

# Menses

## *The Proving of Menstrual Blood*



*Drum painted by Chris Hurst, while proving Menses*

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## **Thanks**

We'd like to thank:

- The circle of women friends who have inspired us and supported us.
- Our mothers and daughters and our partners, sons and fathers who have supported us and been patient!
- The 9 donors, without whom we'd have had nothing to prove.
- The provers and supervisors, for their trust and their time, without whom we'd have no proving!

3 people I'd like to name in particular:

- Melissa Assilem, for vocalising and focusing women's energy in homeopathy. Her voice, proofings and books are an inspiration.
- Linda Gwillim, for wisdom and support. Having her as our supervisor has made this all possible.
- Carolyn Hillyer, lovely friend for so many moons, whose life work expresses the energy of the journey of the circle of women through wonderful paintings, songs, poems and story.

## **Why Menstrual blood?**

Menstrual blood is a powerful symbol of our shared experience as women. It links women across the generations and across cultures, yet it is so hidden. Many women suffer with their menstrual cycles – pain, cramping, mood swings – and yet there is wisdom in there. I believed this proving would help to reclaim and deepen our understanding of women's energy.

Our menstrual cycle is an often ignored part of our inner guidance system. Our menstrual cycles are usually in tune with natural cycles and can help us to connect to them; moon, tides and seasons, and to our own essential nature. When we honour these cycles we understand ourselves better and get a sense of cycles within all things.

The menstrual cycle encompasses so much; sexuality, including attraction and desire as well as abuse; fertility, including conception and contraception; life cycles, including beginnings and endings, from menarche to menopause, birth and death and ancestry – remember, the egg that we grew from was formed while our mother was still in our grandmother's womb and the children of our daughters grow from eggs formed while she was still in our womb. Menstrual blood is the release of the unfertilised egg but carries this potential and these messages.

On a personal level it was first of all a calling back to a part of myself that I had been open to in my early twenties but had gradually given less and less attention to. I knew it was still alive and well within and it was time to work with it again – women's health, women's work; Women's Wellbeing – honouring our cycles and ourselves.

My own menstrual cycles have been tumultuous over the years. At times I felt like I was on a rollercoaster ride and I wanted to go deeper and understand more. In the pre-menstrual stage I hear the call of the wild, the voices of my own unfulfilled longings calling to me; to attend to the creative and spiritual as well as the domestic and practical. I wondered if this would manifest through the remedy.

I was also pleased to add to women's voice in homeopathy; women's issues are so underrepresented in our repertory.

Naomi

## On a personal note

Sonya:

Menses for me began after a late night talk with Naomi about Mellissa's Matridonal remedies, I found myself asking "Has anyone proved menstrual blood?", Naomi just smiled.. Next day at college she grabbed me and said "Shall we do a proving of menstrual blood for our 4th year project." Wow, I paused, waited to see what it felt like, and then said yes.

So began an incredible journey of re-discovery and re-connection to the role of menstruation in my life. I re-learnt the wisdom that should have been handed down to me from my fore-mothers, but had got lost in the scientific/materialistic revolution of our past.

I met both my Grandmothers in dreams, which was incredibly healing for me, and has helped me re-connect to both my mother and daughter on a deeper, and more loving level.

I have become aware of how my own menstrual cycle affects me both physically and mentally, and I now recognise how these patterns are reflected in the rhythms of nature.

And finally stage 23 of making the proving is especially important for me, 'Strength in the Darkness' For menses took me to The Heart of My Darkness, and showed me actually I have nothing to fear from it, my darkness is my wisdom and my greatest friend. What a gift, what an insight, what a transformation. Thank you Menses.

Naomi:

As soon as I began studying homeopathy I tried to find out if menstrual blood had been proven. I asked Bill Rumble whose response was, "Why not stallion semen?" I continued to dream it and it to dream me. It was with me strongly during the summer of 2006. I didn't mention it to anyone, knowing that if I was to do the proving, it would have to be a secret. But at a late night talk with Sonya I said I had a strong feeling of something I had to do. This is when she asked, "Has anyone proved menstrual blood?"

I am so glad to have had her to share this incredible journey with! And how deeply appropriate, for this is a women's shared journey!

## **MIND**

Absentminded p13,p9,p3

Absorbed s4,p5,p8,p9  
-family matters; in s4,p8,p9

Abstraction of mind p9,p13,p15

### *Activity*

- desires p14,p3,p8,p1,p10,p12,p4
- alternating with lassitude p3,p8,p10,p12
- creative activity p14,p4,p10,p1,p8

### Ailments from

- cares, worries p14,p9,p8
- loved one, over a p8,p9

*Anger p4,p12,p10,s10,s8,p3,p5,p8,p15*

- alternating with
  - tranquillity p12,p10,p5,p4
- appeased easily p4,p12,p10
- contradiction, from p5,p8
- conversation; from p12,p15,s8,p8
- easily p4,p12,p15,p8
- family towards s10,p4,p8
- menses, before p5,p4
- sudden p4,s8

Antisocial p13,p4,s10,s15,p9

### **Anxiety p14,p4,p9,p10,s11,p3,p1,p5,p8,p15**

- anticipation, from p1,p5,p8
- children, about his p4,p9,p8,p3,p15
- conscience, anxiety of p14,p4,p1,p3,p8,p15
- family; about his p14,p9,p4,s11,p8,p3,p15
  - safety of family; for p14,p15
- health about, own health, ones, pregnant; wondering if she is p4
- loved persons p9,p14,p9,p4,s11,p8,p3,p15
- others for p14,p9,p4

*Assertive p3,p9,p4,p12,p15,s11*

Awkward p13,p14,p5,p8

- drops things p14,p5.p8
- strikes against things p5,p1

Bed, remain in bed, desires to p14,p3,p5,p4

- morning p14,p4

### Business

- aversion to p13,p9,p15

Capable p3,p1,p5,p4,p12

*Cares full of p14,p9,s10,p5,p8,p1*

- others, about p14,p9,s10,p8
- relatives, about p9,p14,s10,p8

*Change, desire for, life in p16,p14,p9,p10,s10,s11,p8,p3,p15*

Cheerful p14,p9,p4,p12,p3

- company in p14,p4,p12
- family members with, children p14,p4

*Clarity of mind* p16,p9,p12,p4,p10,p15

- menses after p4

*Cleanness*

- desire for cleaning p16,p4,p12,p10,s10,p11,p1,p8,p15
- mania for p16,p10,p8

**Communication difficulties** p10,s10,p4,s4,p4,p8,s8,s15,p15,s1,p13

- breakdown p4,s4,p8,p15,s15,s1,p13

*Communicative* p14,p4,p3,p8

- heart, desire to be from the p4,p3,p8,p5

*Company*

- aversion p13,p9,p4,p10,s10,p1,p3,p8
- desire for solitude p4,p9,p10,s10,p8
- desire for p3,p1,p8,p15,p4,p10,p4
- alternating with aversion to company p3,p8,p15,p4,p10
- amel.in company p12,p14,p15
- friend of a p3,p1,p8,p15
- old friends p3,p1,p8

*Concentration*

- difficult p4,p12,p5,p8,p13
- attention, cannot fix p4,p12

*Confidence*

- want of self confidence p3,p1,p8,p15
- failure, feels himself a p8,p15

*Confident* p9,p4,p12,p15

*Confusion of mind*

- time as to p15,p12,p13,p10

*Content* p14,p4,p3,p5,p8,p15

- family members, with p14,p4,p8
- himself with p4,p15
- harmony with oneself in p4,p15

**Conversation**

- aversion to p13,p14,p9,p4,s4,p10,p8,p3,p15,p5
- superficial conversation aversion to p10,p3,p8,p5

*Death*

- thoughts of p14,p9,p4,s11,p8,p15

*Decisive* p14,p9,p16,s4,s11,p3,p1,p15,p12

*Delusion* p14,s4,p10,p13,p9,p4,p3,p8,s8,p5,p8,p15

- appreciated, she is not s8,p8,p15
- criticised p8,p4
- exaggerated, loud seems p5,p12
- old p3,p8,s10,p3,p8
- feels old p3,p8
- looks old he p10,p3
- superhuman p3,p15

*Despair* p9,p1,p8,p15

*Detached* p4,p8,p12

Determination p4,p12,p3,p8

Discontented p13,p1,p5,p15  
-everything with p13,p1  
-himself with p1,p13,p15

Dwells  
-past disagreeable occurrences, on p12,p8,p5,p15,p9  
-recalls, disagreeable memories p12,p5,p8

Energized feeling p1,p14,p3

Ennui p13,p3,p1

Excitement p5,p10,p15

Exertion, physical  
-ameliorates p10,p3,p1,p8,p12

Fastidious p10,p14,p3  
-personal appearance; about p14,p3

**Fear p4,p9,p12,p13,p14,s11,p1,p5,p8,p15**  
-attacked, of being p5  
-control, losing s11,p12,s1  
-raped, of being p5

*Forgetful p13,p14,p4,s4,p1,p5,p15*  
-phoning, in p13,p14,s4  
-words while speaking, of p13,p4

*Forsaken feeling p8,p14,p1,p5,p15,s15*  
-isolation, sensation of p14,p1,p8,p15,s15

Grief p8,p15,p9

Heaviness p9,p12,p10,p5  
-sensation of p12,p10,p5

Ideas, abundant p16,p15,p4

*Impatience s11,p3,p1,p8,p15,p4,p12*  
-others with p1,p8,p15,p4,p12  
-work, about s11,p15

Indifference p10,p3,p8,p4  
-business affairs to p10,p3,p8  
-company, society to p10,p3,p8  
-husband towards p4,p3  
-taciturn p10,p3,p8,p4

Indignation s4,s8,p8,p15

Industrious p10,s10,p4,p16,p8  
-household affairs, in p10,s10,p4,p16,p8

*Insightful p12,p8,p15,s4,s10,p10,p4,p16,p14*

**Introspection p5,p8,p15,p9,p12,p10,p4,p16,s11,s15**

Irresolution p16,p1,p8

**Irritability p16,p14,p9,p4,p12,p10,s10,p3,p6,s11,p1,p8,p15,p13**

- alternating with: cheerfulness p16,p3,p9,p4
- children, towards p4,p15,p12,p10,s10
  - her own p15,p4,p10,s10
- conversation from p10,p8
- family, to her p4,p12,p10,p15,s10
- husband towards p4,s10,p3,p8
- people with p14,p10,p3,p1,p8,p15,p4,s10,p12,s12**
- talk of others from p10,p8

#### Love

- family for p1,p5,p8,p15,p4,p3

#### Memory

- weakness p13,p14,p4,p5,p15
- dates for p4,p5,p15
- words for p13, p4

#### Mistakes, making p4,p13,p14,s10,p5

- spelling errors p13,p4
- writing in p13,p4,p5

#### Mood

- changeable p4,p3,p8,p1,p14,p15
- repulsive p16,p3,p8,p15

#### Nature

- loves p14,p4,p8,p11,p5,p15

#### Occupation, ameliorates p6,p8,p3,p15,p10,p14,p12

#### Orientation, sense of, decreased p6,p15,p10,p15

#### Personal appearance p3,p5,p1,p15,p8,p14

- concern, about p1,p3,p5,p15,p8,p14

#### Positiveness p16,p9,p4,p12,s10,p3,p1,p15

#### **Prostration of mind p12,p13,p14,p9,p4,p10,p6,p8,s10,p15**

- cares, from p8,p6,p9
- sleepiness with p13,p12,p10,s10

#### Quarrelsome p4,p15,p8

- family, with her p4,p8
- husband to p15,p4

#### Quiet, wants to be p4,p10,p5,p8,p12

- repose and tranquillity desires p5,p12,p4

#### Religious affections p8,p15,p4

#### Remorse p3,p8,p4

- anger, after p8,p4

#### Reproaching oneself p4,p3,p8

#### Rest, desire for p14,p10,s10,p12,p13,s11

#### Sadness p9,p12,p14,p1,p8,p5,p15

- alternating with positiveness p8,p15
- dwelling constantly on her condition p1,p8,p15
- past events about p12,p8,p9
- thinking, mother about p12,p8
- walking, air in open, amel p1,p8

