

Preseli Bluestone



Carreg Las Preseli

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The images included on the front cover: 'Break in the storm' on the left; 'Spring rain, Preseli' on the right – both by Beth Robinson (<http://www.bethrobinson.co.uk>), with kind permission from the artist.

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Cofio

Un funud fach cyn elo'r haul o'r wybren,
Un funud fwyn cyn delo'r hwyr i'w hynt,
I gofio am y pethau anghofiedig
Ar goll yn awr yn llwch yr amser gynt.

Fel ewyn ton a dyr ar draethell unig,
beaches
Fel cân y gwynt lle nid oes glust a glyw,
wind,
Mi wn eu bod yn galw'n ofer arnom –
Hen bethau anghofiedig dynol ryw.

Camp a chelfyddyd y cenedloedd cynnar,
Aneddau bychain a neuaddau mawr,
Y chwedlau cain a chwalwyd ers canrifoedd
Y duwiau na wŷr neb amdanynt 'nawr.

A geiriau bach hen ieithoedd diflanedig,
Hoyw yng ngenau dynion oeddynt hwy,
A thlws i'r clust ym mharabl plant bychain,
Ond tafod neb ni eilw arnynt mwy.

O, genedlaethau dirifedi daear,
A'u breuddwyd dwyfol a'u dwyfoldeb brau,
A erys ond tawelwch i'r calonnau
Fu gynt yn llawenychu a thristáu?

Mynych ym mrig yr hwyr, a mi yn unig,
Daw hiraeth am eich 'nabod chwi bob un;
A oes a'ch deil o hyd mewn Cof a Chalon,
Hen bethau anghofiedig teulu dyn?

Remembering

One fleeting moment as the sun is setting,
One gentle moment as the night falls fast,
To bring to mind the things that are forgotten,
Now scattered in the dust of ages past.

Like white-foamed waves that break on lonely
beaches
Like the wind's song where no one hears the
wind,
They beckon us, I know, but to no purpose –
The old forgotten things of humankind.

The artistry and skills of early peoples,
Small dwelling-places and enormous halls,
Old well-told tales that have been lost for ages,
The gods that now no mortal could recall.

And little words of languages long-vanished,
Lithe words once lively on the lips of men,
And pretty in the prattle of small children,
No tongue will ever utter them again.

Oh, earth's innumerable generations,
Their sacred dreams and fragile sanctity,
Is the heart silent that was once acquainted
With sadness and with gladness and with glee?

Often at close of day, when I am lonely,
I long to know you all, bring all to mind;
Is there a heart or memory still to cherish
The old forgotten things of humankind?

Waldo Williams (1931) – Translation by Alan Llwyd (2010)

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Cofio by Waldo Williams

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Chapter 1

The birth of a new remedy

*Dyfnach yno oedd yr wybren eang
Glasach ei glas oherwydd hon.¹*

This is about the birth of a new energetic remedy, 'Preseli Bluestone'.

I'm not sure where to start! I should start at the very beginning, but where is the beginning in the circle of life? It's all relevant – it's my thread, my story, my journey – so how far back shall I go?

This 'new' remedy is 'ancient', and its healing and magical qualities have been known for a very long time. But it wanted to be revealed as an energetic remedy for this time. The energy of this ancient and magical stone called from the depths of the earth, from the inner world to the outer world. Its story reveals a pattern which unites 'birth' and 'death', 'night and day', 'the visible world and the unseen world'. I resonate with its story, with its pattern; and the magic of its energy led me to climb a mountain one bank holiday in May 2012: to find my stone and discover its energy.

That's when I 'knew'. I didn't just 'know it', I 'recognised' it, I was 'shown it' and I 'felt it'. And then I understood more. So, that's a good place to start.

Here's what happened on that day... I woke up and announced to Ian (my husband) and Aron (my then 10 year old boy) that we were going to climb a mountain, as I wanted to find Bedd Arthur, which was close to the top of Carn Bica in the Preseli Mountains. Bedd Arthur ('Arthur's Grave') is a small stone circle, which is one of the alleged burial sites of King Arthur. From this peak, you can see Carn Menyn in the distance: the supposed source of many of the Bluestones from the inner circle of Stonehenge. Both Ian and Aron were surprisingly very up for it (despite it being a bit of a bleak day, raining on and off). We live near the Preseli Mountains in North Pembrokeshire, so we were only a short drive away to a good climbing base near Mynachlog-ddu to reach the goal.

All three of us climbed the mountain with such enthusiasm and with a spring in our step: Ian checking the map, Aron running ahead, laughing all the way and excited about finding Bedd Arthur. It was quite a climb, it took us over an hour to reach the summit of Carn Bica...and there it was: the small oval shaped stone circle of Bedd Arthur!

I was so excited, and the sun came out for a short while to celebrate too. We stood in the middle of the stone circle taking in the spectacular views. I felt light, happy and serene.

¹ Taken from 'Geneth Ifanc' (A Young Girl) by Waldo Williams, first published in 'Dail Pren', Gwasg Gomer, in 1956; believed to have been written in 1947. These two lines have been translated by Alan Llwyd (2010) as: 'And there the infinite sky was deeper/And its blue with a deeper blue instilled'.



Carn Bica is a rock outcrop overlooking Bedd Arthur. There were some small loose stones, so we decided to choose a stone each. Ian and Aron didn't hesitate, they quickly chose their stones and were ready for the descent. Time stood still for a while for me, and it felt as though I was choosing the holy grail – so I chose the smallest and least significant of the stones that caught my eye in a small crack between bigger stones. We then started our descent.

And then the atmosphere changed, we all sensed it.

The sky started to look heavy and full of rain, and it felt quite eerie. Aron was tired, and kept flopping down to the floor and said he just wanted to get back quickly (even though he was stalling).



He then said that he could see people who looked 'like Indians'. When he described them, they were wearing black hats, suits, and had their hair tied back in a pony tail. He said that an Indian would appear, and then he'd think it was just a stone. I didn't see the 'Indians', but I definitely sensed a presence. Ian was marching ahead with an urgency to avoid the rain. As soon as we got to the car the rain started to pour down: we were just in time.

I 'knew' that this climb had opened a door inside me and I felt the connection. My stone was the only 'spotted dolerite' specimen of the three stones – when split it resembled the universe, or the brightest starry night.



The pattern, the circle of life, the stone circle: the beginning and end, day and night, birth and death – opposite poles which are the same. A beginning is an end; an end is a beginning. We reached the summit of the mountain, we reached our goal, there was sunlight and it was beautiful, and then we were shown that there is more: more than the breathtaking views, more than the eye can see, there is a darker side, which is also 'light' – a spiritual 'other' world.

A few months later I read the following paragraph in a book about Preseli Bluestone by Simon and Sue Lilly:

"If one were to try to sum up the 'virtue' of Preseli Bluestone in one phrase, one could say that it anchors body, mind and spirit in an expanded horizon of awareness. It is as if we had finally conquered a mountain to discover it was, in reality, only a false summit beyond which the view expands in a sequence of breathtaking ways that allow us to take in views and make connections between things that were previously out of common sight. The more one looks, the more complete, but also the more complex, the patterns become. They reach out in all directions, becoming the past, the present and the future" (Lilly, S and Lilly, S 2011).

Simon and Sue Lilly say that the key to understanding the world view of our distant ancestors is the concept of 'reflection' or 'opposites', "...where the harmony of the cosmos is mirrored in every being on earth", and where "all the opposites of above and below, rising and setting, night and day, life and death, waking and sleeping are simply reflections of the same seamless reality" (Lilly, S and Lilly S 2011). Everything is connected.

"In such a world view there is no coincidence, nor any 'random' event. Meaning is to be found everywhere...The invisible spirit world is made visible through our physical senses, by what 'speaks to us', by what catches our attention" (Lilly, S and Lilly S 2011).

I was reminded of the poetry of Waldo Williams, who lived in Mynachlog-ddu and loved the Preseli Mountains. He lived with the mountains, he understood them, and they spoke to him. After the death of his wife, he took up a teaching post in Wiltshire near the village of Avebury, with its Neolithic stone circle. When he was there he saw what he refers to as a stone skeleton of a young 12 year old girl in the museum at Avebury, and he wrote a poem about his deep spiritual experience – she ‘catches his attention’ and ‘speaks’ to him:

Geneth ifanc oedd yr ysgerbwd carreg
Bob tro o'r newydd mae hi'n fy nal
Ganrif am bob blwydd o'm hoedran
I'w chynefin af yn ôl.

The skeleton was once a young maiden
Each time she captivates my gaze;
A century for my every year
I return to her dwelling-place.

Rhai'n trigo mewn heddwch oedd ei phobl
Yn prynu cymorth daear â'u dawn.
Myfyrio dirgelwch geni a phriodi a marw,
marriage,
Cadw rhwymau teulu dyn.

Her people in peace coexisted,
And the earth to their needs was defined;
They pondered the mystery of birth, death, and
And preserved the bonds of mankind.

Rhoesant hi'n gynnar yn ei chwrcwd oesol.
Deuddeg tro yn y Croeso Mai
Yna'r cydymaith tywyll a'i cafodd.
Ni bu ei llais yn y mynydd mwy.

She welcomed May on twelve occasions,
Before her crouch was forever interred
In the earth, when the dark companion claimed her;
On the mountain her voice was no longer heard.

Dyfnach yno oedd yr wybren eang
Glasach ei glas oherwydd hon.
Cadarnach y tŷ anweledig a diamser
Erddi hi ar y copâu hyn.

And there the infinite sky was deeper,
And its blue with a deeper blue instilled.
And the timeless, invisible house more durable
Because of her, on these distant hills.²

The young girl in this poem died when she was 12 years of age on Windmill Hill in Avebury, but she lives on as part of the hills. Waldo's eldest sister, Morvydd, had also died at 12 years of age, and so she too lives on as part of the Preseli hills, which is why the stone skeleton touched him so deeply. So, Waldo's talking about his hills too, which he refers to in another poem ('Preseli') as the 'wall of his being', 'his palace'.

I climbed one of Waldo's hills to reach my stone, and it touched me deep inside. The stone 'spoke' to me and I felt the connection – 'And there the infinite sky was deeper, And its blue with a deeper blue instilled'.

That's the end...but it's also the beginning.

² 'Geneth Ifanc' ('A Young Girl') by Waldo Williams (1947), translated by Alan Llwyd (2010), in 'Stori Waldo Williams Bardd Heddwch'/'The Story of Waldo Williams Poet of Peace'

Chapter 2

Why Preseli Bluestone?

*Trwy freuddwyd oesoedd, gweledigaethau munudau mân*³

The next part of the story is about what got me to the base of the mountain, and why I decided to climb Carn Bica to find my stone. This is about how the stone spoke to me and why it made sense to follow.

In late April 2012 I took part in Della Hedger's (Welsh School of Homeopathy) trituration and dream proving of wool (Lana). And it was the proving of Lana which opened me to hear the messages.

The first and most significant message came to me in the dream proving. The message I received was to 'align the remedy to the patient'; and the words 'align' and 'alignment' were important: I had to wake myself immediately after the dream to write the message down. The image I saw in the dream was of me standing with my arms held out either side at shoulder height, in a room full of people I knew. A cross of light was going through my body, so that the axels of the cross met at the top of the sternum, and a glow of light radiated in a circle around the cross.

The symbolism of the cross within a circle made me think of the Celtic cross, mandalas, the earth, sun, moon, stars, axels, and the circle of life. I knew that this symbol was significant, and I thought it was particularly significant for the proving of Lana. But as I was in the centre of the cross I knew that it was also a message for me.

The centre of the circle (found by crossing two lines, the centre of the cross, alignment) is where true enlightenment can be found. This is linked with 'sitting' (meditating) and not letting the 'ego' get in the way; not trying, just accepting, seeing things as they are, living in the present, the simplicity of the basic connection with everything. I could see the connection with 'knitting' and Lana.

Circles – stone circles and life circles – hold an energy based on the energy of the creator. The energy that the creator puts in is passed through the line, the thread, the link, the bond. The thread of wool symbolises that, as does the symbolism of 'knitting', i.e. creating something new: which is a basic skill of the woman 'to knit' and to create new life.

I could see that the symbol of the cross in a circle and the message of 'aligning the remedy to the patient' was showing me that the remedy that Della chose for her proving was 'aligned' to her – it fitted, it's her thread! She was in the centre of her circle. It was her energy as well as Lana's energy that we were proving. She has a passion for wool, for knitting, for spinning, for creating. She appreciates the gifts of the woman. She practices 'sitting' to knit and to meditate. She resonates with the energy of Lana, and that's at the centre of her circle.

I realised that the energy of Lana was helping me to find the centre of my circle, and I needed to follow the thread.

³ Taken from 'Cymru a Chymraeg' ('Wales and the Welsh Language') by Waldo Williams, first published in 'Dail Pren', Gwasg Gomer, in 1956. Translated by Ned Thomas (1985) as: 'Through the dream of ages, the visions of brief minutes'.

At the time I was looking for inspiration for my fourth year project. I had no intentions of conducting a proving, I just wanted my project to sum up my journey with homeopathy, and for it to excite me. I wanted the project to be about something I felt really passionately about: I wanted it to 'fit' with me. It had to include all the threads that were important to me: which had led me to homeopathy, and which, when brought together would complete the whole picture for me.

In thinking about my passions, language and communication play a big part, as does having a holistic or homeopathic approach – I love Wales and the Welsh language, the science and the art (grammar and literature; the land and the mythology). I've studied and taught Welsh, and work as a translator. I love the fact that I have two windows on the world. And what I love about homeopathy is that it makes sense of everything: it connects everything, it brings everything together - the art, the science and the magic.

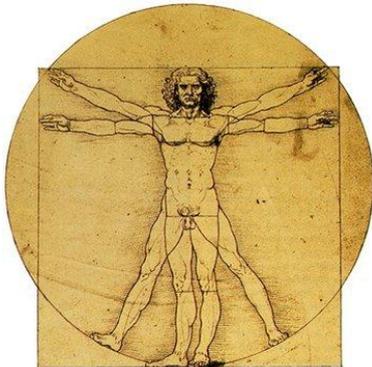
The next clear message came to me the day after the Lana proving. I was enjoying a glass of wine in the evening, and thinking about how much I love 'wine'! I love the taste, I love the social aspect, the connection with food, with tradition, with nature, with medicine, with relaxing, and with letting go of inhibitions. It sparked an interest in whether there was a 'homeopathic' wine. So I searched for 'homeopathy and wine' on the computer, and was completely blown away by the image that appeared on the screen on finding a homeopathic wine called Archanus! The branding symbol on the wine label, which was the first image to appear on the screen, was a cross within a circle!



At first I thought that this was a sign that 'wine' or 'grapes' was somehow connected to being at the centre of my circle – but that didn't feel right, and didn't excite me. I then realised that this was a sign to confirm that the symbol of the cross in the circle was significant. The next day I just kept 'seeing' the symbol everywhere, as Pembrokeshire County Council's logo is a celtic cross – so it appears on many of the road signs throughout the county.



This got me thinking about the cross within a circle, and my dream of a cross of light going through me. This reminded me of Leonardo Da Vinci's Vitruvian Man:



The Vitruvian Man can be taken as an image of a balanced healthy man. It is symbolically an image of science, art and proportion to embody the practice of medicine. It has been associated as the image of the perfect physician, which includes the three essential attributes of a 'complete physician' – science, humanitarianism, and artistry – as the circle, the square and the triangle (starting at the pubic region and reaching the two extended feet).

The light bulb moment came when I was running in the hills surrounded by sheep and stone outcrops. It was then that all the images surrounding the symbol made sense: the circle with the aligned axes – the practice of medicine, the celtic symbol, a stone circle. The most famous stone circle being 'Stonehenge', and I live not far from the Preseli Bluestones which were used to form the inner circle at Stonehenge. It was the Preseli magic that drew me and my family to move to Dinas thirteen years ago, having had a connection with the area since I was very young. And I have always said that 'there was something in the water'!

That's when I 'recognised' that I was being drawn to the magical substance of Preseli Bluestone, and how it connects everything I feel passionate about – the land, the mountains, the traditions, the mythology and legends (the Mabinogion and Arthurian legend), the Welsh language, the literature, the poetry (especially that of Waldo Williams), the art and science of healing. The Preseli hills have a magic all of their own. It's a timeless landscape, and going up to the mountains is a great way to clear the mind and put things in perspective.

Moreover, my main constitutional remedy had always been Silica, and the Preseli mountains are not only renowned for their Bluestone, but also for huge pieces of quartz. When Hahnemann first proved the remedy in 1828, he produced it from mountain crystal. At the time I knew that Silica was a major component of sandstone and other rocks and in many semi-precious stones. I then discovered that it was also a component of Preseli Bluestone.

