn't, so we gave him the fluids and he revived. He came back totally transformed and his whole outlook on life had radically changed – it was amazing.

Prover L

Dream: We visit a childhood friend who is very ill. I bring her a baby doll. She herself has shrunk to baby size and is being held by her mother. According to the doctors she has only 10 days to live. Mom promises to return with something. I go outside and cannot find my car, and I don't know where I left it.

I walk into another area to find my classmates. They are in various crouching positions, and seem to be covered in red, green or black paint. They are in an experimental session. The tutor tells me I'm late – I'm 3 days late, and wonder what to do. I realise that I really enjoy the work.

Prover L

Dream: I'm in my parents kitchen. A man is flicking through some pictures to find an image for me. It's an image of a Buddhist figure with an orange disc on his left chest. We meditate on this, and on death in our heart. I feel very sad and can feel some tears.

Prover M

Dream: Decay, old age and general dissatisfaction.

Prover T

Dream: I was in a hospital bed with tubes and wires joined up to me. There were doctors and nurses around me, not knowing what was going on and very worried.

I, however was having none of this, and so decided to discharge myself. I pulled out all the tubes and wires, and decided to take charge of my own life as best I could, and not worry about the consequences. The feeling was, get on with living and stop worrying about dying.

## MONEY

Prover E

Dream: There was a cluster of craft shops opening into a courtyard, and selling bears among other things. I checked the price of a teddy bear that I liked – it was €4, and I was amazed. I left the shop without paying, realising I could. When outside I felt dishonest and returned to pay. No one even noticed that I had gone. At the till the price on the label had changed to €70, or I had read it wrong the first time. After some discussion about the price I decided to buy it anyway, no matter what the price, because I liked it too much. The bear was chocolate brown in colour.

Prover B

Dream: I come home from work, and hear my mother call my name from somewhere in the house. Her voice sounds strange, and when I meet her in the hall I realise that she is very drunk. I can't believe it as my mother barely touches alcohol. There are a number of people in the kitchen having a party, and it turns out that they are her work colleagues. It seems that my mother has won 2000 pounds, and this is the celebration party. I bring my mother upstairs and she falls on the bed and falls asleep. I don't like the situation. I don't like these people in the kitchen – my mother is not normally like that. I tell them that the party is over, and want them to leave. They seem reluctant to go. I then realise that my mother has only 1200 pounds on her, and the party couldn't have cost that much. I know people have been taking money from her. I am furious and want to hunt them all out of the house. When I look at my mother on the bed she looks very pitiful, a small drunk elderly woman, and I cover her up nicely.

Prover J

Dream: I was finding £20 everywhere. At one point I found £60 in three 20's. As I was putting it into my red back pack I found another £60 in three 20's. A feeling of delight filled my entire being – it was like the answer to a prayer.

Prover J

Dream: I was engaged and my ring cost £3000. It was beautiful, but my older brother kept telling me how beautiful I looked – it was as if he was in love with me. It didn't feel as if I was head over heels in love with my fiancé. He was present in the dream, but we kept doing different things, only meeting every now and again. At one point two shop assistants were discussing him and saying how angry and moody he was, but that he was very unaware of it and its effect. They kept saying that he had gone beyond it. I kept taking off my engagement ring, as if to not let anyone know.

Prover J

Dream: I was in Spiddal with friends, and they had a house. It was secluded from a location point of view and also surrounded by sheds. It looked quiet and small from the outside, but was quite spacious inside. It had 2 bedrooms – one quite obvious and the other secluded upstairs.

My friends decided to sell the house, and wouldn't tell me what they paid for it. They told me it could be mine for £50 or less.

Prover R

Dream: My partner and I were in a junk shop that was selling antiques and stuff. I was looking around and came across an old kitchen cabinet – it was very old. On inspection I found a date carved on it – it was 1888. It was in need of work but it was all there and solid. I found two small test tube like vials behind the drawer – they were also very old. One contained caustic soda and the other had bicarbonate of soda. We bought it for £150 – it was on sale for £1000.

Prover F

Dream: My partner and I have walked down a long path to a beach. For some reason we had to walk back to the top and down again. I told him that I was only going to go a little way and then was going to go back down without going to the top. I got cross because he didn't answer me, and I told him so and said I was going back down. He gave me a very large brown envelope which contained two cheques to give to two people on the beach, and said that he might come down later. It was 6am and very warm and sunny. The beach was full of windsurfers. Then my son arrived and so did my friend.

Prover M

Dream: A good friend got a new job which paid well. She was boasting that she would earn loads of money. I was secretly worried that if there were too big a financial gap between us and that we would lose touch because I wouldn't be able to join in with what she did.

### **DANGER: THREATS: KILLING**

Prover B

Dream: I am in my parents house. I look out the kitchen window, and see a lot of military vehicles moving up the road. I am told that there is a general mobilisation in the north of Germany, and what we are seeing is only a fraction of it, that there will be lots more in the days to come.

Prover B

Dream: I was in a threatened situation, it was a matter of life or death, and I knew I had to kill a man. I had a hatchet in my hand and was hitting him with the blunt side. I soon realised that this was not going to kill him, and I had to kill him or he would kill me. So I turned the hatchet round and hit him in the middle of the forehead with the sharp side – there was blood and I knew I had finished him off.

Prover F

Dream: Two boys and I were in a go-cart type of machine, and were driving along an icy track. The track was huge with rounded icy edges, and we couldn't stay on it. We had to abandon the go-cart. The boys argued about it. Then suddenly we in college (where I work), and we had split up. I was walking down a corridor when I came across one of the boys with an axe. He was going to kill me with it. I woke up screaming.

Prover R

Dream: I saw a wheelchair person being hit over the head, as someone threw a beer bottle. It smashed over his head – he was on the other side of the road in Dublin. I was watching it happen from the doorway of a house.

