

Trituration of  
**Crab Apple**

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## The Substance

The crab apple tree from which the trituration material was taken grows in Charlotte Allen's garden in south Herefordshire. It is an old tree, possibly part of an old hedge that is no longer maintained, since it is set about one foot forward from the hedge remains. There is evidence that it has been pruned in the past, although it is now allowed to grow taller.

The trunk is about one foot in diameter. Its bark and twigs are dark brown to black and the trunk is deeply fissured. There is very little evidence of infestation or parasites. Ivy grows up the trunk and there are some lichens on the branches. The smaller branches and twigs are very dense and spiky, providing protection for the tree.

The tree produces masses of pink flowers. Every other year there is a bumper crop of apples but the tree seems to rest in alternate years and produce much less fruit. The apples are about 1.5 inches in diameter and are green, ripening to yellow green. They are very bitter but make good jelly.

The soil in which this crab apple grows is sandy, well drained and fairly neutral. The garden sloped to the south but the crab apple is shaded by a very large sycamore tree.

The house and garden were used as a workhouse in Victorian times. The part of the garden in which the tree grows was the men's end of the workhouse, possibly a vegetable patch. Many clay pipes have been found in the soil in this area, as well as lots of small animal bones and bills that suggest poultry were here at one time.

Since it was late autumn when I visited the tree, there was no chance to use flowers or leaves. I was concerned that I only used material from the tree itself and not anything that might be living on it or contaminating it. So this influenced my choice of material: I took a very small piece of bark and then kept only the inner side of this in the hope it would be free from other organisms; I also took a twig, peeled the outer bark off it and used the green wood inside; the white glossy flesh of the pips was the third part of the tree I used, after cutting the pips open and discarding the hard shiny brown casing. I liked the idea of having the seeds because I felt they would contain the essence of the tree.

Having obtained these three sorts of material, I dried them in an airing cupboard then put them all together in an envelope. At the trituration I made sure that everybody received a bit of bark, wood and seed.

## The Trituration Process

We followed the method used extensively by Alize Timmermann. Triturated substances are generally triturated to a 3rd step and then potentised by dilution and succussion but Alize Timmermann believes that a 4th trituration is needed to bring out the full extent of the essence of the substance. She says:

*Remedies triturated to the C1 level have their main point in the physical realm.*

*Remedies triturated to the C2 level bring the emotional aspects into the foreground.*

*Remedies triturated to the C3 level show the psychic, mainly the emotional aspects of the remedy.*

*Remedies triturated to the C4 level predominantly express the spiritual aspects, the soul, the essence of the remedy force.*

For this trituration we used sterilised unglazed porcelain pestles and mortars. Porcelain scrapers and measuring spoons were kindly provided by Helios Pharmacy and the milk sugar came from the Homeopathic Supply Company.

To make sure we got through 4 triturations in one day I cut down AT's advised trituration time from 7 to 6 minutes, since many other people triturate for 6 minutes each time.

This is the method we used for the C1 trituration:

Put 33g of milk sugar and 1g of the crab apple material in the mortar.

Triturate for 6 minutes and scrape for 3 minutes.

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Add 33g of milk sugar.

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The C2 trituration began by putting one gram of the triturated mixture into an empty mortar and adding 33 g of milk sugar. Then we followed the previous pattern of C1, i.e.

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Triturate for 6 minutes and scrape for 3 minutes.

C3 and C4 triturations followed the same pattern as C2.

We all made written notes of our thoughts and feelings throughout the process. After C1 we talked about our experiences for around 5 minutes then started C2. After talking over C2 we took a break for lunch. After lunch we performed C3 and C4 triturations in a similar fashion. One other prover (11) triturated the substance up to C3 a few days later at home. Three of the provers (7,8 and 10) knew the substance was an apple. All the provers knew it was a tree.



We found that the symptoms did not necessarily appear in the same sequence or at the same stages as Alize Timmermann suggested they should. These differences from the "theory" were:

- 1) *Physical and emotional symptoms appeared in all four triturations for most people, both beginning in C1 for everybody.*
- 2) *Some people got very little reaction during C4, as though the substance had lost its power.*

What we did find about the process was that:

- 1) *In the three cases where there were strong physical symptoms, these disappeared by the end of C4.*
- 2) *In around half the cases, emotional symptoms intensified and/or resolved during C3, C4 or over both these triturations.*
- 3) *In five cases the symptoms remained of a similar type and intensity throughout the process.*

## Prover 1

[C1]

Very early on a deep feeling of peace radiating out from my heart.

"All is well"

Yellow/golden yellow (throughout first grinding)

The first 3 mins of grinding seemed much longer.

Sensations on scalp, tickles and irritations, then pressing feeling on top of head like the beginning of a headache.

Got "crown of thorns" but not a strong pain.

Sound distortions. Noise of the pestles against the mortars suddenly harsh and grating and much louder as if someone flicked a switch and the volume just went up then back to a distant background lull.

Lots of itchy prickly sensations in spots – **scalp**, neck, upper body, left thigh and back.

Didn't like being watched.

Grinding much quieter. I didn't want to make a noise. Jarred if it did. Just want to go round and round in circles.

The bits of substance are still there! Don't want to be bothered to crush them. Annoying me. I just want pure white powder.

Itchy left eyelid and scalp.

Feel subdued, a bit down, low energy.

Burping! and awareness of digestion.

Ill at ease in my body, fat & uncomfortable.

Bursting pain left knee.

Lots of irritating spots all over esp. left leg and upper body and right side of head and scalp.

It feels like ages since my last turn at grinding, more like half an hour than 6 minutes!

Suddenly chilly. before I was hot sitting by heater.

Sense of heat in top of scalp whilst grinding.

Intense itch in right hand whilst grinding.

Bursting in left knee again.

Head pain in top vertex right side. Dull, pressing, only momentary.

Still lots of itches and irritations.

Feel dulled, hypnotic.

Noise of the scraping really grating on me but also feel calm – I don't want to be doing anything else. Feel rooted to the spot.

Need to clear throat.

Headache like a hangover, top of head and across forehead.

[C2]

Need fresh air!

Daydreaming, looking about, studying the things on the walls. Feel lighter and not so immersed in the process.

Still got headache.

When I "come to" and start to pay attention to the grinding I am reluctant to go into that space again.

Burning sensation in left nostril.

Itch right shoulder.

Distracted thinking about other things while my partner triturating. Don't feel very connected to the substance at the moment.

Feel I'm being intensely looked at again, like an owl – I want them to stop!

Lemony and spicy smells – lovely!

Feel as if I haven't had any sense of smell all day.

Desire to grind much more forcefully this time.

Delusion there was a foreign body in the mortar!

The time for scraping seems so short I think XXX must have got it wrong!

Stuffed up lower nose, feel I need to sniff but if I don't nothing runs out anyway.

Burning sensation left nostril.

No sense of smell now. Nose feels dulled.



All the way through I notice I've been aware of physical flaws, incongruities of clothing on others in a way I wouldn't usually. I still feel itchy, uncomfortable in my own skin and fat. I am irritated by the sensation of my own hair on my skin, even arm hair.

Itchy right eyelid.

Itchy external genital area.

My energy is still "out there". I want to look around at everybody while they work.

Need to stretch to get air into my body.

Dull, tender feeling in fontanelle as if is bruised or hasn't closed properly.

Noticing flaws in the building, the wallpaper is coming off the ceiling.

Intense bursting tightness in left kneecap so I have to stretch my leg out.

I am staring at others in the same way I was being stared at.

Irritable and irritated.

Can't smell much but when I do is strong — acrid whiffs like male sweat.

After scraping never feel like I've done it properly. I must work faster!

Wanted to hold the mortar close to me then feeling I wasn't doing it right.

Thinking about death — getting visual images from the case I took yesterday.

Morgues, horrific injuries to a body, having to identify it. Also resonates with the film I watched last night (Elizabethtown).

Sneezing at the end.

[C3]

Being stared at again! Owlsh gaze. I smile but no response, just carries on looking at me.  
Have to look away.

I'm not hungry today, usually ravenous by lunchtime on school weekends!

Thinking about issues from the past. There isn't the emotion attached to them there once was but I would still like some answers. Imagine a dispassionate conversation about it.  
Feel I need resolution.

I want to grind very strongly, putting a lot of energy into it and going round and round rhythmically and back the other way. Enjoying the sound and the rhythm of it.

Internal discomfort lower abdomen below navel, v. aware of my digestive system. And itching around navel. Gurgling and whining guts!

Still very itchy.

Head still hurts < noises of trituration.

Subdued, down, irritated.

Tired of this headache!

Resentful of the substance.

I would like to curl up on a beanbag and just watch everyone else or sleep. V. drowsy.

Only want to stir anti-clockwise.

Irritation in right nostril as if need to blow my nose but I don't.

Digestion feels sluggish, no flow. I can feel the passage of food thro my intestines.

Feel oppressive, oppressed. I can't get enough air and I'm not breathing properly.

Want to sleep in order to forget my body for a while.

Everything feels tight, itching and constricted.

Hate being observed because I feel so ill at ease with myself.

Feel fidgety and as if I'm disturbing the energy, irritating other people.

I want to be naked but warm and covered with soft blankets. I think I would be comfortable and I could get away from bodily sensations.

Morose Melancholy No energy

Small, annoying pains in centre of forehead.

I almost never get headaches so I'm really feeling it all.

Caught a smile and the energy lifted! Smiling lots and feel amused at the situation.

Giggling and tittering like at school! It feels so good to smile again.

Now it feels like harmless white powder and lots of fun compared to the heaviness of before.

[C4]

Headache improved but not gone.

I'm not really getting any information, my thoughts keep wandering.

Quite enjoying the repetitiveness of the process but why isn't anything coming through?

[I got "Apple green" in this phase but dismissed it. Headache gone by end.]

## Prover 2

[C1]

Tingling in right thigh.

Dry throat.

Tingling sensation left face (lower) and right eyelid outer edge and right eyebrow.

Tingling of upper lip (left side) extending to right side later.

Tingling sensation of right side of face near the mouth – then extending upwards.

Irritation inside both nostrils.

Tingling sensation lower abdomen left side.

Itching of left ear and left side of nose.

Tingling sensation now in cheeks (both).

Tingling sensation worsening in cheeks and lips.

Tingling sensation side of head above left ear.

Tingling sensation of nose both sides near nostrils.

Irritation in both nostrils.

Tingling sensation back of left thigh and outer side of left ankle.

Tingling sensation right eye inside lid.

Tingling sensation back of head behind ear right side.

Nasal irritation (inside) worsening.

Itching inner edge of right eye on edge of lid.

Feel **relaxed**.

[C2]

Tingling of face right upper lip and left cheek the to right cheek.

Very aware of others using pestle and more so the scraping – irritated by it.

Coryza – sniffing.

Relaxed, less irritated by noise.

Desire to close eyes. Very sleepy.

Difficulty in concentrating – mind wandering.

Itchy neck.

Nasal irritation (inside).

Yawning. Remain sleepy. Difficulty keeping awake.

[C3]

Very slight tingling of face – left eyebrow and right cheek.

Runny nose.

Yawning.

Difficulty concentrating. Indifferent.

Losing track of time.

Lighter mood in room. Much laughter. However felt I was missing out on the joke/reason.

[C4]

Detachment when watching others triturate. I felt I wasn't part of the group.

Yawning.

**Eyes burning.**

### Prover 3

[C1]

Need for single sneeze after Rx arrives (normally sneeze in 3s). Not prone to sneezing.