## Senses

- acute p10,p1,p14,p4,p15
- dull p12,p4

## *Sensitive* p15,p4,p9,p14,p10,s15,p8

- criticism to p4,p8
- menses, before p4,p15
- nature and natural objects, to p14,p4,p15,p8
- noise to p14,p10

## *Sleepiness* p13,p10,s10,p14,p12,p15,p3

## Spaced-out feeling p16,p4,p3

## Taciturn p4,p12,p3,p8,p10

- company, in p3,p8

## Talking

- others agg, talk of p8,p15,p5

## *Thoughts*

- birth about p4
- commitment; about a p4,p8
- do, about things to p16,s15,p6
- lovers about, past, of the p10,p3
- mother of her* p1,p8,p6,p15,p12,p10
- past, of the p12,s15,p8,p6,p15
- profound p4,p8,p15
- rush p16,s11,p5
- thoughtful p8,p15,p12
- tormenting p12,p5,p8
- past, disagreeable events about p5,p8,p15,p9,p12,

## *Tranquillity* p14,p4,p12,p10,p5,p8

- menses after p4

## Truth

- desire for truthfulness p14,p4,p3,p8
- telling the plain truth p14,p4,p5

## Unification, sensation of unification p10,p3,p15,p8

## Weary of life p13,p9,p15

## *Weeping* p4,p3,p1,p5,p8,p15,p9,p10

- ameliorates p9,p10
- anger, during p5,p8
- continuously p1,p5,p4
- forsaken feeling, from p8,p15
- vexation from p5,p8

## Will

- strong will power p14,p4,p3,p12,p8

## **PHYSICALS**

### **VERTIGO**

Vertigo (p15,p10,p14,p11,p5)

-Reflecting, agg (p15,s11)

### **HEAD**

Heaviness (p5,p8,p10)

-Forehead (p5,p10)

Itching of scalp (p3,p4,p8,p12)

-Lice, as from (p3,p4)

Pain, forehead, (P5,p14,p4,p10)

-Pain, forehead, dull pain (P5,p14,p4,p10)

### **NOSE**

Sneezing (s11,p5,15,p8,p10,s10,p12)

-Sneezing, frequent (p11,p15,p10,p12)

### **FACE**

Dryness, lips (p4,p10,p15)

### **MOUTH**

Dryness (p3,s11,p5,p15,p6)

Prickling (p6,p13,p4,p3)

### **THROAT**

Dryness (p5,p1,p12)

Pain (P3,p5,p15,p8,p4,p12)

-Sore (P3,p5,p15,p8,p4,p12)

-Swallowing agg (p3,p8,p4)

-Warm, drinks, amel (p5,p4)

### **NECK**

Pain (p8,p5,p6,p15,p10)

Stiffness (p6,p15,p10)

-Stiffness, painful (p6,p15,p10)

### **STOMACH**

Appetite, capricious (p1,p3,p15,p12)

Appetite, changeable (p1,p3,p15,p12)

Appetite, ravenous (p1,p12,p15)

-Appetite, ravenous, alternating with loss of appetite (p15,p12,p1)

Appetite diminished (p14,p4,p10)

Appetite wanting (p5,p15,p14,p12,p4,p10)

Nausea (p5,p15,p8,p9,p10,p15,s10)

-Morning (p9,p12)

-Evening (p9,s10,p10,p12)

-Eating, after, amel (p9,p12)

-Eating, amel (p9,p12)

-Occupation, amel (p9,p15) [New sub rubric](#)

-Pregnancy, as if (p9)

## **ABDOMEN**

Flatulence (p15,p6,s10,p4)

-Flatulence, eating, after, agg (p5,p15,s10)

Pain, cramping (p15,p12,p4,p9,s10)

-Accompanied by, flatulence (s10, p4)

## **RECTUM**

Rectum, Diarrhoea (p3,s10,p4, p13, p14)

-Sudden (p3,s10)

Rectum, Urging (p3,s10,p4)

## **BLADDER**

Urination, frequent (p3,p5,p15,p10,s10)

Urination, urging to urinate, frequent (p3,p5,p15,p10,s10)

## **URINE**

Copious (p5,p3,p15,p11,p10)

-Drunk, more than is (p10,p11)

## **FEMALE GENITALIA/SEX**

Menses return: ceased; after the regular menstrual cycle has (p15,s4)

Sexual desire, diminished (p5, p15, p10)

Sexual desire, increased (p8, p4,p10)

## **LARYNX**

Voice, Hoarseness (p10,p6,p5,p12)

-Lost (p12,p5)

## **COUGH**

Dry (p15,s10,p12)

## **CHEST**

Constriction (p6,p15,p10,p12)

-accompanied by sore throat (p6,p12)

Pain, stitching (p3,p15,p12,p4)

Pain, mammae, menses before (p10, p4,p15)

-Sore (p15,p4)

-Accompanied by swelling (p15,p4)

Palpitations (p15,p5,p10)

## **EXTREMITIES**

Discoloration, redness. (p3,p15,p14)

Eruptions, itching (p3,15,p4)

Eruptions, red (p3,15,p14)

Heaviness (p15,p3,p12,p9)

Itching (p3,p1,p15,p8,p10,p4)

-Forearms (p1,p15)

-Legs (p1,p3,p8)

-Lower limbs (p3,p15,p8)

-Shoulders (p1,p4)

-Upper limbs (p1,p15,p10,p4)

Pain, joints (p15,p3,p8,p10,p9,p12)

-Pain, joints, aching (p15,p3,p8)

-Pain, joints, stitching pain (p12,p9,p15)

Pain, shoulder (15,p3,p9,p6)

## **SLEEP**

Disturbed (p3,p15,p1,p8,p9)

Interrupted (p3,p15,p1,p8,p9)

-Urinate, with desire to (p3,p1)

Restless (p3,p15,p1)

Short (p15,p1,p9)

Sleepiness, sudden (p1,p15,p3,p12)

Sleeplessness(p3,p15,p1,p9)

-Night (p3,p15,p1,p9)

-midnight, after (p1,p9,p15)

-Pain, from, joints (p3,p15)

-Urination, urging to urinate; with (p3,p1)

Waking, frequent (p15,p1,p9)

## **CHILL**

Chilliness (p15,p1,p8,p6,p3,p16,p10,p12)

Warm, room, not amel in warm room nor by a warm stove (p15,p16,p10,p1)

Shaking (p15,p3,p8)

## **SKIN**

Cicatrices, sensitive (p6,p15,p8)

Discoloration, red (p3,p15,s10,p10,p14,p8)

-Discolouration, red, spots (p8,p15,p10,p14)

Discolouration, spots (p8,p15,p10,p14)

Dry (p3,p15,p10,p4)

Eruptions, itching (p3,p15,p4)

Eruptions, rash (p3,p4,p10,p14,p15)

-Eruptions, rash, itching (p3,p15,p4)

-Eruptions, rash, red (p3,p15,p10,14,p4)

Eruptions, red (p3,p15,s10,p10,p14,p8)

Irritation (p3,p15,p1,p8,p10,p4)

Itching (p1,p3,p4,p8,p10,p15)

-Bleeding, scratching after (p3,p8)

-Scratching, unchanged by (p3,p10)

-Spots (p3,p4,p15)

## **GENERALS**

Alternating states (p3,p15,p16,p12,p8,p10,p5,p4,p9)

Cold feeling, heat and cold (p3,p15,p16,p12)

Dryness, of usually moist internal parts (p3,p11,p5,p15,p6,p1,p12)

Food and drinks, sweets, desires (p10,p3,p1)

-Food and drinks, sweets, desires, menses before (p10,p3,p1)

Heat, flushes of (p15,p3,p6,p10,p12,p4,p16)

Heat, flushes of, alternating with chilliness (p3,p15,p16,p12)

Heat, flushes of, night (p3,p6,p16,p15)

Heat, lack of vital heat (p15,p1,p8,p6,p3,p16,p10,p12)

-Heat, lack of vital heat, accompanied by shaking (p15,p3,p8) [new sub rubric](#)

Heat, sensation of (p15,p3,p6,p10,p12,p4,p16)

Heat, sensation of, night (p3,p6,p16,p15)

Heat, sensation of, alternating with sensation of coldness (p3,p15,p16,p12)

Heaviness (p3,p8,p10,p15,p12,p9,p5)

**Lassitude** (p8,p6,p3,p15,p1,p5,p16,s10,p13,p12)

-Lying, must lie down (p15,p1,p3)

Pain, stitching (p12,p9,p15,p10,p14,p3,p4,p6)

-Needles, as from (p15,p10)

Pain, cutting pain (p6,p12,p15,p10,p14,p3)

Redness, affected parts (p3,p1,p15,p8,p10,p14,s10, p15)

**Weariness** (p8,p6,p3,p15,p1,p5,p16,s10,p13,p12)

-Weariness, alternating, activity increased (p3,p8,p10,p12) [new sub rubric](#)

-Weariness, sudden (p3,p15,p1,p12)

## **Physical themes** (illustrated through rubrics with prover's words)

### **Dryness** (Skin, mouth, cough, throat)

On waking, itchy skin from inner ankle to inner thigh like urticaria. Red patches on L leg. Looks dry, eczema like (from scratching) Not > scratching, sore to touch, ITCHY p3

Skin hot and dry p3

Mouth feels really dry when woke in the night p3

Skin on face is much drier than normal. p4

Generally skin is much drier on face than normal over last month. p4

Face very creased today. Skin dry on face p10

Dryness of lips worse. Particularly above top lip which was very red with lots of flakey white bits of skin, felt like bristles. p10

Face, redness and dryness in whiteish patches, dry patches, red area, distinct red lines. > for nothing, applications hot/cold wet/creams cause stinging. p10

Face sore and red, dry rash appears at night in lines of my face, p10

< days 55+56, particularly top lip which was very red with flakey white bits that stuck up and felt like bristles. p10

Have had dryness, cough and catarrh today, irritating dry cough occasionally. s10

Thirsty, dry mouth, afternoon s11

Dry mouth and lips with scummy sticky mucus p15

Dry paroxysmal cough like a consumptive p15

AS Soles of feet very dry and skin flaking in big furrows and a couple of splits p15

Mouth dry, throat hoarse p6

Dry mouth and throat p5

Very dry throat, only a little better for liquids p1

Throat dry all day p1

Coughing more, deep coughs, dry, beginning to hurt chest, dry throat. p12

Throat sore and dry, nose stuffy so mouth breathing. p12

### **Cutting & Stitching pains**

RS sharp pain over R hip < sitting down, from an injury 2 years ago, noticed it more in the last year or so, pain is intensified, used to be dull. p12

8am sharp pain in abdomen, last for ½ hour. 12pm pain returns now it is like a cramp, nothing makes it better. p12

Chest tight, odd pain like indigestion. Sharp pains shooting up between lungs. p12

Calves ache < R leg, like I had pulled something, pain sharp < walking about. p12

Shoulder 3.30pm short stab of pain lasting 5mins. p9

Knifing, cramping pain in abdomen. Intense pain L side – one off, not repeated p15

Feeling totally cold/ freezing. Wearing layers of warm clothes. Shivery, like pins and needles running up my spine and backs of my thighs p15

Sharp pain in the bone inside R ankle as if someone had stuck a knife in p15

Tingling pins and needles in my hands and feet, during last few days p15

Agonizing shoulder joint pains radiating into the long bones of my arms, as if someone was sawing through the bones fairly close to the joints. Aspirin amel. p15

Feels like someone is sticking a knife into my ribs, R side, back of ribcage, between spine and side of body, 3 ribs up from lowest. Specific point p15