Prover N

Dream: I'm a student again studying medicine. I'm at a house where there are some peo-

ple dressed in black, and part of a shop robbery and hold up's in various towns. Some of them get caught, and one runs back into the house and is very scared because two of his friends have been caught. He needs to get away from this place. He then leaves.

I am there with my study books beside me on the table, and with two other people. Suddenly in walks a young man in army gear and a big gun. He says to me "Are you a doctor?" and then grabs me and hauls me off. The others protest my innocence, but he takes me away. He takes me to town, to a house where my family is (dream family). He intimidates them and me, and pushes me around with his gun.

Meanwhile the two people (a man and a woman) back at the other house know they have to rescue me, and so leave their Down syndrome daughter alone in the house to eat and sleep, and they rush off to find me. They are both big obese people, one is wearing a red flannel check shirt and dark blue jeans, and the other is wearing a navy checked shirt and blue jeans.

All this time I am very scared, and can't understand why this is happening. I'm petrified, but know that I must talk to my captor. I know he is playing with me. On one hand he seems attracted to me, and is flirting with me, and I notice that he is young, well built and good looking. On the other hand he is trying to scare me and my family by telling us that he is going to do something awful to me, or at least kidnap me. He now looks different – gone is the army gear and the gun, but he still has the same control over me. Next thing in walks an old friend whom I haven't seen in ages. She rushes over and starts chatting. She is talking about how she has put on weight. I am thinking "Shut up, and stop being so obsessed". She continues to talk and talk. Then she notices the guy, and immediately presumes that he is a new boyfriend of mine. She makes eyes and gestures to me that he is gorgeous and sexy, and continues to talk about her own lack of a man. I'm trying to get her attention secretly and silently -without him knowing, to let her know that I have been kidnapped, and at the same time playing to him that I am his girlfriend. I know my friend is leaving soon, and can alert someone. She misses my whisperings completely, and chatters on. She then says that she has quit college, and had to have a mass said to be allowed to quit mid-stream. I say "My husband had to do that too" – it all sounds very normal.

#### Prover R

Dream: I was working on a Chinese naval warship under extreme pressure. They were all very hostile people. I witnessed an execution by firing squad. They were on their knees and were shot in the back of the head. At one stage they started shooting at us because we had witnessed the execution. When I was cooking in the kitchen one day, there was a peace envoy allowed on board. Everybody started to communicate with me. Before that, it was like hell, every time you finished work you had to do an assault course which was fully automated. Many dangerous bars, blades and poles. It was like running the gauntlet. On my time I did not make it even though I had been shown many times. I had to make a salad for the headman of the peace envoy. The master chef came into the kitchen to check the salad. He started throwing away bits that the other man didn't eat. It was a mess. Before that it had looked like a beautiful presentation. I started to shout and curse, saying "What would you know?"

## Prover D

Dream: In an old time tavern with ancient wooden beer kegs, frilly frocks, petticoats and bloomers. I was there in my best frills, and really making an impression on the man about town – Leo Dowling (I never heard of anyone with that name). I was really flirting and enjoying myself, when I suddenly remembered my grandmothers funeral mass, which was actually on at that time. I left in a rush, and on route fell on ice, only to be completely overpowered by the shadow of somebody, which rendered me incapable of moving. I woke up at that point. But, if I ever meet a Leo Dowling I will consider having an affair.

## Prover M

Dream: Being held prisoner by a gang of young men. Having to hide in a dark shed or they would find and kill me. I was their prisoner but became dependant on them, and on the constant unpredictability of life by their side; violence, brutality and latent terror. It was as if nothing else was real. When they found a new house and asked who wanted to move in with them, I raised my hand

## MISC

## Prover A

Dream: I was looking at someone's legs. They had been amputated from below the knees, and new legs were being put in their place. The new legs were very shiny and hairless, but the knees were very hairy. I was then looking in a mirror, and my chin was covered in thick black stubble.

## Prover A

Dream: My legs are covered with thick bushy hair. I'm trying to scrape it off with a carving knife. The hair is coming off in thick bunches.  
When I woke it took a while to realise it was a dream.

## Prover B

Dream: I was in the street of a town, and was crying and upset about something. My husband was standing in a doorway, and he called me over. As I went to him another man stepped out of the doorway, and my husband said "I'd like you to meet....." I was furious that he was doing this to me, because I was in no form to meet people. I turned round and ran down the street, and felt my legs going weak and somehow shorter.

## Prover E

Dream: I was drying my hair and getting ready to go out when my boyfriend practically frog-marched me out of the apartment. I hadn't fully dried or gelled my hair, and felt quite put out. Later I was in a cable car with my parents, and it was crammed full. I couldn't understand why everyone was trying to control my movements.

## Prover A

Dream: I thought I was awake thinking about my teenage years. Thinking about events

around relationships at that time. Thinking about my vulnerability at that time. Then I woke up.

In reality, I thought I was tough in my teens.

Prover P

Dream: I was looking at the repertory and saw high blood pressure. This remedy was in it, although I couldn't see the name.

Prover M

Dream: Arguing with a group of people.

Prover E

Dream: A friend and I were meeting a visiting homeopath. We were chatting with her before her talk. As she was leaving she gave my friend a gift of hand or face cream. I was wondering why she had only given one of us a gift. After thinking this, the feeling passed and I was not pushed at all about it.

Prover E

Dream: I was at a church service in Mayo. An ex-boyfriend who was wearing an uncharacteristic stripy suit, had a child on his lap and was smiling. The local parish priest was his usual expansive self. It was some kind of celebration.

Prover E

Dream: I met another ex-boyfriend who had a child on his lap – a lovely playful boy. My friend was depressed.