Right wrist hurting at base.

No smell.

Feeling hot, sweating on top of back down to mid spine.

Right forearm aching.

Left hand red and swelling.

Right hand sweaty.

Eyes feel like they are swelling.

Very slight watering from left eye.

I want it to change colour, the two or 3 specks were going to be crushed. I loved seeing the streaks in the white sac lac and I crushed them.

Heat moved to top of leg.

Joint of big toe bubbling sensation.

Mouth dry but lots of saliva, back of throat, much build up, I want to cough but feels like a cold lump in throat.

Scraping process, the sound is annoying me.

Sharp pain from above right eye across to apex, and "Let's move on." [Dislikes sound of metal spoon scraping.]

I feel I am being watched. I've left my glasses up so I can't focus on others.

I am a mechanical machine scraping but I have not finished scraping. I want more time.

Left eye more watery.

Right hand more swollen than left.

Lots of deep breathing.

Pain behind eyes and up to vertex.

Need to rub in left corner of left eye.

Mouth dry.

Feeling restless, getting hotter, need to get fresh air.

Coughing.

I really hate listening to others scraping. It's alright when I am doing it.

Grinding like at sea — thought of a ship's mast — is this oak?

It's grey again, again. Am I doing this right?

Left eye pain deeper.

Deep breath and let it out slowly.



Scraping – I was going to complete this time very mechanical, but then I desired to make a little mountain of the ground powder and became very thoughtful.

Smiling. Poked tongue out during scraping and a purposeful way as I scrape the powder down.

Still hot. Desire fresh air.

Sweat upper arms noticeable.

Feeling hot, drained, tired.

Need air – cool air.

*Yawning*

Scraping again – headache increasing on every scraping session.

Need to scratch area behind right ear on neck.

Let me out of this din – "How do I escape?"

[C2]

Silliness. Protective of our grey material.

Ache in forehead has become more intense.

Feeling impatient – I want to work on our powder (child)

Periodic deep breathing still occurring.

Teeth dry feeling but lots of saliva.

Starting to feel the heat in my body again. Cooling light breeze coming from window – heat internal.

Neck aching – related to eyes.

Deep breathing and sweating.

Scraping – tongue out with intent.

Feeling fat and heavy at the bottom. Very light at the top. Need to feel wind about head.

Yawning and deep breathing.

Smiling – XXX is holding baby cradled in her lap with her hand around the bowl as though around a baby's bottom. As though breast feeding and I am seeing someone intensely passionate about looking after baby, as she grinds it – but somehow with a gentleness.

Headache gone to back of head.

Itchy left upper arm.

Breathing deep.

Tickling upper left leg calf muscle.

Single hiccough.

Thoughts. How did XXX feel about scraping and contamination – would she prefer to work with someone else?

Less conscious of physical when grinding and scraping.

Itch on left cheek.

Mouth dry.

Headache in the eyes.

"I am the lung of the Earth, treat me gentle"

Left lung pain at bronchial joint.

Intense need to perfect process. Circular motion.

**Sleep.**

[C3]

I feel I am putting a lot of energy into this and getting very little from it. Led to feeling/thinking about my marriage, I feel I put a lot in and feel I got v. little out of it.

I will survive/ Parasite.

Right at the start felt I did not want to do this.

Then I wanted to really grind it down. Not just round and round but really grind it down.

Want to destroy it, to kill it, put it under.

Repetitive sound attractive, gentle ring of XXX's bracelet.

Shudder down back.

Silly prinking pain in right buttock. Must scratch it.

No sweating but heat in hands.

Index finger on right hand developing blister on top left side of first joint.

Wanted to fart — needed to lighten the atmosphere.

Closed eye — I believe I slept for a few seconds.

Can't get **FLOW** going. When it flows it's good and intense but I cannot keep it going.  
After scraping I must make a nice base to pass on.

Day dream — **V HEAVY**

[C4]

Headache lingering since windows opened.

Itchy.

Deep breathing "I am your lungs".

Flow of air — ribcage moving in and out.

*Yawning and deep breathing* through nose.

How to get over this one?

Left eye now dry, irritation in corner.

Been seeing images of trees standing alone — oak, eucalyptus, scots pine, monkey puzzle.  
But knowing the source was a tree influenced this.

Tingle apex of head — itch.

Need to keep *planting* feet on the ground, somehow they find their way to be crossed

under the chair and then need *replanting*.

Starting to play with the substance. Form letters and shapes.

A liver — it could be a liver Rx — or was it a map of Africa?

I don't like this remedy trying to make light of a serious subject.

Causing me to sit upright and breathe correctly.

## Prover 4

[C1]

Most people seem to be fighting with it – struggle.

Slight band tension around head with pressure on temples. Went after a few minutes.

Deepness, lethargy, heaviness.

Heaviness over temples and eyes.

Squeaking and scraping was setting my teeth on edge. Tension in jaw.

Feeling of tension in atmosphere. ?concentrated tension? No noise, just bowls scraping and a focussed attention.

Still got tension in jaw and down sides of my neck.

Heavy slight pressing on sides of my neck, gland area.

Have been warm, starting to feel a draft on my arms.

The warmth has gone out of it.

Feeling of cold and a bit shivery.

Left ear warm, hands are warm.

Although I've put my jumper on, more warmth coming back into the room.

Left wrist joint has a nigggle (grinding with R).

Left palm feels pressure on it.

Still feel slight pressure in sides of throat.

Pressure deep on scaphoid bone of left wrist.

Pressure on left eyebrow then heaviness again around top of head.

Sense of purposeful seriousness within the room.

Fingers are swollen, can't get ring off.

[C2]

Ours was grey after C1.

Laughing, light-hearted before starting the process.

Eyes sore, dry as if dust has dried them out, acrid.

Don't want to look at it as it's hurting my eyes.

Heaviness of head has gone, still a bit of pressure but not so heavy.

Hands hot. Feet feel coldish.

Feel a bit "eugh", dirty.

Itchy nose, under eyes.

Itchiness on eyebrows and eyelids.

Itchiness back of my neck.

Feeling of what's the point?

Struggling to hold the pestle in left hand. Don't feel very co-ordinated. Feeling pissed off in general. Don't know what with, possibly the substance.

Feel there's a furrow in middle top of my forehead.

Left wrist is sore, same place on scaphoid bone.

Feel grumpy, don't want to look at people.

Irritated with it. Is it an irritant?

Knocking noise on the bowls is irritating me.

Feeling down, depressed, fed up. Low self-worth.

Need to rub forehead.

Doesn't feel a jolly substance at present.

Sadness. Deepness.

Eyes are still irritated but dry. Have to keep blinking.

Is it a feeling of grief or loss?

I'm annoyed at it for making me feel crap and useless, contaminated.

Image of church and graveyard around it.

Lips are dry. Throat is dry.

Uncomfortable feeling on breast bone, like a heaviness pressing.

Feeling of tiredness, not quite focussing, it's all a bit fuzzy round the edges.

Here but not here, not quite with it.

The scraping is really setting my teeth on edge. Irritating.

I was clutching the bowl to my stomach when I was grinding it almost protecting it.

[C3]

Itchy nose.



Still boring pain in left wrist.

Lightness in brain but heaviness in body.

Cooler temperature.

Initial grinding, left arm was really heavy and sore as if no energy in it.

Got gradually cooler, then a shiver "like somebody walked over my grave".

Still subdued, heavy atmosphere, but also detached.

Empty feeling and non-attachment.

No irritability at present.

Tiredness, sense of "What will be, will be".

Sharp dig to right side below ribs.

Yawning and sighing.

Bit of tightness, heaviness over eyes and forehead.

Old, ancient, substance is less irritative, but is demanding attention.

Bowl has gone cold.

Real sense of tiredness and yawning.

Like a sense of quiet contemplative silence, like in a monastery. Even scraping is less irritable.

Acceptance. Mood lifting. Some people giggling.

Real change of mood – lighter.

[C4]

Dryness.

Image – hope, happiness, love of life, the life cycle.

Image – from Pullman novels, Lyra coming out of the underworld. Found a place to let people/ghosts out. DUST. The idea of DUST in these novels. We're all connected.

Lightness.

Needing to stretch, as if being asleep for a while.

Like a journey, we've been into and through the depths of the underworld, and now bringing ourselves to the surface and into the light.

Still got slight itchiness of head.

Left wrist no longer sore, painful or heavy.

Still some dryness of eyes.

Bit more playfulness with substance although the rest of the room looks really serious! and sleepy again.

Pain in left wrist is throbbing slightly again.

Giggling at XXX's picture of a liver in the substance.

Eyes are watering with giggling.

Fidgety.

## Prover 5

[C1]

Busy concentrating on task. Very difficult to break up the material. Frustrated at times as finding bits of material not mixed. Very tiring task.

Methodical. Conscientious. Determined to do it properly. Obsessiveness on getting the task right.

Noise of scraping can be annoying. It seems to get louder and louder. Everyone is getting more frantic.

[C2]

Wanted to cough. Something in my lungs as if I'd breathed in something. It soon passed.

Gradually became sleepy.

Right side nostril ache and right temple (prone to right sided headache from stiff shoulders and back).

Frustrated because nothing was happening.

Felt chilly. Quite sleepy. Want to sleep during mixing. More awake during scraping.

Frustration and sleepiness.

"I've lost the will to live" did come into my mind.

[C3]

More energy after break. Ground very hard.

Absolutely nothing except more frustration. Feeling useless and hopeless. "What's the point in going on." Everybody else gets something but I'm hopeless.

Began to feel sleepy. Wanted to sleep as this is the best way to avoid situation. "I wish this

would end."

Very annoyed. Everybody is irritating me. Whole exercise is pointless. I'm getting nothing.

Pain in left jaw next to gland by ear. Pain sharp/stabbing in lower jaw — near joint.

Shooting pain > motion < keeping still.

Stabbing pain moved to gland below mandibular still left side.

This is even more pointless. Want to curl up somewhere and hide away. Also would like to go to sleep.

Still no emotion — nothing. Feel totally useless.

Can't be bothered. Getting annoyed again. Everyone else is laughing. I really feel irritated. I want to sleep.

[C4]

I feel like doubting Thomas. Feel totally indifferent.

I like scraping — it is a more satisfying task — there's an end goal!

Suddenly felt cold and chilly.

Still feeling indifferent. Complete blank. But don't care any more. Don't really want to feel anything any more. No point in trying. Give up.

Got the giggles — for no reason. Soon passed.

I feel as if I have no emotions whatsoever.

Scraping — at last I completed the task satisfactorily. All the powder in a pile and the edges clean.

More relaxed but still indifferent. Pleased it is nearly over.

## Prover 6

[C1]

Protective, wanting bowl on a solid surface.

Frustration – wanted even grinding round and round not focussed back and forth.

XXX knocking pestle and mortar uncomfortable – jarring.

Found scraping really unpleasant sound – eyes everywhere watching all the bowls – a little anxious?

Strong desire for bowl to be ON something at all times.

Desire for circles – even rotating pestle in hand and bowl on table.

Scraping – it's the tapping type scraping I dislike – strong urge to keep scraper in CONTACT with bowl and material – so scraping back and forth not taking scraper off the bowl.

Knocking sounds – tapping of pestle and mortar very disturbing – loud.

Felt very heavy when observing – very SOLID. Dense – like gravity a little higher today.

Had slight sinusitis all week – nose unblocked on 3rd round of grinding.

Itchy/tickly outside of nose and between eyes on forehead.

Tapping-type scraping – concern – almost as if they might "hurt" the substance.