L shoulder is the most painful. As if someone had stabbed a knife in and was turning it slowly so the point grated on the bone p15

Stitching pain in R side just above crest of hip bone. L also. Hot stitching pain as if inside of the bone p15

Joints feels so sore in the night; hips, shoulders, elbows, thumbs – as if there is glass in them p15

Splinter in 3<sup>rd</sup> finger of R hand. Sore, red swollen, irritating and catching on things p15  
Ovulation pains on waking. Both sides, dragging and cutting pain across top of uterus p15  
Stabbing pains from intercostal muscles on inhalation, occupation amel p15  
Breasts sore and tender with little electrical stabbing pains in them p15  
As if lungs and limbs encased in concrete. Or as if I've inhaled cement dust and its solidifying in my lungs. Hard to move ribcage enough to inhale and exhale. Stabbing pains in intercostals. p15  
Throat feels raw, now L, sore at back of palate, as if its been scratched by something sharp like a crisp p15

Woke 6.30am with brief sharp splitting pain in middle of forehead went when sat up. p15

Shooting, stabbing pain in the ribs, like electric shocks lasting 15-20 seconds. R side am p3

Right boob had shooting pain from edge to nipple, sternum side of right boob. Shooting pain in R boob. p3

Shooting pain R boob, 11am onwards. Intermittent shooting burning pain. Gone by 2-2.30 p3

Shooting pain inside head, associated with fatigue p6

Neck stiff, with sharp pain beneath R ear p6

Stiff neck L side (accompanied by headache L side, small spot piercing, nerve pain, < turning head left, > being still, lying down.) p10

Sensitive to touch on back, ok until touched, feels like sharp needles when touched. p10

### **Itching Skin**

R side of head itchy as if I've got nits 3/03

Head itching R side p3

Started to itch in bed L leg. INTENSE itching. Scratched until bleeding p3

On waking, itchy skin from inner ankle to inner thigh like urticaria. Red patches on L leg. Looks dry, eczema like (from scratching) Not > scratching, sore to touch, ITCHY p3

L inner ankle itching, R side also but less. Puffiness p3

Lower L leg still red and itchy p3

Head itchy all day p8

R shin itchy, I scratched until it bled. Site of old wound NS p8

L foot cracking big toe and heel. Itchy p8

Head lice (accompanied by itchy rash on skin) p4

Woke up with rash, very itchy, raised like blisters of chicken pox, (front on shoulders) p4

Rash spreading up neck and top of shoulders, front and back, very itchy< being hot/sweaty and after bath. p4

Itchy scalp back of head, really irritating me. p12

Skin on hands and feet noticeably soft, complexion better, wrinkles not as pronounced. p12

Itchy skin forearms, shoulders, back, arms, legs, base of spine p1

Small red itchy spots on bum and thighs, similar to midge bites, came on in the night p15

Arms sore and itchy p15

Itchy R hand, mould under index finger not improved by scratching, no apparent spot or cause. Itchy next morning and then gone. p10

CS Ears not itched during proving, usually constant p10

Excema less itchy. Scratching legs less, less hot, not erupting at night p6

Fingers definitely less itchy at night looking 40% better. p9

### **Redness (General)**

Bleed into lower inside quarter (then half) of L eye, **bright Red** p1

On waking, voluptuous itching of L eye, causing **redness** of sclera p3

Lower L leg still **red** and itchy p3

Itchy **red blotches** on waistline > scratching p3  
On waking, itchy skin from inner ankle to inner thigh like urticaria. **Red patches** on L leg. Looks dry, eczema like (from scratching) Not > scratching, sore to touch, **ITCHY** p3  
Rash on back on waking. R side **Red blotches**. Not itching. Moving upwards p3

Itchy **red rash** on forehead and one spot under R nostril p15  
Small **red itchy spots** on bum and thighs, similar to midge bites, came on in the night p15

R cheek burning, with **Red spots**. L cheek pale. p8  
**R cheek red**, L pale p8  
Flushed **red** cheeks < R, > warm bath and rest p8  
Nose burning, **Red** p8

Face, **redness** and dryness in whiteish patches, dry patches, **red** area, distinct **red lines**. p10  
Face **sore and red**, dry rash appears at night in lines of my face p10  
< days 55+56, particularly **top lip which was very red** with flakey white bits that stuck up and felt like bristles. p10  
**Red spot** at top of nose (bridge) on L side, just to R of eye brow. s10

7pm nosebleed, **bright red blood**. p14  
Rash on front of left thigh about 1 inch square, **bright red** doesn't itch slightly raised.- like pin pricks joined up, cross between horrible scratches and a strawberry birthmark. (Gone by next day) p14  
11am noticed another **red blotch** on my left thigh smaller and 3 inches lower than other, again not painful or itchy. p14

### **Polarities: Alternating sx's**

#### **Temperature**

Hot and chilly both, hot in one way, chilly in another p3

Huge fluctuations in body temp; shivery before bed, hot at 4am p15  
Body temp alternating between really warm and really cold p15

Extremely cold, after working all day outside had trouble warming up, felt quite exhausted/ill in evening. Then went to bed and sweated all night despite it being a cold night. Body thermostat struggling. p16

Body temperature has really fluctuated enormously, have either been sweating or really cold. p12  
Feel cold internally though extremities are warm. p12

Feeling cold. Partner thinks its warm p6  
Felt hot at night p6

Got cold/wet in rain didn't get warm again for hours. p10  
Body temperature warmer than usual. p10

Desire stillness to be warm (body) and cool air on my face at the same time. p10

#### **Appetite**

Craving comfort food; custard, mashed potato, pavlova p1 (week before her period)  
+ sweet things (craving) p1

+ desire cake from the bakery and sweet food p3  
Ate a pack of 6 cream cakes p3  
Ate 3 twices! p3

Been greedy for chocolate last 2 days + more than usual, feel it's linked to starting period not usual for me. p10  
Less interest in food, loss of sweet tooth, being reminded to eat by kids.p10

Appetite Wanting

Loss of appetite p5 first week

Very little appetite today, ate very little, didn't enjoy what I did eat. p14

No appetite as food tastes horrible, metallic taste in mouth, loss of smell. p12

Looking back over week, appetite not as much as normal and smoking more than normal, and as soon as I get up. p4

**Appetite, Changeable**

Craving comfort food; custard, mashed potato, pavlova p1

Lack of usual control over quantity I eat p1

Big appetite, eating a lot of carbs p1

Desire protein not carbs p1

+ stir fried veg 3x a day p3

Ate a pack of 6 cream cakes p3

+ red meat p3

+ white meat p3

Ravenous hunger (fruit, crisps, cheese, choc, yog, seeds) p15 (*following earlier loss of appetite*)

+ desire bananas, 2-3 a day p15

+ fresh green veg as raw as poss p15

+ Coca cola p15

Had cheese on toast, would normally have marmite, not a cheese lover. p12

Appetite, ravenous, alternating with loss of appetite

(Lack of usual control over quantity I eat p1

Big appetite, eating a lot of carbs p1

Eating too much. More than I need, esp starches p1 (1 week before her menses)

Loss of appetite. I just don't want to eat anything at all p15 (felt anorexic)

Loss of appetite. No appetite at all. Losing weight. Only eating 2 crumpets a day p15

Ravenous hunger (fruit, crisps, cheese, choc, yog, seeds)p15

Have been ravenous all day. p12

No appetite as food tastes horrible, metallic taste in mouth, loss of smell p12

## **Energy**

**Weariness** Alternating with energy. (See Mind activity desires alternating lassitude)

Energy polarity; dip then climb. Very upbeat, then flat p3

I feel young and perky! p3

Hard physical work felt good p8

I have a lot of energy p8

Walked 10 miles, didn't feel difficult p8

+ physical activity/industry (especially cleaning kitchen). p10

Racing around at work, loads to do and lots of energy to do it. p12

CS No energy dip at 2pm which I nearly always have for as long as I can remember. p12

+++ exercise and > from p3

## **Lassitude**

Feeling limp and slightly disorientated, Lacking energy p6

I look tired p6

Sudden extreme exhaustion and tired. I had to lie down and wrap up (within an hour) p3

Exhausted in every way p3

Felt very tired, heavy and weary p8

Felt tired driving in the driving rain p8  
Almost sick with exhaustion p8  
Too tired to talk p8  
Exhausted < incessant chatter p8  
Exhausted as if on the edge of collapse but didn't sleep at all p8

Suddenly tired and want to go to bed p1

Sudden exhaustion p15  
Rapidly descending exhaustion p15  
I've been so tired on this proving p15  
I feel so tired. Everything is an effort. P15  
I want to go to bed and sleep for 7 years p15  
As if chronic fatigue. It takes 3x longer to do anything and I lack focus. P15

Very tired, feeling very lethargic, don't want to do anything. p13

No energy, feeling washed out (after dream) part of me got to get on, other doesn't give a damn, split; 50/50. p12  
Suddenly at work became overwhelmed by tiredness, feeling absolutely shattered, can hardly keep eyes open, yet can't go to sleep. p12

### **Libido**

Sexual desire at ovulation absent p5

Not feeling my usual high libido p15

-Increased libido, like in the early days of relationship -26 years ago p8  
-Feeling more sexual today, i.e. took the initiative with husband. Was very funny, feel more loving and compassionate toward him, and all that he does. p4

-Libido very healthy when activated, equally as comfortable with being latent. p10

## **DREAMS**

Accidents, car, with a s11,p9,s9,p12

Accusations s10,p4,p1,p11,p15

*Affecting the mind p12,s12,p14,p1,p15,p3*

Amorous p10,s11,p15,p13

*Animals p1,p4,p15 p12 p9,p10*

*Anxious p8,p1,s11 p9 p12,p15*

Apocalyptic p1,p15,p3

Appearance, concern about p1,p14,p3,p5,p15

Beautiful dreams p5,p15,p11,s11

Boyfriend p10,p12,s11

Boyfriend, old p10,p12,s11

Buildings p1,s11,p15

*Cars p5,p15,s11,p9,s9,p12*

**Children, about p10,s10,p14,p9,p8,p11,p3,s11,p15,p1**

Children, about, newborns s10,p9,p8,s11

*Conversations, women with p4,p14,s10 p9 p12 p15 ,s11,p1,p3*

**Danger s12,p9,p4,p8,p1,p11,p3,s11,p15,p5 s10**

Danger, escaping from a s12,p8,p5,p15

Danger, fear without p4,p9,p11

*Danger, personal p4,s12,s11,p5,p15,p1*

Danger, protecting others from p8,s11,p3

Daughter p9,s10,p1,s11 p10

*Death p4,p12,p3,s11,p15,p10*

Difficulties, journeys on p3,p5,s11

Driving, car a p5,s11p12 s10 s12

Escaping s12,p1,p15,p5

Escaping, danger, from a s12,p5,p15

Falling p8,p1,s11

**Family, own p4,p10,s10,p9,p16,p8,p1,p5,s11,p12 p14,p15**

Fearless p4,p9,p11,p8

Fights p3,s11,p15

Flood s10,p8,p11

*Food p10,p3,p5,p15,p1,p11*

**Friends p10,s10,p9,p12,p11,p3,s11,p15 p4,p5**

*Friends, old* p10,s10,p9,p12,p11,p3,s11

Frightful s11,p3,p15,p1  
Frightful, waking him s11,p3,p15

Homeopathic remedies p4,p3,p5

House p4,s10,s12,p12,p5

*Journeys* p16,p1,p11,p3,p5,s11 p12 s12

Landscape, beautiful p11,p15,s11

Many p10,p3,s11,p15,s11

**Men p9,p4,p5,s11,p15,p3,p10,p1 p14 p12 s12**  
*Men, threatening* p4,s12,p1,p3,p5,p15

Mother p1,p12,s11 p9

Mountains p15,p11,s11

Nightmares p3,p5,s11,p15

Outsider, being an p1,p11,p5,p15

Parents, about his p1,p12,s11,p9

**People p13,p4,p10,p9,p12,p16,p14,s10,p3,p1,p11,p5,p15,s11,p8 s9 s12**  
**People, family** p4,p10,p9,p12,s10,p16,p3,p1,p11,s11,p8 p14  
People, old p10,p1,p15,p11 p9