The fire in my belly was ignited! I phoned Helios Homoeopathy pharmacy to find out whether Preseli Bluestone had already been proved. I was astonished to discover that it hadn't! That was it – I was so excited! I knew I had to prove this substance.

On discovering that the Stonehenge Bluestones were from Carn Menyn (locally known as 'Carn Meini'), and that there was a small stone circle which overlooked Carn Menyn, called 'Bedd Arthur' ('Arthur's Grave'), I was drawn to finding 'Bedd Arthur', near Carn Bica.

That's what led me to climb the mountain on that May bank holiday.

Chapter 3

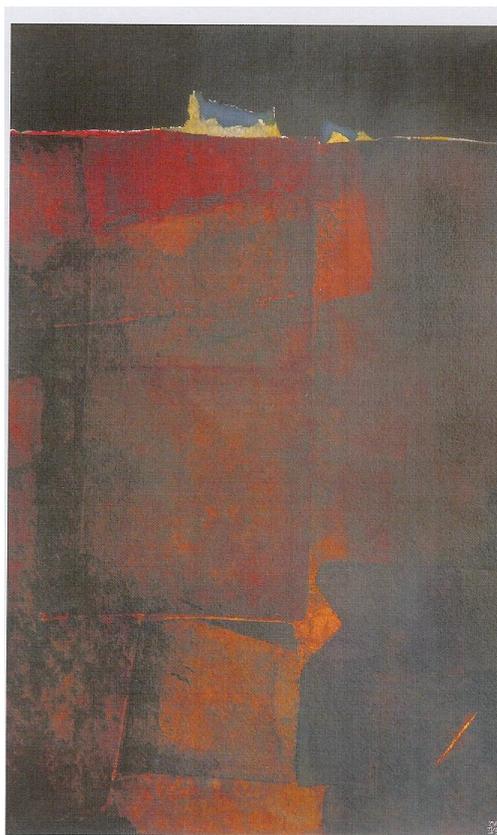
The signs

*Cof ac arwydd*⁴

I spoke to my supervisor (Linda Gwillim) about wanting to do a proving of Preseli Bluestone, and she asked me to 'sit with it' for a while. And as I sat with it, the signs just kept coming to confirm that it was meant to be.

The painting

I was subscribing to a monthly Welsh language current affairs magazine called 'Barn', and when the May 2012 magazine arrived I opened it on a page showing the image of a painting by Dewi Tudur, who I'd not heard of before (see painting below). I immediately fell in love with it. It's a mixed media painting which depicts the earth, rocks and heat below the surface of the land with two tiny little cottages on the surface. Most of the painting is taken up with the inner world below the surface, and that manages to show the history and lineage below the surface in strata. There is a blueness to the stones below the surface, with the heat of the centre of the earth. And there is a glow of light radiating from the cottages on the surface. It is so beautiful. I was astonished when I saw that this painting was called 'Tir Penfro' ('Pembrokeshire land').



This painting depicts the inner and outer world, and it shows the light and dark. The main focus of the painting is the expanse and depth of the 'land' below the surface. You can see the layers of the ages in the blocks and columns which seem timeless, and you can sense the movement through the strata. And again, I sensed that feeling of 'there's more', more than the eyes can see – it's bigger on the inside.

⁴ Taken from 'Preseli' by Waldo Williams, first published in 1956. Translated by Waldo Williams as 'A memory and a symbol'.

The TARDIS

I didn't notice immediately, but on going back to look at the painting a second time, I saw that the article on the facing page was about the filming of 'Doctor Who' in Cardiff, and there was a small picture of the Doctor and his assistant, Amy, standing outside the 'Tardis'!! This was also at a time when we had just cleared my son's bedroom ready to redecorate it, and his very small narrow wardrobe had been moved into my study. My son had stuck Dr Who stickers all over the wardrobe, and he would refer to it as his 'Tardis'. The 'Tardis' remained in my study for a long time before, during and after the proving: a time when I had made the connection that life was all about 'it's bigger on the inside'. A connection that Waldo had made clear in his poem 'Pa Beth yw Dyn' (What is Man) when he wrote in answer to 'Pa beth yw byw?' (What is living/What is it to be alive?), 'Cael neuadd fawr/Rhwng cyfyng furiau' (Finding/possessing/having a great hall, between confined walls). I'd always understood this to mean that we are confined to see only a small part of the big picture. We occupy human bodies and yet there is a sense that there is so much more to our existence. But I began to understand that it applies to absolutely everything - the smallest seed has so much potential, we have the potential to 'see' that there's more, and that we are connected to everything. And the sense that 'there's more, more than the eyes can see', helped me to really understand the concept that 'it's bigger on the inside'. I also found out at this time the story behind Waldo's great line – 'cael neuadd fawr/rhwng cyfyng furiau'. On one of his cycling trips around Pembrokeshire, he'd stopped outside a rural chapel, and commented to a man in the grounds of the chapel that it was a 'small chapel'. Apparently, the man took offence at this comment, and replied 'it may be small on the outside, but it's big on the inside'!

Waldo Williams' memorial stone

The base of the mountain we climbed to reach Bedd Arthur was near the village of Mynachlog-ddu, and not far from Rhos-fach common, where Waldo's memorial stone stands. When choosing the base, I hadn't made the connection that Waldo's memorial stone was nearby, and that was a significant sign for me, as I love the poetry of Waldo.



On seeing the memorial stone, I asked my husband, Ian, to pull over in the car so that we could pay a visit. As we parked the car I noticed that there was a woman sitting on one of the stones behind the memorial stone, and I was convinced that it was Linda (my supervisor)! From a distance she looked so much like Linda. I couldn't believe it: Linda had asked me to sit with my thoughts of proving Preseli Bluestone, and there she (appeared) to be sitting next to Waldo's memorial stone. It wasn't until I got very close that I realised that the woman sitting on the stone was not Linda. But that too was a significant sign for me. I also then discovered that Waldo's wife was called Linda (Linda Williams!).

Carn Menyn (or 'Carn Meini')

Before getting the stones we'd chosen from Carn Bica verified, I felt I should climb Carn Menyn, as that was the established source of the Bluestones in the inner circle of Stonehenge. Trying to organise that climb wasn't easy, and on the day we'd arranged to climb it, Aron was not interested in coming with me and Ian. Ian and I decided to go anyway, but we had to turn back as the land was so boggy. We tried several options, but it just wasn't meant to be. This highlighted to me how special the climb to Bedd Arthur was. We climbed a second time to Bedd Arthur in February 2013, with friends, and what astounded me was that there were no small stones amongst the outcrop rocks of Carn Bica. We couldn't have chosen a stone if we'd wanted to, as they were huge pieces of rock. And yet on that May bank holiday we quite easily chose a stone each! This just reinforced that the stone had been offered up to me. And I feel enormously grateful.

Verifying the stones

I contacted the Keeper of Geology, Dr Richard Bevins, at the National Museum of Wales in Cardiff to ask whether I could get my stones verified. He kindly agreed, and a meeting was arranged. I didn't realise at the time that he is an expert on Preseli Bluestone and Stonehenge, and was involved in a recent archaeological study, sourcing the exact location in the Preseli hills of all the Bluestones in Stonehenge. He has published and contributed towards many articles on the Bluestones. [Aron got to meet Richard Bevins again, when he came to the school to take year 6 to visit the archaeological dig!]

When I discovered that all three specimens were dolerites (Bluestones), but that my small stone was the only spotted dolerite, I was so excited. Even though spotted and unspotted dolerite stones were used at Stonehenge, the spotted dolerite is claimed to have more healing power.

The decision was made, the pull was so strong: I had to do a proving of this stone. It had revealed itself, it wanted me to connect with its energy, and for that energy to be shared.

Other signs

The signs kept coming, and still do...too many to mention, but here are a few examples.

Colin Griffith was the tutor for the Welsh School of Homeopathy summer school in 2012. He concentrated on crystal remedies and the chakras.

Our summer holiday in July/August 2012 had been booked long before finding my stone. We went to Le Pouldu in Southern Brittany, near the standing stones of Carnac! We saw two shooting stars, and I couldn't stop singing and listening to 'Stargazer' by Paloma Faith.

Ian and I went to Glastonbury and Stonehenge for the first time during the proving to celebrate our 15th anniversary. I discovered after making the arrangements that the 15th anniversary is the 'crystal' anniversary!

It was announced by my mum that my great Auntie Joan had said that she was a 'single gem' when asked by staff at the hospital whether she was married. That was around the time of getting the stones verified in May 2012. My Auntie Joan, the last of my nanny's sisters, died on 12 September 2013.

I'd arranged the start date of the proving to fit in with other Welsh School clinics, events, lectures. The date was set as 22 September. I had no idea at the time of setting the date that it was the Autumn equinox (which means that day and night are equal lengths - 12 hours of day and 12 of night!).

I felt that the energy of the stone, my ancestors, and Waldo were leading me, and the pull was strong. And as I followed I was learning and discovering along the way...

The learning

*A mi'n dilyn y galon gynnes
Seren fy nos a rhin fy nydd...*⁵

The signs kept coming and as I followed the more I learnt. Often, I felt like I was ignorantly being led by the wise, and my understanding would follow. This would then spark an interest in finding out more. So although the whole of the story has been a learning process, this part of the story provides some background information and concentrates on some of the additional information that I've learnt as a result of following the energy of the stone.

Pembrokeshire

The Welsh name 'Penfro' (from 'Sir Benfro' the Welsh for 'Pembrokeshire') means 'the end of the land'. The county is at the most south-westerly tip of Wales, and is surrounded by sea on three sides.

Pembrokeshire is known as the land of cromlechs and castles and to past generations as 'Gwlad hud a lledrith' – the land of magic and enchantment'. It is also the home of the two branches of the Mabinogion those four classic stories concerning Pwyll Prince of Dyfed, Branwen daughter of Llŷr, Manawydan son of Llŷr, and Math son of Mathonwy, which together with other Welsh myths and Arthurian legends, give a clearer glimpse into the early Celtic period.

The Preseli Mountains

The Preseli Mountains are a range of hills in the north of Pembrokeshire and they form part of the Pembrokeshire Coast National Park. Although the highest point is just 1760 feet, the views all around are exceptional – to the Wicklow Mountains in Ireland, Snowdonia in the north, the Brecon Beacons in the east, and the Bristol Channel and West Country to the south. Seven rivers arise from these hills, some flowing south, some west and some north-west.

According to Brian John (2014) the origins of the landscape date back to around 450 million years to the Ordovician Period. At that time there was a shallow ocean and there was a great deal of volcanic activity, with molten lava intruded into softer rocks formed out of sea-floor sediments and with many violent eruptions at the surface. Carn Ingli (Angel Mountain, which overlooks Newport at the foothills of the Preseli Mountains) was apparently formed as a volcanic island in the sea. It still looks like a volcano from certain viewpoints, but what we see today is just the stump or the core of a mountain that must at one time have been many thousands of feet high. The mountain is made of the igneous rocks called dolerite (Bluestone) and rhyolite – and these rock types coincide with almost all of the high points in the Preseli Mountains, where there may at one time also have been smaller eruptions going on. Because these rocks are harder than granite they have resisted erosion very well; but in comparison the shales, mudstones and sandstones made of sea-floor and river sediments are much softer, and have been eroded away to form the valleys and depressions in the undulating landscape. Later on, around 400 million years ago, there was a great period of mountain-building referred to as the 'Caledonian Orogeny'. The earth's crust at the time was subject to enormous

⁵ Taken from 'Oherwydd ein Dyfod' by Waldo Williams, published in Dail Pren in 1956, translated as 'And I followed the warm heart, the star of my night and the virtue of my day'.

pressures as mountains were built and destroyed; and this 'earthstorm' was also characterized by incredible contortions in the layers of rock beneath the land surface.

On reading Clark and Johns (2011) book, I discovered that it was the event known as the 'Caledonian Orogeny' (when the ancient continents of Laurentia, Avalonia and Baltica collided), which formed the Preseli Mountains (over 400 million years ago), and that they are part of the oldest remaining mountain range in the world!

Over a hundred million years later this vast northern land mass was struck by another huge mass of rock moving up from the south, and a single continent was formed, called Pangaea. The ancient mountain range created in the process of the collision is referred to as the Appalachian Mountains. Eventually, the super-continent of Pangaea broke up, and this finally resulted in the fragmented continental arrangement that we have today. So the Preseli Hills share their 400 million year old 'Caledonian' heritage with the Appalachians in the US, and parts of the mountain ranges of Cumbria, North West Scotland and the Scandinavian peninsula. These places were all connected at one time, and remained so for over a hundred million years, until the continent of Pangaea began to break up. I was astonished when I read about the connection with the Appalachian Mountains of North America. I went on to discover that the name of this mountain range was taken from a native nearby American village near present-day Tallahassee, Florida, which was called Apalachen, and then altered by the Spanish to Apalachee – and used as a name for the Indian tribe and region spreading inland to the north. I had no idea about any connections between the Preseli Mountains and the Appalachians! And it was 'Indians' that my boy, Aron, saw on the mountain as we made our descent on that May bank holiday, having chosen our stones! I also discovered that 'Apalachee' means 'torch bearer', or 'people who bring light'!

According to Clark and Johns (2011), Pembrokeshire is probably unique in that it has remnants of both of these ancient Caledonian and Appalachian mountain ranges, in such close proximity that they actually overlap, and apparently this is probably why this corner of Wales holds such a fascination for geologists.

The Preseli Hills landscape is remote, wild and mysterious, with stone outcrops and rolling moors roamed by sheep and ponies. There is also a huge abundance of relics that remain – Neolithic burial chambers, Bronze Age cairns, stone circles, standing stones and Iron Age forts – as evidence that these hills were well populated by prehistoric man.

During the Neolithic Period between 4400-2400 BC, the first farmers settled on the lower ground and shallow valleys below the Preseli hills. There are still many stone chambered tombs and ritual chambers in this area. According to Simon and Sue Lilly (2011), around 2500 BC the climate changed, becoming cooler and wetter, and new ritual systems appeared. Apparently, the entire area around Preseli became a primary ritual centre for the whole of South West Wales at the time, and a new type of pottery appeared in Pembrokeshire from a design originated in Orkney, which had travelled south, along with the construction of henges. These developments were also taking place around Stonehenge and at other important ritual centres around Britain and Ireland, suggesting that there were well established cultural links across a large area.

Stonehenge – Cŵr y Cewri ('Giants Dance')

The Welsh name for 'Stonehenge', derived from the Celtic name, is 'Cŵr y Cewri' – which translates literally as the 'Giants Choir/Chorus/Circle', and as the Latin 'chorus' can mean to 'dance in a circle', it is often translated as the 'Giants Dance'.

Stonehenge is one of the most remarkable building projects of all time and one of the most famous sacred sites in the world. It was started over 5000 years ago. It took over 1500 years to complete – and the heart of the monument, the inner circle, and the inner horseshoe was created in Preseli Bluestone.

Around 3050 BC about 80 Bluestones were transported to the Salisbury Plain, and used to make the first circle of Stonehenge. The stones weighed about 4 tons each and were transported on an incredible 240 kilometre journey over land and sea from the Preseli Hills to the Salisbury Plain.

Stonehenge sits on the gently rolling high chalk lands of Salisbury Plain, in central Southern England. It doesn't seem to be an especially unique location – it is not on high ground, nor is it visible from a great distance. But the site was carefully chosen because only here at this exact latitude can the extreme points of the Sun and Moon movement be seen each year.

These astronomical alignments are reflected in the placement of the stones and some people say that these same alignments extend into the landscape symbolically linking celestial and terrestrial forces together. For example, the Station Stones, create a rectangle whose geometry exactly reflects the ratios of the Moon's cycle. The diagonal created by the stones can be extended until it passes through the Preseli Hills. Extend the line eastwards and it passes through the Giza pyramids in Egypt.

The larger outer circle was built from Sarsen stone from the Marlborough Downs hundreds of years later. Darvill and Wainwright (2009) have dated the 'Double Bluestone Circle' as 2,300BC. There are thirty Sarsen stones, twenty nine were shaped in the same size and shape and the thirtieth is approximately half the size of the other twenty nine. Astronomers say that the intervals between full moons are 29.53 days, and it seems likely that this was the significance of the twenty-nine and a half stones in the Sarsen circle. The next feature moving inwards is the circle of Bluestones. This circle has not been fully excavated so that the total number of stones has not been confirmed. Fifty nine stones are assumed to have been used. The supposition here is that this circle is a counting device to follow the phases of the moon and that fifty nine (twice the twenty nine and a half of the Sarsen circle) is the smallest whole number that does this satisfactorily. The five Trilithon (meaning 'three stones') are the next feature moving inwards. These are arranged in a horseshoe shape. It is believed that the five trilithions represent the five 'wandering stars' or planets that are visible to the unaided eye: Mercury, Venus, Mars, Jupiter and Saturn. Ancient astrology placed great importance on the wandering stars and they were held in reverence and awe.