Aware have been frowning for ages!

May be nothing to do with the Rx but feels like we have been here for hours!

Aware body feels very very still. Both feet flat on floor. Still/fixed. No desire to move.

[C2]

V calm, v blank feeling.

Closing in – folding inward.

Not sleepy but want to close eyes and curl inwards.

Someone drawing – why? nothing to say – blank.

Almost a shrivelling feeling.

Leave me alone.

Do not disturb.

Isolation (not very pleasant)

Not tired, more like hibernating – want to "switch off".

Grinding too much effort.

Want to give up and rest.

Emotionless.

Get it over with so I can go back to doing nothing!

World is confusing place, in here calm and restful.

Get it over with – like impatience but not impatience, want to go back to stillness.

Can't really be bothered but grinding etc. to get it out of the way.

Desire to let everything go and do nothing.

Don't give a damn about anyone.

NOTHING REALLY MATTERS TO ME (Queen - Bohemian Rhapsody).

No urge to do anything but be at rest.

NB Not sleepy just want to REST and DO NOTHING.

Pinched self to see if I really do feel numb – hands quite numb.

Sense of detachment from everything – including reality.

Sadness?

LEFT SIDED SYMPTOMS – prickling etc.

Couldn't co-ordinate left hand this time.

[C3]

Sense we are CREATING something almost like mixing paint to make a painting with.

*Releasing* something from the remedy.

Sharp pain down L side back of neck.

Headache.

Burning eyes – watering.

Very very white – we are creating something pure.

Eyes really prickling, burning.

Purity to the Rx – fine and white.

Felt very respectful towards it – it has given itself for us to use.

EYES PRICKLING/BURNING.

Headache.

PEACEFUL.

Feels like a feminine remedy.



Waiting for something. All the circles and holding in and turning inward are getting ready – sense that eventually will spring – spring into life in some way. Waiting for action.

Feeling almost ready.

Restless.

Seagull outside – noise incredibly funny, made me giggle.

[C4]

Clarity – space to think.

Prickly hot eyes still.

Cleansing – like dentist scraping away plaque.

Clear, focussed, no stray thoughts.

Objective and internally confident.

Internally referenced.

Something about having enough info to choose – don't need to seek info or advice.

Clarity of thought.

Something about knowing when to give up – knowing when resistance is futile so not to bother.

Clean slate. Fresh start.

POTENTIALITY.

Apples and walnut cake!

## Prover 7

[C1]

[1st 6 minutes]

Frontal headache.

Tired eyes.

[2nd 6 minutes]

More saliva.

Bitter taste.

Noticing the blackness in the bowl.

Nausea in pit of stomach.

Headache moved from frontal to top to back.

[Added sac lac 1st 6 minutes]

Black and white. Snow and coal.

**Tainted.**

Nausea stronger.

Headache stronger.

Sour eructations.

Itchy face especially round mouth.

[2nd 6 minutes]

Blurry vision. + to close eyes.

Sensation in abdomen – bloating/rumbling.

Asked it to show itself – heart shape appeared in the powder!

[Added sac lac]

*Pressure* in head.

Itchy watery eyes.

Slight watery discharge nose.

Nausea increased.

"*Blighted.*"

**Outcast.**

Nausea = disgust.

Thin skinned.

Fear of falling.

+ Darkness – concealment.

Enjoying the *rhythm*.

Pain in abdomen – wind trapped.

Digestive system aware of whole tract.

Irritation in nose.

Face itching more general.

Still saliva.

*And am I born to die?*

Very hot – suddenly – sweaty especially face.

+ fresh air – almost overwhelming desire.

Bloodstreak in the bowl – stain from the original substance that won't come off.

[C2]

More in my head – thoughts.

Conscious of which way turning the pestle.

**Thinking** more about the process.

Conscious thought.

Substance feels more solid/thicker

More *resistance*.

Aware of the physicality of the room.

Physical Sxs less intense – still headache/itching. Less digestive.

Very "Mental". Aware of the physical action.

I may not be beautiful but I'll show them anyway!

Vulnerable but resistant. Hard core. **Bitter** – *resentment*.

- being looked down upon.

Physical irritation [moves to] *irritated*.

Feeling unrecognised. + to be recognised/valued.

Why can't they see.

Element of the martyr – did it for others.

+ to sigh. Sorry for myself.

Stigmata (Crown of thorns) Jesus Christ crucified for us.

*Carrying the stigma*.

Falling from grace.

Apple in the garden of Eden.

**The bitter fruit.**

Carry the curse.

Blamed – *not my fault*.

Innocent victim.

Carry the sins of the world.

*The leper*. The canker. Sores on my body – the scars.

Skin and belly.

I bleed easily.

Fear of death but inevitability.

Related to Ignatia.

Poison in me.

Dark inside.

Blood.

Bleeding heart.

Feel bullied/picked upon.

Inevitability of death.

Ground down. Worn down.

Sense of huge heat again.

+ fresh air as at the end last time.

**Melancholy.**

Tears to come.

**Ancient old stuff.**

[C3]

The worm/snake.

Darkness from the outside [to] inside.

Parasite.

Not mine — *invasion*.

The *worm* that turned.

Betrayal.

**Skin tumours** – manifestation.

*Can't hide it.*

- hiding it.

+ share burden.

+ lighten the load.

- holding the secret.

cf **THUJA**

Secret leaves a bitter taste.

- swallowing it down any more.

+ to vomit it out.

Dark/black – evil – hate it.

- if inside me.

Like tar/cold.

Worms in the dead flesh/decay.

Putrified. Ugly. Dirty secret.

**Shame.**

Poison. Venom.

+ to be pure again. Keep going until it happens.

Vigorous energy of grinding [leads to] "**I will survive**".

**Be reborn.**

+ clear my name.

Arise out of the den of iniquity.

The battle with the serpent.

Parasite. *Cold.*

+ fightback.

*Sticky.*

Twitching left eye.

Cramping left leg.

*Indignation.*

Anger. "**Fuck off.**"

Fucking bastards.

*Righteous indignation.*

**Out dam spot.**

+ wash my hands

+shout it from the rooftops

Rx for abuse – the guilty secret.

Ancient secret – miasm of **Psor.**

Lion energy. High energy.

Itching in spots all over body again.

Releasing through the miasm

Syph [to] Sycotic [to] Psoric

*Freedom.* Can't help but smile!

Release.

Hold my head up high.

+ contact with everybody.

Shame gone.

Instead of *self-disgust* and *loathing*.

*Fearless*.

+ *to be noticed*.

Instead of hiding under the shame.

*Scars* are reminders to stop us forgetting.

***Smiling***.

+ ***laugh***.

**So much energy**.

I'm going to burst. Opposite to bursting headache at the outset.

*Tears of laughter* [then] actual tears.

Grief/laughter. Ignatia.

**Euphoria**.

Thank God for that! at the end.

[C4]

Shame of the world.

Dirty secrets.

**Cleansing**.

Abuse. Torture. Rape. Global politics.

**Ancient wisdom**.

Need to listen to the feminine energy.



Sticky in the mortar – image of the globe at the bottom – universe – an eye!

*Stirring anticlockwise for the first time.*

Distortions in time – slower/faster – confusion.

Indifference.

Matched to the state of the world.

Unclear. Sticky. Clouded.

Polarity.

Cunning/truth.

Sticky/flowing.

Clouded/clear.

Need for spirituality to keep the world alive.

## Prover 8

[C1]

Satisfying feeling to attempt to grind something I can see within the sac lac. Two bits remain for a long time – there's a stubbornness there.

My arm begins to ache.

Mistletoe comes to mind, and low misty cloud, drifts of drizzle similar to today's weather but less stormy.

By the time I scrape the bits of substance seem to have disappeared.

Much more meditative now with more sac lac, more satisfying to work with.

Arm doesn't ache.

I lose myself in the bowl of remedy as if disappearing into it – very peaceful. Memories are bubbling up to some extent – the past, my past, nothing specific, just a sense of times past.

Becoming very sleepy through this trituration. "Grinding to a halt" comes to mind. Yawning.

Really relaxed feeling – then giggling!

First trituration seemed not to last any time at all.

[C2]

Initially rather disconnected. Faffing about labels – anxiety about trifles?

Then something in my throat – have to cough – can't clear it!

Eyes heavy with itchy lids.

Still tired ... and still weird scraps of old memories stirring.

Drank water – very cold and touched edges of my eyes with wet finger – very good feeling.

Images of the tree pink against the blue sky. Snaky black roots, damp, dark/light, soft. Energetically female.

My grandmother making apple jelly – dripping into a huge bowl – amber juice/bitter.

Now we're moving...

Really early memories are coming up – when I'm probably under 3 years old.

Grandmother's house, house of women, mysteries, lots of trees outside, woods, orchard – I'm very small below these trees .... long damp grass, smells of autumn.

Safety – fearless ... happy to just be.

Not so tired now – stretching .... some sadness beginning to come through now – not specific, pleasantly melancholic ??!

Images of the tree, what do you know? What have you seen? Where did you pip come from? ... vague images and thoughts – lost by time I try to write them down – mists .....

I rest my head on the banister – it isn't comfortable, in fact it hurts – but it feels the right thing to do – I'm sitting, grinding the Rx and pressing my forehead onto the banister – creating a sharp pain in my forehead – but somehow I quite like it. With an effort I lift my head – just about everyone in the room has their heads bent down low over their bowls, hunched up and concentrating or maybe drifting off.

Big sighs and my eyes feel uncomfortable again.

Shaky. Not feeling good –

Irritated by the sounds of other people – I just want peace!

My neck suddenly twinges – running into left shoulder – a sharp pain – not felt this before.

Sudden thought – I'd like a wand made of this wood!

Image of Caduceus.

Feeling better for actually grinding – more centred –

Conscious of the moon – waxing now, pulling tides – pale light disc .....

[C3]

All the way through the idea of Eve and the apple and the serpent have kept coming into my head – only to be banished – because it's obvious and I know the tree etc. This time I'm going to let them in.

This seems to take me back to the blossom against the sky image versus the black snaky roots – the roots hold a wisdom – a knowledge.

Tree of Knowledge. Good and Evil. DISCRIMINATION. This is important – this is a Rx to help us discriminate and make choices. Meditate on this tree to understand which course to take when uncertain.

Images of the witch burning are also coming up – being burnt for healing knowledge – the *injustice* of it – Suffering caused by ignorance. [Causticum?]

Bitter fruit – strange fruit (song about discrimination).

Image of hanging, dangling from the tree.

SIGHING.

Jehovah is A Harsh God – a jealous god? – jealousy? – not the the Mother. The Mother is more compassionate.

Rush of information from first part of this trituration – it seems to me that C3 brings up the mythology and cultural history.

Feeling shaken – at one point close to tears – aches in lower body, legs and feet – non-specific.

More sighing.

Overwhelming – what's the point?

So much to withstand.

But this tree (all trees) have so much *courage*.

The bitter fruit brings a blessing, a mother's blessing, and a mother's sense of loss.

In fact the tree represents the Celtic 3-fold goddess.

Buds

Blossoms/fruit

Bare branches

Maybe Imbolc is important – this time of year – Candlemas .....the point of transformation from the dying hag to the birth of the virgin.

A blackbird singing at the top of the tree then some confusion about where we are and yawning again.

NB Noticed that the spoon we're scraping with has weird patterns of sac lac on it. As tho it had been wet when we started and the sac lac has stuck to small bubbles of water — but it *wasn't*.

Yawning.

Stretching back.