*Pleasant* p4,p10,s10,p12,p11,p5,p15

**Relatives P10,p9,p12,p4,s10,p16,p5,p8,p1,p11,p3,s11 p16 p14,p15**

River p11,p16,p15

Rousing the patient p3,s11,p15

Sea p1,p11 p12

Searching p5,p15,s11

Shocking p4,s9,p15

Snow p11,p3,p5,p1

Strange p11,p5,s11,p15

Survival p8,p4,p1,p3,p15

**Talking, with someone p5 p4 p14 s10 p9 p12 p15 p11 p10 s12**  
*Threatened, of being* p4,s10,s12,p10,p5,p15

*Unpleasant* p1,s12,p4,p12,p3,p15,s11p8,p5

Unremembered p1,p5,p15

Unsuccessful efforts p8,p1,p5

Violence p4,p3,p15

Vivid p3,s11,p15,s10

Walking s11,p15,p11

Walking, country through s11,p15,p11

*Water* p16,p9,p8,p1,p11 s10,p15

*Women* p4,s10,p15,p11,p15 p9 p12 p14,s11

*Women friends* p4,s10,p15 p12 p10 p14 p9

Women, old p10,p1,p11,p15 p9

Work p1,p12,s11,s10

## **Dreams (illustrated)**

**Many of the themes of this proving are reflected in the dreams;**

Accidents, car, with a s11,p9,s9,p12  
(Dreamt about cars crashing. p9)

Accusations s10,p4,p1,p11,p15  
(Accused of causing trouble, tried to get to the bottom of the accusations but lots of things happened to prevent me getting to the truth.s10)

*Affecting the mind* p12,s12,p14,p1,p15,p3  
(I woke with a feeling of fear and doom p1)

Amorous p10,s11,p15,p13  
(I was walking in the countryside, extremely aware of feeling sexual. I looked for a green place where I could lie down and explore my body p15)  
(As if I'm on the cusp of a new love affair – passionate s11)

*Animals* p1,p4,p15 p12 p9,p10  
(My neighbour was keeping tigers and lions in ramshackle cages. I didn't want the tigers escaping into my garden and I felt it was unfair to keep them in the dark, dimly lit environment where their beauty wouldn't be appreciated and they were unable to be themselves. I decided to go to the RSPCA who came and rescued the animals. My neighbour said "Who asked you to come?" I stepped forward and said proudly and assertively "I did". On waking I felt it was about speaking my own truth and standing up straight and warrior-like for what I believe in. p15)

*Anxious* p8,p1,s11,p9 p12,p15  
(In a huge castle, guests in front of the fire, I wanted to help by lighting the fire, I knew the storm was coming. I was unsure what to do, anxiety, I knew the storm was due. p1)

Apocalyptic p1,p15,p3  
(My brother in law who is very gentle was a bad man and took the children's toy which had powers to make him strong and he wanted to destroy mankind. I had to get the toy back to stop him gaining this power. p3)

Appearance, concern about p1,p14,p3,p5,p15  
(I dreamt of being stranded in the arctic with a group of men. We were starving to death. The dream was about starving and losing weight. p3)  
(In my dream I was wearing an expensive coat and high heeled shoes. Which I don't. p1)

Beautiful dreams p5,p15,p11,s11  
(Model/popstar blokes surrounded by patterns of swirling seeds. It was quite beautiful. p5)

Boyfriend p10,p12,s11  
Boyfriend, old p10,p12,s11  
(Two dreams last night one involved a recent male friend and an old male friend appeared in the 2nd, each dream/exchange left me with a sense of love, warmth, relaxation, trust, peace - sensual dreams not sexual p10)

Buildings p1,s11,p15

*Cars* p5,p15,s11,p9,s9,p12  
(I was waiting for some friends to visit. They turned up in a hearse. It was definitely a hearse because it had a polished pine coffin in it and the car was a beautiful shiny deep black p15)

**Children, about** p10,s10,p14,p9,p8,p11,p3,s11,p15,p1  
Children, about, newborns s10,p9,p8,s11  
(I am 6-7 months pregnant and am sitting in a circle with others nursing a friend's baby. Its almost like an ante-natal class. Our tutor is the father of the child I'm carrying—he has only just found out and as the child was the result of a brief affair I wonder how he will react. He starts to interact spontaneously with the baby. I'm so pleased he likes children! He'll be a good father s11)

*Conversations, women with* p4,p14,s10 p9 p12 p15 s11,p1,p3

**Danger s12,p9,p4,p8,p1,p11,p3,s11,p15,p5 s10**

Danger, escaping from a s12,p8,p5,p15

Danger, fear without p4,p9,p11

*Danger, personal p4,s12,s11,p5,p15,p1*

(I was in a house, my husband and the girls and a friend or 2 were going out. As they were leaving an unknown man with fair hair arrived. I let him in we talked for a bit, then he said 'I am going to rape you, you have made it easy, you invited me in and you don't even know me' I got a baseball bat and stood ready to defend myself. I said I wasn't going to let him do that I could protect myself and told him to leave. I think he came at me a few times but I hit him, eventually he left. I wasn't scared in the dream. p4)

Danger, protecting others from p8,s11,p3

(Dreamt about Indian women and children being exploited by men taking photographs with ulterior motives. I was trying to tell the women what the men were doing p3)

Daughter p9,s10,p1,s11 p10

(Daughter was reversing a car... I asked her to stop. She carried on... In desperation I pulled on the handbrake. The car stops but falls into an abyss, darkness, out of control. s11)

*Death p4,p12,p3,s11,p15,p10*

(A friend from work and I talked about stepping through a solid wall and in doing so we would die. She was going to go first and I would follow. She stepped through the wall and was therefore dead, and I had a few bits and pieces to do before I also met my death. In my dream I experienced the same awful sadness as I did on day 4 and decided that I didn't want to die yet. I also thought that I didn't know how to do it- my friend just walked through the wall but it didn't seem that simple to me. I became very scared and upset because I didn't want to die but I shouldn't let my friend down- she had died and I should follow her p14)

(I was an Amish woman. I was preparing a bed for the midwife-ing a soul on the journey into death.p15)

Difficulties, journeys on p3,p5,s11

(Trying to do a journey but it was complicated by lots of teenagers – the generation gap p3)

Driving, car a p5,s11p12 s10 s12

(I am homeless driving around with a mattress in the car,p12)

Escaping s12,p1,p15,p5

Escaping, danger, from a s12,p5,p15

(Dreamt that Denise and I were nearly car-jacked by two horrid men and then we outwitted them and drove off to college. p5)

Falling p8,p1,s11

**Family, own p4,p10,s10,p9,p16,p8,p1,p5,s11,p12 p14,p15**

(parents, children, daughter, ex-husband, mother, son, half sister, grandson, step family, grandfather...)

Fearless p4,p9,p11,p8

(On returning home noticing the river passing the house rising at a terrific speed until it is a dangerous flood. Hearing someone saying that the dam must have been opened. No sense of anxiety or fear p11)

Fights p3,s11,p15

Flood s10,p8,p11

(Holding my new grandson for the first time I turned to see a huge flood racing towards me, like a burst dam p8)

*Food p10,p3,p5,p15,p1,p11*

**Friends p10,s10,p9,p12,p11,p3,s11,p15 p4,p5**

*Friends, old p10,s10,p9,p12,p11,p3,s11*

(I dreamt of old friends who now looked old and their children were grown up. p3)

Frightful s11,p3,p15,p1

Frightful, waking him s11,p3,p15

(Last night dreamed of a red spider, it was angular in shape, which jumped from a friend onto me, very quick darting movement, leaving a sharp, straight sticky red trail behind it and a big red mark everywhere it landed. I didn't like the look of it at all p10)

Homeopathic remedies p4,p3,p5

House p4,s10,s12,p12,p5

*Journeys p16,p1,p11,p3,p5,s11 p12 s12*

(A long journey in my old van full of children over many hills to swim in a beautiful mountain lake p11)

Landscape, beautiful p11,p15,s11

(Standing in a wide open landscape under a huge sky. Occasionally a skein of wild ducks would rise from the reed beds and fly. Otherwise nothing was happening there. It just was. p15)

Many p10,p3,s11,p15,s11

**Men p9,p4,p5,s11,p15,p3,p10,p1 p14 p12 s12**

*Men, threatening p4,s12,p1,p3,p5,p15*

(Ex-husband was arrested for allowing a digger to run uncontrolled into a building site and frighten others p1)

(Dreamt of being in a big hotel with lots of children. The 'Papa' owned it. He sealed off the hotel and was trying to gas the children p3)

Mother p1,p12,s11 p9

(My mother is ill in bed and I am at her bedside. s11)

Mountains p15,p11,s11

Nightmares p3,p5,s11,p15

Outsider, being an p1,p11,p5,p15

Parents, about his p1,p12,s11,p9

(In a clothes shop with my mother, there was a rack of 50's dresses, my favorite, and I was trying them all on. p9)

**People p13,p4,p10,p9,p12,p16,p14,s10,p3,p1,p11,p5,p15,s11,p8 s9 s12**

**People, family p4,p10,p9,p12,s10,p16,p3,p1,p11,s11,p8 p14**

People, old p10,p1,p15,p11 p9

(My nanny was looking after two children. She was cooking, frying pebbles with salt and pepper and some onions, there was no other food, and she said they would suck the pebbles- which would taste nice.p10)

*Pleasant p4,p10,s10,p12,p11,p5,p15*

**Relatives P10,p9,p12,p4,s10,p16,p5,p8,p1,p11,p3,s11 p16 p14,p15**

(My daughter was lying in a bath surrounded by small sea creatures (frogs, octopus) She was smiling and stroking them with back of her hand. p9)

River p11,p16,p15

(Long dream of going down a river with my blood family(brother and sister) on an improbably big boat on an improbably small river, slightly melancholy feeling.. Boat mildly out of control but invulnerable to rocks and shallows.p16)

Rousing the patient p3,s11,p15

Sea p1,p11 p12

(Somehow I end up on a beach, now by myself. I am on a pier looking out to sea for a while. Then I start wandering down the promenade. p12)

Searching p5,p15,s11

(Walking with friends and colleagues. We stop at the top of a hill and there is a shop/cafe place. We find ourselves inside. We need the key, which has been hidden, to get back out of the back of the building and continue the walk. s11)

Shocking p4,s9,p15

(Dreamt of baby with two heads, Siamese twins, very shocking. I realised the baby would never survive, they could never separate. s9)

Snow p11,p3,p5,p1

Strange p11,p5,s11,p15

(I'm a nurse swabbing and cleaning areas on a body ready to be cut. Then the body is me and I'm to have an internal investigation s11)

Survival p8,p4,p1,p3,p15

(I was with a group of survivors. The mighty wind would come and blow you away, the world is doomed p1)

**Talking, with someone p5 p4 p14 s10 p9 p12 p15 p11 p10 s12**

*Threatened, of being p4,s10,s12,p10,p5,p15*

(Two men in dark uniforms tried to capture me. "Nobody is allowed to fly here" they said. They roughly pulled my arms behind my back, handcuffed my wrists to stop me flying again. A woman came to my rescue and managed to distract the uniformed men so I could make my escape p15)

*Unpleasant p1,s12,p4,p12,p3,p15,s11p8,p5*

(Driving up a lane following a man to view a house that is for sale, I feel suspicious and anxious on my own, he stops but I can't see a house so I try to make a getaway. I feel very panicky and threatened. s12)