Within the horseshoe of trilithions there is a horseshoe of nineteen Bluestones. There are three possible explanations for the number nineteen, all of which relate to the moon: 1) if there is a full moon on a particular day of the year, e.g. mid-winter's day, the next time a full moon will occur on mid-winter's day will be nineteen years later; 2) A second possibility is that the nineteen Bluestones were used to keep in phase with the movements of the moon's rising and setting points along the horizon, as these follow an 18.61 years' cycle, i.e. 19 years to the nearest whole number; 3) The third connection with the number nineteen relates to the period of time which governs the frequency of the eclipses.

The final feature of Stonehenge is the altar stone. The Alter Stone comes from the Preseli Mountains – it is not a Bluestone but a green micaceous sandstone. It appears to be the focal point of the temple, and it's possible that it served as the focal point for observing mid-summer sunrise in the gap between stones one and 30 of the Sarsen

circle, and the extremes of mid-winter moonrise over the 18.61 years cycle as viewed through the gaps between stones 1 and 2, and 29 and 30 of the Sarsen circle.

People have long wondered how the stones were transported to Salisbury Plain – were they moved by human effort, and if so, how; or were they moved by an ice flow – and what was the purpose of Stonehenge? Theories include that it may have been a centre for healing or an observatory to study the sun and moon, probably in relation to the seasons, the tides and any spiritual connection that the Neolithic people may have felt existed between their world and the greater universe. The original Bluestone circle and the later Sarsen circle both conform to the format of a solar-lunar calendar. If the Bluestones were hauled all the way from the Preseli Hills to Salisbury Plain, there must have been something intrinsically special about the stones, or their place of origin.

There are now 45 Bluestones left standing at Stonehenge, and geologists are in no doubt that they come from the Preseli Hills. The 45 remaining stones at Stonehenge are a mixture of spotted and unspotted dolerite.

Theories about the Preseli Hills and Stonehenge

So what is it that made the Preseli hills and Stonehenge so special and of such significance to pre-historic sky watchers?

The Preseli Hills themselves are crisscrossed with ley lines, ancient track ways, standing stones, burial chambers and stone circles and the hills sparkle with shining white crystal quartz. According to Dr Colin Shearing (2003), “Even during early Christian times, the place was considered almost as holy as Jerusalem and Rome. This is also the land of Druids who still continue this 5,000-year old tradition of building stone circles in Wales each year for their National Eisteddfod”.

Locally, the stones are considered as stones of healing and magical power, and as stated in the early Welsh mythologies, such as the Red Book of Hergest and the Black Book of Carmarthen, Merlin transported some of them to build Camelot. So Preseli is Merlin and Arthur territory, home to the fairies and gods of the Underworld.

It has also been speculated that Stonehenge was built as an astronomical observatory and to have a circle of standing stones polished to look like the night sky seems fitting.

But according to Dr Colin Shearing (2003):

“The answer [to the secret] lies with a strange property that would have been of immense importance to them. At Stonehenge's Latitude 51°10'42"N, at the time of the Equinoxes (around 21st March and 21st September) the rising sun appears exactly due east and the setting sun due west, causing the morning and evening shadows to align in a straight line. On every other day of the year the sunset and sunrise will occur either further north or south and will not line up. Furthermore, at Stonehenge's latitude, a similar alignment also occurs at summer solstice (the day of maximum daylight, around June 21st) and on the winter solstice (the day of minimum daylight, around December 21st), when the line of sight to the rising sun is in a direction precisely the reverse to that of the setting sun. The 'Heel Stone' at Stonehenge demonstrates this by its shadow. In simple terms, this means that when the solstices are viewed from Stonehenge, the shadow cast by a pole placed to mark the position of the sunrise on the horizon will perfectly align with a shadow cast from a second pole marking the sunset. This latitude continues due west to Lundy Island in the Bristol Channel whose longitude (4 degrees 40 minutes 15 seconds West) which then continues north through the Preseli Hills. This triangle of sight exactly replicates the triangle formed at Stonehenge by the 'Station Stones' which form part of the Aubrey circle to the ratio of 2500:1.”

According to Judy Hall (2012), the stones were moved to energetically connect the two places: "In moving the stones, migrating Celts took their deities and their sacred homeland with them".

Academics working with the Strumble Preseli Ancient Communities and Environment Study came to the conclusion that sound – the resonant quality of Bluestones – combined with water may have been a core reason why the Preseli outcrop was venerated by Stone Age people and why stones were relocated when they migrated south. And crystal workers will tell you that the unique electromagnetic frequencies of the Bluestones themselves are healing and fortifying, creating a natural gem essence as the water passed through the rock and into the surrounding springs. Interestingly, the name of a local village near the Preseli Mountains is Maenclochog, which translates as 'clamorous stones' ['cloch' is a bell].

A powerful energetic connection runs between Preseli and Stonehenge through the Earth's magnetic grid. According to mythology, sound aided the stones' flight to Stonehenge. We know that Bluestone is a highly electromagnetic and acoustically resonant material, and modern scientists have produced small antigravity machines that use electromagnetic and sonic levitation (Foresti, Nabavi, Klingauf, Ferrari and Poulidakos 2013). It is tempting to think that they have rediscovered a power known to our ancient ancestors.

Simon and Sue Lilly (2011) refer to the significance of the colours of Stonehenge: The Altar stone is micaceous sandstone which would have been a glistening green colour. The Sarsen sandstone "would have been a striking wall of intense pink rock. The bluestone circles... would have been shaped and given a smoother polished surface." "The naming and categorisation of colours is largely cultural. Hence 'pink' would probably have been classed as 'red' and symbolically associated with blood, life energy and the sun at dawn and dusk. Similarly the blue-green of the Bluestones would likely have been classed as 'black' or the colour of the night sky... This opens up a wealth of symbolic possibilities: for example: the sun (sarsen circle) moves around and frames (or hides or protects) the night (the bluestone circle). Both in turn, revolve and protect (or nurture) the glowing green monolith of the 'altar stone', the 'Living Tree' that links all worlds together on its vertical axis and sustains fertility and life (in the same way that green trees provide food and warmth, and green plants fodder and medicine)."

Then there's the chalk underneath. Stonehenge was built on the chalk lands of Salisbury Plain. The primary association of 'white' is with 'light'. The sky is also 'white' in many cultures – the blue colour we learn to associate with 'sky' in school would simply have been understood not as a colour but as depth or distance. 'White' is also 'bone', the rock inside each animal and person, that is returned to the rock or 'bones' of the earth, soon after the transformation of death. The 'light' or 'bone' of the earth is uncovered and shaped to reflect the 'light' of the upper world, the sky and its spirits of light, sun, moon and stars. Simon and Sue Lilly (2011) refer to 'Stonehenge' as "a great revolving celestial mandala made from pillars of light or energy...or that can be accessed by activating the terrestrial stones".

Darvill and Wainwright (2009) believed that the secret as to why Stonehenge was built lay in the Bluestones themselves, "the first stones to be erected at the site", and that if we knew why they were brought from north Pembrokeshire to Stonehenge we would have a lead into one of the reasons why Stonehenge was built.

According to Neil Clark and Einon Johns (2011), during the construction of the outer circle of Stonehenge, small pieces of Preseli Bluestone (spotted dolerite) were buried

beneath the giant Sarsen stones. Some suggest that these were used as markers, but the alternative theory is that the builders of Stonehenge believed that spotted dolerite possessed special powers, or energy, and used the small stones to 'charge' the larger Sarsen stones:

'The belief would be that the great sarsen stones of the outer circle would then behave or function in a similar way to the smaller Bluestones of the earlier inner circle. Interestingly, a number of modern stone circle builders around the world have used Bluestones for this very purpose.' (Clark, N and Johns, E, 2011).

One of the archaeological finds (in 2002) was the grave of the 'the Amesbury Archer', found close to the Stonehenge monument. The bones of the man showed that he was a strong man, who had lived to be 35 to 45 years old – a good age to have reached in the Early Bronze Age. For much of his life he had been disabled as the result of a traumatic injury to his left knee. This had caused an infection of the bone, which would have left him in constant pain. He also had a tooth abscess that had eroded a hole in his jaw. But he overcame pain and handicap. Research has gathered that he was a skilled metalworker who had travelled from the Swiss Alps in 2300 BC when the stones were being realigned into the site we know today. His grave contained intricately crafted gold objects, the earliest found in Britain, and were symbols of status. Metalworkers were the wonder workers of their time – transforming rock into molten metal with the magical element of fire, and casting sacred and profane objects. The fact that the Archer was attracted to Stonehenge reveals its reputation throughout the ancient world. Even though he had been gravely wounded, and suffering in pain from an abscess, he had overcome that pain to travel to Stonehenge. That suggests a reason for his presence at this sacred site – as the healing properties of Bluestone were believed to have been known according to oral tradition and folklore from the last 500 years, which shows that people believed that the stones and the springs and water associated with them had magical powers capable of healing the sick. And of course, recent research has shown the curing benefits of low level magnetic fields which can stimulate rapid healing for broken bones (Darendeliler, M, Darendeliler, A, & Sinclair 1997).

Carn Menyn (or 'Carn Meini')

Carn Menyn is the old name for this stone outcrop, which translates as 'Butter rock'. The name 'Carn Meini' meaning 'Rock of stones' has evolved as a newer version of the name, perhaps because it provides a more logical label for the outcrop.

One feature of dolerite is that it can fracture and crack with ice and frost. Perhaps this was why it was referred to as 'Butter rock'. It splits into neat megaliths that need no further working.

The outcrop sits on top of the Preseli ridge, close to the stone circle of Bedd Arthur, and is believed by some to have been the main source for the Bluestones used in the inner circle at Stonehenge. It consists of an outcrop of white spotted dolerite, which is similar to that of other outcrops in the area, and several other prehistoric sites have been identified nearby (including 'Bedd Arthur').

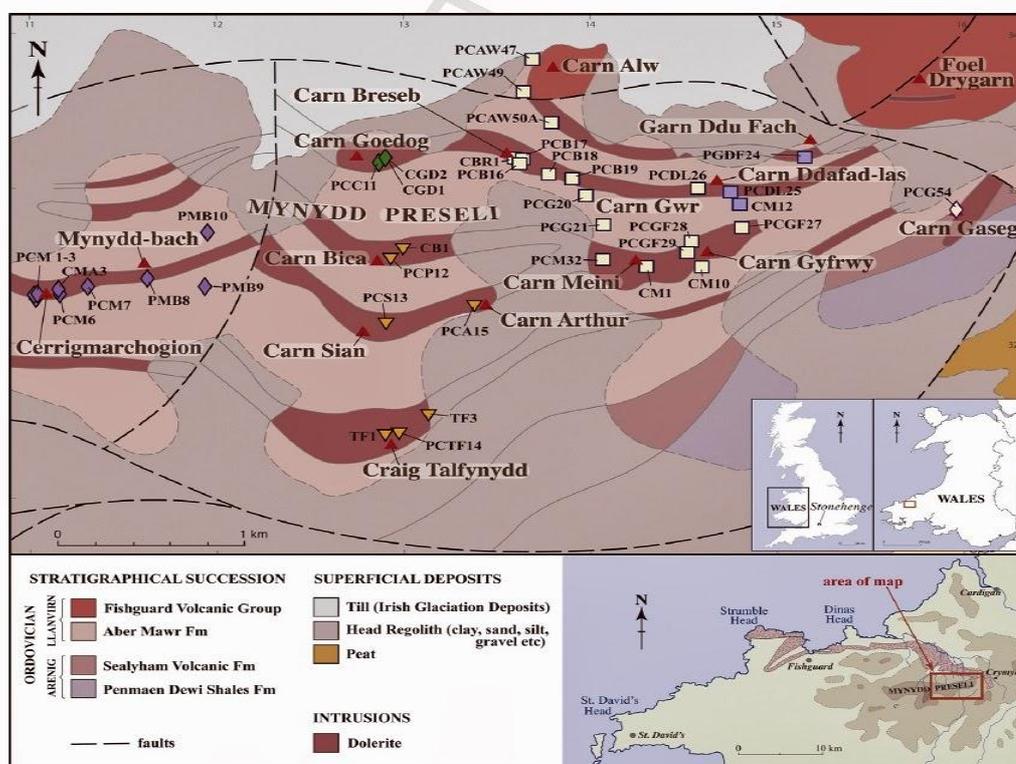
Compasses go crazy in the Preseli Mountains, particularly at Carn Menyn. It was revered as a healing site for thousands of years, as archaeology and mythology attest. The whole site is riddled with geomagnetic anomalies and powerful telluric currents, adding power to the stones.

Geochemical analysis has shown that some of the Bluestones from the inner horseshoe at Stonehenge probably did come from Carn Menyn. However, recent research led by Dr Richard Bevins (2011, 2013) has shown that the stones have also come from other sites

in the Preseli Hills, such as Pont Saeson, Carn Goedog, Carn Breseb, Cerrig Marchogion.

New research on the source of Stonehenge Bluestones

The most recent research by Richard E. Bevins, Rob A. Ixer and Nick J.G. Pearce was published online on 19 November 2013, and then in the Journal of Archaeological Science at the beginning of February 2014. The findings reveal that 'Carn Goedog is the likely major source of Stonehenge doleritic bluestones. The authors re-analysed samples collected over past decades using very sophisticated techniques: 22 samples from Stonehenge and 46 samples of Preseli spotted and unspotted dolerite. They concluded that 12 of the 22 Stonehenge samples have probably come from the Carn Goedog outcrops. Three of the Stonehenge samples have possibly come from the Cerrig Marchogion area, on the crest of the Preseli ridge, and some way to the south-west of Carn Goedog. Five of the Stonehenge samples have come from outcrops in the Carn Gyfrwy-Carn Breseb-Carn Alw area (including one sample from either 'Carn Bica' or 'Carn Ddafad-las').



Bedd Arthur ('Arthur's Grave')

This Neolithic oval stone circle is situated immediately beneath Carn Bica, roughly between Carn Siân and Carn Menyn in the Preseli Mountains. It lies next to an ancient track leading to Carn Menyn.

I was amazed to discover that there was a link between 'Bedd Arthur' ('Arthur's Grave') – the stone circle I had been drawn to visit – and Stonehenge. I hadn't known this when I chose to climb to Bedd Arthur on that May bank holiday. Apart from the possible connection with regard to stones having come from the Carn Bica outcrop, I also came across the following paragraph in Simon and Sue Lilly's book (2011):

'It is likely that the significance of Preseli bluestone was linked to its connection with the place, its history and its ancestral peoples. The exposed, boggy moorland of the hills

make it a difficult place to examine archaeologically, but indications are that the landscape and its stones were manipulated in many ways. The mysterious site of Bedd Arthur, 'Arthur's Grave' is an oval of small standing stones between Carn Arthur and Carn Menyn. Its shape resembles the ground plan of the sarsen trilithons erected at Stonehenge around 1540 BC and is echoed by the inner, oval ring of bluestones, that at a later date were rearranged into an open horseshoe pattern.' (Lilly, S; Lilly S 2011)

I also later discovered that Daniel Defoe wrote a three-volume travel book, *A Tour Thro' the Whole Island of Great Britain (1724-27)*. In this he refers to an important stone circle in the Preseli hills area, called 'Buarth Arthur'. He claims that 'Buarth Arthur' translates as 'King Arthur's Throne', but the Welsh for 'Throne' is 'Gorsedd'. 'Buarth' refers to an 'enclosure' or a 'yard', which might have been the original name of the stone circle, or alternatively, 'Buarth' could be a corrupted written version of 'Bedd':

"...near Kily-maen lwyd, on a great Mountain, a Circle of mighty Stones, very much like Stone-henge in Wiltshire...and tho' the People call it Buarth Arthur or King Arthur's Throne, we see no reason to believe that it had any Relation to him." (Defoe, D, 1727)

Myths, legends and folklore

The Preselis feature in Arthurian legends and in the Mabinogion, a collection of pre Christian Celtic mythology. Such folktales carry with them the resonance of ancient stories of magic and daring. Bedd Arthur is one of many prehistoric monuments in and around Preseli associated with the legendary King Arthur (others include the standing stones known as 'Cerrig Meibion Arthur' ('The Stones of Arthur's Sons'), which according to legend, mark the spot where King Arthur's sons were killed by a wild boar from Ireland, known as the 'Twrch Trwyth'; a natural outcrop called 'Cerrig Marchogion' ('The Stones of the Knights'), and a chambered tomb, known as 'Coetan Arthur' ('Arthur's Quoit').