Disassociating ...

Ready to stop.

Indifference — observer — tired — why bother?

Intensity — intense care and concern extending to jealousy on occasion including martyrdom, also profound love.

Mistakes in time!

My confusion — thought we'd finished and we obviously haven't!

Laughing — it doesn't matter!

No memories now just confusion about time.

[C4]

Thoughts of mothers and babies

Grandmothers close to death.

My mother-in-law — just the husk left.

Seeds — transformation shoots.

The star in the middle of the apple.

Sour taste/sweet scent.

Crabbed old cheek/appleblossom cheek.

An apple a day ...

Turn over a new leaf .....

Blessings on the blossom

Blessings on the fruit

Blessings on the leaf and branch

Blessings on the root.

Johnnie Appleseed.

Bobbing for apples ....

American apple pie – apple sauce ... Cider – Wassail.

Fling a rat in the barrel (and it dissolves).

Snow White – the poisoned apple – cancer – disease – parasite – blemished fruit – cancer constellation also known as the crab – ruled by the moon – emotional watery sign. Mother love, bonding, innocence.

Wholesome healing fruit – apple symbol of health i.e. holism.

Avalon – the isle of apples. Blessed place of peace and healing.

The Rx has the capability of deep healing more than skin deep – but only if we engage with the serpent as well.

The curse – we have to be cursed before we benefit from blessing.

Stars. Twinkle twinkle. Would you like to swing on one?

All shall be well

And all shall be well

And all manner of things shall be well. Julian of Norwich (I still can't spell).

This just seems to be a benign sense of overall well-being i.e. things may not be quite right, but we can heal anything we need to. Maybe we're not always ready to be healed.

Lost in time *again!*

Physical — crampy sensation left lower abdomen/groin area. This has lasted for about 2 hours. Not really painful - but noticeable.

**Itchy skin on jawline — I'm rubbing it without realising.**



## Prover 9

[C1]

Smell – sweet, lemon (sherbet lemons), v. pleasant smell while XXX was mixing, didn't last all the time, just at beginning. Wafts came over during mixing.

Childhood.

Felt v. hot on scraping the bowl. Face, hands, arms and top part of body.

Found I had a tickle in left nostril and that something was catching in the back of my throat. I was coughing.

I couldn't smell the lemon sherbet smell whilst I was mixing, only when XXX was.

The mixing of the bowls was like music going at different speeds but very calming. It was like an orchestra – reminded me of an orchestra, slow slow quick quick slow

Sun – could see pattern of sun as scraping.

Had vision of Mediterranean country.

Lemon sherbet smell again.

Wanting to sneeze because of tickle in nose but not sneezing.

The smell hits the back of my throat.

Thoughts of school and childhood. On coming into the room I saw the tables set out like an examination room when in school. I sat by a person who was at the same school. She commented on my dress being like our old school colour.

Eyes feel a bit stingy.

Tired – saw several people with eyes closed.

Hot – several people with red faces. XXX opened window at my request.

Had giggles. I'm sure XXX did as well.

Itching.

Headache right-sided. I don't normally get headaches.

[C2]

Felt mischievous and giggly, wanted to get eye contact with others to have a giggle. Felt like being back in school. Happy.

Headache – right sided above ear to top of head.

Itchy all over.

I feel this Rx likes to be in the sun as I feel happy.

V. simple happy feelings almost child-like, nothing complicated.

Young childhood days when you know no different.

Right sided headache in temple.

I have 2 pictures of trees in my mind:

1 A fruit bearing tree like a lemon tree on the sides of a mountain in a Mediterranean country.

2 A thick trunk tree in a forest.

I'm here for a reason.

Old bygone days, the past. Things at a slower pace. Things that go way back in time.

Itching

Felt a little bit sad as things and the past are not the same. Felt more responsible.

Had the 2 feelings:

1 of childlike happiness

2 of old, reliable responsibility

Tree bearing fruit on side of mountain = happiness and childhood

Responsible, serious, a touch of sadness at change. I can only see the trunk of this tree in a wood but it is very old, reliable and sad.

Feeling in solar plexus of sadness and wanting to weep for old times.

Wow! death – don't know where that came from – surprised me a bit!

Tickling in nose.

A little bit of fear, uncertainty creeping in but still have ability to giggle and laugh.

[C3]

Head pain right sided – pain in right ear.

Quietness, things seem quieter, the noise of the pestle and mortars are quieter.

Pure as the driven snow.

Silence, mournful respect.

Blackness, black hole.

Annoyance at noise of XXX's scratching, intensification of sound.

Pain in head right side.

Feeling of nothingness.

Black hole in space.

Pain above left eye.

Speed and spinning, creation. I was in space with nothingness.

Nothingness, no feeling.

Pain around front of head – like a band around forehead.

Universe with something at the centre. We all belong.

Old father time but in fact it was old *Mother* time.

Nose still tickly, face tingling a bit.

Knowledge, all knowing.

Feeling cold.

Had a fleeting vision of a man (I think) with wings – mythology.

Saw sign of a moon and a star.

Felt need to support head.

Clouds, sky, moon. Even our spoon had white shapes on it that reminded me of the stars, clouds, sun.

*Shooting pain* in right temple.

Thankfulness at being a part of it all.

This tree has been around from time immortal, from beginning of time.

Sighing.

No need to grind hard at the powder as everything is fitting into place — gently does it.

Headache all over head.

Picture on spoon looked like someone holding a bishop's hat or religious hat up to the sky.

Definitely out there in the cosmos.

Rosary beads, the fingering of rosary beads.

Saw the wailing wall, felt myself and body moving backwards and forwards.

Wanted to tell XXX, XXX to stop giggling but had to join in.

[C4]

Despondency, things taking a long time, dragging.

Going over past conversations in my head.

Big fat hairy spiders waiting to pounce on someone.

Hidden secrets.

Felt someone was talking about me.

Pain over left eye.

Jealousy.

Menstrual blood.

**Scream from outside.**

## Prover 10

[C1]

Itching inner right arm from elbow to wrist. Almost a tickle, no desire to scratch it.

Feel very happy. Want to giggle – passes off after a few minutes.

Pressing inward sensation on sides of face at eye level – lasts to end of C1 trituration.

Inwardly symptomless, unaware of anything in the body. Relaxed, calm. Could go to sleep.

Red-brown smears from the substance appear on edge of bowl and take a long time to disappear despite efforts to work them into the mixture.

Gradually getting hotter until very hot – seems out of proportion to the amount of effort I'm putting in.

Towards end my nose clears of something I didn't know was blocking it.

[C2]

Mouth dry. Coryza inside nose. Heat has gone.

Middle of top lip and edges of nostrils itching. Itching on right cheek in one spot.

Itching on top of head in small area. It goes, then later itching around top back of head as though the itching in one spot has radiated outward and formed part of a concentric circle.

Itching on right side of nose. Slight itchiness on lower arm and elbow. None of the itching is bad enough to scratch – maybe only sensitivity? Just contrasts with the lack of symptoms deeper in body.

Relaxed and calm throughout.

A hint of melancholy comes in last few minutes.

[C3]

After lunch melancholy never came back.

Coryza in nose returns immediately I start. So does the itching on lower inner arm from beginning.

Calmness. I feel comforted. Sense of purity and especially clarity. Whiteness. Everything's OK.

**The process feels finished halfway through C3. Its energy has run out – substance has said all it's going to – there's nowhere else to go.**



## Prover 11

[C1]

Wanted to sneeze before starting.

Concerned – big bits – not break down.

Itchy nose (outside).

Dust at back of throat.

Impatient.

Sore throat a bit.

Add sac lac – noticed sac lac a lot whiter than in bowl.

Mind wandering

Legs a bit weak?

[C2]

Bored, impatient to do other things.

Sharp pain lower left abdomen.

Tired.

Bit of a headache. Congested forehead.

Tingly on upper left lip.

Sore throat.

Eyelids closing.

[C3]

Looks like a load of sac lac!

Sleepy, closed eyes.

Right earache.

Bit of a headache? forehead.

+ fall asleep.

# Mind Symptoms

*There were several striking polarities among the mind symptoms and many provers experienced a sense of transformation from negative to positive emotions and thoughts. This led me to think that there is a progression that needs to be expressed – as a journey or series of events. I have arranged the provers' notes to convey this, but I realise that other people may interpret the findings differently.*

*The first section looks at negative symptoms:*

## **Irritability, annoyance**

*This was a huge symptom. It was often to do with the grinding process and the noise.*

Didn't like being watched.

The bits of substance are still there. Annoying me.

Noise of the scraping really grating on me.

I am irritated by the sensation of my own hair on my skin, even arm hair.

Irritable and irritated.

Everything feels tight, itching and constricted.

Feel fidgety and as if I'm disturbing the energy, irritating other people.

Annoying pains. (1)

Very aware of others using pestle and more so the scraping – irritated by it. (2)

Scraping process, the sound is annoying me.

I really hate listening to others scraping. It's alright when I am doing it.

Let me out of this din – "How do I escape?"

Feeling impatient – I want to work on our powder (child). (3)

Feeling pissed off in general. Don't know what with, possibly the substance.

Feel grumpy, don't want to look at people.

Irritated with it. Is it an irritant?

Knocking noise on the bowls is irritating me.

The scraping is really setting my teeth on edge. Irritating.

Fidgety. (4)

Frustrated at times as finding bits of material not mixed.

Noise of scraping can be annoying.

Frustrated because nothing was happening.

Very annoyed. Everybody is irritating me.

Getting annoyed again. Everyone else is laughing. I really feel irritated. (5)

Frustration – wanted even grinding round and round not focussed back and forth. (6)

Irritated by the sounds of other people – I just want peace. (8)

Annoyance at noise of XXX's scratching, intensification of sound. (9)

Impatient to do other things. (11)

## **Ill at ease with self, feeling of being flawed or tainted**

*In one prover this extended to noticing flaws in their surroundings.*

Ill at ease in my body, fat & uncomfortable.

All the way through I've been aware of physical flaws, incongruities of clothing on others in a way I wouldn't usually, I still feel itchy, uncomfortable in my own skin and fat.

Noticed flaws in the building, the wallpaper is coming off the ceiling.

Feel oppressive, oppressed.

Want to sleep in order to forget my body for a while.

Hate being observed because I feel so ill at ease with myself. (1)

Thoughts. How did XXX feel about scraping and contamination — would she prefer to work with someone else?

I will survive/ Parasite. (3)

Feel a bit "eugh", dirty.

Low self-worth.

I'm annoyed at it for making me feel crap and useless, contaminated. (4)

Feeling useless and hopeless. "What's the point in going on." Everybody else gets something but I'm hopeless.

Feel totally useless. (5)

Tainted. "Blighted." Outcast. Nausea = disgust. Thin skinned. Fear of falling.

Stigmata (Crown of thorns) Jesus Christ crucified for us. Carrying the stigma.

Falling from grace. Apple in the garden of Eden. The bitter fruit. Carry the curse.

The leper. The canker. Sores on my body — the scars. Poison in me.

Dark inside. Darkness from the outside [to] inside.

Parasite. Not mine — invasion.

Skin tumours — manifestation.

Worms in the dead flesh/decay.

Putrified. Ugly. Dirty secret. Shame.

Poison. Venom.

Remedy for abuse – the guilty secret.

Shame of the world.

Dirty secrets.

Abuse. Torture. Rape. Global politics. (7)

Hidden secrets. (9)

## Feeling of being watched, victimised

Didn't like being watched.

Feel I'm being intensely looked at again, like an owl – I want them to stop!