Unremembered p1,p5,p15

Unsuccessful efforts p8,p1,p5

(Dreamt my grandfather, who has dementia, lives in Germany and hasn't been able to talk for months, spoke to me in his voice that I haven't heard for years, he said he'd been trying to get a plane back home and could I help him. So I tried to get to him, garbled planes, trains, stuff. I didn't get there p5)

Violence p4,p3,p15

(I was in a house my husband and the girls and a friend or 2 were going out. As they were leaving an unknown man with fair hair arrived. I let him in we talked for a bit, then he said 'I am going to rape you, you have made it easy, you invited me in and you don't even know me' I got a baseball bat and stood ready to defend myself. I said I wasn't going to let him do that I could protect myself and told him to leave. I think he came at me a few times but I hit him, eventually he left. I wasn't scared in the dream. p4)

Vivid p3,s11,p15,s10

Walking s11,p15,p11

Walking, country through s11,p15,p11

*Water p16,p9,p8,p1,p11 s10,p15*

(Had extensive dream of going up the Mississippi on a tug boat. p16)

*Women p4,s10,p15,p11,p15 p9 p12 p14,s11*

*Women friends p4,s10,p15 p12 p10 p14 p9*

*Women, old p10,p1,p11,p15 p9*

(My wife was an old grandmother p11)

Work p1,p12,s11,s10

## **GENERALS**

Alternating states (p3,p15,p16,p12,p8,p10,p5,p4,p9)

Cold feeling, heat and cold (p3,p15,p16,p12)

Dryness, of usually moist internal parts (p3,p11,p5,p15,p6,p1,p12)

Food and drinks, sweets, desires (p10,p3,p1)

-Food and drinks, sweets, desires, menses before (p10,p3,p1)

Heat, flushes of (p15,p3,p6,p10,p12,p4,p16)

Heat, flushes of, alternating with chilliness (p3,p15,p16,p12)

Heat, flushes of, night (p3,p6,p16,p15)

Heat, lack of vital heat (p15,p1,p8,p6,p3,p16,p10,p12)

-Heat, lack of vital heat, accompanied by shaking (p15,p3,p8) [new sub rubric](#)

Heat, sensation of (p15,p3,p6,p10,p12,p4,p16)

Heat, sensation of, night (p3,p6,p16,p15)

Heat, sensation of, alternating with sensation of coldness (p3,p15,p16,p12)

Heaviness (p3,p8,p10,p15,p12,p9,p5)

**Lassitude (p8,p6,p3,p15,p1,p5,p16,s10,p13,p12)**

-Lying, must lie down (p15,p1,p3)

Pain, stitching (p12,p9,p15,p10,p14,p3,p4,p6)

-Needles, as from (p15,p10)

Pain, cutting pain (p6,p12,p15,p10,p14,p3)

Redness, affected parts (p3,p1,p15,p8,p10,p14,s10, p15)

**Weariness (p8,p6,p3,p15,p1,p5,p16,s10,p13,p12)**

-Weariness, alternating, activity increased (p3,p8,p10,p12) [new sub rubric](#)

-Weariness, sudden (p3,p15,p1,p12)

**Polarities** (seen through Mind rubrics)

Communication Breakdown	Communicative, heart, desire to be from the
Conversation, aversion to, -superficial conversation	Truthfulness, desire for – telling the plain truth
Lassitude	Industrious
Sleepiness	Activity desires, creative activity
Despair & Weeping	Positiveness
Want of self confidence	Assertiveness
Prostration of mind	Decisive & Insightful
Sadness	Cheerful
Irritable	Contented
Anger Anxiety, family about, her	Tranquillity
Forgetful	Capable
Confusion of mind	Clarity of mind
Company, aversion	Company, desire for
Forsaken feeling	Unification, sense of unification
Awkward	Sensitive

Mood, changeable

## **THEMES**

### **COMMUNICATION**

#### **COMMUNICATION BREAKDOWN: MIND**

Didn't phone supervisor - I realise I don't want to speak to her...I can't connect with her and I don't want to try. p4

I rang her every day for several days but never got an answer. I left messages asking her to ring me but she never did. Eventually I was told that her phone was out of action and that she would contact me when it was working again. She never did. s4

Supervisor 11 with her prover (could never get him, rang wrong number/wouldn't pick up her phone on whim etc)

She never rang when arranged s3 of p3

I asked why she hasn't contacted me and the answer was "just forgot" (we'd made an arrangement and I'd left a message with her son, that she seemed not to understand. s3 of p3

Prover and supervisor 1, didn't call or receive calls as arranged.

The lack of communication between Mum and I is difficult (p8/6)

There was an answer machine message from (proving supervisor) left *before* we went away telling about her father's death – over a week ago. Why didn't I hear it? p8

There's been a breakdown in communications with just about everybody today. My internet and e-mail isn't working. My supervisor is being uncommunicative, saying he'd phone and not doing it p15

#### **COMMUNICATION BREAKDOWN: PHYSICAL**

During the proving 8 people had their phone line disconnected by bad weather, and/or problems with mobile phones and computers; p10,p1, p8, ,p4,p5,p15 and all 3 co-coordinators.

Phones – unable to get one to work s1 of p1

Communication problem with L and mobile phone p8

Lots of electrical/computer stuff failing all around me p15

Phone not working, still no broadband now been 8 weeks and phone has been crap for all that time and getting worse. p4

Had a run of telephone communication dysfunction. p10

#### **COMMUNICATION, AVERSION**

I can't be bothered to talk to people and engage in conversation, it's all an effort p3

My supervisor is being uncommunicative, saying he'd phone and not doing it p15

Felt uncommunicative, didn't want to engage p8

Actually making an effort to avoid people because I really don't want to engage in small talk p15

I don't want to sit around talking about it. Would like to be somewhere quiet, uncomplicated p5

Now I don't want to socialize or go out, only want contact with people who know me well. Not talking as much as usual. p4

Struggled to speak to anyone ( at work) in the afternoon walked out, when back at work forced a smile and chatted but it was such an effort. p9

Feel calm, don't really want to talk to anybody. p10

#### **COMMUNICATION-DREAMS**

Dreamt my Grandfather, who has dementia, lives in Germany and hasn't been able to talk for months, spoke to me in his voice that I haven't heard for years, He said he'd been trying to get a plane back home and could I help him. p1

Gave a learning difficulties client someone else's Christmas present. She suddenly started to talk intelligently-stimulated by the gift. p1

#### **VOICE-PHYSICALS**

Lost my voice, it intermittently kicks in, but rarely p5

Loosing voice sometimes, accompanied by a cough. p12

Proving co-ordinator lost her voice for 3 weeks during the proving.

### **RESPONSIBILITIES TOWARDS OTHERS AND TOWARDS ONESELF**

#### **MIND**

Still feel the need to rest more and take better care of myself - and be less responsive of other peoples needs. p14

Decided to stop keeping sheep (currently 80 ewes and 100 lambs) due to need to return our/my energies to the family and children. p16

Feel I'm a real person rather than just someone who does for others p3  
I always think I'm guilty of everything, even stupid little things. Today I had a revelation. My insight was to forgive myself p1  
Have been able to stand up for what I want, simple things but never the less my choice and my decision, usually just go along with what others want to do. p1  
Feeling of being overstretched.- Conflict between responsibility for others and for my 'self' p8  
Dilemma of care and responsibility (for both elderly mother and grown up unstable son) p8  
She (mother) didn't ask for help, she said she was 'fine' but told L later she had collapsed. p8  
My Dad had run away and my Mum has sunk into a stoic silence and I was really struggling not to do either but to be true to my feelings. Vulnerable and compassionate to myself and others. p8  
I had difficulty facing other people's stuff in the house re: cleaning. Often compromising my needs is just left as piles and dirt p8  
Have taken big decision with someone who has been pissing me off for a long time. I have been very assertive and set conditions that may not pay off in the longer term, but I feel less like a doormat and glad to have some dignity. p14  
Am still being looked after rather than looking after p5  
I left a job to make room for other things; my mother in law had a fall and is hospitalized, I am staying with my father in law caring for him until the family can provide an alternative solution s11  
I felt she was being the child in this relationship and had developed an immature dependency on me. I felt taken for granted and fed up with her. s8  
I find it hard to put my needs above other people's and then continually end up being taken for granted or persuaded to do things I don't want to p15  
I'm actually a nice gentle soul who does everything she can for people but there seems to be no reciprocation whatsoever from anyone. Bigger people, I just want to be on my own p15  
I categorically don't want to engage with that which disempowers me p15  
I really and truly don't want to find myself doing the things I don't want to do, just to please people or make money p15  
I find it hard to put my needs above other people's and then continually end up being taken for granted or persuaded to do things I don't want to p15  
So much about not being able to Do what I want, Say what I want, Be what I want....even Live where I want!!! p15  
I think this is really and truly the first time I've put my own needs above social conventions and perceived obligations to another. I need to be with myself for a while, take care of my own needs. Huge stuff! p15

### DREAM

A voice says to me "Welcome Home" and I wake from the dream feeling like shouting "Yes! I have come HOME...to MYSELF" p15

### CLEANING THE HEARTH

#### MIND

I seem to have the urge to tidy and order things more than usual p11  
I spent the rest of the day clearing things out, old post, bills, emptied cupboards, threw out food out of date, even cleaned out "the kitchen drawer"! p1  
Tidying the kitchen at 3am (unusual!) p5  
Today I took my life into my hands in terms of potential bacterial infection and thoroughly cleaned and tidied my son's bedroom. It was in a horrible state and took me about 4 hours. Desire for cleanliness, neatness and precision!!! I actually quite enjoyed doing it p15  
Went to L's old house to clean the kitchen. Cleaned for 3 hours with unusual energy and without resentment p8  
Was very industrious last night, did Sunday nights washing up, ended up emptying, cleaning and sorting/tidying kitchen cupboards, underneath and all nooks and crannies, floor etc. Had a real desire to get everywhere. Bits bugged me. p10  
Comprehensive cleaning carried on till 1ish. p16  
More motivation, house is almost spick and span, finally - prefer it when its tidy. p4  
Up at 8am and desire to cleanse my whole house. p10  
Lots of cleaning up loose ends today, finishing stuff off, burning stuff, cleaning stuff out p15  
Very enjoyable day doing spring cleaning-carpets and pulling up pictures s10

### DREAM

I had cleaned up with old vacuum cleaner but too full of dust. Secretary had attempted to open it and spilled dirt and dust everywhere and not cleaned it up. p1

## **GRANDMOTHERS, MOTHERS, DAUGHTERS**

### **MIND**

Went to see my daughter this afternoon-the one whose baby died last month. She was sleeping in her darkened bedroom, when I stooped down to look at her I thought she was cradling a baby doll - but she wasn't. p9

Met sister on mothers day, we both realised we were disgruntled with mother as we have tried to get more love from her than she could ever give. p12

I was very anxious in case my granddaughter jammed her fingers in the door. p14

Woke up wanting to re-connect with my mother. p10

Yesterday, oddly, thought I saw kids (fathers side) grandma (died 2001) in town. p10

Mother died recently and feeling rather detached and unable to concentrate p6

My Dad had run away and my Mum sunk into a stoic silence and I was really struggling not to do either but to be true to my feelings. p8

Myself as a mother and my place in the home now my children have left. Where is my place? p8

Daughter and I sang together, lovely. p8

Good to be in female company (2 grannies and one daughter) in the evening. Harmonious. p8

My mother was fascinated with female circumcision. I had a clitorrectomy when I was 6. The idea was it stopped women from 'straying' p15

A feeling through the morning that I was reliving my grandmother's footsteps p3

### **DREAMS**

Breastfeeding, not my child, helping out. p9 (Next morning her daughter told her she had dreamt her mother p9, had been breastfeeding her baby)

I am 6-7 months pregnant and sitting in a circle with others. I am nursing a friends 6 month old baby. s11

In a clothes shop with my mother, there was a rack of about 8 1950's dresses, I was trying them all on. p9

My nanny was looking after two children. She was cooking, fryng pebbles with salt and pepper and some onions, there was no other food, and she said they would suck the pebbles- which would taste nice.p10

Daughter was reversing a car... I asked her to stop. She carried on... In desperation I pulled on the handbrake. The car stops but falls into an abyss, darkness, out of control. s11

Holding my new grandson for the first time I turned to see a huge flood racing towards me, like a burst dam p8

My mother is ill in bed and I am at her bedside (she died 8 years ago) s11

My daughter was lying in a bath surrounded by small sea creatures (frogs, octopus) She was smiling and stroking them with back of her hand. p9

## **GENERATIONS / AGEING**

### **MIND**

Feel that generation gap between myself and my children is big - suddenly p3

Feel very connected to my paternal grandmother who is dead. Sense of acting out what she did when she was alive. p3

I felt as the spirits of my parents were sitting beside me, my father on the right, my mother on the left.