The Preselis were a stronghold of Celtic cultures who believed the entrance to the Celtic Underworld, Annwn, was in the foothills of The Preseli Mountains, which was of particular significance to Merlin and the Druids. And many locals in Pembrokeshire say that the Bluestones and the springs around their base possess healing qualities.

Geoffrey of Monmouth also states that the stones had medicinal properties that could be accessed by washing the stones and then pouring the water into baths – modern crystal workers make crystal essences the same way.

There is a legend recorded in Geoffrey of Monmouth's *History of the Kings of Britain*, where Merlin has a huge structure known as the 'Giants' Dance' magically transported from Ireland to Salisbury Plain to become Stonehenge. A distorted memory or a confused oral tradition of the long journey of the Bluestones from Wales.

On reading Clark and Johns (2011) book, I came across a lovely folklore about Preseli Bluestone that I had not heard before:

"One day, shortly after the world was created, the sun rose above Carn Meini. Never had such a day been known and the mountain became so hot that it began to turn to water. When night fell every star in the sky was shining brilliantly and all could be seen reflected in the glistening surface of the mount. As night wore on it became very cold and the mountain turned back to stone, capturing the reflection of the sky for ever." (Clark and Johns 2011)

Waldo Williams (1904-1971)

He was born in Haverfordwest, Pembrokeshire, on 30 September 1904, and he died on 20 May 1971. I climbed the mountain to find my stone on 7 May 2012. May was the beginning of my story with Bluestone, and the month in which Waldo passed away and entered the spiritual world; and the proving of Bluestone started on 22 September, the same month that Waldo entered the living world!

Waldo and his poems are a very important part of my story. At times I wasn't sure whether it was the Bluestone or Waldo who were leading me. Waldo's poems have taught me so much. His poetry includes all the Bluestone themes. He lived amongst the Bluestones in the Preseli Mountains, and he's buried at the foothills of the Mountains in Llandissilio. On learning more about his poems and about him, it became so evident that he was at one with the Bluestone 'magic'. He himself says in his sonnet, 'Cymru'n Un' (Wales as One), "Deffrowr pob cyfran fy Mhreseli Cu'/'That which awakened all things was my dear beloved Preseli mountains'. According to Mererid Hopwood (2012) "everything made sense" to Waldo when he moved to the Preseli mountains. And when the War Office threatened to evict more than 200 farmers from their homes in 1947 to transform the Preseli Mountains into a permanent military training base, he was instrumental, along with many others in the community, in safeguarding the sacred hills. His poem 'Preseli' was written as a direct response to the threat.

Waldo is considered one of the most important Welsh poets in the 20th century. He was a poet, pacifist, prophet and visionary. He wrote poetry as a means of expressing his beliefs and promoting his cause. He was a conscientious objector who believed in the brotherhood of man. His poetry articulates an awareness of spiritual community, not just among his contemporaries in Pembrokeshire and in the rest of Wales but also among the community of human beings across the world and through all time. He strongly believed that words alone had no power or relevance; only deeds could bring true meaning to the words. Waldo said "I was greatly moved by Gandhi's powerful criticism of Rabindranath Tagore, the great Bengali poet: 'You give us words instead of deeds'". Gandhi believed in *Satyagraha*, which involved the unity of thought, speech and action, the principle that word and deed should reflect each other. This was a principle that Waldo adopted as a poet. He refused to publish a book of his poems until words and deeds had become one in his life.

To quote Alan Llwyd (2010) in his introduction to his book on 'The Story of Waldo Williams': "In an age of totalitarianism he believed in individualism; in a century of wars he cherished peace; at a time of hatred and persecution he believed in the brotherhood of man; at a time of despair he offered hope. Above everything, he believed that the individual's soul and conscience belonged to the individual himself, and not to the State....Waldo Williams was the poet of the freedom of the individual. He was also a Christian, a Quaker, a socialist and a nationalist."

He has been described as a 'saint', and as someone who was 'pure of heart', who 'spoke from the heart'. And when you speak from the heart, it's a truth worth listening to.

Chapter 5

The substance

*Gyr glaw ar y garreg lom,
Eithr erys byth ar ros bell.
Gostwng a fydd ar gastell,⁶*



The doctrine of signatures

Minerals are the fixed elements in a volatile world. The nature of the original substance and its specific appearance and properties provide important clues to the general picture of the remedy.

Geology

There are many other types of rock that are also called 'Bluestone', based on their colour, rather than any other geological similarity.

The stones of the Preseli mountains represent a range of closely related volcanic rocks which include spotted dolerite, unspotted dolerite and several types of rhyolite. Preseli Bluestone is attributed to the unspotted and spotted varieties of dolerite that form tors, cairns and rock outcrops on the Preseli mountains.

The Pembrokeshire peninsula in south west Wales is particularly interesting geologically. The rocks of the area are a record of the changes throughout Earth's geological history, which can be seen and dated from the fossils present and the rock structures. Very rare 'jellyfish' fossils from 650-545 million years ago have been found there. And fossils from the Cambrian era (454-495 million years ago) are fairly common. Most of the rocks are over 280 million years old and show a wide variety for such a small area. The peninsula

⁶ *Rain drives on the barren rock,
Yet the rock will remain on the moor.
Castles will be demolished,*

From 'Y Tŵr a'r Graig' published in the November 1938 issue of the magazine 'Heddiw'.

itself can be divided into two areas, north and south. The northern half has the older rocks – pre-Cambrian, Lower Paleozoic and Ordovician period, and this is where the Preseli mountains are to be found.

Preseli rocks move of their own volition. Tracks have been left on the bedrock beneath. These are the signs of ancient glacial movements and of centuries of erosion. Looking at Preseli bluestone on a larger scale, its appearance within the landscape is usually dynamic and dramatic. It shoots up in walls and columns, very often seeming to point bony fingers into the sky, which is in sharp contrast with the gently undulating hills of the mountain range. The outcrops often resemble human features, such as faces, or individuals standing together, leaning on each other, reaching, stretching, marching, standing firm. And so, not surprising that my Aron saw 'Indians' on that May bank holiday climb. They seem simultaneously to guard, protect, observe, and direct attention upwards or outwards.

It's an expressive and animate rock. It's harder than granite, and incredibly difficult to work because of the different hardness of crystals in its makeup. But, despite that, dolerite is prone to splitting apart and cracking through the action of cold and ice – hence, possibly the reason behind the name of the 'Carn Menyn' outcrop ('Butter rock'). This only adds to the sense that it is alive and wanting to move.

Not only do these stones move, but they also open doors to other worlds. The constructed caves and portal tombs reinforce this notion. For thousands of years these structures remained a ritualised link between the people on this side of the sun, the living people, and those who had gone below the earth or amongst the stars, the deceased. To ancient people rock was the doorway to the worlds beyond, a world inhabited by spirits, by ancestors, by powerful beings, who could access this world through these openings.

Another striking feature of the Preseli mountains is that many of the rock outcrops have freshwater springs arising from their bases. The links between Preseli Bluestone and water are clearly made by Geoffrey of Monmouth, when he says that Merlin's reason for seeking out the 'Giants Dance' (Stonehenge) is that the stones are for healing, and specifically to be used to charge water with healing properties!

Appearance

The name 'Preseli Bluestone', is sometimes a bit confusing because this stone is not always very blue, and quite a bit of the polished stone looks more green or greenish-grey in colour. But the unpolished stone tends to look a blue-grey colour. Spotted dolerite contains spots or clusters of white plagioclase feldspar, as well as augite, and mica, giving the mysterious glittery effect seen in sunlight. When wet or polished the colours become richer and more intense.

The traditional, as well as the modern healing properties and associations given to crystals and gemstones can very often be seen to derive from a stone's physical appearances and habits, which is completely logical from a traditional and homeopathic viewpoint. With gemstones, colour is usually the primary indicator. The precise colour of Preseli Bluestone will vary from type to type and sample to sample. I would say that the colour of my stone, which is the substance of this proving, is a grey bluey green, dotted throughout with flecks of white of varying sizes, and includes glittery silver specks, as well as very small amounts of a coppery colour.

Very often there is a visual association made with the night sky, and my stone certainly resembles a starry night sky. The interesting thing about Preseli Bluestone is that, close up, the field of deepness breaks up into patterns of smaller elements, different colours.

These are created by the various constituent crystals: the black linear crystals of augite, the blues and greens of feldspars and the larger white feldspar crystals with the spotted dolerite. Often there are small metallic glints of silvery haematite or reddish cuprite. The slight translucence of some of the feldspar allows the eye to enter below the surface of the stone.

It is difficult to place Preseli Bluestone in a definite position within the spectrum. Because of its name, we might tend to favour a position slightly closer to the true blues than to the greens. The ancient Welsh word 'glas' referred to any greeny-blue colour, and the modern Welsh word 'glas' for 'blue', is also used to mean 'green' in reference to 'fertile', 'fresh' and 'new'.

Simon and Sue Lilly (2011) provide an insight to the colour associations in their book. The black elements within Preseli Bluestone suggest the ability to ground energy, to absorb and hold, in contrast to reflecting light back outwards. Black encourages introversion and quiet contemplation. It holds energy focused where it is, but lets the edges blur. Black introduces no added movement to our awareness: we are not swept away, our thoughts are not 'coloured'. Being grounded signifies this state of neutral 'being': present, aware, without distraction and self-reflective. According to Simon and Sue Lilly (2011): "In the esoteric energy maps of the body, the colour black links to the area of legs and feet, including by association, the base of the spine, the root chakra, and to the bones and deep structures of the body".

Blue, particularly the darker, night-time tones, has a similar sedating and quietening effect on the body and mind. But with blue there is more of a sense of space, distance and perspective. A duality occurs with dark blue that is absent with black. We are aware of our senses pushing into the space that opens out with blue. Blue correlates to communication and flows of energy, outwards and inwards. And, blue is associated with the communicating senses and organs in the body, the throat, neck, face, head, eyes, ears and also the understanding 'seeing' mind.

The greens within Preseli Bluestone link to the processes of the natural world, the power of life to expand and grow to encompass more and more of its surroundings. It is the energy colour of relationships, the awareness of 'self' in relation to 'other'. Green-blue is linked to the upper chest area focused on the thymus gland. Green is linked with the whole of the area of the arms and chest, including the heart and lungs. In the body then, green relates to the forces of expansion and contraction, the equilibrium that allows a healthy balance of growth and destruction throughout all the systems of the body. It links to our ability to relate to the world and to others, to maintain personal power and space without encroaching or restricting the space of others.

Where there are visible white inclusions, these become a focus for the mind amidst all the blues and blacks, in much the same way as stars hold our focus in the vast night sky. They give coordinates to the awareness that might otherwise tend to panic with the lack of any dimensional clues. So, the colour white clarifies, reveals, initiates and defines. It brings a sense of simplicity and openness, though it can also be as discomforting in its blanket which is 'all-illuminating', and as ambiguous as black, because it presents all options, all beginnings, all endings in a simultaneous flash. White is sometimes associated with the sacral area of the lower abdomen, linked to creativity and purification, or with the crown chakra at the top of the head, linked to individual spiritual potential.

The primary association of 'white' is with 'light'. The sky is also 'white' in many cultures – the blue colour we learn to associate with 'sky' in school would simply have been understood not as a colour but as depth or distance. 'White' is also 'bone', the rock inside each animal and person, that is returned to the rock or 'bones' of the earth, soon

after the transformation of death. The 'light' or 'bone' of the earth is uncovered and shaped to reflect the 'light' of the upper world, the sky and its spirits of light, sun, moon and stars.

The presence of metallic silver and red introduces, with their reflectivity, a quality of uncovering and revealing. Any mirroring surface was understood to be equivalent to, or a doorway into the spirit world. Mirrors were a magical and shamanic tool, reflecting harm away from the owner and acting as a communication portal. So, any metallic surface brings with it a sense of protection and grounded strength, at the same time potentially opening awareness to hidden levels of reality. Silvery reflection naturally suggests water and moonlight, whilst coppery red reflecting surfaces suggest the energies of fire and the sun.

Rocks, minerals and crystals

Although we think of rocks as minerals, in that they are solid minerals, minerals are not equivalent to rocks! Rocks are generally composed of minerals, so minerals are the building blocks of rocks. And minerals can be found in the form of crystals or non-crystals.

Rocks like limestone or quartzite are composed primarily of one mineral – calcite or aragonite in the case of limestone, and quartz in the case of quartzite. Other rocks can be defined by relative abundances of key (essential) minerals: granite is defined by proportions of quartz, alkali feldspar and plagioclase feldspar. The other minerals in the rock are considered accessory, and do not affect the main composition of the rock.

A mineral is a naturally occurring, usually solid substance, which is stable at room temperature, and has an ordered atomic structure. The formal definition of a mineral approved by the International Mineralogical Association (IMA) in 1995 is:

“A mineral is an element or chemical compound that is normally crystalline and that has been formed as a result of geological processes.”

In rocks, some mineral species and groups are much more abundant than others. The main examples of these are quartz, the feldspars, the micas, the amphiboles, the pyroxenes, the olivines and calcite; and with an exception to calcite, all of those minerals are silicates.

The abundance and diversity of minerals is controlled by their chemistry and structure, which is in turn dependent on elemental abundances in the Earth. The majority of minerals observed are derived from the Earth's crust. The fascinating thing is that there are eight elements which account for most of the key components of minerals, due to their abundance in the crust. These eight elements, summing to over 98% of the crust by weight, are, in order of decreasing abundance: oxygen, silicon, aluminium, iron, magnesium, calcium, sodium and potassium. Oxygen and silicon are by far the two most important – oxygen composes 46.6% of the crust by weight, and silicon accounts for 27.7%.

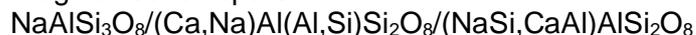
The process of mineral formation is known as crystallization. The minerals that form from these elements are the result of the chemistry of the parent body. For example, a magma rich in iron and magnesium will form mafic minerals, such as olivine and the pyroxenes; in contrast, a more silica-rich magma will crystallize to form minerals that incorporate more SiO₂, such as the feldspars and quartz.

Preseli Bluestone is a silica rich stone, often described as a hard granite type rock containing quartz crystals. The word 'crystal' derives from 'krystallos', the Greek word for ice, which is also the Greek name for quartz, as they believed that clear quartz was ice which had frozen so hard that it would never thaw. Crystal is now the generic term for all solid particles in which the atomic or molecular constituents are arranged according to strict, regularly repeated geometrical design. According to David Lilly (article on British Homeopathic Association website): "The crystal has an infinite capacity to grow by accretion, continually adding to itself, but whilst the creative force urges growth and expansion, it is rigidly constrained and conformed by a strict geometrical design imposed by the formative force, which always achieves the pyramid that finally crowns the crystal – the eternal symbol of spiritual evolution and attainment", which beautifully depicts the duality of Silica! Crystals literally underpin our world. Rocks with high quartz content or with a high metallic content of iron, copper, silver, gold or rutile, form a giant electrical conducting system, amplifying natural Earth energies passing through them. Virtually all sacred sites include pure quartz or rock with high quartz content. Quartz is a storehouse for energy. It vibrates at a very specific rate. When struck or compressed, it creates an electrical discharge that is visible in the dark. When light shines through it, refraction produces a rainbow. Quartz also transmits sound (think of early crystal radio sets). A high ratio of quartz allows rocks to create and convey electromagnetic currents. Preseli Bluestone is a highly electromagnetic and acoustically resonant material.

Composition

In Simon and Sue Lilly's (2011) book, Preseli Bluestone is classed as a metamorphic igneous rock mainly comprising plagioclase feldspar and augite, as outlined below:

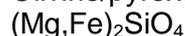
Plagioclase feldspars:



Augite:



Olivine/pyroxene (Peridot):



According to Dr Richard Bevins, 'Olivine' was originally present when the magmas cooled but it is unstable at low grade metamorphic conditions, and is the source of the iron and magnesium in Chlorite (see below).