Prover B

Dream: I am with others in a school situation. I have a little torch which I shine into peoples eyes. When they get irritated and turn to look at where the light is coming from, I switch it off. We move to another room to do homework, and have to find tables. I find it hard to find a table, but then see a narrow table with boy students at it. I wonder if my books will fit on it, and they do. I keep shining my torch into peoples eyes, but a teacher has spotted me, so I have to stop. Then I notice that there seems to be only older students left – the younger ones have gone home.

I am then outside in sunshine in a nature place, kind of hippy looking. A good looking guy with long hair is lying on a mat with a girl who I take to be his girlfriend. He seems to have suggested making love, because I hear her say "and then you'll come straight away". He jumps to his feet and says "I won't come straight away". The girl doesn't seem interested, and walks away. I fancy this guy a bit, and wonder if he could fancy me. Next thing I am lying beside a guy (not sure if it's the same guy), and the mood is very relaxed. He tells me how to pronounce his name – it's Bono. I say Bo-no and he tells me I am saying it wrong, that it's Bow-no. He says it with an English accent. I get up and walk away and lie down somewhere on my own. On my back with my hands under my head. Then I become aware that my armpits aren't shaved. I decide to go and prune roses

instead. I take a pair of garden clippers and start working on a very rich and thorny rose bush. The guy I fancied earlier comes and chats while I prune. It's kind of nice to know that he fancies me after all. The pruning is very difficult. I see that I am going to tear my finger nails and get thorns in my hands if I continue. Then a black man in a red shirt comes over and tells me his name. He says "Do you remember me ? You slept with me once". I do remember, and wonder if I could possibly have got AIDS from the time I used to sleep with different people, when there was no awareness of AIDS.

Prover F

I was having sex with my ex- husband in a hotel. It was pleasurable. My third son came in with a friend in the middle of it, but that was fine. I kept wondering if I was as good as his new partner. He wanted to try new things, and I thought that it must be her. I desperately wanted to be as good or better than her. Later we were putting on a show, but I felt quite outside it all, so I offered to go and do the shopping.

Prover B

Dream: I had to go up a very steep flight of stairs. I ran up because I was in a hurry, but got afraid as I got higher. I didn't dare to look down. I got as far as the second last step, and was so scared that I had to sit down. I knew that I couldn't make that last step, and wished someone would come and pull me up.

Prover T

Dream: I was accused of saying things about people that weren't true. When I went over what I really said, I was just misunderstood, and the other persons interpretation was different to what I had meant.

Prover N

Dream: I am a rubbish officer. I have to go across the midlands of Ireland and between Galway and Athlone and pick up bags of rubbish that people have dumped all over the bogs of Ireland. There's loads of wet soggy bags everywhere. Then my husband says to me that I cannot collect bags in our area or find the people who dumped them there because it would be wrong to upset these people and also because our children are playing pass the parcel.

Prover R

Dream: I was in a coastal seaside area, and met a woman in an apartment block. I offered her my name and number as I could help her. She had elephantiasis on the right side of her face. There was a huge rash and she had a huge swollen lip. As she was giving me her number she was being mocked by young people at the apartment block. They were laughing and saying "Stop picking on her".

Prover G

Dream: I got a phone call from the fire department telling me that my fathers house would go on fire the next day. So I asked my brother if I could take some of the old anti-

que clocks and pictures. He agreed as they would be burned anyway, and they would not suit a new house as they were so old.

Prover W

Dream: Back 1000 years ago.

A place sunny and cold. Steps of stone where people would sit – a place of learning. Nuala is the teacher and I am the pupil. Nuala asked me to do something like “Halcyon days”. Husband says “Like happiness of childhood”. Lots of stone – writing or design of spirals on stones - Celtic. I got a bit carried away writing. I felt the writing was a map with something secret locked into it, something that modern civilisation needed to know. If only I could unlock the secret.

Prover G

Dream: I was talking with someone about something that had happened. I said “I’d love to have seen that” and he said “Wait”. He just opened the earth and the situation came up from below the earth, and I could see it again. Then I said “I’d love to visit Malta” and he said “Wait” and Malta appeared when the ground opened again.

Prover L

Dream: I’m in a room in the agricultural college. A mobile phone rings from my bed. I step outside to take the call, and am reprimanded by a security man with a walkie talkie for having my phone on in that area.

## VERTIGO

Prover A

Spells of feeling dizzy, and feel I am staggering a bit with it.

Prover B

My head was spinning when I lay down.

Prover B

Today I felt dizzy.

Prover B

The vertigo comes and goes. Last night I felt really dizzy, and when I went to bed and put my head down and closed my eyes, my head was spinning again.

Prover B

I got scared at the top of the stairs in case I would get dizzy and fall backwards.

Prover N

I am feeling light in the head – dizzy.

Prover M

I realise that I haven't felt dizzy since the proving.

Prover P

Vertigo with spinning feeling – feel as if I might fall.

## HEAD

Prover A

Sharp pains shooting through sides of head. Motion agg.

Prover P

My head feels heavy and aching, and I have blurred vision with it.

Prover P

Sharp pain shooting through right side of head. Holding my head helps.

Prover P

During the day the headache got worse. The pain was violent in the evening, and I had to lie down in the dark. Holding head amel.

Prover P

Head feels congested.

Prover B

Full feeling in head on waking

Prover B

Piercing pain in right temple extending to molars. A slight aching in left forehead on and off, affecting my left eye.

Prover T

Woke in the morning with pain in my right forehead – intense sharp pain almost shooting.

Prover L

Pain in forehead over eyes.

Prover N

Tension in my head. Throbbing pain in back of head.

Prover N

My head is pounding. I feel it in the evening along the back of my head and extending into my neck. It's tension, and I feel it mainly when I sit down alone in the evening.

Prover D  
Pressure on forehead.