I am staring at others in the same way I was being stared at.

Being stared at again! Owlsh gaze. I smile but no response, just carries on looking at me.

Have to look away.

Hate being observed because I feel so ill at ease with myself. (1)

I feel I am being watched. I've left my glasses up so I can't focus on others. (3)

Blamed – not my fault. Innocent victim.

Carry the sins of the world.

I bleed easily. Blood. Bleeding heart.

Feel bullied/picked upon. (7)

Felt someone was talking about me. (9)

## **Melancholy, sadness, oppression and despondency**

Felt subdued, a bit down.

Feel oppressed.

Morose. Melancholy. (1)

Day dream, very heavy. (3)

Feeling down, depressed, fed up.

Doesn't feel a jolly substance at present.

Sadness.

Lightness in brain but heaviness in body.

Heavy atmosphere.

Is it a feeling of grief or loss? (4)

Sadness? (6)

Melancholy. Tears to come. (7)

Some sadness beginning to come through now – not specific, pleasantly melancholic ??!  
(8)

Felt a little bit sad as things and the past are not the same.

Responsible, serious, a touch of sadness at change. I can only see the trunk of this tree in a wood but it is very old, reliable and sad.

Feeling in solar plexus of sadness and wanting to weep for old times.

Despondency, things taking a long time, dragging. (9)

A hint of melancholy comes in last few minutes. (10)



*The negative emotions and thoughts are followed by ways of coping with the problems. It seems to me there are two ways of doing this. The first way is giving in to them and withdrawing:*

## **Indifference, lack of focus and disconnection**

*These symptoms were very striking occurring with six provers.*

The bits of substance are still there. Don't want to be bothered to crush them.

Feel dulled, hypnotic.

Daydreaming, looking about, studying the things on the walls. Feel lighter and not so immersed in the process. When I "come to" and start to pay attention to the grinding I am reluctant to go into that space again.

Distracted thinking about other things while my partner triturating. Don't feel very connected to the substance at the moment.

I'm not really getting any information, my thoughts keep wandering. (1)

Difficulty in concentrating – mind wandering.

Difficulty concentrating. Indifferent.

Detachment when watching others triturate. I felt I wasn't part of the group. (2)

Feeling of what's the point?

Still subdued, heavy atmosphere, but also detached.

Empty feeling and non-attachment. (4)

"I've lost the will to live" did come into my mind.

Whole exercise is pointless. I'm getting nothing.

Still no emotion – nothing.

Can't be bothered.

I feel like doubting Thomas. Feel totally indifferent.

Still feeling indifferent. Complete blank. But don't care any more. Don't really want to feel anything any more. No point in trying. Give up.

I feel as if I have no emotions whatsoever. (5)

Someone drawing – why? nothing to say – blank.

Almost a shrivelling feeling.

Leave me alone. Do not disturb. Isolation (not very pleasant).

Not tired, more like hibernating – want to "switch off".

Grinding too much effort. Want to give up and rest.

Emotionless.

Get it over with so I can go back to doing nothing!

Can't really be bothered but grinding etc. to get it out of the way.

Desire to let everything go and do nothing.

Don't give a damn about anyone.

Nothing really matters to me (Queen - Bohemian Rhapsody).

No urge to do anything but be at rest. NB Not sleepy just want to rest and do nothing.

Sense of detachment from everything – including reality. (6)

Initially rather disconnected.

Overwhelming – what's the point?

Stretching back. Disassociating ... Ready to stop.

Indifference – observer – tired – why bother? (8)

Feeling of nothingness.

Black hole in space.

Speed and spinning, creation. I was in space with nothingness.

Nothingness, no feeling. (9)

Mind wandering. (11)

## **Curling up, hiding**

I would like to curl up on a beanbag and just watch everyone else or sleep.

I want to be naked but warm and covered with soft blankets. I think I would be comfortable and I could get away from bodily sensations. (1)

Want to curl up somewhere and hide away. (5)

Closing in – folding inward.

Not sleepy but want to close eyes and curl inwards.

Not tired, more like hibernating – want to "switch off". (6)

+ Darkness – concealment.

Can't hide it. - hiding it. (7)

Hidden secrets. (9)

## Sleepiness

Daydreaming.

I would like to curl up on a beanbag and just watch everyone else or sleep. Very drowsy.

Want to sleep in order to forget my body for a while. (1)

Desire to close eyes. Very sleepy. (2)

Yawning. Remain sleepy. Difficulty keeping awake. (2)

Sleep.

Closed eye – I believe I slept for a few seconds.

Day dream – very heavy. (3)

Lethargy.

Feeling of tiredness. Here but not here, not quite with it.

Real sense of tiredness and yawning.

Needing to stretch as if being asleep for a while. (4)

Gradually became sleepy.

Quite sleepy. Want to sleep during mixing. More awake during scraping. Sleepiness.

Began to feel sleepy. Wanted to sleep as this is the best way to avoid situation.

Want to curl up somewhere and hide away. Also would like to go to sleep.

I want to sleep. (5)

Not sleepy but want to close eyes and curl inwards.

Not tired, more like hibernating – want to switch off.

Grinding too much effort. Want to give up and rest.

No urge to do anything but be at rest. (6)

+ to close eyes. (7)

Becoming very sleepy through this trituration. "Grinding to a halt" comes to mind.

Yawning.

Not so tired now – stretching. (8)

Tired – saw several people with eyes closed. (9)

Relaxed, calm. Could go to sleep. (10)

Tired. Eyelids closing. Sleepy, closed eyes. + fall asleep. (11)

## **Confusion, lack of co-ordination**

It feels like ages since my last turn at grinding, more like half an hour than 6 minutes!

The time for scraping seems so short I think XXX must have got it wrong! (1)

Struggling to hold the pestle in left hand. Don't feel very co-ordinated.

not quite focussing, it's all a bit fuzzy round the edges.

Here but not here, not quite with it. (4)

May be nothing to do with the Rx but feels like we have been here for hours!

Couldn't co-ordinate left hand this time. (6)

Distortions in time – slower/faster – confusion. (7)

Mistakes in time!

My confusion – thought we'd finished and we obviously haven't!

I still can't spell.

Lost in time again! (8)

## Obsessive behaviour

I want to grind very strongly, putting a lot of energy into it and going round and round rhythmically and back the other way.

Quite enjoying the repetitiveness of the process. (1)

I am a mechanical machine scraping but I have not finished scraping. I want more time.

Intense need to perfect process. Circular motion.

After scraping I must make a nice base to pass on.

Scraping – tongue out with intent. (3)

Busy concentrating on task. Very difficult to break up the material. Frustrated at times as finding bits of material not mixed. Very tiring task.

Methodical. Conscientious. Determined to do it properly. Obsessiveness on getting the task right.

Everyone is getting more frantic. (5)

*Alternatively the provers felt they wanted to fight the negativity. This process began with:*

## **Resentment, bitterness, indignation**

Resentful of the substance. (1)

Bitter – resentment.

- being looked down upon.

Feeling unrecognised. + to be recognised/valued. Why can't they see?

Betrayal.

Indignation. Anger. "Fuck off." Fucking bastards. Righteous indignation. (7)

*A struggle begins.*



## Working hard, struggling and fighting

I feel I am putting a lot of energy into this and getting very little from it.

Right at the start felt I did not want to do this.

Then I wanted to really grind it down. Not just round and round but really grind it down.

Want to destroy it, to kill it, put it under.

Can't get flow going. When it flows it's good and intense but I cannot keep it going. (3)

Most people seem to be fighting with it – struggle.

Sense of purposeful seriousness within the room.

Struggling to hold the pestle in left hand. (4)

Busy concentrating on task. Very difficult to break up the material. Frustrated at times as finding bits of material not mixed.

Everyone is getting more frantic.

Ground very hard. (5)

I may not be beautiful but I'll show them anyway!

Vulnerable but resistant. Hard core.

Ground down. Worn down.

+ share burden. + lighten the load. – holding the secret. cf Thuja

Secret leaves a bitter taste. – swallowing it down any more. + to vomit it out.

Dark/black – evil – hate it.

- if inside me.

+ to be pure again. Keep going until it happens.

Vigorous energy of grinding [leads to] "I will survive".

Be reborn.

+ clear my name. Arise out of the den of iniquity. The battle with the serpent. + fightback.

Out dam spot.

+ wash my hands

+shout it from the rooftops. (7)

So much to withstand. But this tree (all trees) have so much courage. (8)

## Transformation

*Several provers felt a transformation to more positive emotions at some point on their journeys.*

Image – from Pullman novels, Lyra coming out of the underworld. Found a place to let people/ghosts out.

Like a journey, we've been into and through the depths of the underworld, and now bringing ourselves to the surface and into the light. (4)

Sense we are creating something almost like mixing paint to make a painting with.

*Releasing* something from the remedy.

Waiting for something. All the circles and holding in and turning inward are getting ready – sense that eventually will spring – spring into life in some way. Waiting for action.

Feeling almost ready.

Clean slate. Fresh start. Potentiality. (6)

"I will survive". Be reborn. Arise out of the den of iniquity.

Freedom. Can't help but smile! Release.

Hold my head up high. + contact with everybody.

Shame gone. Instead of self-disgust and loathing.

Fearless.

+ to be noticed. Instead of hiding under the shame.

Scars are reminders to stop us forgetting.

Releasing through the miasm. Syphilitic [to] Sycotic [to] Psoric. (7)

Maybe Imbolc is important – this time of year – Candlemas .....the point of transformation from the dying hag to the birth of the virgin.

The Rx has the capability of deep healing more than skin deep – but only if we engage with the serpent as well.

The curse – we have to be cursed before we benefit from blessing.

Turn over a new leaf .....(8)

No need to grind hard at the powder as everything is fitting into place – gently does it.

(9)

*The positive feelings were the opposites of the negative ones:*

## Happiness, giggling

Caught a smile and the energy lifted! Smiling lots and feel amused at the situation.

Giggling and tittering like at school! It feels so good to smile again.

Now it feels like harmless white powder and lots of fun compared to the heaviness of before. (1)

Lighter mood in room. Much laughter. (2)

Silliness.

Smiling – XXX is holding baby cradled in her lap with her hand around the bowl as though around a baby's bottom.

Starting to play with the substance. Form letters and shapes.

A liver – it could be a liver Rx – or was it a map of Africa?

I don't like this remedy trying to make light of a serious subject. (3)

Laughing, light-hearted before starting the process.

Mood lifting. Some people giggling. Real change of mood – lighter.

Image – hope, happiness, love of life, the life cycle.

Bit more playfulness with substance although the rest of the room looks really serious!

Giggling at XXX's picture of a liver in the substance.

Eyes are watering with giggling. (4)

Got the giggles – for no reason. Soon passed. (5)

Seagull outside – noise incredibly funny, made me giggle. (6)

Can't help but smile!

Smiling. + laugh.

So much energy. I'm going to burst.

Tears of laughter [then] actual tears.

Grief/laughter. Ignatia.

Euphoria.

Thank God for that! at the end. (7)

Really relaxed feeling – then giggling!

Laughing – it doesn't matter! (8)

Had giggles. I'm sure XXX did as well.

Felt mischievous and giggly, wanted to get eye contact with others to have a giggle. Felt like being back in school. Happy.

I feel this Rx likes to be in the sun as I feel happy.

Still have ability to giggle and laugh.

Wanted to tell XXX, XXX to stop giggling but had to join in. (9)

Feel very happy. Want to giggle. (10)

## **Calmness, relaxation, peace**

Very early on a deep feeling of peace radiating out from my heart.