Other minerals are often found in smaller quantities, such as:

Copper: Cu_2

Labradorite: $(\text{Ca,Na})\text{Al}(\text{Al,Si})\text{Si}_2\text{O}_8$

Magnetite: Fe_3O_4

Ilmenite: Fe_2TiO_3

Quartz: SiO_2

Titanaugite: $\text{Ca}(\text{Mg,Fe,Ti})(\text{Si,Al})_2\text{O}_6$

Apatite: $\text{Ca}_3(\text{PO}_4)_3(\text{F,Cl,OH})$

Calcite: CaCO_3

Chalcopyrite: CuFeS_2

Hornblende: $(\text{Ca,Na})_{2-3}(\text{Mg,Fe,Al})_5(\text{Al,Si})_8\text{O}_{22}(\text{OH,F})_2$

Pyrrotite: FeS

When verifying my stone at the National Museum, Dr Richard Bevins said that the dolerites of the Preseli mountains had been altered by low grade metamorphism, which had led to the growth of new minerals, namely:

Chlorite: $(\text{Mg,Fe})_6\text{AlSi}_3\text{O}_{10}(\text{OH})_8$
Epidote: $\text{Ca}_2(\text{Al,Fe})_2(\text{SiO}_4)_3(\text{OH})$
Prehnite: $\text{Ca}_2\text{Al}_2\text{Si}_3\text{O}_{12}(\text{OH})$
Pumpellyite: $\text{Ca}_2\text{MgAl}_2(\text{SiO}_4)(\text{Si}_2\text{O}_7)(\text{OH})_2(\text{H}_2\text{O})$
Actinolite: $\text{Ca}_2(\text{Mg,Fe}^{++})_5\text{Si}_8\text{O}_{22}(\text{OH})_2$

He also confirmed that there were Lanthanides and Actinides present in Preseli Bluestone – in quantities down at the ppm (parts per million) level, with some being at concentrations below 1ppm – which are classed as trace elements. As Dr Bevins had recently analysed samples of dolerite from Carn Bica, he kindly let me have his new set of analyses which includes the Lanthanides and Actinides, elements from the gold series and additional elements from the carbon, ferrum and silver series (the sample code number he sent to me was 'PCP 12!'), and I add these elements to the list below.

So, the elements listed in the above chemical formulas include:

Hydrogen series (row 1):

Hydrogen

Carbon series (row 2):

Li – Lithium (identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014)
Be – Beryllium (identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014)
Carbon
Oxygen
Fluor

Silicum series (row 3):

Natrium
Magnesium
Aluminium
Silicium
Phosphor
Sulphur
Chlorum

Ferrum series (row 4):

Calcium
Sc – Scandium (identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014)
Titanium
V – Vanadium (identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014)
Cr – Chromium (identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014)
Mangaan
Iron
Co – Cobalt (identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014)
Ni – Nickel (identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014)
Copper
Zinc

Silver series (row 5) – identified in Dr Bevins' analysis of dolerite from Carn Bica in 2014:

Rb - Rubidium
Sr - Strontium
Y - Yttrium
Zr - Zirconium
Nb - Niobium

Cd - Cadmium

Gold series (row 6) – identified in Dr Bevins’ analysis of dolerite from Carn Bica in 2014:

Cs - Caesium

Ba - Barium

Hf - Hafnium

Ta - Tantalum

Pb - Plumbum

Uranium series (row 7)

Lanthanides: identified in Dr Bevins’ analysis of dolerite from Carn Bica in 2014:

La - Lanthanum

Ce - Cerium

Pr - Praeseodymium

Nd - Neodymium

Sm - Samarium

Eu - Europium

Gd - Gadolinium

Tb - Terbium

Dy - Dysprosium

Ho - Holmium

Er - Erbium

Tm - Thulium

Yb - Ytterbium

Lu – Lutetium

Actinides: identified in Dr Bevins’ analysis of dolerite from Carn Bica in 2014:

Th - Thorium

U - Uranium

I show these elements in the periodic table below.

Periodic table, showing all the elements included in Preseli Bluestone in bold

1 H																	2 He
3 Li	4 Be											5 B	6 C	7 N	8 O	9 F	10 Ne
11 Na	12 Mg											13 Al	14 Si	15 P	16 S	17 Cl	18 Ar
19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe
55 Cs	56 Ba	57 La	72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn
87 Fr	88 Ra	89 Ac															
			57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu
			89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lw

I now realize how striking it is that Preseli Bluestone includes so many elements 'in the mix'! Especially, when you consider that the chemical formula of diamond is **C**, which is the chemical symbol for the element carbon (6). Soot, charcoal and graphite are also made up of carbon atoms and have the same symbol, **C**. While all four minerals are composed exclusively of carbon atoms, their physical characteristics and homeopathic remedy pictures are very different, which illustrates the importance of crystal structure. The sum of the whole is certainly greater than its parts.

Hahnemann states in aphorism 119: "As certainly as each mineral and each salt...differs from each other; just as certainly are they all different and divergent from one another in their morbific and curative actions..."

Preseli Bluestone includes elements from each of the 18 stages (columns), and each of the seven series (rows)! All of the elements included in Preseli Bluestone have been proved, but the special combination and structure of the elements which form Preseli Bluestone are what makes the substance unique. Having said that, many of the symptoms and themes of the 'proved' elements might well be present, and it would be interesting to compare the themes of Preseli Bluestone with the themes that Jan Scholten (1996/2009) has recognized in his work on the elements of the periodic table (see Chapter 9). According to Jan Scholten, each element in the periodic table corresponds to a series and a stage of individual development, and each may be combined to represent a mineral.

But while each of the individual elements of Preseli Bluestone has a remedy picture, taken together, the elements will have a unique remedy picture – it's all in the mix and the structure!

The method

*Glân, glân
Y gwynder cyntaf yw eu cân.*⁷

I conducted a full Hahnemannian proving of Preseli Bluestone under the expert direction of Linda Gwillim (Welsh School of Homeopathy), and in line with guidance taken from Jeremy Sherr (1994) – *The Dynamics and Methodology of Homoeopathic Proving*s.

Preparation

An e-mail inviting provers and supervisors to take part in the proving was sent on 20 August 2012 to Welsh School of Homeopathy current students and ex-students, post-graduates and practising homeopaths associated with the School. The deadline for responses was 14 September 2012.

Arrangements were made for me to go to Helios Pharmacy on 30 and 31 August 2012 to make the remedy under the supervision of John Kirk, the Laboratory Manager.

Six provers and six supervisors were matched on 14 September 2012. Baseline cases of provers were taken by supervisors between 14 September 2012 and 22 September 2012.

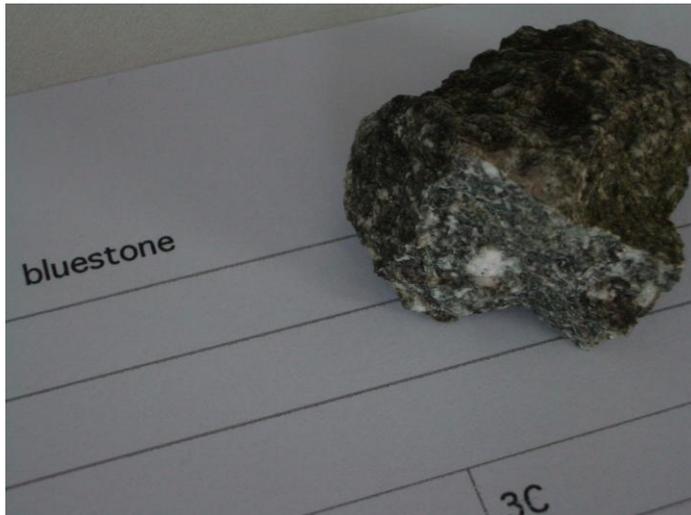
The proving was arranged to start at an initial meeting on 22 September 2012 at 6.30pm in the Welsh School of Homeopathy. After setting this date, I realised that 22 September 2012 was the Autumn Equinox! The final meeting, and end of the proving, was set for 20 October 2012, at 6.30pm at the Welsh School of Homeopathy.

The making of the remedy

I made the remedy at Helios Pharmacy in Tunbridge Wells on 30 and 31 August 2012. I was supervised by John Kirk, the Laboratory Manager, throughout the process. I couldn't have asked for a better supervisor – his support, patience, kindness and expertise was invaluable. Helios Pharmacy follow procedures as laid down in Hahnemann's 5th and 6th edition of the Organon, and their centesimal potencies are always made in 90% alcohol using a minimum of 20 firm hand successions for each step.

I'd planned to wear a pink top for the occasion, but on waking in my hotel room on the morning of 30 August, I felt compelled to wear 'white', even though I would be given a 'white coat' to wear in the lab! The importance of the science of releasing the 'pure' energy of the substance was overwhelming, and I wanted to feel 'clean', 'pure' and 'focussed'.

⁷ Taken from 'Eirlysiâu' ('Snowdrops') by Waldo Williams, first published in 1956. A literal translation would be 'Pure, pure...their song is the earliest sign of pureness'.



Trituration

Trituration is not just the process of making insoluble substances soluble, it also releases the energy of the crude substance. As Hahnemann says in the Organon, aphorism 269a: "Long before I devised this procedure, it was known through experience that several alterations in natural substances could be brought about by friction [in trituration]...The more the steel rod has been rubbed, the greater its magnetic power. Likewise, rubbing a medicinal substance and succussing its solution (dynamization, potentization) develops the medicinal powers lying hidden in the medicinal substance and discloses these powers more and more. The dynamization spiritizes the material substance, if one may use that expression."



By using a neutral (porcelain) mortar and pestle to grind a medication-substance with a neutral substance (lactose powder) the energy will go from one to the other. In releasing the energy, it is not just transferring to the lactose powder, it spreads so that the person grinding is also exposed to the energy during the cycles of trituration.

I triturated to C3, which tends to be the standard. Each cycle includes three stages (each stage lasting 20 minutes). At C1, most symptoms will be on the physical sphere, then in the C2 cycle they're on an emotional level, and then at C3, the key aspects of the mental sphere of the remedy will express themselves. For me, the symptoms weren't so clearly

defined throughout each cycle as I had been 'proving' the substance for some time. But, it was clear to me that the trituration process had come to an end at C3.

C1

At C1, I felt clear, focussed, calm and diligent. I was reminded of the experience of Della's trituration of Lana, as the substance was as pure and white when mixed with the lactose powder. Surprisingly so, as the grinded stone was grey. It looked like soft white fluffy snow.



Two definite circles formed – an inner thick circle and an outer circle. The substance was very pure and white throughout, with no fibres. And, I realised I was wearing a 'White Stuff' top! I decided to remove the dust mask I was wearing as it was uncomfortable. I then felt I could breathe, and the air felt clean and pure.

C2

Before starting this cycle, I had a tea break and met Sue Gilbert who had been a part of the group involved in the proving of Emerald (!) with Moya Ross and Sarah Campbell in 2001. The weather had changed – it had rained slightly just before this cycle, and stopped as I started the cycle. The sky was cloudier. The circles were changing. Firstly, both inner and outer circles were not so perfect, and then they became one circle, and then they finally became a big thick outer circle with a thinner inner circle. The substance seemed 'messier'. Black bits were appearing and then disappearing. The room became dark and then brightened up again. I had a gripey pain in my stomach, which came and

went. I noticed that I was singing 'Stargazer' by Paloma Faith in my head. It was only then that I made the connection! I'd been playing and singing the song since July (2012), and particularly during our holiday in France, near Carnac, where there are more than 3,000 prehistoric standing stones and where we saw two shooting stars! I noticed that I had a good rhythm when turning the pestle, and good technique when scraping, with the substance coming into the middle nicely! I felt as though I was working hard and perfectly focussed. I noticed that when I scraped I turned the bowl clockwise and scraped around anti-clockwise to bring the substance into the middle, and then I'd turn the bowl anti-clockwise and scrape clockwise for inner scraping. And for grinding I turned the pestle clockwise. I tried turning the pestle anti-clockwise, but didn't like it; I had to go clockwise! I was starting to feel achey – an achey back, right hand, and left shoulder. The last scrape was much harder to get off the sides. By the end of this cycle the sky had brightened up and there was blue sky again. I still felt clear, focussed and diligent. My eyes started watering as I was putting the substance from this cycle into the bottle.

C3

I was thinking of my eyes – they were watering and cloudy and then suddenly they had cleared. I'd gone to the toilet before this cycle, and there was a bottle of Euphrasia ('eyebright') by the sink (the only remedy bottle in the room! I've also since discovered that Emerald has an affinity with the eyes!). I'd gone well over time on the first trituration stage – I'd got carried away. I noticed that the substance looked like the moon or the world. I was working methodically. I was still aching. My eyes started to feel a bit gritty, especially the right eye at the beginning of the second stage of trituration. I was thinking about Aron, and family and friends. I noticed that there was more of the substance on the inner sides of the bowl rather than in the centre of the bowl. I noticed I was feeling clear and focussed and that my eyes felt clear again. I started thinking about the full circle of the homeopathy course; the beginning and now nearing the end. I was so excited at the beginning of the course, almost sick with excitement, and that's how I was feeling about this proving, a nervous excitement with a fire in my belly. It was that feeling of 'I have to do this', despite the sacrifices, it's my destiny, I have no choice, but so excited and completely bowled over by it, with the same fire in my belly. I felt as though I was learning so much. I felt so privileged to be at Helios. It was striking how meticulous John and Helios were about the triturating process. I felt as though the proving was encapsulating and exemplifying everything that I had been taught and was still learning; the whole process: being drawn to the substance, experiencing the essence of the substance, making the remedy, themes, symptoms, repertory, materia medica...everything. At the end of stage 3, I felt as though I had come full circle and the trituration process was complete, was 'whole'. My beautiful substance looked like flattened snow, not fluffy, not sticky, but tightly packed. There was nothing further to add. We had come full circle.

Beyond C3 trituration

60mg of the C3 substance was then mixed with 3ml of pure water in an amber bottle and shaken gently. I was amazed to see the fibres of the substance lift in the water and then completely disappear! My stone was now soluble!

Then 3ml of 90% ethanol was added to the soluble substance in the bottle, and this was succussed to give 6ml of 4C (i.e. 60mg of C3 in 6ml water/ethanol). One drop of this was then used to continue the centesimal dilution.

Potentisation - dilution and succussion

The process of potentisation involves the repeated dilution and shaking (succussion) of a substance. In the process, healing effects are amplified. As Hahnemann found, dilution without succussion will not make a medicine; both stages of the process are necessary.

While dilution reduces the toxicity of the original substance, succussion releases the dormant energy of that substance into the liquid carrier to give the remedy its healing effect.

I made the remedy up to 30c potency, again under the supervision of John Kirk. What was striking about the potentisation process was that I firstly found it difficult to get past 12c. I mistakenly added more than one drop into the 99 solution to make 13c several times, and so had to keep trying to make 13c until I eventually managed one drop. And then the same thing happened again after 24c. Strangely, having got past 24c, and at 26c, John noticed that I had made two bottles of 24c! This meant that I had to go back to 23c and start again from there, and once again 25c took a few trials to get right!

I felt very emotional on reaching 30c, and John said 'It's been a long journey!'. It felt like that – I was overwhelmed by the fact that Preseli Bluestone was now a potentised remedy! It was the end of that journey and the beginning of another!

The proving

Knowledge of the remedy

Other than myself, the remedy was only known by John Kirk at Helios (who had no connections with any of the provers) and Linda Gwillim, a Director of the Welsh School of Homeopathy and overall supervisor of this proving project. The identity of the remedy was not revealed to anyone else until the final meeting of the proving on 20 October 2012.

Provers and supervisors

Six provers and six supervisors volunteered to take part in the proving:

- There was one male prover.
- There were two provers and two supervisors from England, and of these four, the two provers and one supervisor were living within close proximity to Avebury and Stonehenge! Two of them were living in Wiltshire and one in Glastonbury.
- There were four provers and four supervisors from Wales. Of these, three provers and three supervisors were from South West Wales, and one prover and one supervisor from North West Wales. Two of the provers and one supervisor from South West Wales lived within close proximity to the Preseli mountains!
- Four of the supervisors were practising homeopaths; and the other two were third year students of homeopathy at the Welsh School of Homeopathy.
- Two of the provers were practising homeopaths; two were third year students and one was a fourth year student of homeopathy; and there was one prover with no homeopathic training.

The proving potency

I decided to use a 12c potency for the proving. The difficulty in getting past 12c and 24c was the initial trigger for that. And then the significance of 12 with regard to the substance and the proving became evident to me (at the time, and since then!). I include some examples here:

- 12c is described as a 'harmonic' potency, which resonates on a physical and mental level.

Robert Field (2014) describes the concept of a 'harmonic' potency as:

"Everything in this universe is a waveform. This can be referred to as a sine wave

signature, or it can be interpreted as sound...If we choose to look at reality through the looking-glass of wave form and sound and superimpose it on humans in the expression of health and disease we can then begin to talk about homeopathy. The musical scale is a very good way to talk about the wave-length of sound. Remember we can see all expressions of life as emitting its own sound. The chromatic scale on a piano consists of 13 notes. These are the 12 keys (both black and white) in an octave of the piano plus the first note of the next octave. When we tap on any key the hammer drops on the string causing the string to vibrate and send that vibration to the soundboard that amplifies and broadcasts the sound. That sound wave can interact with any other object that is tuned to the same wavelength. When the object receives the sound it too will start to vibrate. This is the principle of resonance... Musicians, music theorists and physicists recognized that there are sounds between the notes called overtones. Between each step of the chromatic scale there are 12 major overtones. These overtones can go up or down. So we have a holographic expression of the scale between the notes of the scale. At specific places on the length of the piano string there are points that activate the overtones as well. We call these harmonics. When a harmonic is played we can hear the notes and its overtones played at the same time. It really is a holographic expression of the note.”