Prover D  
A din in my head a lot of the time – loud music agg.

Prover F  
My head feels heavy and fuzzy.

Prover F  
Headache in back of head on waking

Prover F  
Headache moved to front of head – wind agg.

Prover F  
Woke at 6am with head hammering – left side and back – nausea with it.

Prover L  
Very severe headache all day. Pulsating – and movement agg. I needed to keep my eyes closed while talking.

## EYES

Prover A  
My eyes feel very dry.

Prover A  
Eyes dry, as if powder got into them.

Prover P  
Eyes very dry.

Prover E  
Heaviness of eyelids.

Prover N  
My eyes are burning.

Prover R  
My eyes don't seem to be affected by the bright sunlight, as they were before the proving. I would always have been squinting in bright sunlight.

Prover C  
My eyes are stinging.

Prover C  
Eyes itchy.

Prover C  
Eyes feel aired and dry – like wind burn.

Prover D  
Tiredness at back of eyes.

## VISION

Prover A  
Blurred eyesight.

Prover P  
My head feels heavy and aching, and I have blurred vision with it.

Prover P  
Blurred vision.

Prover R  
There is crispness to my vision.

Prover F  
Vision blurred.

## EARS

Prover A  
11am; High pitched ringing in left ear – lasted 15mins.

Prover P  
Ringing in my left ear.

Prover A  
I heard a loud crackling in left ear while talking on the phone.

Prover B  
Noise like wind in my ears on rising.

Prover B  
My earrings hurt in my ears.

Prover B  
Ears itchy.  
Prover C  
Ears itchy.

Prover L  
Left ear sore

## HEARING

Prover A  
My hearing is more acute.

## NOSE

Prover M  
Horrible smell in my nose.

Prover B  
I am coming down with a cold. My nose tickles inside and makes me sneeze and I have a dry cough.

Prover B  
My head cold is now streaming, and in the afternoon I felt tired all of a sudden.

Prover B  
Stuffed up and mucus is thick and clear

Prover B  
Thick green-yellow mucus from nose.

Prover N  
I am sneezing a lot and have a streaming right nostril.

Prover L  
Throughout the proving my left nostril is very sore and dry.

Prover C  
Nose itchy inside.

Prover D  
Nose cold and itchy.

Prover F  
Sneezing a lot.

## FACE

Prover A  
I woke in the morning with a cold sweat on my forehead and back of neck.

Prover A  
Cold sore on upper lip, left side lasted three days.

Prover B  
A small cold sore on my upper lip near the right corner of my mouth.

Prover T  
Cold sore on right side of bottom lip.

Prover A  
Soreness under chin on touch.

Prover A  
Rash on forehead between eyebrows – red blotchy. Skin on forehead sensitive, sore, burning.

Prover A  
A friend mentioned that my mouth was turned down at the corners. Looking in the mirror I thought I had a sad and tragic look.

Prover A  
Frequently a feeling of a hair on my face, or in my eye or on my nose.

Prover P  
Notice a few hairs growing on my chin that weren't there before.

Prover P  
Hair growing on chin. I found a long hair growing from my cheek below right eye.

Prover A  
Pain in left jaw on waking in the morning – intense and dull. I was unsure that I would be able to open my mouth – but I was. Recurred for 3 mornings.

Prover B

My face feels blue and numb in the cold wind.

Prover T

Sharp pain right side of face, upper cheek bone under eye.

Prover L

Pain in left side of face.

Prover C

My lips are chapped, especially at the corners. They look very dry and red as if sores will develop. My eyes are also chapped in the corners.

Prover C

It's definitely a cold sore I've got.

Prover C

My face feels as if split in half. The left side feels normal. The right side weird. I nearly expect to look slanted as if I have had a stroke or bells palsy.

Prover C

Face feels aired and dry – like wind burn.

Prover D

A cold sore developing

Prover D

The itch of the cold sore is driving me crazy.

## MOUTH

Prover M

Found taste very unpleasant

Prover E

My palate has been quite itchy. Drinking water relieves it.

Prover B

The roof of my mouth is itchy.

Prover B

Mouth dry but not thirsty.

Prover B

Putrid taste in mouth after coughing up mucus.

Prover B

Tongue coated yellow at the back.

Prover F

I woke with a taste in my mouth like fish that has gone off.

Prover G

My mouth feels dry

Prover G

I woke with my tongue stuck to the roof of my mouth. It's really dry and I have a metallic taste in my mouth.

Prover L

The tip of my tongue feels as if burnt.

## THROAT

Prover A

Slight sore throat and congested head.

Prover P

Sore throat.

Prover T

Got a sore throat extending down to sternum – restrictive and gripping. Didn't last long but recurred in the afternoon for half an hour.

Prover T

Sore throat – dry and tight.

Prover B

Throat itchy.

Prover B

Throat sore and grew steadily worse until evening. Very painful swallowing.

Prover T

Caught up in my throat this morning. Felt rough and dry on and off during the day.

Prover T

My throat dried up or clammed up so much that I could hardly speak. When I get excited and enthused or have a lot to say I get a choked up smothering feeling in my throat which restricts the flow of speech.

Prover J

Almost immediately on taking the remedy my throat constricted as if being choked.

Prover J

Thick green/cream mucus in throat from my sinuses. Have to sit up and cough it up, or I feel like I will choke or my airway is being cut off.

Prover N

When I woke at 4am with the baby my throat was very raw and sore. The pain was more right-sided.

Prover N

My throat was bad all day. Talking really aggravated my throat.

Prover C

My throat feels like there is a lump in it. Worse when I swallow, and more on the left.

Prover C

I woke with a golf ball in my throat.

Prover I

I woke with a sore throat.

## **EXTERNAL THROAT**

Prover A

I woke in the morning with a cold sweat on my forehead and back of neck.