"All is well."

Feel calm – I don't want to be doing anything else. (1)

Feel relaxed. (2)

Sense of "What will be, will be".

Like a sense of quiet contemplative silence, like in a monastery.

Acceptance. (4)

Something about knowing when to give up – knowing when resistance is futile so not to bother. (6)

Safety – fearless ... happy to just be.

Wholesome healing fruit – apple symbol of health i.e. holism.

Avalon – the isle of apples. Blessed place of peace and healing.

All shall be well.

This just seems to be a benign sense of overall well-being i.e. things may not be quite right, but we can heal anything we need to. Maybe we're not always ready to be healed. (8)

Really relaxed feeling.

Very peaceful.

V. simple happy feelings almost child-like, nothing complicated.

Young childhood days when you know no different. (9)

Relaxed and calm throughout.

Calmness. I feel comforted. Everything's OK. (10)

## **Purity, clarity, focus**

Clarity – space to think.

Cleansing – like dentist scraping away plaque.

Clear, focussed, no stray thoughts.

Objective and internally confident.

Internally referenced.

Something about having enough info to choose – don't need to seek info or advice.

Clarity of thought. (6)

Tree of Knowledge. Good and Evil. Discrimination. This is important – this is a Rx to help us discriminate and make choices. Meditate on this tree to understand which course to take when uncertain. (8)

I'm here for a reason.

Pure as the driven snow.

Knowledge, all knowing. (9)

Sense of purity and especially clarity. (10)



## **Universe, connection, belonging**

Image – from Pullman novels, Lyra coming out of the underworld. Found a place to let people/ghosts out. DUST. The idea of DUST in these novels. We're all connected. (4)

Sticky in the mortar – image of the globe at the bottom – universe – an eye!  
Need for spirituality to keep the world alive. (6)

The star in the middle of the apple.

Stars. Twinkle twinkle. Would you like to swing on one? (8)

Speed and spinning, creation.

Universe with something at the centre. We all belong.

Saw sign of a moon and a star.

Clouds, sky, moon. Even our spoon had white shapes on it that reminded me of the stars, clouds, sun.

Thankfulness at being a part of it all. (9)

*In the following pages are other themes that may be part of the substance because they came up for two or more provers during the trituration:*

## **Death**

Thinking about death – getting visual images from the case I took yesterday.

Morgues, horrific injuries to a body, having to identify it. Also resonates with the film I watched last night (Elizabethtown). (1)

Image of church and graveyard around it [where her grandmother is buried].

Got gradually cooler, then a shiver "like somebody walked over my grave". (4)

And am I born to die?

Fear of death but inevitability. (7)

Grandmothers close to death. (8)

Wow! death – don't know where that came from – surprised me a bit! (9)

## Feminine issues

XXX is holding baby cradled in her lap with her hand around the bowl as though around a baby's bottom. As though breast feeding and I am seeing someone intensely passionate about looking after baby, as she grinds it – but somehow with a gentleness. (3)

Feels like a feminine remedy. (6)

Need to listen to the feminine energy. (7)

Grandmother's house, house of women, mysteries.

Images of the tree pink against the blue sky. Snaky black roots, damp, dark/light, soft.

Energetically female.

Jehovah is A Harsh God – a jealous god? – jealousy? – not the the Mother. The Mother is more compassionate.

The bitter fruit brings a blessing, a mother's blessing, and a mother's sense of loss.

In fact the tree represents the Celtic 3-fold goddess.

Buds Blossoms/fruit Bare branches.

Thoughts of mothers and babies

Grandmothers close to death.

My mother-in-law – just the husk left.

Mother love, bonding, innocence. (8)

Old father time but in fact it was old *Mother* time. (9)

## Light and dark

I just want pure white powder. (1)

Very very white – we are creating something pure.

Purity to the Rx – fine and white.

Felt very respectful towards it – it has given itself for us to use. (6)

Noticing the blackness in the bowl.

Black and white. Snow and coal.

+ Darkness – concealment.

Dark inside. (7)

Had vision of Mediterranean country.

I feel this Rx likes to be in the sun as I feel happy.

Pure as the driven snow.

Blackness, black hole.

Black hole in space. (9)

Whiteness. (10)

## Awareness of opposites

Tears of laughter [then] actual tears.

Grief/laughter. Ignatia. (7)

Sour taste/sweet scent.

Crabbed old cheek/appleblossom cheek. (8)

## Old memories, old substance

Thinking about issues from the past. There isn't the emotion attached to them there once was but I would still like some answers. Imagine a dispassionate conversation about it.

Feel I need resolution. (1)

Old, ancient, substance. (4)

Ancient old stuff.

Stigmata (Crown of thorns) Jesus Christ crucified for us.

Falling from grace.

Apple in the garden of Eden.

Ancient wisdom. (7)

Weird scraps of old memories stirring.

My grandmother making apple jelly – dripping into a huge bowl – amber juice/bitter.

Now we're moving... Really early memories are coming up – when I'm probably under 3 years old. Grandmother's house, house of women, mysteries, lots of trees outside, woods, orchard – I'm very small below these trees .... long damp grass, smells of autumn.

Safety – fearless ... happy to just be.

A sense of times past. (8)

Childhood.

Thoughts of school and childhood. On coming into the room I saw the tables set out like an examination room when in school. I sat by a person who was at the same school. She commented on my dress being like our old school colour.

Old bygone days, the past. Things at a slower pace. Things that go way back in time.

Feeling in solar plexus of sadness and wanting to weep for old times.

I can only see the trunk of this tree in a wood but it is very old, reliable and sad.

Had a fleeting vision of a man (I think) with wings – mythology.

This tree has been around from time immortal, from beginning of time. (9)

## Sounds

Sound distortions. Noise of the pestles against the mortars suddenly harsh and grating and much louder as if someone flicked a switch and the volume just went up then back to a distant background lull.

Grinding much quieter. I didn't want to make a noise. Jarred if it did.

Enjoying the sound and the rhythm of it. (1)

Repetitive sound attractive, gentle ring of XXX's bracelet. (3)

The scraping is really setting my teeth on edge. (4)

XXX knocking pestle and mortar uncomfortable – jarring.

Knocking sounds – tapping of pestle and mortar very disturbing – loud. (6)

The mixing of the bowls was like music going at different speeds but very calming. It was like an orchestra – reminded me of an orchestra, slow slow quick quick slow. (9)

## Circles

Just want to go round and round in circles. (1)

Desire for circles – even rotating pestle in hand and bowl on table. (6)

Conscious of the moon – waxing now, pulling tides – pale light disc ..... (8)



## Protective

Protective of our grey material.

I want to work on our powder (child). (3)

I was clutching the bowl to my stomach when I was grinding it almost protecting it. (4)

Protective, wanting bowl on a solid surface.

Tapping-type scraping — concern — almost as if they might "hurt" the substance. (6)

## Tree images

Feel rooted to the spot.

I got "Apple green" in this phase. (1)

Grinding like at sea – thought of a ship's mast – is this oak?

Feeling fat and heavy at the bottom. Very light at the top. Need to feel wind about head.

Been seeing images of trees standing alone – oak, eucalyptus, scots pine, monkey puzzle.

But knowing the source was a tree influenced this.

Need to keep planting feet on the ground, somehow they find their way to be crossed under the chair and then need replanting. (3)

Felt very heavy when observing – very solid. Dense – like gravity a little higher today.

Aware body feels very very still. Both feet flat on floor. Still/fixed. No desire to move.

Apples and walnut cake! (6)

Sudden thought – I'd like a wand made of this wood! Image of Caduceus.

All the way through the idea of Eve and the apple and the serpent have kept coming into my head – only to be banished – because it's obvious and I know the tree etc. This time I'm going to let them in. This seems to take me back to the blossom against the sky image versus the black snaky roots – the roots hold a wisdom – a knowledge. Tree of Knowledge. Good and Evil. Discrimination. This is important – this is a Rx to help us discriminate and make choices. Meditate on this tree to understand which course to take when uncertain. (8)

I have 2 pictures of trees in my mind:

1 A fruit bearing tree like a lemon tree on the sides of a mountain in a Mediterranean country.

2 A thick trunk tree in a forest.

Tree bearing fruit on side of mountain = happiness and childhood.

I can only see the trunk of this tree in a wood but it is very old, reliable and sad. (9)

# Physical Proving Symptoms

## Itching/sensitivity of skin

*This was the clearest and most prominent symptom. Ten provers experienced itching and a variety of skin sensitivities that they described as tickling, tingling or prickling. In some cases the itching was bad enough to want to scratch. These sensations were mostly felt in the head. Interestingly, the one prover who had none of these symptoms was exceptionally irritable throughout the trituration.*

### Head and scalp

- irritating spots in right side of head (1)
- irritating spots in scalp (1)
- sensations on scalp, tickles and irritations (1)
- crown of thorns (1, 7)
- tingling sensation side of head above left ear (2)
- tingling sensation back of head behind right ear (2)
- tingle apex of head – itch (3)
- itching on top of head in small area (10)
- itching around top back of head in semicircle (10)

### Face

- tingling sensation left lower face (2)
- tingling sensation of right side of face near mouth – then extending upwards (2)
- tingling sensation in both cheeks (2)
- tingling sensation worsening in cheeks and lips (2)
- tingling of face right upper lip and left cheek then to right cheek (2)
- very slight tingling of right cheek (2)
- itch on left cheek (3)
- itchy/tickly between eyes on forehead (6)
- itchy face especially around mouth (7)
- face itching more general (7)
- itchy skin on jawline (8)
- face tingling a bit (9)

itching on right cheek in one spot (10)

## **Eyes**

itchy left eyelid (1)

itchy right eyelid (1)

itching inner edge of right eye on edge of lid (2)

tingling sensation right eyelid outer edge (2)

tingling sensation right eyebrow (2)

tingling sensation right eye inside lid (2)

very slight tingling of left eyebrow (2)

left eye irritation in corner (3)

itchiness on eyebrows and eyelids (4)

eyes really prickling (6)

itchy eyes (7)

itchy lids (8)

## **Nose**

irritation in right nostril (1)

irritation inside both nostrils (2)

itching of left side of nose (2)

tingling sensation of nose both sides near nostrils (2)

itchy nose under eyes (4)

itchy/tickly outside of nose (6)

tickling in nose (9)

tickle in left nostril (9)

irritation in nose (7)

edges of nostrils itching (10)

itching on right side of nose (10)

itchy nose outside (11)

## **Mouth**

tingling of upper left lip extending to right side later (2)

tingling of right upper lip (2)  
middle of top lip itching (10)  
tingly on upper left lip (11)

### **Ear**

itching of left ear (2)

### **Neck**

itchy neck (2)  
need to scratch area behind right ear on neck (3)  
itchiness back of my neck (4)

### **Shoulder**

itch right shoulder (1)

### **Arm**

intense itch in right hand (1)  
itchy left upper arm (3)  
itching inner right arm from elbow to wrist (10)  
slight itchiness on lower arm and elbow (10)

### **Body**

itchy prickly sensations in back (1)  
irritating spots in upper body (1)  
itching around navel (1)  
itchy external genital area (1)  
tingling sensation lower abdomen left side (2)  
prinking pain in right buttock, must scratch it (3)

### **Legs**

irritating spots in left leg (1)  
tingling in right thigh (2)  
tingling sensation back of left thigh (2)

tingling sensation outer side of left ankle (2)

tickling upper left leg calf muscle (3)

### **General**

lots of itchy prickly sensations in spots (1)

left-sided symptoms – prickling (6)

itching in spots all over body (7)

itchy all over (9)

## Head/neck pain and pressure

*Ten provers mentioned head pain or pressure and several were badly affected. These are the comments of each prover in turn:*

Pressing feeling on top of head like the beginning of a headache.