- 12c (or 24x on the decimal scale) is regarded as the potency where no original substance is left in the remedy. This is calculated by using Avogadro's number (the number of carbon-12 atoms in 12 grams of carbon). My interpretation of that is that it is a potency which represents the 'cut-off' point – i.e. the beginning of a 'completely' dynamic scale of potencies and the end of the dynamic potencies which contain some molecules of the original substance.
- 12 cycles of the moon.
- 12 signs of the Zodiac.
- 12 months in a year; 12 hours on a clock; 12 hours of day; 12 hours of night.
- Proving project taking place in 2012.
- The start of the proving period (22 September 2012) was the Autumnal Equinox. An equinox occurs twice a year – around 20 March and 22 September. The word 'equinox' is derived from the Latin 'aequus' (equal) and 'nox' (night), and the oldest meaning is the day when daytime and night are of approximately equal duration (i.e. 12 hours of day and 12 hours of night).
- 12 knights at King Arthur's Round Table.
- 13 remaining stones at Bedd Arthur in an oval shape, which could represent King Arthur and his 12 knights.
- I coincidentally (!) discovered that the 12th disciple Judas was replaced by Matthias. There was a Biblical significance to the number 12. It was considered a perfect number, symbolizing completeness and God's power. In the book of Revelations, there are many references to the number 12, including 12 gates and 12 angels.
- Waldo's sister died at 12 years of age; links with his poem 'Geneth Ifanc' about the prehistoric stone skeleton (see Chapter 1).

- 6 provers and 6 supervisors taking part in the proving, i.e. a total of 12.
- My great Aunty Joan died on 12 September 2013, and her funeral was held on 24 September 2013 (12 months after the beginning of the proving period). Her last words mentioned that it was '12', that she was surrounded by light, and that the time had come. She was the last of my maternal grandparents' sisters and brothers to pass away. She was the 'single gem' I mentioned in chapter 3.

The proving period

The initial meeting, and start of the proving period, was on 22 September 2012. This date was a Saturday which fitted in well with the travel arrangements of the provers and supervisors taking part, and with other Welsh School of Homeopathy commitments. It was fate that this date was the Autumn Equinox! It was meant to be! At this meeting the process was explained, instructions were provided, and notebooks and remedies were distributed. Appendices I, II and III include the instructions for provers and supervisors. These provide a detailed account of what was involved. The proving took place over a four week period. The final meeting, and end of the proving, was set for 20 October 2012, at 6.30pm at the Welsh School of Homeopathy. At this meeting all notebooks were collected, symptoms, experiences and themes were discussed, and the substance was revealed.

Placebo

I decided not to use a placebo as there were only 6 provers taking part, and I didn't want to not include the symptoms of even one of those provers. I also feel that the use of a placebo in a homeopathic proving is questionable, as we are proving the 'energy' of the substance. As Jeremy Sherr (1994) notes "A proving is an artificial epidemic. All the individuals participating become a whole and unified organism. They share the same source and their vital forces merge". It is therefore likely that a prover taking a placebo will also prove the substance. Jeremy Sherr (1994) also says that in his experience with provings, symptoms which are highly consistent with the proving symptoms have occurred in people who were not participating in the proving directly, but who were close to the provers: "For instance in the proving of Diamond quite a few provers experienced tearing or straining of tendons and ligaments in the ankle and wrist joints. However, in addition to the provers experiencing these symptoms a large number of 'extras' – supervisors, placebo provers, other class members and close relatives – experienced similar injuries, all unusual occurrences. This 'echo' of physical, mental and emotional symptoms has been repeated consistently during other provings...Pendulums swinging in proximity will eventually synchronise their rhythms...This phenomenon also raises questions concerning the validity of administering placebo in provings".

However, again as noted by Jeremy Sherr (1994), one good reason for the use of a placebo is to ensure that provers are being extra careful when relating their symptoms, in that if each of the provers think that there's a possibility that they might be taking 'sac lac' and not the substance, they will be extra vigilant about differentiating symptoms which might be their own, and it can negate the 'placebo' effect. For that reason, I wanted the remedy bottles to be coded by John Kirk at Helios, and the remedy number was clearly marked on the name label of each prover's notebook, so as to give the impression that a placebo might be administered. Comments noted in provers' notebooks confirmed that the provers thought that placebo might have been administered.

Instructions for provers and supervisors

The instructions for provers and supervisors, including an 'additional' set of instructions for provers and supervisors' are included in Appendices I, II and III. These include the requirements of the proving, lifestyle issues, instructions on how to take the remedy, and note symptoms, as well as clarification of the roles of provers, supervisors, my role as co-ordinator, and Linda's role as director.

Extraction of symptoms

Provers and supervisors' notebooks were collected at the final meeting on 20 October 2012. I extracted the symptoms from the notebooks between February and May 2013, again using Jeremy Sherr's guidelines. Some of the supervisors own symptoms were valid, and have been included and identified as supervisor symptoms. Two of the supervisors, in particular, were very sensitive to the energy of the substance, and the inclusion of their symptoms enhance the detail and the overall view of the remedy picture. One of the supervisors was blown away by the effects of the remedy:

"Day 2. I knew I would be sensitive to the remedy and I feel like I have taken it also... This is beyond my wildest dreams of how the remedy can come in and portray itself. Wonderful. (S2)"

Repertorisation of symptoms

Converting proving symptoms into repertory language and grading each symptom has been a painstaking task. Although I had repertorised many of the physical symptoms by February 2013, this work was not completed until October 2015. I have followed the same order as the repertory, where possible.

According to Jeremy Sherr (1994): "...experience has shown that the duty of the repertoriser is to provide the most truthful, simple and elegant translation of each symptom into an accurate and practical rubric".

Chapter 7 includes a repertory of headings and rubrics. I was intending to include a repertory with the provers/supervisors evidence in an Appendix, but as the complete repertory (including evidence) is 500 pages long, I haven't included it. I hope that I have managed to give an overall feel of the totality of the provers/supervisors evidence in Chapter 8 on the themes.

The repertory

*Mi welais drefn yn fy mhalas draw*⁸

Mind symptoms

Ability, mental (see Mental power – increased)

Absentminded (four provers and one supervisor)

- Conversing, when (one prover)
- Driving, while (two provers)

Absorbed, in thoughts (four provers and two supervisors) (see also Meditating; Thoughts – thoughtful; Tranquillity – contemplative)

Acceptance (two provers)

Accident-prone (five provers and one supervisor)

- Burn (one supervisor)
- Car (two provers and son of prover)
- Cut fingers (one prover)
- Door (one prover)
- Fall (one prover)
- Clumsy – fingers (five provers and one supervisor)
- Clumsy – biting tongue (one prover)
- Clumsy - distracted (four provers and one supervisor)
- Clumsy – tripping/falling (two provers)

Activity – desires activity (two provers and one supervisor)

- Creative activity (one prover)
- Day (one prover)
- Day and evening (two provers)
- Physical pain, in spite of (one prover and one supervisor)
- Sleeplessness, in spite of (one prover)

Affectionate (one prover)

- Husband
- Family

Agitation (see Excitement)

Ailments from (three provers and two supervisors)

- Anger (see Anger)
- Anxiety (see Anxiety)
- Business failure (one prover)
- Cares, worries (two provers)
- Discords (one prover)

⁸ Taken from 'Preseli' by Waldo Williams, first published in 1956. Translated by Waldo as 'I glimpsed the order of a kingly court'.

- Emotions, sad (two supervisors)
- Excitement (see Excitement)
- Fright (two provers)
- Irritability (See irritability)
- Mental shock, from (one prover)
- Sexual suppression/frustration (one prover)

Air – amel (one prover and one supervisor)

Alert (see also Concentration – active) (three provers and one supervisor)

Alone, being

- Aversion of being alone (see Company – desire)
- Desire to be alone (see Company – aversion)
- Sensation of being alone (see Delusions – alone; Forsaken)

Annoyed (see Irritability)

Anger (four provers and two supervisors)

- Business, about (one prover)
- Disgust, with, about vaccinations (one prover)
- Herself, with (one prover)
- Menses, before (two supervisors)
- Other people, with (one prover and two supervisors)
- Remedy, taking, about; no time to be ill
- Reproaches, from
- Resentment, from
- Sexual frustration, due to (one prover)
- Tranquillity, with

Anguish (one prover)

- Not able to do what wants, from; driving to tidying frenzy

Anticipation (five provers and two supervisors)

- Health, about (one prover)
- Meeting, before (one supervisor)
- Moving house, before (one prover)
- Proving, about (two supervisors)
- Receiving something in time, about (one prover)
- Remedy, on taking (two provers)
- Something bad, sense of (two provers and one supervisor)
- Waiting, something's coming, sense of (one prover and one supervisor)

Antisocial (two provers and one supervisor)

Anxiety (five provers and two supervisors)

- Ailments, from (three provers and one supervisor)
 - Nausea/sick in stomach (two provers and one supervisor)
 - Tingling down neck and spine; anxiety in upper chest affecting breathing. Day 0. Panicky. Mind jumping. Confused
 - Druggie feeling. Rushy buzzy head and energy rise. Senses open. Heart region.
 - Nausea. Emotion in abdomen. Rising into throat. Feel sick. Heart rate increase. Panic. Perspiration

- Tremulous. Anxiety in head, chest and stomach
- Fear, with.
- Fear, adrenaline, heart beating faster
- Spaced-out. Bone exhausted
- Restless. On edge. Weepy. Strung out. Nerve popping.
- Anticipation from (three provers and two supervisors)
 - Health, about own health:
 - Meeting, before:
 - News, as though she would hear unpleasant (one supervisor):
 - Proving, about (two supervisors):
 - Receiving something in time, about:
 - Remedy, on taking (two provers):
 - Something bad, sense of (one prover and one supervisor): Breathing deeply, amel (S2)
- Work pressure, about (one prover)
- Conscience; anxiety of (two provers)
- Driving, while (one prover and one supervisor)
- Future, about (two provers and two supervisors)
- Finances, about (two provers)
- Health, about (three provers)
 - Others (two provers)
- Own (one prover)
- Incidents, about (one prover)
- Journey; before a (one supervisor)
- Nausea, with (one prover and one supervisor)
- Others, for (three provers)
- Proving, about (two provers and two supervisors)
 - Proving, about (two supervisors):
 - Remedy, on taking (two provers):
 - Shortlived (one prover and one supervisor)

Apathy (see Ennui; Inactivity; Indifference)

Assertive (see Confident)

Astonished (three provers and two supervisors)

Automatism (see Unconsciousness – conduct)

Aversion (four provers and three supervisors)

- Communicating (three provers and two supervisors)
- Proving, taking part in (two supervisors)
- Work (two provers and one supervisor)

Awareness heightened (three provers and two supervisors) (See also Intuitive; Propheying; Senses – acute/heightened; Sensitive)

- Animal/insects awareness (two provers and one supervisor)
 - Spiders (two provers):
 - Hedgehog (two provers)
 - Foxes (one prover)
 - Bats (one prover)
 - Frogs/Toads (two provers and one supervisor):

- Snails and slugs (one prover and one supervisor)
- Birds awareness (one prover and one supervisor)
 - Birds of prey (one prover and one supervisor)
 - Red Kite (one prover and one supervisor): Day 27. Red Kite – notice all around.
Red Kite: Red Kite
 - Buzzard (one prover).
 - Owl (one prover). Owl. (P6)
- Body, of; centred in body; feels (two provers)
 - Eyes (two provers)
- Colours (see Sensitive – colours, to)
- Self, of (two provers and two supervisors)
- Stillness, with (two provers)
- Synchronicity, of (two provers and one supervisor)
- Thoughts and feelings, of (two provers and two supervisors)
- Trees (one prover and one supervisor)

Awe (see Astonished; and Veneration)

Awkward (five provers and one supervisor) (see also Accidents-prone)

- Accidents
 - Burn (one supervisor)
 - Car (two provers and son of prover)
 - Cut fingers (one prover):
 - Crushed fingers (door) (one prover)
 - Fall (one prover)
- Clumsy - fingers (five provers and one supervisor)
- Clumsy - tongue (two provers)
- Clumsy - distracted (four provers and one supervisor)
- Clumsy - tripping/falling (two provers)

Balanced (two provers)

Balance in life: need for (see Inconstancy)

Blissful feeling (three provers)

Busy (four provers and two supervisors)

Calmness (see Tranquillity)

Cares, full of (see Anxiety)

Censorious (see Petulant)

Centred (two provers)

Changeable Emotions (six provers and two supervisors)

Cheerful (three provers)

Childish (one prover) (see Petulant also)

Closed (one prover)

Clairvoyance (see Prophecy)

Clarity of mind (four provers and one supervisor)

Colours (one prover)

- Blue, desire for
- Bright; desire for

Communicative (two provers)

Company (two provers and three supervisors)

- Aversion (two provers and one supervisor)
- Desire (one prover and two supervisors)
 - Family, of his (S2) (one prover and one supervisor)

Complaining (three provers and one supervisor)

Concentration (three provers and one supervisor)

- Active (see Alert also) (three provers and one supervisor)
- Difficult (three provers)

Confidence (three provers and two supervisors)

- Want of self-confidence (three provers and one supervisor)
 - Support, desires (one prover and two supervisors)

Confident (three provers and one supervisor)

Conflict (two provers and one supervisor)

- Aversion to (two provers)
- Resolve a conflict; unable to (two provers and one supervisor)

Confusion of mind (four provers)

- Lost feeling/knows not where he is (one prover)
- Reading, while (one prover and one supervisor)
- Sexual longing/frustration, from (one prover)
- Sleep; loss of sleep; from (two provers)
- Talking, while (one prover)
- Trifles about, and clarity of broader picture (one prover)
- Unfocused (two provers)
 - Vexation, after (one prover)
- Walking, while (one prover)

Conscientious about trifles (two provers)

Content (four provers)

- Alternating with sadness (one prover)
- Himself, with (four provers)
- Life are ideal; circumstances of/with himself and others (two provers)
- Others, with (one prover)

Contradiction (one prover and one supervisor) (see also Intolerant)

- Disposition to contradict (one supervisor)
- Intolerant of contradiction (one prover)

Contradictory (five provers and two supervisors)

Contrary (two supervisors)

Courageous (three provers and two supervisors)

Creative (see Activity – desires – creative)

Curious (one prover)

Cursing (two provers and one supervisor)

Decisive (two provers and one supervisor)

Defensive (see Offended)

Déjà Vu (one prover)

Delusions (= imaginations)

- Accidents (one prover)
- Alone, being; world; alone in the (one prover and one supervisor) (See also Forsaken)
- Ancestors, awareness of spirits of; feel in abdomen (one prover)
- Belong to her, nose and fingers don't (one supervisor)
- Birth, like giving (one supervisor)
- Brain, being pressed and squeezed (one prover)
- Brain in two parts (two provers)
- Butterfly, she is (one supervisor)
- Changed, everything is; transforming (two provers and one supervisor)
- Coffins (one prover and one supervisor)
 - Coffin, in a; lying in a morgue (one prover):
 - Coffins, imagines as cocoons (transformation) (one supervisor)
- Crashing car; turning it over (one prover)
- Driving, strange, surreal is (one prover)
- Emptiness (two provers)
- Energy, moving upwards through body (one prover and one supervisor)
- Hunted, he is; running scared (one prover)
- Letting go of past/ridding of things not necessary to carry/unlocking something (one prover)
- Mud, walking through/stuck in mud (one prover)
- Negative energy at play (one prover)
- Numb, being (one prover)
- Observing oneself (see Delusions – seeing herself) (one prover)
- Old, feels (one prover and one supervisor)
- People, repulsive (one prover)
- Pregnant, sensation as though (one prover)
- Pursued; he was (one prover)
- Safe, she is (one prover)
- Safe, she is not (two provers)
- Seeing herself (one prover)

- Sees something; when he, someone else's eyes; seems as though he saw through (one prover)
- Swimming against tide/set apart from mainstream/everything ebbing away (one supervisor)
- Transformed: he is (two provers and one supervisor)
- Vibrations, hear (one prover)
- Water, of (one prover and one supervisor)
- Wild banshee woman (one supervisor)

Depression (see Sadness)

Desires (two provers and two supervisors)