Prover P

Cold clammy sweat on back of neck, on waking

Prover A

A feeling like sunburn on back of neck and forehead. Burning, stinging, sore to touch. Eruptions like heat rash all over neck.

Prover A

Stiffness down left side of neck extending to shoulder and arm.

Prover P  
Stiff neck, right side.

Prover B  
I'm stiff and sore across the back of my neck.

Prover N  
My neck and right shoulder is so stiff. The pain was excruciating when I got up. I can't move my neck.

Prover C  
Neck itchy.

## STOMACH

Prover A  
Regurgitation of food 1/2hr after eating.

Prover M  
Sensation of being sick – feeling a bit nauseous

Prover M  
Still feeling sick – as if I have eaten something bad.

Prover E  
Nausea during the morning.

Prover E  
For the first time ever I didn't realise that it was lunchtime. I was completely absorbed in work and not aware of the time. I wasn't hungry as I usually am coming up to lunchtime.

Prover E  
I'm quite thirsty and my palate has been quite itchy. Drinking water relieves it.

Prover B  
Nausea, and I don't have an appetite even when hungry.

Prover B  
Food is not important at the moment, only when really hungry. I don't feel peckish at all, and don't go for chocolate and stuff like that. Light food seems nice – nothing heavy and sweet.

Prover B  
After eating felt very full all of a sudden, to the point of feeling sick. I had the same

feeling during pregnancy. Also the slight nausea and being a bit off food reminds me of pregnancy.

Prover B

I got the hiccoughs earlier, and it was quite painful on my sternum and in my throat.

Prover J

Tenderness in stomach and solar plexus.

Prover N

Thirsty for warm drinks.

Prover R

Pace of eating has slowed down. Previous to the proving I tended to eat fast and had regular bloating.

Prover C

Eating a lot more. Never full. Feel like I'm constantly grazing. Feel like I'll blow out if I don't stop.

Prover D

No appetite today. Haven't felt like breakfast at all since starting the proving. Not in good form today, lethargic. My stomach doesn't feel 100%.

Prover D

Belching and full of foul wind.

Prover D

Nausea.

Prover D

Very thirsty.

Prover F

Stomach feels unsettled, and I am very thirsty.

Prover F

My appetite has diminished significantly, and I couldn't eat dinner.

Prover G

Very thirsty and drinking large quantities. I don't usually drink much.

Prover G

I ate all round me today – voracious appetite even when full.

Prover M

Excess of heat in solar plexus area. Nausea with eructation's.

Prover M

Pain, as if a tight fist in solar plexus.

Prover M

No appetite until 11am. I usually eat breakfast.

## ABDOMEN

Prover A

Patch of eruption on my upper abdomen – looks like psoriasis – slightly itchy. I have never had psoriasis.

Prover M

Slight gripping heaviness in lower abdomen, extending to thighs. Rumbling in lower abdomen.

Prover C

Abdomen bloated.

Prover F

My abdomen is bloated. I have a lot of flatulence.

Prover F

Pain in abdomen with wind

Prover G

During the day I had a pain in lower abdomen. It felt like a ball of fire. It was worse for movement. I felt better lying down and worse for pressure. There was a pulling dragging sensation. My abdomen is distended.

## RECTUM

Prover A

External haemorrhoid bleeding on passing stool (never had a haemorrhoid before).

Prover A

Rectum burning after stool.

Prover B

I have been constipated on and off during the proving. I don't normally suffer from constipation.

Prover C

Hot burning offensive flatulence.

Prover C

Have been going to the toilet frequently all day, but still feel my bowels are clogged up.

Prover C

Anus itchy.

Prover C

I had diarrhoea before going to bed.

Prover C

Woke with severe cramps in abdomen – had to rush to toilet – diarrhoea. Diarrhoea lasted 2 hours.

Prover F

A lot of flatus

Prover F

Going to the toilet frequent – for stools.

Prover f

Frequent urging to stool, but only little bits each time.

Prover F

Passing flatus frequently.

Prover F

Passed some blood when I went to the toilet today.

Prover G

Slight constipation with frequent urging. Very little comes out.

## **STOOL**

Prover R

Stools incomplete and the quantity has diminished.

Prover C

Stools hot, burning, offensive.

Prover F

Stools are long, thin and hard.

Prover F  
Stools olive green.

### BLADDER

Prover J  
Upon waking the last two mornings I need to go to the toilet immediately (to urinate). I feel I will be incontinent if I don't – like stress incontinence.

Prover J  
I woke and went to the loo, and felt my legs incredibly heavy. I passed huge amounts of urine. It is as if I would burst if I don't go immediately on waking.

Prover F  
Urination frequent at night.

### FEMALE

Prover N  
Symptoms cleared with the proving.  
Itchy, burning and raw soreness, and small dry fissures in the genital area especially on the sensitive skin on the inside of the vulva. This condition appeared after the birth of my child 18 months previous. One week before my period it would appear, and be particularly painful, burning and itching until my period arrived. Then it would subside and disappear over the 3 to 4 days of period. Over the months it got progressively worse and was lasting longer. The month just prior to the proving it was horrendously sore and raw. Within a week of starting the proving it was gone. Now, 4 months later it has not recurred.

Prover M  
Heavy period.

Prover C  
Vagina itchy.

Prover C  
Period painful and 3 to 4 days early. I am usually very regular.

Prover C  
The 3rd day of period – the blood flow seems to be alternating between heavy and light.

Prover C  
No sex drive since taking the remedy.

Prover M

I woke up with strong sexual feelings.

Prover M

Strong free floating sexual feelings.

### **LARYNX and TRACHEA**

Prover B

My throat is still very hoarse.

Prover B

Voice croaky

### **RESPIRATION**

Prover A

Respiration difficult lying down at night. Worse lying on left side. Lying on right side amel.