The spirits of my children came and arranged themselves in a semi-circle in front of me. We are so proud of you they said. They all hugged me. And then the spirits of my little adopted grandson and my biological grandson yet to be born came to me and said "We are safe in this family lineage, now." p15

Feel old and look in the mirror and see who I really am and feel old p3

Feeling too old and as if I am coming out of a time warp p8

Felt old, unattractive and bitter p8

My husband's been telling me over the last couple of days that I look younger. p15

I realised, I am that middle aged woman that once was my mother p10

### **DREAMS**

Dreamt of old friends who now looked old and their children were grown up p3

Dreamt of teeth falling out and it was to do with the proving, also feeling of being old p3

Throughout the dream I felt older, guiding. p11

My wife was an old grandmother. p11

### **PHYSICALS**

Look 10 years older than I did yesterday on the skin front. p10

## **TIME**

### **MIND**

DAY 11 of proving Feels like I have been doing this proving for ages, though time hasn't been going slowly. p4

DAY 25 Feel like I have been doing this proving for longer than I have been doing it. p4

Done all my jobs without clock watching, realise I can get everything done even with unexpected interruptions. p12

Constantly surprised that on the occasions I look at the time and think I have been very slow and relaxed, I am not behind at all. p12

Able to guess time exactly p9

I am so confused with the days now. p13

If left to my own devices I feel I'd become nocturnal. p10

Day 27, p10 wants to end the proving as she feels it is going on too long.

I'm having a lot of confusion over dates at the moment. I'd completely forgotten the existence of the month of March! p15

It seemed as if spring had suddenly advanced a few weeks, leaves and blossom where there had been none an hour or so earlier. p15

Strangely disorientated about the convention formerly known as Time. p15

The clock in my workroom stopped and refused to work even with brand new batteries p15

Nobody could agree about the time of the lunar eclipse. In the end we just let it happen in it's own time p15

Thoughts of the past, of old friends, of past disagreeable occurrences, of dead friends and family. Seeing oneself in the mirror as being old. (see Themes sections on Ageing/Generations, Grandmothers, mothers, daughters, Old friends/Old boyfriends.)

Time for Inward looking, Time for intergenerational communication, Time for Myself.

### **DREAMS**

Dreams of the past, dreams of old friends, dreams of being with people now dead, dreams of timelessness. (see dream repertory section)

### **PHYSICALS**

Irritability of old wounds (see Themes: Old Wounds)

## **OLD FRIENDS, OLD BOYFRIENDS**

### **MIND**

Learnt how to e-mail (been meaning to for years) to contact old friends p3

Dreamt of old friends who now looked old and their children were grown up p3

Reconnect with my old friend. Haven't seen each other in 10yrs but its just like yesterday p3

Phone call from old male friend – I'm going walking with him, overnight p3

Spoke with a friend. She spoke of the process of living and dying being one p8

Spent the evening with an old friend and that felt good too p1

Suddenly realised this is a return of old sx's from 30 yrs ago when I threw my boyfriend out! p1

### **DREAMS**

Woke, remembered dream of old friend hadn't seen in ages, he gave me his phone number, I felt happy. p9

A dream of a journey with a friend who I see only occasionally p11

Dream of old school friends re-uniting s11

I open a door and it takes me into an ex boyfriend's front room... I am upset that he hasn't told me he is moving. p12

2 dreams last night, one involved a recent boyfriend, an old friend appeared in the second. Each dream/exchange left me with a sense of love, warmth, relaxation, trust, peace - sensual dreams, not sexual. p10

Dream about my half sister whom I haven't seen for 20 years. Woke up with a feeling of wanting to meet her again p8

## **OLD WOUNDS**

### **MIND**

The news I had was not the issue as much as the old wound that it has opened in me. p5  
My son (aged 30) needs to know about the three abortions I had before giving birth to him p8  
Thinking about the young woman part of me that was nearly destroyed by the rape p15  
Four decades of anger came up. The dead daughter taking all the attention p8  
Suddenly realised this is a return of old sx's from 30 yrs ago when I threw my boyfriend out! p1

### **PHYSICAL**

Sharp pain over right hip-from an old injury 2 years ago, pain is so intensified used to be a dull ache. p12  
Felt well physically apart from stinging in old hernia site. p10  
Back itchy on the site of epidurals (years ago) p15  
R shin itchy, I scratched until it bled. It's the site of an old wound. p8

### **DREAMS**

My ex husband was arrested for allowing a digger to run uncontrolled into a building site and frighten people p1

NOTE There is a hidden theme of rape and of men attacking women that came through memories, dreams and actual events during the proving but that were not written in the journals or were only alluded to and that we were told of privately. The disturbing aspect of this is the hidden nature of the abuse and that women keep it hidden because of the confused painful feelings as well as the stigma attached.

## **IRRITABILITY**

### **MIND**

Getting annoyed that I can't even write a letter or words properly. p4  
Mood Sullen, very irritable, must bury cat today. p4  
More irritable, easily annoyed especially with family. p4  
Feeling slightly irritated, shouted at horse which I wouldn't have done the last couple of days. p12  
Feel quite irritated that I couldn't sleep. p12  
Getting progressively irritated with everything that moves. p12  
Felt very irritated with the man in the shop today who I usually have time for. p14  
No symptoms except tetchiness. p16  
Feeling agitated and desire space, quiet, time to be alone, music is irritating me. p10  
Feeling really irritable and impatient today (not normally irritable). p3  
Felt annoyed with my supervisor for not calling as arranged. p1  
Felt impatient and irritable and wished she'd stop talking. p8

### **PHYSICALS**

Eyes puffy and irritated as though I have something in both. p12  
Feel internal agitation. p10  
Irritating, dry cough. s10  
SKIN symptoms (see physical repertory and physical themes)

## **BODY IMAGE**

### **MIND**

Feeling really tired, feel old and look in the mirror and see who I really am and feel old. p3  
In the mirror "you look good, young and sexy." There's something about body image going on with this remedy p3  
Felt old, unattractive and bitter p8  
If I look at myself in the mirror I still think I'm fat... It's only the fit of my clothes (falling down) that's telling me I'm losing weight p15  
Felt that I was shorter than usual. Still feel small and tucked in when I sit in an armchair p5  
Spent more time than usual doing nails and hair etc. p14

### **DREAMS**

I was wearing an expensive coat and high heeled shoes. Which I don't. p1  
Dream of being marooned in the arctic, starving to death. The theme was losing weight p3  
Dreams of hairdressers not cutting my hair right and of my breasts not being big enough p3  
I had to model some clothes and wasn't very enthusiastic about it. Had my hair put up with toilet roll, it was wobbly so I took it down and simply tied my hair into a ponytail. Someone told me I should pay

more attention to my looks-that I wasn't presenting myself to my best advantage. p14

### **HEAVINESS**

#### **MIND / DELUSION**

I can't be arsed. Such tiredness, so heavy, want to sleep. p3

Very down, feel heavy and flat. p9

Head feels too heavy, can't think p8

#### **PHYSICALS**

Legs heavy like lead. p12

Sensation of heaviness in the body p3

Feels heavy at centre of forehead and lower occiput p5

Body feels heavy as if its been run over 'bombed out'. p10

#### **DREAM**

I ran to the edge of the sea wall. My limbs were very heavy, it was hard to move, huge effort. I went right to the edge and was aware I could easily fall. p1

### **ALTERNATING SYMPTOMS / POLARITY OF SYMPTOMS**

#### **TEMPERATURE: GENERALS**

Hot and chilly both, hot in one way, chilly in another p3

Huge fluctuations in body temp; shivery before bed, hot at 4am p15

Body temp alternating between really warm and really cold p15

Extremely cold, after working all day outside had trouble warming up, felt quite exhausted/ill in evening. Then went to bed and sweated all night despite it being a cold night. Body thermostat struggling. p16

Body temperature has really fluctuated enormously, have either been sweating or really cold. p12

Feel cold internally though extremities are warm. p12

Feeling cold. Partner thinks its warm p6

#### **APPETITE: GENERALS**

Been greedy for chocolate last 2 days + more than usual, feel it's linked to starting period not usual for me. p10

Less interest in food, loss of sweet tooth, being reminded to eat by kids.p10

Big appetite, eating a lot of carbs p1

Desire protein not carbs p1

Lack of usual control over quantity I eat p1

Loss of appetite. I just don't want to eat anything at all p15 (felt anorexic)

Loss of appetite. No appetite at all. Losing weight. Only eating 2 crumpets a day p15

Ravenous hunger (fruit, crisps, cheese, choc, yog, seeds)p15

Have been ravenous all day. p12

No appetite as food tastes horrible, metallic taste in mouth, loss of smell p12

#### **TEMP / APPETITE DREAM**

Dreamt of being stranded in the arctic with a group of men. Theme was starving to death. p3

#### **ENERGY**

Energy polarity; dip then climb. Very upbeat, then flat p3

There's been a polarity of energy; when dipping, I can't be bothered, I want to withdraw into shell & feel lack of confidence. And don't want to come out. The polarity is superhuman, more sexual p3 by s3

Unusual bouts of hard physical endurance (scrubbing L's kitchen floor/ walking 30 miles in 3 days) alternating with a stagnant state of almost collapse, prostration p8

Racing around at work, loads to do and lots of energy to do it. p12

Suddenly at work became overwhelmed by tiredness, feeling absolutely shattered, can hardly keep eyes open, yet can't go to sleep. p12

## RED

### MIND

The colour red kept cropping up in everything, I wanted red drinks, we sat in a red restaurant room, I wore a red jumper and coat. It seemed to be a theme (p1/7)  
Intense flashes/visions, colours were red and black. p10

### PHYSICALS

Kids laughing cos I've taken to wearing my hat in the kitchen and about the house, a red beret. p10

Rash on back on waking. R side **Red blotches**. Not itching. Moving upwards p3

Itchy **red rash** on forehead and one spot under R nostril p15

**R cheek red**, L pale p8

7pm nosebleed, **bright red blood**. p14

Bleed into lower inside quarter (then half) of L eye, **bright Red** p1

### DREAMS

Last night dreamed of a red spider, it was angular in shape, which jumped from a friend onto me, very quick darting movement, leaving a sharp, straight sticky red trail behind it and a big red mark everywhere it landed. I didn't like the look of it at all p10

## Obtaining the substance

We originally hoped to have 13 donors and wanted a good mixture of women, of all ages, from menarche to menopause, with and without children, celibate and sexually active, straight and gay.

We sent out collection jars to those we had chosen, friends and family, with a little alcohol in each and tight fitting lids!

By early January we had 9 donations of menstrual blood – one of the youngest women we asked declined and several of the women going into menopause didn't bleed at all in the three months we gave them.

Of those 9 donors:

The youngest was 13 and the oldest 49

6 have children, 3 do not (one had just started bleeding again after birth/lactation)

7 were in relationships, 2 celibate

8 were straight, one is a lesbian

We were both among the donors.

Some donated from more than one menstrual cycle.