- Birds (cranes), to see (one prover)
- Bright colours, to wear (one prover)
- Smoking, to stop (two supervisors)

Despair (three provers and two supervisors)

- Accident, about (two provers)
- Humanity, of (one prover)
- Proving, about (one prover and one supervisor)
- Supported, wants to be (two supervisors)
- Work, over his (one prover)

Despondency (see Sadness)

Detached (two provers and one supervisor)

Determination (one prover)

Dishonest (see Untruthful)

Direction; sense of (see Orientation)

Disconnected feeling (see Estranged)

Discontented (five provers and three supervisors)

- Everything, with (four provers and two supervisors)
- Health, about (one prover and one supervisor)
- Himself, with (four provers and two supervisors)
- Menses, before (one prover and two supervisors)
- Objects, with (two provers)
- Others (two provers and one supervisor)
- Proving, about (two supervisors)
- Surroundings, with two supervisors)

Disgust (two provers)

- Grossness, of physical things (two provers)
- Humanity, shortcomings of (two provers)
- Meat, of
- Slugs, of (one prover)

Disruption (four provers and two supervisors)

Doubtful – sceptical (three provers and one supervisor)

Drugs – taken drugs; as if one had (two provers and one supervisor)

Duality, sense of (see Contradictory; Extremes)

Dullness (four provers)

Dwells (two provers and one supervisor)

- Past disagreeable occurrences (two provers and one supervisor)
- Happy moments; dwells on past: (one prover)

Ecstasy (three provers and one supervisor)

Efficient, organized (three provers and one supervisor)

Emotions (six provers and two supervisors)

- Changeable (six provers and two supervisors)
- Loss of (one prover)
- Spontaneous (six provers and two supervisors; see Changeable above)
- Suppressed (one supervisor)

Emptiness of the mind; sensation of (see Delusions – emptiness)

Energized, feeling (four provers)

Ennui (=tedium) (four provers and three supervisors)

Equinox, agg (one supervisor)

Estranged (three provers and one supervisor)

- Family, from (one prover and one supervisor)
- Cut-off, feels (two provers and one supervisor)

Euphoria (see Ecstasy and Energized)

Exaggerating (four provers and one supervisor)

- Difficulties (one prover)
- Emotions (two provers)
- Senses (two provers and one supervisor)

Excitement (four provers and two supervisors)

- Anticipating events, when
- Buzzing
- Company, in
- Good news, after
- Hysterical
- Joy, from
- Nature, about
- Nervous
- Proving, about

- Remedy, on taking
- Weather; windy

Exhausted (see Prostration)

Expansive (= too demonstrative) (two provers and two supervisors)

Expressing oneself (three provers)

- Cannot express oneself (two provers)
- Desire to express oneself verbally (two provers)
- Writing, in (one prover)
- No desire to express oneself (two provers)
- Poetically (one prover)
- Purpose, with (one prover)
- Unclearly (two provers)
- Verbally – muddled, mis-spoken (two provers)

Extremes (four provers and two supervisors)

Fastidious (two provers)

- Perfect way; wants to perform in a (one prover)
- Order, for (one prover)
- Work; in his (one prover)

Fatalistic (see Indifference – future; and Resignation)

Fear (five provers and one supervisor)

- Accidents, of: car (one prover)
- Alone, being (one prover)
- Alternating – Mania (one prover)
- Car, sitting in/driving (one prover)
- Causeless (three provers)
- Communicating on phone (one prover)
- Crowd, in a (one prover)
- Disease, of impending (two provers)
- Failure (one prover)
- General fear of things (two provers)
- Jumping with (two provers)
- Neck, want to protect (one prover)
- Negative energy (one prover)
- Palpitation, with (three provers and one supervisor)
- Phone (two provers)
- Remedy (two provers)
- Shortlived (two provers)
- Something will happen (three provers and one supervisor)
- Sudden (panic) (five provers and one supervisor)
- Tremulous (two provers and one supervisor)
- Undertaking a new enterprise (two provers)
- Unknown, of the (one prover and one supervisor)
- Wind, of (one prover)

Fire (three supervisors)

- Near the fire; desire to be (two supervisors)

Flattered (one prover)

Flexibility (one prover)

- Lack of (one prover)

Focus (see Concentration)

Forebodings (two provers and one supervisor)

Forgetful (four provers and one supervisor)

- Everything (three provers)
- Keys (one prover and one supervisor)
- Objects (two provers and one supervisor)
- Old people, of – like (one prover)
- Words, while speaking (one prover)

Forgiving

Forsaken feeling (three provers and two supervisors) (See also Pities herself)

- Isolation; sensation of (two provers and one supervisor)
- Joyless, feels (one supervisor)

Frightened easily (three provers)

Frustrated, sexually (one prover)

Fuzziness (see Confusion)

Giggling (two provers and one supervisor)

Good for nothing; sensation of being (see Discontented – himself – good)

Gratitude (two provers and one supervisor)

Grief (two provers and two supervisors)

Grounded (two provers)

Grumbling (three provers and one supervisor)

Guilty, as if (see Anxiety – conscience)

Happy (see Cheerful)

Hardhearted (see Detached and Estranged)

Hazy, feeling (see Confusion)

Harmony (two provers and one supervisor)

Heaviness, sensation of (two provers and one supervisor)

Helplessness; feeling of (four provers and two supervisors)

Hesitating (see Irresolution)

High-spirited (see Cheerful)

Home (two provers and two supervisors)

- Desires to go (one supervisor)
- Desires to be at home (two provers and two supervisors)
- Soothing

Howling (one supervisor)

Impatience – tired, when (two provers) (see also irritability)

Inactivity (three provers and three supervisors)

Inconstancy (six provers and two supervisors)

Independent (two provers and one supervisor)

Indifference (six provers and four supervisors)

- Appearance to (one prover)
- Communicating to (three provers and two supervisors)
- Dead, as though I was/being observed (one prover)
- Drinking, to (one prover)
- Duties, to (three provers and one supervisor)
- Eating, to (one prover)
- Everything to (four provers)
- Fear, with, in background (one prover)
- Future, to (two provers)
- Lack of emotional reaction, with/like observer (two provers)
- Nature, to (one supervisor)
- Proving, to (two provers and two supervisors)
- Sadness, with (one supervisor)
- Spending money, to (two provers [on same day])
- Surroundings, to (one supervisor)
- Writing, to (three provers and one supervisor)

Indignation (two provers and two supervisors)

- Menses, before, and with anger (two supervisors)
- Self-reproach, with (one prover and one supervisor)
- Slander, due to (one prover and one supervisor)

Industrious (see Busy)

Insanity (two provers and two supervisors)

- Company, with desire for (one supervisor)
- Laughing hysterically (one prover and one supervisor)
- Mania (one prover)

Intolerance (three provers and three supervisors)

Intoxication (see Stupefaction)

Introspection (two provers)

- Awareness of environment, with (two provers)
- Reflecting, on self (two provers)
- Meditating (four provers)

Intuitive (five provers and three supervisors) (see also Awareness Heightened; Propheying and Sensitive)

- Big picture, of (two provers and three supervisors)
- Connections with other remedies, of (two provers and one supervisor)
 - Barn Owl (one prover)
 - Daffodil (one prover)
 - Holmium Oxidatum (Lanthanides) (one prover)
 - Latex, and AIDS miasm (one supervisor)
- Inner compass, of (two provers and three supervisors)
- Premonitions/Telepathy (three provers and one supervisor)
- Symbolic signs, of (two provers and two supervisors)
- Transformation/rite of passage/dynamic shift (two provers and one supervisor)

Irresolution (=indecision) (two provers and two supervisors)

Irritability (six provers and three supervisors)

- Calmness, with (one prover)
- Clumsiness, about (one prover)
- Events, about (two provers)
- Headache, with (one prover)
- Menses, before (one prover and two supervisors)
- Objects, with inanimate (two provers)
- Pain, during (one prover)
- People, with (five provers and two supervisors)
- Proving, about (one supervisor)
- Questioned, when (one supervisor)
- Sadness, with (one supervisor)
- Sexual excitement, from (one prover)
- Tidy, on trying to (one prover)
- Tiredness, with (four provers)
- Working, when (one prover)

Jumping (three provers)

- Mind, of (one prover)
- Fear, body jumping from (two provers)

Laughing (three provers and two supervisors)

- Drunk/intoxicated, as if (one prover and two supervisors)
- Easily (two provers)
- Hysterical (one prover and one supervisor)
- Joy, with excessive (two provers)
- Mistakes, at (one prover)
- Tiredness, with (one prover)

- Trifles, at (one prover)

Lethargy (see Inactivity)

Letting go (two provers)

Love (two provers and three supervisors)

- Family, for (one prover and two supervisors)
 - Brother (one supervisor)
 - Husband (one prover and one supervisor)
- Home (one prover and one supervisor)
- Love and loss (one prover and two supervisors)
- Loved and appreciated, feel (one prover)
- Trees, for (one supervisor)
- Universal love (one supervisor)

Loquacity

- Loss of (one prover)

Low-spirited (see Sadness)

Malicious (one prover)

Mania (one prover and two supervisors)

- Alternating with, depression (one prover and one supervisor)
- Boisterous (one prover)
- Evening (one prover)
- Menses, before (one supervisor)

Meditating (three provers)

Melancholy (see Sadness)

Memory (four provers and two supervisors)

- Active (three provers and two supervisors)
 - Clarity of thoughts (three provers)
 - Creative (one prover)
 - Heard, for what one has: (one prover)
 - Past events, for: (two provers and one supervisor)
 - Seen, for what one has: (two provers and one supervisor)
 - Smells, for (one prover)
 - Writing thoughts (one supervisor)
 - Words, for (one prover)
- Weakness (four provers and one supervisor)
 - Alternating with active memory (two provers)
 - Expressing oneself, for (one prover)
 - Numbers (two provers)
 - Objects (three provers and one supervisor)
 - Reading, while (one prover)
 - Words, for (two provers)
 - Writing, for (two provers)

Menses (one prover and two supervisors)

- Before (one prover and one supervisor)
- During (one prover)

Mental power (two provers)

- Increased (two provers)

Mistakes: making (six provers and two supervisors)

- Accidents (six provers and one supervisor)
- Articulating (one prover)
- Calculating, in (one prover)
- Localities, in (one prover)
- Objects, with (two provers)
- Perception, of – misunderstands what she has seen or heard (one prover and one supervisor)
- Perception, of – others misunderstanding her (one prover)
- Speaking, in (one prover)
 - Sounds, transposing
 - Misplacing words (one prover)
 - Muddled words (one prover)
 - Mispronouncing words (one prover)
- Reading, in (one prover)
- Writing, in (two provers)

Mood (six provers and four supervisors)

- Agreeable (four provers and one supervisor)
- Alternating (six provers and two supervisors)
- Changeable (six provers and two supervisors; see Alternating)
- Repulsive (=negative) (six provers and four supervisors)

Moon, full moon, agg (one supervisor)**Morose (=gloomy, fretful, ill humour, sullen) (see Mood – repulsive)****Negative (see Mood – repulsive)****Nothingness; sensation (see Delusions – emptiness)****Offended (three provers and one supervisor)****Optimistic (five provers and two supervisors)****Organized and methodical (see Fastidious)****Orientation; sense of (one prover)**

- Decreased; direction; sense of; driving, while (one prover)

Overreacting (see Exaggerating)**Overwhelmed (see Helplessness)****Patience (two provers)**

Perfectionist (see Conscientious; Fastidious)

Pessimist (five provers and three supervisors)

Petulant (one prover)

Pities herself (three provers and two supervisors) (see also Forsaken)

Polarity (see Contradictory)

Positiveness (see Optimistic)

Practical (four provers and two supervisors)

Premenstrual tension (see Menses – before)

Premonition (see Intuitive and Prophecying)

Present (see Centred; and Grounded)

**Prophecying (five provers and three supervisors) (see also Intuitive)
(see also Awareness Heightened; Sensitive)**

- Ancestral themes (two provers)
- Birds of prey (one prover and one supervisor)
 - Barn Owl (one prover)
 - Red Kite (one prover and one supervisor)
- Birth (one prover and one supervisor)
- Cars (one prover and one supervisor)
- Clarity of vision – to see with eyes that see more than there is (two provers)
- Communication (one prover)
- Connections with other remedies (two provers and one supervisor)
 - Barn Owl (one prover)
 - Daffodil (one prover)
 - Holmium Oxidatum (Lanthanides) (one prover)
 - Latex, and AIDS miasm (one supervisor)
- Contradiction/Polarity/Duality (two provers and one supervisor)
- Diamonds (son of supervisor)
- Energy field, see, the life/spirit in trees (one prover and one supervisor)
- Endless/Big/Never ending (one prover and one supervisor)
- Face your fears/Courage (one prover and one supervisor)
- Fear (one prover)
- Fly/freedom (one prover)
- Follow the path/go with the flow (two provers and one supervisor)
- Letting go/ridding/unlocking something (one prover)
- Life and Death (one prover and two supervisors)
- Mud, stuck in (one prover)
- Old (one prover and one supervisor)
- Past, revisiting potent times (one prover)
- Premonitions/Telepathy (three provers and one supervisor)
- Remedy of our age (one prover)
- Rite of passage/transformation (three provers and one supervisor)

- Slow (two provers)
- Survival (one prover and one supervisor)
- Symbolic signs (two provers and two supervisors)
 - Brain in two parts (two provers)
 - Burying self deep, network of roots becoming capillary veins, evolution – the primary ancestor (one prover)
 - Car turning over and over and landing safely (one prover and one supervisor)
 - Diamonds interlocking together to make a big diamond shape with the edges sticking out (son of supervisor)
 - Greek myth of man who's punishment was to have his liver pecked every day and it regrew. Endless (one supervisor)
 - Mountains (one prover)
 - Pregnancy sensation – awareness of the spirits gone before (ancestors) (one prover)
 - Stuck in fixed position, slowly tugged out of (visualise thick mud) and slowly moving forward (one prover)
- Travel (two provers and two supervisors)
- Universe/galaxy/cosmos, see connections, the 'big' picture (two provers and three supervisors)

Prostration of mind (five provers and two supervisors)

- Alternating with
 - Activity desires (one prover)
 - Alertness, with (one prover)
 - Anger and weeping, with (one prover)
 - Anxiety, after (one prover and one supervisor)
- Business, from (one prover)
- Irritability, with (two provers)
- Menses, before (one supervisor)
- Nausea, with (one prover and one supervisor)
- Physical and mental exertion, from (three provers)
- Sleep, loss of (one prover)
- Sleeplessness, with (one prover)
- Talk, with disinclination to (one prover)
- Working too hard (four provers)

Quarrelsome (one prover and one supervisor)

Quiet, wants to be (two provers and two supervisors)

Racing mind (two provers and one supervisor)

Rage (one prover and two supervisors)

- Menses, before (two supervisors)
- Distant rage, calm sitting on rage (one prover)

Reassured (one prover and one supervisor)

- Anxious, when (one prover)
- Need to be (one supervisor)
- Reassuring sense, it will be OK (one prover)

Relaxed (see Tranquillity)

Reluctant (see Irresolution)

Reproaching oneself (three provers and one supervisor)

Reproaches, others (two provers and two supervisors)

Resentment (four provers and two supervisors)

Reserved (see Quiet, wants to be)

Resignation (three provers) (see also Indifference – future, to)

Responsibility (two provers)

- Aversion to (one prover)
- Oneself, for (one prover)

Restlessness (two provers and one supervisor)

- Busy
- Evening
- Headache, during
- Heat, during
- Itching, with
- Night
 - 3-5am
 - Energy, with (one prover)
- Tossing about, in bed (one supervisor)

Sadness (six provers and three supervisors)

- Alternating with anger (one prover and one supervisor)
- Alternating with cheerfulness (one prover and one supervisor)
- Alternating with irritability (one prover)
- Alternating with revolt (one prover)
- Change, about (one prover)
- Despair, with (one supervisor)
- Disappointment, from (one prover and one supervisor)
- Dwelling (two provers)
- Forsaken, feeling (one supervisor)
- Gloomy (four provers and one supervisor)
- Grief, from (one prover)
- Heaviness, with (one supervisor)
- Indignation, from (one supervisor)
- Menses, before (two supervisors)
- Music, agg (one supervisor)
- Pain, from (one supervisor)
- Panic, before (one supervisor)
- Self-reproach, from (one prover)
- Sleep loss, with (one supervisor)
- Thinking, of (two provers)
 - Father (one prover)
 - Children (two provers)
- Tiredness, with (two provers)
- Trifles, about (one prover)
- Weeping, with (two provers and one supervisor)

Safe, feeling (one prover)

Self-contained (see Self-control – increased)