Prover B

I feel stuffed up and short of breath.

### **COUGH**

Prover A

Bouts of coughing – dry irritating cough.

Prover B

A dry cough and it feels as if I have a crumb stuck in my throat.

Prover B

The cough is now choking sometimes to the point of retching.

Prover B

Cough irritating and choking and comes in fits. It's worse in cold air.

Prover B

Cough on inhaling or yawning. A hollow cough.

Prover F

An irritating tickling cough.

## EXPECTORATION

Prover B

Coughing up green thick mucus.

## CHEST

Prover E

A sensation of warmth across my chest.

Prover C

My breasts are very tender – it's about a week before my period.

Prover C

Breasts in agony. Sore to touch. Couldn't run – they were too painful. They are also swollen.

## BACK

Prover A

Feeling of pressure in lumbar area – like a round circular area 2" in diameter.

Prover B

Ache in lower back – it feels as if my back is very tired.

Prover T

Deep pain in left lower back, like a strain. Better for motion.

Prover T

Back stiff and niggly but much better for movement.

Prover J

My skin especially on my back has become very itchy, especially in bed, and scratching makes it worse.

Prover C

My back feels like it will break in half.

Prover C

I feel as if someone kicked me in the back. The pain is very bad.

## EXTREMITIES

Prover A

This morning I had a feeling of paralysis in my thighs.

Prover A

On going to bed I had a cramp in my right foot – right side of ball of foot.

Prover A

Rash on both thighs, outside upper thighs. Very angry looking raised red eruptions, and very hot.

There was also a series of scratch marks running up my thighs beside the eruptions, as if I had been scratched by something with claws.

Prover A

Toes very cold.

Prover B

Feet freezing.

Prover P

Right shoulder painful. Worse from moving my head.

Prover P

Got up 9pm after lying down with headache. Had tingling down both legs along the tibia. Better sitting, worse standing.

Prover P

My feet feel very cold – icy.

Prover M

Legs felt numb. Tingling and heat in sides of feet.

Prover M

Lying in bed was aware of myself from lower abdomen down. My legs felt bound and lifeless. Great frustration about it, wondering if I would be able to get up. When I did it was fine.

Prover E

While driving, I noticed a pain in my right elbow. It felt bruised and as if someone were pressing a thumb into the bruising. The pain then spread down my arm and into my right thumb and the rest of my fingers, and then up my arm to my shoulder and armpit. The pain was bearable and dull and lasted two hours.

Prover E

My arm feels heavy and slightly lame as if it's asleep.

Prover B

My right hand gets very tired and cramping when writing.

Prover B

Muscles twitching in left upper arm.

Prover B

My left leg, right arm and hand feel numb.

Prover B

Stitching in my right shoulder. Later the same in my left shoulder.

Prover L

Pain in left shoulder during the day – it feels displaced.

Prover B

My arms felt sore last night and as if paralysed.

Prover B

Rheumatic pain in right shoulder for a time, and today my right elbow had the same pain.

Prover B

I woke with a heavy aching feeling. My arms and legs ache and also my neck.

Prover B

Several times today I had a stabbing pain in my thighs.

Prover C

My feet were so hot, burning in bed. I sat up and tried to take off my shoes and socks, but I had none on. Was it a dream or did I actually sit up and try to take them off – I don't know.

Prover J

Pain just above right elbow on inner aspect of upper arm. A feeling of tightness – a constricted feeling. The pain was intense and constant. Pressure agg. Lying on painful side amel. The pain extended to right shoulder.

Prover J

Right arm feels heavy and weak and writing is a chore.  
Tingling in the little fingertips and ring finger.

Prover J

Woke with pins and needles and numbness in the tips of my fingers.

Prover C

The verruca I have had for 6 or 7 years is gone. I have been trying for years to get rid of

it. It was massive. It reminded me of a volcano; it had a deep hole with a crust of skin around the edges. You name it, I've tried it. I had an appointment to have it surgically removed but cancelled it. I didn't fancy that road. The surgeon hadn't guaranteed he'd get it all. He felt it was so deep. I noticed on Sunday it was gone. I'm amazed. There is hardly any trace of where it was.

Prover D

Legs from knees down very warm, and goose bumps on skin.

Prover F

Left shoulder really aching.

Prover M

Sides of legs tingling and limp – feeling lifeless. Tingling also in palm of hands and sole of feet.

## SLEEP

Prover A

Very tired driving in the early afternoon. I was finding myself beginning to nod off, and was desperately trying to keep myself awake. The drive was only 30mins. And I have never had this before.

Prover A

Still nodding off with overpowering feeling of sleepiness while driving.

Prover M

Deep sleep.

Prover J

I wake feeling unrefreshed and heavy, and want to stay in bed.

Prover N

It's 1am and I'm just going to bed. All weekend I couldn't get to bed before 12.30 or 1am, even though I'm tired and not doing much.

Prover N

I went to sleep at 4.30pm. I woke again at 6pm with a slight cold and sore throat.

Prover N

Didn't sleep well – disturbed, and woke up a lot.

Prover C

The alarm clock startled me out of sleep. My whole body jumped. I woke like this some-

time during the night – I don't know what caused it. I slept deeply and didn't hear my brother leaving for work – I usually do.

Prover C

Went to bed early – 9pm. Got up reluctantly at 6.30am, and found we were snowed in. I went back to bed and slept for 10 hours, and still feel tired and sluggish. Really tired the last few days.

Prover D

Daytime – nearly drifted off to sleep – very tired – eyes closed. Others voices sounded very far off.

Prover D

Woke at 3am and couldn't sleep again.

Prover D

Woke frequently during the night.

Prover D

Woke at 3.30 with a thousand and one scattered and unrelated thoughts in my head. Up at 5.45 and off for a walk.