Quite a mix.

And that's what we did; mix them all together in two jars as they arrived, some to Sonya's, some to mine. Then on the night before going to Helios we came together, shared food, lit some candles and mixed the blood into one. That felt fantastic!

We sat and named all the donors and spun a circle of women, naming all those who we felt were part of this work.

## Making the Remedy

We wake at 3am and set off from near Llandrindod Wells at 3.30am to Tunbridge Wells and Helios pharmacy. We spend 4 hours driving in the dark as it is mid January and doesn't get light until 7.30am. Our conversation is full of the threads that are woven into this amazing tapestry that we are in the process of making; female friends, our blood donors, our families.

At 8.30 we are at the crossroads for Helios, I realise we need to go left and I am in the right hand lane, I look over to the left and a car draws up and Roger from Helios is sat in it, he smiles, we recognise him, he doesn't know us, yet.

Once in Helios we are asked what the substance is we are wanting to prove, we are both reluctant to say, so far only 3 of us know what it is, but Roger insists that he has to know, so we tell him, and then we are taken upstairs and shown where we will make the remedy.

We put on our white coats and hair nets and are given a brief explanation of how to use the equipment, Roger leaves and then we are alone.

We decide to use pipettes to transfer the single drop of remedy into the 99 drops of alcohol, this seems a little more reliable than our shaky hands. We also decide to succus the remedy 21 times into the palm of our hands, not on the huge leather bible that is lying on the side next to us. Once we are clear with how we are going to proceed, we begin, taking turns, stage by stage.

On taking out the first single drop of remedy and placing it into 99 drops of alcohol we decide to note down any thoughts that come into our mind, a way of recording the experience, and this is how the remedy formed:

**STAGE 1** Dare I?

**STAGE 2** Here we go...

**STAGE 3** Its sticky.

**STAGE 4** Rushed.

**STAGE 5** That was easy.

**STAGE 6** Don't hesitate, don't rush.

**STAGE 7** That was quick.

**STAGE 8** Delicate - playing tricks. **Convinced I had done it right, Naomi goes to take a single drop from phial 8 to place into phial 9, and it looks like there is nothing in phial 8. I had forgotten to add the 99 drops of alcohol to my 1 drop of remedy! It's a shock, I panic, I've ruined the whole thing! But we simply add the 99 drops to phial 8, and continue.**

**It is at this stage that the making of the remedy took on a completely different energy. Up to this point the process had felt very mechanical and not at all what we had expected/hoped. We were just going through the motions. But from stage 8/9 that changed. It was like a wake up call from the remedy, pay attention. Stage 9, nine blood donors. The Goddess had stepped in, the remedy was alive.**

**We hadn't noticed up to this point that there was a radio playing in a room next to us, It was Gloria Gaynor 'I will survive'.**

**STAGE 9** The Goddess comes in. **Everything feels different. We're working on a new level.**

**STAGE 10** And so it flows. **We change from a linear movement to and fro to making the remedy to circular one, both physically and spiritually.**

**STAGE 11** Energy is building.

**STAGE 12** 12/21 plump and turning.

**STAGE 13** A small drop is enough; everything is connected.

**STAGE 14** **LOVE**, ovulation. **When numbering our stages at the begining of**

making the remedy we had somehow missed writing number 14. How could we miss out **LOVE** - another wake up call.

**STAGE 15** Conception - very decisive - this can only be done once.

**STAGE 16** 4x4 I wanted to dance, joy, stomach rumbles, I burped.

**STAGE 17** There is no turning back.

**STAGE 18** She Will Be. She will tell us when it is ready/done.

**STAGE 19** Romantic love becoming Universal love.

**STAGE 20** At 9 the Goddess came in and I went out. The cork breaks on the phial, we change it. **The atmosphere is changing - we become aware of a difficult, tense energy building. I have an insight into stage 8; don't blame yourself or think you got it wrong, its just part of the process, part of the remedy that needs to come through.**

**STAGE 21 \*THE VIAL SHATTERS\*** I hear the words 'She will not be contained'. We are stunned, silent. I feel anger, rage, injustice, surge through me, tears well up. Can we find wisdom from our anger. PMS. Great thirst. We hear music again, it's the Beatles 'Get back to where you once belonged'

I ask is this where we should finish? The energy is free. Naomi says no, we need to move through this anger, its premenstrual, it will transform. We take a drop of the remedy from the bottom piece of the shattered vial that we are still holding and continue.

**STAGE 22** We release you. Respect.

**STAGE 23** We reclaim what is rightfully ours - the strength in the darkness.

**STAGE 24** We can use this for healing. This will not leave me.

**STAGE 25** We are getting closer to flow – there is more clarity here.

**STAGE 26** This would be too much alone.

**We hear music again, Tina Turner 'What's love got to do with it'**

**STAGE 27** For all Women everywhere, for all Beings in all Dimensions. This has become conscious, it is no longer just happening to me. I am part of it. Smiling broadly!

**STAGE 28** Champagne, bubbles, celebration, joy, we've made it.

**I feel a surge of energy flow through me. I know it is done.**

**STAGE 29** Last one. Joy, Creation, we are all One. We've done it!!! Jubilation. She will not be contained!

**Music again, Sister Sledge 'We are family'.**

\* When writing up these stages somehow our spelling of phial changed to vial, only at stage 21 though'. Looking up in the dictionary for the correct spelling I read 'vial is a less common variant of phial' And considering stage 21 of the cycle can produce pretty vile emotions maybe it wasn't a mistake after all.

On driving home we are passed by a polish lorry with the word **KRONE** written in large letters on the side of it.

On beginning to make the remedy we had no idea what potency it would be taken up to. Now in hindsight of course, 29c seems obvious, the average length of a women's menstrual cycle. We however just went with the flow of the moment, and the remedy formed itself.

Stage 8/9 and stage 21 stood out as very powerful points of the remedy, and in the proving they were indeed significant. At day 8/9 of the proving p10 experienced a strong physical 'attack' described as: 'a combination of sea-sickness, in a wild storm, with food poisoning, an asthma attack, acute anxiety/panic attack, anaphylactic shock, epileptic psychotropic experience'!

On day 21 of the proving s8's father died, and p15 broke her silence over the fact she felt unsupported by her supervisor and was really struggling.

We had chosen the dates of the proving to run from new moon to new moon twice, making a total of 59 days, way before making the remedy. It was only on writing the days of the proving onto the calendar that we realised that the proving fell into 2 cycles of 29 days, the first cycle of 29 ending on Mothering Sunday. And during the proving we had International Women's Day, a Full Red Moon and Total Lunar Eclipse, and Easter Sunday, the only Christian Festival whose date is still determined by the Moon.

## How we structured the proving

### **FORM**

We allowed the relationship between menstruation and the moon to form the structure of our proving. In many countries around the world moon and menstruation are the same word, and we wanted to reflect this by beginning and ending our proving with a new moon.

We held the opening meeting for the proving on Imbolc, Friday 2nd February, also the time of a beautiful full moon. And we began the proving on Sunday 18th February, the 1st new moon after Imbolc. We wanted to run the proving for 2 months in order to observe any periodicity of symptoms. We held the closing of the proving on Tuesday 17th March, new moon.

### **PROVERS AND SUPERVISORS**

We opened the proving to any one who felt drawn to take part, we obtained names of all students and ex-students of The Welsh School of Homoeopathy and any one who had contact with the School, and sent out a letter inviting them to contact us if they wished to take part (see appendix).

Once we had an even number of provers and supervisors, 14 of each, we made a database of details, and tried as far as possible to pair people geographically.

The next stage was to number these pairs. We decided to do this 'blind' as we were including a placebo in the proving and we did not want to have any control over who would receive it. So as the remedies had arrived from Helios in 16 numbered bottles, we placed them all in a bag, placed all the provers journals in a pile, and took it in turns to draw out 1 bottle and pick up 1 journal. The number on the bottle picked, was written on the provers journal, and that became their prover number.

### **OPENING MEETING**

At the opening meeting we handed out these journals, pairing up provers and supervisors. We also handed out and read through Instructions to provers and supervisors (see appendix), and asked those present to sign a consent and release agreement.

We had allowed enough time between this meeting and the beginning of the proving to allow supervisors to take a baseline case of their provers, and for provers to have a week to become familiar with the recording process we wanted them to use during the proving.

We did not draw attention to why we had chosen the dates to begin and end the proving, but someone did ask why we wanted the proving to begin on the Sunday night, rather than the morning, which apparently most provings do. For us, again, it felt like keeping in with the nature of the proving material, the menstrual cycle begins inside of our bodies, in the dark, and comes to flow outward, also there is so much darkness and hiddenness around menstruation it felt appropriate to begin it in the dark and let it move out into the light.

Inside the journals were both of our contact details, and we explained that if any one experienced any difficulties we were available at all times to be contacted.

### **POSTING THE REMEDIES**

On February 12th we posted the remedies to the provers and asked them to ring when they arrived, which everyone did.

## PROVING PERIOD

During the running of the proving there were a few occasions where we had to step in to assign new supervisors, or cover periods when supervisors were absent, otherwise we had very little contact with provers or supervisors until we met at the closing meeting.

## CLOSING MEETING

First we collected in all the journals, then we allowed everyone, both prover and supervisor, to say as much or as little as they wanted, about their experiences of the proving. This was recorded on a flip chart, which gave us an immediate insight into themes running through the proving.

Once we felt everyone had said all they wanted, some attempts to guess the proving substance were made and then the remedy was revealed. It was now that we also revealed who had been given the placebo.

At the closing of the meeting we stood together as a group and thanked the remedy for working with us and then we released it from ourselves and the proving, and the next stage of the proving began.

## EXTRACTION

We divided the 28 journals between us so we had 7 pairs of provers and supervisors each. This was done purely on the size of the journals, some having written a lot more than others. We tried to share out the work load evenly.

We decided we would begin extracting symptoms from the physicals first as these would be the clearest and most obvious to see. Next we looked at dreams, and finally the mental and emotional symptoms.

The method we used to decide if a symptom could be included in the proving was dependent on the number of people who experienced the same symptoms:

3 to 5 people experiencing the same sx would go in as plain type

6 to 9 people experiencing the same sx would go in as *italic type*

**10 people and over experiencing the same sx would go in as bold type**

We included sx's of supervisors who also kept personal journals. We have also included symptoms from both the supervisor and prover who had the placebo, as their proving symptoms were totally in keeping with the rest of the provers symptoms. We worked on the journals separately, but in the same method. We used the layout of Synthesis (based on Kent's) to arrange physical symptoms, beginning with Vertigo and ending with Generals. We then came together and transferred our work into one file, which is when the picture of the remedy really began to be seen, the same with Dreams and Mind. All the time we kept notes on striking images and impressions that came to us and these will form the basis of Themes of the Remedy. We have used provers own words to illustrate rubrics.

Once the writing up is complete we intend to send a copy to each prover and supervisor and publish it on the College web page.

## **Provers and Supervisors**

There were 14 provers and 14 supervisors involved in this proving.

3 of the provers and one of the supervisors were male, the rest were female.

6 provers were homeopaths, 5 were student homeopaths. 2 provers had almost no previous contact with homeopathy, 1 was married to a homeopath.

8 supervisors were homeopaths, 5 were student homeopaths, 1 was a complementary health practitioner with some homeopathic knowledge.

The provers age range was late 30's to late 50's, with a large proportion being peri- and post menopausal. This helps to explain why we have more menopause related symptoms than menstrual symptoms. These will have to be gathered through clinical usage.

We used one placebo in the proving.

## Male Provers

My overall impression of the male provers and supervisor is that they were all affected by the remedy, although they did not all recognise it as such.

**PROVER 6** gave up recording after a week saying 'he had no noticeable new symptoms' and 'it must be a women's rx'.

He had spent the pre-proving week writing and dreaming about his relationship with his mother, who had recently died. In the first week of the proving he had aching pains in the extremities, particularly neck, right shoulder and left hip joints. These are all symptoms of the remedy.