Got "crown of thorns" but not a strong pain.

Head pain in top vertex right side. Dull, pressing, only momentary.

Headache like a hangover, top of head and across forehead.

Dull, tender feeling in fontanelle as if is bruised or hasn't closed properly.

Head still hurts < noise of trituration.

Small annoying pains in centre of forehead. I almost never get headaches so I'm really feeling it all. [Headache gone by end.] (1)

Sharp pain from above right eye to apex.

Pain behind eyes and up to vertex.

Headache increasing on every scraping session.

Ache in forehead has become more intense.

Headache gone to back of head.

Headache in the eyes.

Headache lingering since windows opened. [Headache gone by end.] (3)

Slight band tension around head with pressure on temples. Went after a few minutes.

Heaviness over temples and eyes.

Tension in jaw.

Still got tension in jaw and down sides of my neck, gland area.

Still feel slight pressure in sides of throat.

Pressure on left eyebrow then heaviness again around top of head.

Heaviness of head has gone, still a bit of pressure but not so heavy.

Feel there's a furrow in middle top of my forehead.

Need to rub forehead.

Bit of tightness, heaviness over eyes and forehead. [Headache gone by end.] (4)

Right side nostril ache and right temple.

Pain in left jaw next to gland by ear.

Pain sharp/stabbing in lower jaw – near point. Shooting pain >motion , keeping still.

Stabbing pain moved to gland below mandibular still left side. (5)

Sharp pain down left side back of neck.

Headache. (6)

Frontal [bursting] headache.

Headache moved from frontal to top to back.

Headache stronger.

Pressure in head. (7)

I rest my head on the banister – it isn't comfortable, in fact it hurts – but it feels the right thing to do – I'm sitting, grinding the Rx and pressing my forehead onto the banister – creating a sharp pain in my forehead – but somehow I quite like it.

My neck suddenly twinges – running into left shoulder – a sharp pain – not felt this before. (8)

Headache right-sided. I don't normally get headaches.

Headache – right sided above ear to top of head.

Right sided headache in temple.

Head pain right sided – pain in right ear.

Pain in head right side.

Pain above left eye.

Pain around front of head – like a band around forehead.

Felt need to support head.

Shooting pain in right temple.

Headache all over head. (9)

Pressing inward sensation on sides of face at eye level. (10)



Bit of a headache. Congested forehead. (11)

## Eye and vision symptoms

*The main eye symptoms were burning, dryness and watering.*

Eyes burning (2)

Eyes feel like they are swelling. (3)

Very slight watering from left eye. (3)

Left eye more watery. (3)

Pain behind eyes and up to the vertex. (3)

Need to rub in left corner of left eye. (3)

Left eye pain deeper. (3)

Neck aching – related to eyes. (3)

Headache in the eyes. (3)

Left eye now dry. (3)

Eyes sore, dry as if dust has dried them out, acrid. (4)

Don't want to look at it as it's hurting my eyes. (4)

Eyes are still irritated but dry. Have to keep blinking. (4)

Not quite focussing, it's all a bit fuzzy round the edges. (4)

Still some dryness of eyes. (4)

Eyes are watering with giggling. (4)

Burning eyes – watering. (6)

Eyes really prickling, burning. (6)

Prickly hot eyes still. (6)

Tired eyes. (7)

Blurry vision. + to close eyes. (7)

Itchy watery eyes. (7)

Twitching left eye. (7)

Eyes heavy with itchy lids. (8)

Touched edges of my eyes with wet finger – very good feeling. (8)

My eyes feel uncomfortable again. (8)

Eyes feel a bit stingy. (9)

## **Nose, coryza and smell symptoms**

*The main symptoms were nasal blockage, slight watery discharge and sneezing.*

Burning sensation in left nostril. (1)

Lemony and spicy smells – lovely! Feel as if I haven't had any sense of smell all day. (1)

Stuffed up lower nose, feel I need to sniff but if I don't nothing runs out anyway. (1)

No sense of smell now. Nose feels dulled. (1)

Can't smell much but when I do is strong – acrid whiffs like male sweat. (1)

Sneezing at the end. (1)

Irritation in right nostril as if I need to blow my nose but don't. (1)

Coryza – sniffing. (2)

Runny nose. (2)

Need for single sneeze after Rx arrives (normally sneeze in 3s). Not prone to sneezing. (3)

No smell. (3)

Right side nostril ache. (5)

Had slight sinusitis all week – nose unblocked on 3rd round of grinding. (6)

Slight watery discharge nose. (7)

Smell – sweet, lemon (sherbet lemons), v. pleasant smell. Wafts came over during mixing.

(9)

Wanting to sneeze because of tickle in nose but not sneezing. (9)

The smell hits the back of my throat. (9)

My nose clears of something I didn't know was blocking it. (10)

Coryza inside nose. (10)

Wanted to sneeze before starting. (11)

## **Mouth, throat and cough**

*The main symptoms were dry mouth, copious saliva and needing to cough.*

Need to clear throat. (1)

Dry throat. (2)

Mouth dry but lots of saliva, back of throat, much build up. I want to cough but feels like a cold lump in throat. (3)

Coughing. (3)

Teeth dry feeling but lots of saliva. (3)

Lips are dry. Throat is dry. (4)

Wanted to cough. Something in my lungs as if I'd breathed in something. It soon passed. (5)

More saliva. (7)

Bitter taste. (7)

Something in my throat, have to cough, can't clear it! (8)

Something was catching in the back of my throat. I was coughing. (9)

The smell hits the back of my throat. (9)

Mouth dry. (10)

Dust at back of throat. (11)

Sore throat a bit. (11)

## **Digestive system symptoms**

*There was a strong awareness of movements and activity in the digestive tract in two provers.*

Burping! and awareness of digestion. (1)

I'm not hungry today, usually ravenous by lunchtime on school weekends! (1)

Internal discomfort lower abdomen below navel, very aware of my digestive system.

Gurgling and whining guts! (1)

Digestion feels sluggish, no flow. I can feel the passage of food through my intestines. (1)

Wanted to fart. (3)

Nausea in pit of stomach. (7)

Nausea stronger. (7)

Sour eructations. (7)

Sensation in abdomen – bloating/rumbling. (7)

Nausea increased. (7)

Nausea = disgust. (7)

Pain in abdomen – wind trapped. (7)

Digestive system aware of whole tract. (7)

## **Respiratory system symptoms**

*Apart from the coryza and coughs described in the "Nose, coryza and smell symptoms" section, the following breathing symptoms occurred:*

- I can't get enough air and I'm not breathing properly. (1)
- Yawning. (2)
- Lots of deep breathing. (3)
- Need to get fresh air. (3)
- Deep breath and let it out slowly. (3)
- Need air – cool air. (3)
- Yawning. (3)
- Periodic deep breathing still occurring. (3)
- Deep breathing and sweating. (3)
- Yawning and deep breathing. (3)
- Single hiccough. (3)
- "I am the lung of the Earth, treat me gentle." Left lung pain at bronchial joint. (3)
- Deep breathing "I am your lungs." Flow of air – ribcage moving in and out. Yawning and deep breathing through nose. (3)
- Remedy ... causing me to ...breathe correctly. (3)
- Uncomfortable feeling on breastbone, like a heaviness pressing. (4)
- Yawning and sighing. (4)
- Something in my lungs as if I'd breathed in something. (5)
- + fresh air – almost overwhelming desire. (7)
- Yawning. (8)
- Big sighs. (8)
- More sighing. (8)
- Sighing. (9)

## Other physical symptoms

*These symptoms are the only physical ones not already described. NB Provers 3 and 4 shared a pestle and mortar and their powder became grey during the C1 trituration. All other powders remained white. There is therefore a possibility that the symptoms unique to both of these provers are the results of contamination. These symptoms are in italics below.*

Bursting pain left knee. Intense bursting tightness in left kneecap so I have to stretch my leg out. (1)

*Right wrist hurting at base. Right forearm aching.*

*Left hand red and swelling. Right hand more swollen than left.*

Joint of big toe bubbling sensation. (3)

*Left wrist joint has a niggle. Pressure deep on scaphoid bone of left wrist. Left wrist is sore, same place on scaphoid bone. Still boring pain in left wrist. Left wrist is throbbing slightly again.*

Left palm feels pressure on it.

Left ear warm. Left arm really heavy and sore.

*Fingers swollen, can't get ring off.*

Sharp dig to right side below ribs. (4)

Pinched myself to see if I really do feel numb – hands quite numb. (6)

Cramping left leg. (7)

My arm begins to ache.

Shaky.

Aches in lower body, legs and feet – non-specific.

Crampy sensation left lower abdomen/groin area. This has lasted for about two hours.

Not really painful – but noticeable. (8)

Legs a bit weak?

Sharp pain lower left abdomen.

Right earache. (11)



# General Proving Symptoms

## Body temperature

*There was a tendency to become very hot then chilly later.*

Suddenly chilly. Before I was hot sitting by heater.

Sense of heat in top of scalp while grinding.

Need fresh air! (1)

Feeling hot, sweating on top of back down to mid spine.

Right hand sweaty.

Heat move to top of leg.

Getting hotter, need to get fresh air.

Still hot. + fresh air.

Sweat upper arms noticeable.

Feeling hot.

Need air – cool air.

Starting to feel the heat in my body again. Cooling light breeze coming from window – heat internal.

No sweating but heat in hands. (3)

Have been warm, starting to feel a draft on my arms. The warmth has gone out of it.

Feeling of cold and a bit shivery.

Left ear warm, hands are warm.

Although I've put my jumper on, more warmth coming back into the room.

Hands hot. Feet feel coldish.

Cooler temperature

Got gradually cooler, then a shiver "Like somebody walked over my grave".

Bowl has gone cold. (4)

Felt chilly.

Suddenly felt cold and chilly. (5)

Very hot – suddenly – sweaty especially face  
+ fresh air – almost overwhelming desire.

Sense of huge heat again.

+ fresh air as at end last time. (7)

Felt very hot on scraping the bowl. Face, hands, arms and top part of body.

Hot – several people with red faces.

Feeling cold. (9)

Gradually getting hot until very hot – seems out of proportion to the amount of effort I'm putting in. (10)

# Apple and Mind Rubrics

*The following are the mind rubrics in Synthesis that I feel an apple remedy should be put in. I am basing this mainly on the trituration but also on my understanding of the other provings and the Bach flower remedy.*

Ailments, reproaches from

Ailments, scorned, being

Confidence, self-depreciation

Confidence, want of self, feels himself a failure

Conscientious about trifles

Contemptuous, self, of

Delusions, body, ugly, body looks

Delusions, contaminated, being contaminated, she is

Delusions, despised, is

Delusions, dirty, he is

Delusions, laughed at and mocked, being

Delusions, looked down upon, she is

Delusions, looking, everyone is looking at her

Delusions, outcast, she were an

Delusions, persecuted, he is

Delusions, separated, world, from the , he is

Delusions, succeed, he does everything wrong, he cannot

Delusions, victim, she is

Delusions, watched, she is being

Delusions, worthless, he is

Delusions, wretched, she looks

Delusions, wrong, suffered wrong, he has

Discontented, himself, with

Disgust, body, own body, of one's

Disgust, oneself

Dullness, sleepiness, with

Fastidious  
Fastidious, work, in his  
Hiding, himself  
Indifference  
Indifference, sleepiness with  
Indifference, aversion to work, with  
Irritability  
Irritability, alone, wishes to be  
Irritability, indifference, alternating with  
Irritability, looked at  
Irritability, noise, from  
Irritability, sleepiness, with  
Irritability, suspicious  
Irritability, trifles from  
Looked at, cannot bear to be looked at  
Mistakes, writing, in  
Mistakes, time, in  
Monomania  
Noise, aversion to  
Sensitive, criticism, to  
Sensitive, external impressions, to all  
Sensitive, noise, to  
Sensitive, noise, painful sensitiveness to  
Sensitive, opinion of others, to the  
Sensitive, surroundings  
Suspicious, talking about her, people are  
Trifles, important, seem  
Watched, to be agg.