Prover F

Very restless night – I was too hot.

Prover F

Yesterday evening I cooked supper and then fell asleep, and kept drifting in and out of sleep all evening. I feel really shattered.

Prover M

Sleep very deep. Difficulty waking. Woke feeling very hot and sluggish.

## CHILL

Prover A

A number of times I have got very chilly. I felt as if I was coming down with a cold. Slight sore throat and congested head. It didn't develop into anything.

Prover P

Feel very chilly.

## SKIN

Prover A

Rash all over body except for face – red blotchy. I feel very hot.

Prover P

Red blotchy rash on skin.

Prover D

Skin itchy.

## GENERALS

Prover A

I have developed a craving for blueberries, and am going out of my way to get them. Grapes taste disgusting – like ammonia. Oranges also taste like ammonia.

Prover P

I have generally felt very hot during the proving – sometimes like I am boiling up.

Prover E

I appear to be warmer than usual. I am able to wear a sleeveless dress with no bother. Normally I am freezing even when others are warm.

Prover B

I feel hot and my muscles feel soft and weak, I feel wobbly.

Prover N

Tingling in my body

Prover D

Feeling of steam rising from my body – very hot and flushed.

Prover F

Feeling very hot at times.

Prover F

Eating lots of chocolate, biscuits, sweets and junk.

Prover G

I'm roasting hot and very thirsty.

Prover M

Desire to be in the open air. I opened windows. Lovely mist outside.

## REPERTORY

### MIND

ABSTRACTION of mind

#### AILMENTS

Abused, from being

Bullied

Sexually

Mental exertion, from

#### ANGER

Driving, while

Slowed down, at being

Husband, towards

#### ANSWERING

Incorrectly

#### ANXIETY

Conscience, of

#### AVERSION

Children, to

#### AWKWARD

Drops things

Haste, from

Strikes against things

#### BATHING amel.

Desire to

#### CENSORIOUS

Oneself, of

Scolding, with

#### CHANGE

Desire for

#### CHEERFUL

#### COMPANY

Agg.  
Desire for

COMPLAINING

CONCENTRATION difficult

CONFUSION

Talking, while  
Writing, while

COUNTRYSIDE

Desire for

DEATH

Desires  
Thoughts of

DECEITFUL

DELUSION

Arrested, is about to be  
Body, ugly, is  
Crime, had committed a  
Criticised  
Dead  
She herself is dead  
Father is  
Mother is  
Persons  
Surrounded by  
Evil, of  
Forsaken, is  
Ignored  
Invincible  
Legs  
Four legs, has  
Long, legs too  
Many legs, too  
Lie, all she said is a  
Neglected – duty, he has neglected his  
He or she is neglected  
Victim, is a  
Wrong, has done

DESIRES

Inexpressible

DETACHED

DISGUST

Body, of one's own

DRIVING

Desire for driving

Fast

Reckless

Slow

DULLNESS

Reading

EGOTISM

Speaking always about oneself in company

ELEGANCE

EMOTIONS

Predominated by the intellect

ESCAPE

Run away, to

EXCITEMENT

Weather

Rain, in

Windy and stormy

FEAR

Accidents

Driving a car, while

Control, losing

Driving, while

Driving a car

Happen, something will

Family, to

Wind, of

FORGETFUL

Words, while speaking

FORSAKEN feeling

Isolation, with feeling of

GESTURES

Hands

Wringing the hands

HATRED

Persons:

Offended him, who had

HIDING,

Himself, desire to

HOME

Leave home, desire to

HURRY, haste

IMPATIENCE

Driving a car, while

IRRITABILITY

Children, towards

Family, with

Questioned, when

LASCIVIOUS

Seeing children as sex objects

LAUGHING

LONGING

Repose and tranquillity, for

LOOKED at

Cannot bear to be

LOQUACITY

LOVE

Children, for

MEMORY

Weakness

Do, what he was about to

Everyday things, for

Happened, for what has just

Say, for what he was about to

Words, for

MISTAKES, making

Driving, while

Speaking

Spelling, in

Words, using wrong

Work, in

Writing

Omitting letters

QUARRELSOME

RASH

Driving a car

REGRETS, full of

RESPONSIBILITY

Aversion to

Inability to take

Taking responsibility too seriously

RESTLESSNESS

SADNESS

SEASIDE amel

Loves

SELF-INDULGENT

SELFISHNESS

SENSITIVE

Nature, to

Noise

Loud

Shrill

Voices, to

Surroundings, to

SLOWNESS

Calculating

SPEECH

Inarticulate

SYMPATHY from others

Desire for

THOUGHTS

Intrude and crowd around each other

Stagnation of

TRAVELLING

Desire for

UNFEELING

UNSYMPATHETIC

WEARISOME

WEEPING

Offence, from

WILD feeling in head

WILDNESS

VERTIGO

FALL, tendency to

LYING down agg.

SPINNING feeling

STAGGERING, with

## HEAD

CONGESTION

FULLNESS

HEAVINESS

NOISES in

PAIN

Hold head, must

Lying down amel.

Aching

Hammering

Accompanied, Nausea, with.

Occiput

Sides

Left.

Pressing

Forehead

Pulsating

Occiput

Temples

Shooting

Forehead

Stitching

Sides

Right

Pressure amel.

EYES

DRYNESS

HEAVINESS

Lids, of

ITCHING

PAIN

Burning

Sand, as from.

PHOTOPHOBIA

TIRED sensation.