### **Day 1**

Twinges on old hernia scar. Day 4,5 (Skin, Cicatrices, sensitive)

### **Day 2**

Cold – feeling cold – partner thinks it's warm. (Generals, Heat, lack of vital heat)

### **Day 3**

Left hip joint dull ache. Neck and shoulders stiff and aching Day 4,5,6,9  
(Extremities, Pain, joints, aching)

**PROVER 11** also only recorded in the proving diary for a few days. There was also a breakdown in communication between him and his supervisor who could not get hold of him at all. He had vivid dreams:

### **Day 1**

**Dream** Image of a bend in a river with colourful swallows delivering food into nest-holes.

**Dream** People queuing to go into some type of sex club. Inside no hint of anything sexual. I find myself a go-between brokering a marriage of convenience between a couple I did not know.

**Dream** The river passing my house is rising at a terrific speed until it is a dangerous flood. Hearing someone say that the dam must have been opened.

### **Day 4**

**Dream** Journey with a friend. I felt older. The most striking part of the journey was when we had to swim across a great ocean – almost as if swimming uphill, until we reached a rock or an island. I passed an endless quantity of water at the island.

**Dream** My wife looked like an old grandmother. Basic strong feeling of being an old wise teacher.

**Mind** Have the urge to order and tidy things more than usual. (Mind, Cleaness, desire for cleaning)

**Urine** Massive diuresis (urination) without having drunk more than usual. (Urine, copious urination)

**PROVER 16** completed the proving, recording daily.

### **Day 1**

Positive state of mind. Day 12,16,24,32

### **Day 2**

During lambing a ewe expels her womb and it takes 3 weeks of wearing a harness to heal successfully.

### **Day 3**

Felt clear and focused. Day 4

### **Day 9**

Compulsive cleaning.

### **Day 12**

**Dream** ' Long dream of going down a river with my blood family (brother and sister) on improbably big boat on improbably small river, slightly melancholy. Boat mildly out of control but invulnerable to rocks and shallows.'

**Day 29**

**Dream** ' Extensive dream of going up Mississippi on a tug boat! Bizarre'

**Day 21**

**Dream** ' Odd dream about provisioning boat for return crossing in a foreign country with odd unknown crew.'

**Day 30**

Extremely cold. After working all day outside had trouble warming up, felt quite exhausted/ill in evening. Day 31.

OVERVIEW BY PROVER

During the proving period 'decided to stop keeping sheep due to excessive work load, lack of financial stability and need to return our/my energies to the family and children as they seem to be growing up so fast and they shan't be with us for long. Often on school days in winter I am doing animal work constantly 3-8pm and don't see the younger children at all of an evening.

The late lambs within the proving period brought all the problems that the January lambs didn't. It seems to me that often the last months of winter are the hardest of the season in farming and life in generally.'

I have extracted what I felt were common themes of the proving and given them in the provers words. To me it shows p16 shared some of the physicals symptoms ie chill and unable to get warm, along with the mental symptoms of positiveness and clarity of mind, and compulsive cleaning.

The dreams are obviously most striking, all 3 about boats and water. The use of the term 'blood family' is interesting considering the proving material. And this together with the prover's insight that he wishes to reduce workload in order to spend more time with his children, connects with the huge emphasis on family relationships that appeared in dreams and mental symptoms throughout the proving.

Finally the insightful comment at the end of p16 overview to me reflects the struggle many women feel during the build up to the bleeding, where coping with everyday life and responsibilities is at its hardest, like those last winter months before spring and new life reappears.

**SUPERVISOR 15** also dropped out half way through due to 'breakdown in communication' with his prover and in his life in general. This of course, is a major theme of the remedy.

HIS SUMMARY

Very emotional – upsetting!

Work and family issues.

Ex-partner issues

Making new female friend.

Disconnection with work, friends, ex-partner, family.

Also:

Issues around his mother.

Memories of birth and death.

## What people did during the proving

Phone lines went down, computers stopped working, mobile phones broke p5,p4,p10,p15,p1 (and all 3 proving coordinators, one of whom's house was struck by lightning twice)

Phones –unable to get one to work s1 of p1

Communication problem with L and mobile phone p8

Lots of electrical/computer stuff failing all around me p15

Phone not working, still no broadband now been 8 weeks and phone has been crap for all that time and getting worse. p4

Had a run of telephone communication dysfunction. p10

Change in career p16,s11,p1,p15

-I left a job to make room for other things s11

Decided to take time off work next winter and volunteer on a homeopathy project in Africa p1

Decided to give up doing what everyone else wanted her to re work and do what she wanted. 'I really feel I'm going to be Myself for the first time in my life' p15

-Decided to stop keeping sheep (currently 80 ewes and 100 lambs) due to need to return our/my energies to the family and children. p16

Move house or decide to p9,p1,p10,s10 (and 1 proving co-coordinator)

-Decisive-decided to move house. No qualms, no dithering, no regrets. p9

-Husband and I are thinking of moving to Devon in the near future. s10

-Biding my time as to the situation of my family, a whole number of events need to come together and I am having to wait before we can make our move. p10

-Reconnected with husband, re-established loving relationship. 'Feels like we've moved back 10 years and everyone seems happier. Less tension in the family, feeling quite content' p3

Got married to partner of 26 years: 'Wanting to celebrate and honour N's steadfast support and our love for the past 26 years and commit to our future together' p8

Spent a lot of time considering issues about her sexual identity & her marriage p15

Brooded over whether to divorce her ex-husband or move in with him again p1

Begin a new relationship p10 (and 1 proving coordinator)

-A love interest is developing. p10

Suddenly decided to take daughter on trip to NY s11

Went for 3 days walking along the coastal path with grown up son p8

-'Helped fell a large oak tree. Hard physical work in the river for 2 hours. Felt good, as if I have a lot of energy' p8

-Planted 7 fruit trees p11

-Did quite a bit of gardening, planting seeds, hadn't done any in 4 years It's an expression of home and wanting to be there. p3

-Lost a close family member s8,p4 (and 1 proving coordinator)

Mother died recently and feeling rather detached and unable to concentrate p6

Grieved over the recent loss of a new grandchild p9

-Spent day with daughter, went over details of her labour and death of baby. Both of us cried alot. p9

- Found out I was going to become a grandmother p15
- Wondered if she was pregnant p4
- Spent a lovely day making patches for a quilt for new grandson p8
- Decided to knit, something I haven't done for years p14
- Have started to be more creative, painting and drawing. p4

Dealt with continuous issues relating to her aging mother and unstable son p8

Thought it was time their older offspring left home p10,s10,p15,p8  
 Strong urge to expel number 2 son from the nest (18 years old) p10  
 My daughter had a major go at me today in her unreasonable way and I found myself thinking it is 'time for her to leave home'. s10  
 Had a quarrel with son last night. He was putting a lot of pressure on us. I thought 'I don't need this!' In the end I got up and said, "Well you've got plenty of money in the bank, you can rent somewhere else" p15

Gave up homeopathy, tobacco and alcohol p15

Made huge cleaning efforts p11,p1,p5,p8,p15,s10,p10,p16

- I seem to have the urge to tidy and order things more than usual p11
- I spent the rest of the day clearing things out, old post, bills, emptied cupboards, threw out food out of date, even cleaned out "the kitchen drawer"! p1
- Tidying the kitchen at 3am (unusual!) p5
- Today I took my life into my hands in terms of potential bacterial infection and thoroughly cleaned and tidied my son's bedroom. It was in a horrible state and took me about 4 hours. Desire for cleanliness, neatness and precision!!! I actually quite enjoyed doing it p15
- Went to L's old house to clean the kitchen. Cleaned for 3 hours with unusual energy and without resentment p8
- Was very industrious last night, did Sunday nights washing up ended up emptying, cleaning and sorting/tidying kitchen cupboards, underneath and all nooks and crannies, floor etc. Had a real desire to get everywhere. Bits bugged me. p10
- Comprehensive cleaning carried on till 1ish. p16
- More motivation, house is almost spick and span, finally prefer it when its tidy p4
- Up at 8am and desire to cleanse my whole house. p10
- Lots of cleaning up loose ends today, finishing stuff off, burning stuff, cleaning stuff out p15
- Very enjoyable day doing spring cleaning-carpets and pulling up pictures etc s10

## Cured Symptoms

Absence of headaches during the proving p15

CS No headaches, although stressed and tired. p12

CS No headache with period p12

CS Really notice not having mega headaches any more p12

No more muscle weakness after walking p1

CS No hot flushes! After several years of regular ones. p13 plus 2 supervisors

Can't usually sleep at full moon but have during this both full moons on this proving

CS Lack of aggravation at full moon p15

Excema less itchy. Scratching legs less, less hot, not erupting at night p6

CS Ears not itched during proving, usually constant p10

CS Cracks behind L ear much better p9

CS Body temperature now warm! Have always been chilly p12

CS No energy dip at 2pm which I nearly always have for as long as I can remember.  
p12

No wheezy tightness after wine p14

Great sensitivity to alcohol during proving prompted giving up alcohol definitively p15

CS Lack of anxiety in situations that would have caused it p8

CS Lack of guilt (anxiety of conscience) caring for herself p15

CS No more pre-menstrual pain or discomfort at beginning of period (a proving coordinator)

Huge reduction in pre menstrual irritability (a proving coordinator)

Dissipation of fears especially fear of being alone, having to stand on my own two feet. (a proving coordinator)

## Uses of the remedy to date

We know of 3 successful uses of this remedy to date. It was prescribed by homeopaths who took part in the proving, 2 as provers and 1 as a supervisor.

1. A woman dying of lung cancer. She had previously done well on Staphysagria. She said she felt ready to die but just couldn't get through the wall. She knew death was on the other side of the wall. (*see dream of Death in Dream section*) Her breathing was very difficult; raspy and anxious. After a liquid dose of Menses 29c her breathing became easier, she slipped into a coma and died peacefully the next morning.
2. A woman who had used Depo-Provera for contraception for several years and whose menstrual cycle had not re-established in the few years since stopping taking it was given a dose of Menses 29c. Some weeks later she bled again for the first time. She had previously been prescribed Carcinosin and Folliculinum to which she had not responded. (*p4,p8 (& one proving coordinator) bled three times in two months during the proving. Also 2 provers entering the menopause, who had not bled for at least a year, had a period during the proving*)
3. A woman who had profuse menstrual bleeding with anaemia and a history of abuse. Very sensitive and intuitive. Phos and Puls had been prescribed. Staph had helped issues around abuse and Ferrum, then Ferrum phos held back the anaemia. Menses "turned her around", regulated the bleeding which ended the anaemia and she is "sorting her life out." "It had a profound impact" (*the homeopath was a supervisor and recognised the energy of the remedy along with hidden abuse + menstrual symptoms*)

## **Related Remedies** (brief glance)

**Sepia** – issues around domestication and overwork, PMT, menopause, indifference to others, desire to be alone, occupation amel

**Nat-m** – blood, the sea, emotions, female cycles, dryness, forsaken feeling, anger, dwelling on past disagreeable occurrences...

**Lac-c** – female plus throat and voice, lack of self worth, PMT, absentminded, alternating sx's

**Lac-lup** – the wild woman, domesticity v instinct, inner knowing

**Staph** – anger, resentment, cicatrice (sensitivity of old scars/wounds), rape

**Lachasis** – female sx's plus throat, strong minded, libido, alternating highs and lows

**Folliculinum** – menstrual cycles and regulation, forsaken feeling, history of abuse, issues of appetite and eating

**Lac-e** – family and friends, indifference, discontented, irritability, menses, assertive

**The Matridonal remedies** – Placenta, Umbilical cord, Amniotic fluid, Vernix & Lac-h

We've noticed milks in general share many of the same rubrics and especially many similar dreams.

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