# Comparisons with Other Remedies

In order to find similar remedies I checked through the remedies in the rubrics I thought apple should be in. Some remedies covered part of the picture strongly but nowhere near all of it. These remedies included Nux vomica (irritability, oversensitivity); Psorinum (despair, hopelessness, lack of energy, lack of hope); and Sepia (indifference, desire to be alone, dissatisfaction, defensiveness).

Three remedies seemed to cover more of the essence of apple: Baryta carbonica, Lac caninum and Thuja. All of them have a huge sense of being unworthy.

In Baryta carbonica there are strong feelings of inadequacy, incompetence, inability to succeed, self-disgust and ugliness. With this is a sense of being watched, talked about, mocked and laughed at. This remedy also has the indifference and desire to hide away that was clearly in apple. Other relevant symptoms of this remedy are oversensitivity to noise, conscientiousness about trifles and a feeling of heaviness in the body. It may also be a similar remedy in some physical aspects: pressure headaches, dry eyes, foggy vision, feeling of a plug in the throat, and itching of skin without eruption. The biggest difference between this remedy and apple is the lack of irritability in Baryta carbonica.

Lac caninum has even lower self-esteem and greater disgust at one's own body with the feeling of being watched and looked down upon. It is a remedy of no hope: people think themselves incurable and loathsome and that things can get no darker. There is also great tiredness and a desire to do nothing but sleep. Interestingly, in view of the trituration symptoms of worms and serpents, Lac caninum has visions and fear of snakes. Unlike the low level irritability of apple, this remedy has more aggression and rage.

People needing Thuja can have obsessive fixed ideas about minor bodily defects or appearance. This is combined with an inner feeling of ugliness: hidden guilt and self-contempt. It is a big remedy for feelings of guilt or dirtiness around sex, such as after sexual abuse. Thuja also has indifference, disassociation, irritability at being observed and

sensitivity to criticism and noise.

It occurred to me that two of the six remedies mentioned here are trees and I wondered how many trees fit the mind rubrics of apple. I searched through the rubrics and found that several trees featured regularly. These were Anacardium, Hammamelis, Ignatia, China, Salix fragilis and, of course, Nux vomica and Thuja, and, to a lesser degree, Hura, Olibanum sacrum, and Agathis australis.

From the percentage of tree remedies in the rubrics I would say that indifference, irritability, conscientiousness about trifles, oversensitivity — especially to noise — and mistakes in writing and time seem to be characteristics of tree remedies, irrespective of whether they are deciduous or evergreen trees. The most marked symptom is indifference: I counted 26 trees among the remedies.



# A Cider Apple Proving

*While researching apple as a homoeopathic and herbal remedy I came across Helen Gillam's very recent proving of an orchard apple. Helen is a homoeopath in west Wales and she kindly sent me a lot of information about her proving.*



The apple tree she used was in a friend's garden in St Dogmaels. There are many old cider apples in the village, reputedly grown by the monks who used to live in the abbey there.

Helen collected fruit and a sample of burrknot (a stem root bud) in September 2005. The tree was later identified as a Breakwell's Seedling, a Welsh cider apple propagated by George Breakwell at Perthyre Farm, Monmouth in around 1890. It is one of the Foxwell group of cider apples, which are described as medium bittersweets.

Although there are many stem rooting apple varieties in Ireland, they are very rare in Wales. Burr knots appear as uneven textured swellings on the trunk or branches and are sometimes mistaken for crown gall disease. They may be triggered by low light levels, warm temperatures and high humidity. Burr knots occur more in garden trees and abandoned orchards than in commercial orchards. They may attract the Dogwood Borer (*Synanthedon scitula*), a wood-boring clear wing moth, whose larvae feed on the tree wood.



Helios Pharmacy made the remedy up to 30C. The proving was conducted in summer 2006. There were 6 pairs of a prover and supervisor. Provers were only given one dose of 30C because Helen thought it would be easier to understand what was happening. She felt that when giving multiple doses each subsequent dose interferes with the previous one. The provers were very sceptical about having one dose, and those who had taken part in other provings felt that the symptoms in this proving were not so strong with this method. Nevertheless there were several symptoms shared by this group of provers.

## **The Proving Symptoms**

*As with our trituration, itching, head, eye and nose symptoms were prominent physical symptom, usually occurring very soon after taking the remedy. Here are the physical symptoms that were similar to those in the crab apple trituration:*

### **Itching/sensitivity of skin**

Scatched head all over. Top of scalp itches.

Feeling like fly has been crawling over feet and legs.

Itching on inside of right wrist.

Itching inside ear on left side.

Itchy around left side of waistband.

Marked prickling sensation in individual spots over body, coming and going, especially legs, face, under right eye and arms.

Tingling sensation top of left foot and in right foot.

Prickling sensation in right armpit/left armpit.

### **Head/neck pain and pressure**

Heavy sensation at base of skull moving to right side.

Headache across top of eye, below eyebrow, like eyestrain.

Headache feels as if brain expanded and pressing on inside of skull [> bending and standing up again].

Pressure in top of head from inside, on and off for 15 minutes.

Bursting headache, forehead, above eyes, pressing between eyes.

Pulsating pain between eyes {> lying down}.

Soreness in right back of head.

### **Eye and vision symptoms**

Eyes sore, itchy and gritty feeling, especially right.

Upper eyelids feel swollen.

Eyes dry and burning.

Twitching left eyelid.



Tired eyes.

### **Nose and coryza symptoms**

Nose itchy as if about to sneeze.

Left nostril a bit bunged up, snuffly but not running.

Sneezed and coughed a bit.

Felt as if root of nose going to be stuffed up like a cold.

Nose often blocked for a few hours.

Inside of left nose blocked.

### **Mouth, throat and cough symptoms**

Phlegmy throat.

Dry throat with tickle at back.

Sore throat on and off.

Watery saliva.

Feeling of lump in throat [> swallowing]

Phlegm in throat > coughing.

### **Digestive system symptoms**

Nausea. (3 provers)

Painful bloating, wind and rumbling.

### **Respiratory system symptoms**

Sometimes chest feels tight – slight asthma.

*Other physical symptoms that were similar to those in the crab apple trituration were:*

a) as if a sharp stick or stone sticking into the centre, front of left wrist [> rubbing, shaking.  
[Lump at base of palm.]

*This may be similar to triturator 6:*

Left wrist joint has a niggle. Pressure deep on scaphoid bone of left wrist. Left wrist is sore, same place on scaphoid bone. Still boring pain in left wrist.

b) stitch-like drawing sensation above right hip bone.

*Compare this to triturator 6:*

sharp dig to right side below ribs.

*Also to triturator 11:* sharp pain lower left abdomen.

*Other physical symptoms that were not in the crab apple trituration were:*

Hearing and seeing more clearly.

Vertigo.

Mouth ulcers.

Breasts feel tense.

Stools more frequent.

Urine darker than usual.

Stitching pain in heart region.

Right ear becoming blocked after loud noises.

Sticking pain on right lung on waking > getting up.

*In addition there were cured cases of diarrhoea and premenstrual tension.*

*Two provers mentioned elbow symptoms:*

Weakening pains in right elbow.

Painful to bend right elbow as though tendons had come out.

*Two provers had hand symptoms in addition to the prover mentioned earlier who had a wrist problem:*

Right hand painful in certain positions. Felt like the tendons in centre outside of hand.

*Back and neck pains occurred several times:*

Muscle pain right side back of neck.

Aching neck right side. Left shoulder feels frozen/tight. Hard to lift left arm above head. Painful twinge in lower back, very stiff sore and aching > sitting upright, < walking, standing and moving. Moves to left leg then left arm then right leg.

Upper back and neck sore.

*This compares with only two symptoms in the trituration:*

Sharp pain down left side back of neck. (6)

My neck suddenly twinges – running into left shoulder – a sharp pain. (8)

*Knee pains occurred in three provers:*

Sharp pain in centre of knee.

Drawing pain right leg above knee – as from a tight band at front – and lower back right side.

Stinging pain on inside of left knee.

*These can be compared to the sensation of triturator 1:*

Bursting pain left knee. Intense bursting tightness in left kneecap so I have to stretch my leg out.

*There were minor changes to menstrual cycles and flow but some provers considered themselves pre-menopausal and did not have very regular period patterns. The changes were very slight.*

*There appeared to be several minor injuries but this may not have been any more than would have occurred normally in six or seven weeks. None of them very striking.*

*There were very few general symptoms. Sweats were a feature with two provers. Sleep patterns changed for two provers, one for the better, one worse.*

*These are the states of mind and feelings the provers recorded. I have tried to arrange them in the same order as in the trituration notes.*

## **Positive**

Relaxed. Feeling calm. Not worrying.

Far more focussed. Sensing clarity. Very assertive.

Decisive. Determined to lose weight.

Getting on with things she had put off.

Busy with domestic things – baking, sewing.

Concentrating on playing music.

Giving self time and space. Focussing more on self – body/clothes/image. Buying new clothes.

Feeling good and looking better than before.

All's well with the world. Feeling of love for fellow man. More social life.

## **Negative**

Irritable.

Almost suicidal at thought of being old and useless.

Feeling abnormal.

Feeling a waste of space. Redundant.

Thinking people are criticising her behind her back. Mistrusting everyone.

Feeling unloved and unappreciated. Painful feeling of not belonging and feeling unwanted.

Fed up. Depressed. Pissed off. Apathetic. Not feel very involved with the proving.

Not worried at possibility of losing job. Can't be bothered to work.

Uncommunicative. Cut off from others. Unable to relate to people.

Absent-minded. Concentration difficult. Forgetful. Clumsy. Confused about time.

Talking and driving more slowly. Tired. Very sleepy.

Anger and resentment at someone who thinks her worthless.

*All these emotions and thoughts also came up in the trituration. In fact, I was unable*

*to find any mind symptoms that did not.*

*Dreams of animals were a feature of the proving. The images were:*

large birds being put in a furnace.

llama giving birth, snake and dog.

pig and piglets.

swarms of tiny mice like cockroaches under everything, plus 2-3 white kittens, and with feeling of being overwhelmed.

a talking dog.

a talking jackdaw.

*One other dream is worth mentioning because it relates to the feelings of the trituration:*

dream with atmosphere of whiteness, peace and humour.

*Some strange interactions occurred between provers, plants and other animals. One prover attracted swarms of moths which invaded her house; she was also attracted to a plant which she later discovered was attractive to moths. One prover found an injured jackdaw waiting on her doorstep and let her pick it up.*

*Although it was a hot summer when insect bites would be expected to be common, there was a tendency for those who were not usually bitten to receive bites, or provers not getting bitten when other people were.*