BLURRED

## VISION

ITCHING

Meatus

## EARS

NOISES

Crackling

Ringling

Wind, sound of

PAIN

Lobes

## HEARING

ACUTE

## NOSE

DISCHARGE

Clear

Thick

Watery

Yellowish green

DRYNESS in

ITCHING

Meatus

OBSTRUCTION

ODOUR

Offensive

PAIN

Soreness, in

SNEEZING frequent

## FACE

CHAPPED Lips

DISCOLORATION

Bluish

DRYNESS

ERUPTIONS

Blotches

Herpes

Lips, on

Rash

Forehead

Red

Forehead

HAIR

Women, in

Cheek, right

Chin

Sensation of a

NUMBNESS

PAIN

Chin

Jaw

Left

Stitching

Right

PERSPIRATION

Cold

Morning; waking, on

Forehead

## MOUTH

ADHERES to roof of mouth; tongue

DISCOLORATION

Yellow

DRYNESS

Drinks; water, cold, amel.

Thirstless, with

ITCHING

Palate

TASTE

Fishy

Metallic

Offensive

Putrid

**THROAT**

CHOKING sensation

Speaking agg.

CONSTRICTION

DRYNESS

LUMP, sensation of a lump in.

PAIN

Speaking, when

Swallowing, when

Rawness

Sore

ROUGHNESS

SUFFOCATIVE sensation

**EXTERNAL THROAT**

ERUPTIONS

Rash

ITCHING

PAIN

- Sides
- Motion, on
- Turning head
- Burning

PERSPIRATION

- Morning; waking, on
- Cold

STIFFNESS; Sides

**STOMACH**

APPETITE

- Diminished
  - Indifference to food, with
- Increased
- Wanting
  - Attempting to eat, on

ERUCTATIONS; Type of

- Food
- Foul

FLATULENCE of stomach

HICCOUGH

NAUSEA

PAIN

THIRST

- Extreme
- Large quantities

THIRSTLESS

**ABDOMEN**

DISTENSION

ERUPTIONS

Itching  
Psoriasis

FLATULENCE  
Painful

HEAVINESS

PAIN  
Burning  
Cramping

RUMBLING

## **RECTUM**

CONSTIPATION  
Ineffectual urging

DIARRHEA

FLATUS  
Copious

HAEMORRHAGE  
Stool, during

HAEMORRHOIDS  
Bleeding; stool, on passing  
External

ITCHING  
Anus

PAIN  
Burning  
Flatus, while passing  
Stool, after

## **STOOL**

FREQUENT

GREEN; olive green

HARD

HOT

LONG narrow

ODOUR; *offensive*

SMALL quantities

## **FEMALE**

ITCHING

Vagina

MENSES

Copious

Early, too

Painful

SEXUAL DESIRE

Diminished

Increased

## **LARYNX and TRACHEA**

VOICE

Croaking

Hoarse

## **RESPIRATION**

ASTHMATIC

DIFFICULT

Lying

Sides, left

## **COUGH**

CHOKING

DRY

HOLLOW

INSPIRATION

IRRITATING

PAROXYSMAL

TICKLING

## **EXPECTORATION**

GREEN

THICK

## **CHEST**

HEAT in

PAINFUL

Mammae

Jar agg

Menses, before

Touch agg

SWELLING; Mammae

## **BACK**

ITCHING

PAIN

Aching

Lumbar region

Break, as if back would

Sprained, as if

Motion amel.

Pressing

Lumbar region

STIFFNESS

Motion amel.

## EXTREMITIES

### AWKWARDNESS

- Hands; drops things
- Lower limbs
  - Stumbling when walking
  - Knocks against things

### BOUND

- Legs feel as if

### COLDNESS

- Foot
- Icy
- Toes
- Icy

### CONSTRICTION

- Arms
- Legs

### CRAMPS

- Hands; writing, while
- Feet

### ERUPTIONS

- Thigh
- Hot
- Rash
- Red

### HEAT

- Bed, in
- Burning

### HEAVINESS

### NUMBNESS

### PARALYSIS, feeling of

### PAIN

- Aching
- Rheumatic
- Shoulder, right

Elbow, right  
Sore  
Arms  
Stabbing  
Thighs  
Stitching  
Shoulders

TINGLING

TWITCHING

Upper arms

WARTS (verruca)

Foot; sole of

WEAKNESS

## **SLEEP**

DEEP

DISTURBED

FALLING ASLEEP

Daytime  
Afternoon  
Evening  
Difficult  
Early  
Late

NEED of SLEEP GREAT

PROLONGED

RESTLESS

SLEEPINESS

Daytime  
Afternoon  
Evening  
Driving, while

UNREFRESHING

WAKING

Difficult  
Early, too  
Heat, from

## DREAMS

ACCIDENTS

Car, with a

AMOROUS

Boyfriends, old  
Boys, young

AMPUTATION

ANIMALS

ANTIQUES

CHILDREN

Abused, being  
Danger, in  
Fondness for

CHURCHES

CRASHES, car

CRIME

DANGER

DEATH

People, of

DROWNING

DRIVING

Car, in a  
Infants driving

FLOODS

GHOSTS

GUNS

HISTORIC

HORSES

HOLIDAYS

JOURNEYS

KIDNAPPERS

Being kidnapped

KILLING

Axe, with an

LIONS

Attacked by

MAGIC

MONEY

MURDERED

About to be

POLICE

PRIESTS

PRISONER

Being taken a

QUARRELS

RAPE

Being raped

SEA

SUFFOCATION

THREATS

WARTS

WATER

Waves

YOUTH; time of

CHILLINESS

**CHILL**

HIGH

**FEVER**

ERUPTIONS

Blotches  
Psoriasis  
Rash  
Red

**SKIN**

ITCHING

**GENERALS**

AIR

Open air amel

ELECTRICAL equipment, failure of

FOOD

Blueberries; desire  
Light food; desire  
Sweets; desire

HEAT, sensation of

HEAVINESS

TINGLING

WEAKNESS

Muscular

WEATHER

Rain, during amel.

Windy, stormy

Agg.

Amel.