Self-control (two provers and one supervisor)

- Increased (two provers)
- loss of (one supervisor)

Self-pity (see Pities herself)

Self-satisfied (five provers)

Senses (six provers and five supervisors)

- Acute (six provers and three supervisors)
- Confused (six provers and one supervisor) (see also Confusion; Forgetful)
- Dull (one prover and two supervisors)
- Heightened (three provers and one supervisor) (see Senses – acute; and Awareness Heightened)

Sensitive (six provers and three supervisors) (see also Awareness Heightened; Intuitive; Prophecy and Senses – acute/heightened)

- Change/move, to (one prover)
- Colours, to (one prover)
- Electric waves vibrations, to (one prover)
- Emotions, to (two provers and one supervisor)
- Energies, to all (three provers and one supervisor)
- Insults (two provers)
- Music (one supervisor)
- Nature and natural objects (two provers and one supervisor)
- Noise, to
 - Loud noise (one supervisor)
- Odours, to (two provers)
- Opinion of others, to (two provers)
- Time, passage of (one prover and one supervisor)
- Psychic environment, to (six provers and three supervisors)
- Rhythm, to (one prover)
- Surroundings (two provers and one supervisor)
- Sounds (two provers)
- Trees (one prover and one supervisor)

Sexual-minded (one prover)

Shrieking (one supervisor)

Sighing – with sadness (one prover)

Singing (two provers)

Scepticism (see Doubtful – sceptical)

Sleep

- After, agg (two provers)
- Loss of sleep, agg (two provers and one supervisor)

Slowness (four provers and one supervisor)

- Calculating, when (one prover)
- Driving, while (one prover and one supervisor)
- Everything, of; but time passing quickly (one prover)
- Purpose, of (one prover)
- Slow pace; relaxed (two provers and one supervisor)
- Thinking, in (one prover)
- Thought and action; delay between (one prover)
- Work, in (one prover)

Snappish (one prover)

Smiling (two provers and one supervisor)

Spaced-out feeling (two provers)

Speech – angry (one prover and two supervisors)

Stable (see Centered; Grounded)

Staring (one prover)

Startled, easily (see Frightened)

Strange (four provers and one supervisor)

- Sensations (three provers and one supervisor)
- Everything seems (three provers)

Stressed (see Ailments – cares; Ailments – excitement – emotional; Tension)

Stupefaction (=as if intoxicated) (two provers and one supervisor)

Support, desires (see Confidence – want - support)

Struggling (four provers and two supervisors)

- Cope, to
- Practical things, with:

Taciturn (two provers)

Talking – disinclined to talking (see Taciturn)

Tension, mental (five provers and two supervisors)

Thinking (five provers and three supervisors)

- Abstract (five provers and three supervisors)
- Conceptual (see Thoughts – profound)
- Difficulty of thinking (three provers) (see Concentration – difficult)

- Logical thinking; inability (one prover)

Thoughts (five provers and three supervisors)

- Drugs, alcohol and addiction about (two provers and two supervisors)
- Profound (four provers and three supervisors) (see also Thinking – abstract and Thoughts – thoughtful, Thoughts - random)
- Sexual (one prover)
- Thoughtful (four provers and three supervisors)
- Random (two provers and two supervisors) (see also Thinking –abstract; Thoughts – profound and Thoughts – thoughtful)

Threatened, feels (one prover and one supervisor)

Trance (one prover)

Tranquillity (=calmness; serenity) (four provers and one supervisor)

- Alternating with mania (one prover)
- Anger, after (one prover)
- Contemplative (four provers)
- Inward, going (three provers and one supervisor)
- Nature calms her (two provers)
- Problems, not bothered by (three provers)
- Quiet, wants to be (two provers and one supervisor)
- Reconciled to fate (two provers)
- Settled, centred and grounded (two provers)
- Slowed down (two provers)
- Tiredness, with (two provers)
- Unpleasant incidents, after (two provers)
- Vanity, lack of (one prover)

Trifles (two provers)

- Important, seem (two provers)

Unconsciousness (four provers and one supervisor)

- Driving, while (one prover)
- Trance, as in a (one prover)
- Conduct automatic (three provers and one supervisor)

Unification (two provers and one supervisor)

- Higher consciousness, with (two provers and one supervisor)
- Sensation of unification:
 - Everything/Universe, with (two provers)
- Fellow man/family, with(two provers)

Untruthful (see also Dishonest) (one prover)

Vanity, lack of (one prover)

Veneration (two provers and two supervisors)

Verses (one prover)

Vivacious (see Cheerful; and Energized, feeling)

Wearisome/Weary (see Dullness; Ennui; Inactivity; Indifference)

Weeping (three provers and one supervisor)

- Anger, from
- Despair, from
- Fear, from
- Letting go of past (cleansing tears)
- Menses, before
- Reproaches, from
- Reassurance, from; after worry
- Fear of failure, from

Wild feeling/Wildness (one supervisor)

Withdrawal (see Quiet, wants to be; Tranquillity – inward, going/quiet, wants to be)

Yielding disposition (see Resignation)

Physical symptoms

Vertigo

Complaints of vertigo (three provers and two supervisors)

Morning (one prover and one supervisor)

Afternoon (one prover)

Afternoon/evening (one prover)

Accompanied by: (three provers and two supervisors)

- Brain; feel two halves; right side cold, left side warm, then swap left side cold, right side warm (one prover):
- Chest (one prover and one supervisor):
- Cough (one supervisor):
- Diarrhoea (one prover):
- Eyes; tired (one supervisor):
- Head, complaints (two provers and two supervisors):
- Nausea (one prover):
- Nose; blocked and discharge (one supervisor):
- Thirst (one prover):
- Vision: blurred (one prover)

Anxiety, during (one prover)

Chill; during (one prover)

Diarrhoea (one prover)

Brain: feel two halves (one prover)

Faint-like (two provers)

Fear, with (one prover)

Hold on to something, must (one prover)

Leaning, must (one prover)

Looking: downward (one prover and one supervisor)

Motion; agg (one supervisor)

Nausea, with (one prover)

Palpitation, with (one prover)

- Travelling/wandering

Rising: quickly, from stooping: agg (one prover and one supervisor)

Spaciness; with (one prover)

Spinning/swirling/swimming (one prover and one supervisor)

Stroke; as if had (one prover)

Unbalanced; after (one prover)

Head

Complaints of head (five provers and two supervisors)

Brain, sensations in (two provers)

- Brain in two parts (two provers)
- Brain scrambled, visualise crossing wires (one prover)
- Brain, sensation of being pressed and squeezed (one prover)

Burning (one supervisor)

Cold, a (two provers and two supervisors)

- Cold better day, worse night (one prover)
- Cold worse day, better night (one supervisor)

Complaints of head, accompanied by (two provers and one supervisor)

- Aching bones (one prover and one supervisor)
- Chest (one prover)
- Eyes (one prover and one supervisor)
- Face (one supervisor)
- Gums (one supervisor)
- Legs (one supervisor)

- Liver, pain (one supervisor)
- Nausea (two provers and one supervisor):
- Nose (one prover and one supervisor)
- Teeth, pain (one supervisor)

Congestion (fullness) (one prover and one supervisor)

Cotton Wool, sensation of (one supervisor)

Fuzziness (one prover and one supervisor)

Hair (two provers)

Heaviness (two supervisors)

Hot (one prover)

Itching of scalp (two provers)

Menses, headache during (one prover):

Pain (= headache in general) (four provers and two supervisors)

- Frontal/Forehead (two provers and two supervisors)
- Occiput (one supervisor)
- Sides (one prover)
- Temples (two provers and one supervisor)
- Vertex (two provers and one supervisor)
- Banging (one prover)
- Boring (one supervisor)
- Dull (two provers and one supervisor)
- Fresh air, amel (one prover)
- Hormonal (one prover)
- Pressure (one prover)
- Pressure amel (one prover)
- Pulsating (two provers)
- Sharp (one supervisor)
- Tender (one prover)
- Tightening band, like (one prover)
- Travelling/Wandering (two provers and one supervisor)
- Wrapping up head, amel (one supervisor)

Pain, head, accompanied by (two provers and two supervisors)

- Aching bones (one prover and one supervisor)
- Burning/heat (one prover and one supervisor)
- Cold symptoms (two supervisors)
- Coryza (one supervisor)
- Eyes (one prover and one supervisor)
- Face (one supervisor)
- Gums (one supervisor)
- Legs (one supervisor)
- Liver, pain (one supervisor)
- Nausea (two provers and one supervisor):
- Nose (one prover and one supervisor)
- Teeth, pain (one supervisor)

Travelling/Wandering (three provers and one supervisor)

Pressing (one prover)

Swelling (one supervisor)

Tingling (one prover and one supervisor)

Unbalanced (one prover)

Eye

Complaints of eyes (five provers, one supervisor)

Agglutinated (= sticky/as if glued together) (one prover)

Blinking (See Winking)

Coldness, in (one supervisor)

Discharge (two provers)

- Watery, clear, wet, flowing (one prover)
- Sticky (one prover)

Eruptions – about the eyes (one prover)

- Yellow head; fiery; active

Gritty sensation (See Pain – sand)

Heat in (three provers and one supervisor)

Heaviness (two provers)

Lachrymation (two provers)

Movement, upwards and sideways, agg (one prover)

Pain (three provers and one supervisor)

- Dull (one supervisor)
- Pressing pain (= pressure; as from); outward (one prover)
- Pushed out, as if (one prover)
- Rubbing, desire to (one supervisor)
- Sand, as from (one prover)
- Sore (=bruised, tender) (one supervisor)
- Strained, as if – looking up agg (one prover)
- Sunlight, from, agg – sharp (one prover)
- Travelling (one supervisor)
- Uncomfortable (one prover)

Pressure, agg (one prover)

Puffy (See Swollen)

Rubbing, desire to (one supervisor)

Sensitive (two provers)

Strained; looking upwards and sideways agg (one prover)

Swollen (one prover)

Tight (one prover)

Tired, sensation (one prover)

Twitching, computer agg (one supervisor)

Weak (one prover)

Wind, sensation as if blowing eye (one prover)

Winking (one supervisor)

Vision

Complaints of vision (three provers and one supervisor)

Acute (two provers)

Blurred (three provers and one supervisor)

- Accompanied by vertigo when looking down (one prover)
- Blurred and Clear – contradiction (one prover)
- Letters (one prover and one supervisor)

Bright (two provers)

- Objects seem brighter (one prover)
- Bright colours, drawn to (one prover)

Clarity (two provers)

Clear (two provers)

Colours (two provers and one supervisor)

- Black letters, blurred (one prover and one supervisor):
- Blues/purples, drawn to (one prover)
- Brighter (one prover)
- Bright colours, drawn to (one prover)

Dancing, spiders (one prover)

Energy field, see (one prover)

Field of vision, wide (two provers)

Moving (one prover)

- Letters

Universal/Galactic (one prover)

Vibrant (one prover)

Ear

Complaints of ear (three provers and two supervisors)

Discolouration, redness (one prover)

Heat (one prover)

Inflammation (one supervisor)

Noises, ringing (one supervisor)

Pain

- Aching, right ear (one prover and one supervisor)
 - Burning: Slight earache (one prover)
- Accompanied by (one prover and one supervisor)
 - Streaming nose and headache (one supervisor)
 - Ringing in ear (one supervisor)
 - Vertigo (one supervisor)
 - Nausea and left ovary pain (one prover)
- Dull (one supervisor)
- Extending to neck (one supervisor)
- Heat, left ear (one prover)
- Pressing pain, outward (one supervisor)
- Spasmodic (one supervisor)
- Throbbing (one supervisor)

Sound, agg (one supervisor)

Sound, amel (one prover)

Stopped (two provers and one supervisor)

Water; sensation of, in ear (one prover and supervisor)

Hearing

Complaints of Hearing (two provers and two supervisors)

Acute (one prover and one supervisor)

Impaired (one prover and one supervisor)

Natural noises, desire for (one prover)

Sensitive to sound (one prover and one supervisor)

Sound, agg (one prover and one supervisor)

Sound, amel (one prover)

Sound, visualised/heard as energy (one prover)

Vibrations (one prover)

Voices, agg (one prover and one supervisor)

Nose

Complaints of nose (five provers and two supervisors)

- Alternating (one prover and one supervisor)
- Both sides (two provers and one supervisor)
- Left side worse (two provers and one supervisor)
- Right side, worse (one prover and two supervisors)
- Side lying on, worse (one prover)

Blowing the nose (two provers and one supervisor)

Catarrh/inflammation (four provers and two supervisors)

Cold, to take a (four provers and two supervisors)

- Day, worse (one supervisor)
- Night, worse (one prover)
- Dry cold (one supervisor)

Cold, inside nostrils (one prover and one supervisor)

- Freezing, inside nostrils (one supervisor)
- Cold and damp, inside top of nose, both nostrils (one prover)

Congestion (four provers and one supervisor)

Coryza (four provers and two supervisors)

- Chronic (four provers and two supervisors)

Discharge (five provers and two supervisors)

- Clear (three provers and two supervisors)
- Dripping (one prover)
- Running (four provers and two supervisors)
- Watery (four provers and two supervisors)
- Thick (one prover and two supervisors)
- Thin (one prover)
- Yellow (one prover and one supervisor)

- White (one prover)
- Green (one prover and one supervisor)
- Alternating, running and blocked (one prover and one supervisor)
- Throat, in (two provers)
- Burning (one prover and one supervisor)
- Day, worse (one supervisor)
- Night, worse (one prover)

Discolouration (one prover)

- Eruptions; red (one prover)
- Eruptions; yellow (one prover)
- Eruptions; white (one prover)

Eruptions (one prover)

- Burst (one prover)
- Carbuncle, inside left nostril (one prover)
- Outcrop of spots; outer edge of left nostril (one prover)

Heat (one prover and one supervisor)

- Inside and outside of nose (one supervisor)
- Mucous; hot and burning (one prover)
- Posterior nares (one supervisor)

Odours, imaginary and real (one prover)

- Fox scent
- Musky
- Sour, ammonia like
- Stale blood

Pain (one prover and one supervisor)

- Sinus (one supervisor)
- Crusts around nose (one supervisor)
- Eruption, tender and sore (one prover)

Raw (one supervisor)

Sensation; nose running (one prover)

Smell (two provers and one supervisor)

- Acute (two provers and one supervisor)
- Desire for (one prover)
- Loss of (one supervisor)

Sneezing; coryza with (three provers and two supervisors)

- Groups of threes (one prover and one supervisor)

Face

Complaints of face (four provers, two supervisors)

Clenched/tight (two provers)

Dryness (one prover)

Eruptions (two provers)

Heat (one prover)

Itching (two provers)

Nerves (neuralgia) (one supervisor)

Numbness (one supervisor)

Pain (three provers and two supervisors)

- Drawing (one prover)
- Lips; sore (one supervisor)
- Nerves (neuralgia) (one supervisor)
- Sensitive (one prover)
- Stinging (one prover)
- Tight (two provers)

Swelling (one supervisor)

Tension (two provers)

Tingling (one supervisor)

Mouth

Complaints of mouth (two provers and two supervisors)

Abscess (one supervisor)

- Gums, painful, with suppuration

Burning (one prover)

Discharge (one supervisor)

- Gums, abscess, strange taste

Discolouration (two provers and one supervisor)

- Gums (one supervisor)
 - Purple and red
- Tongue (two provers)
 - Brown
 - Red

Dryness (one prover)

- After 4.30pm, with sore throat (one prover)
- Thirst for cool water, with (one prover)
- Thirst for warm drinks, with (one prover)
- Lips (one prover)

Fluffy (one prover)

- Tongue

Gums, complaints of (one prover and one supervisor)

- Upper (one prover and one supervisor)

Inflammation (one supervisor)

- Gums (one supervisor)

Pain (one prover and two supervisors)

- **Gums (one supervisor)**
 - Sharp, acute, constant, worse for pressure on teeth (increasing and decreasing in waves)
 - Fever, with
 - Worse for hot bath
- **Lips (one supervisor)**
 - Sore
- **Tongue (one prover)**
 - Burning
 - Tingling
 - Sore

Roughness (one prover)

- Tongue
- Roof of mouth

Speech (one prover)

- Disinclined, to

Sticky (one prover)**Swelling (one prover and one supervisor)**

- Tongue (one prover)
- Gums (one supervisor)

Taste (one prover and one supervisor)

- Metallic (one prover)
- Bad (one supervisor)
- Loss of (one supervisor)

Tingling (two provers)

- Tongue (two provers)

Tongue, complaints of (two provers)**Ulcers (one prover and one supervisor)**

- Gums, sides (one supervisor)
- Lips, inner side of lower (one prover)
 - Small

Teeth

Complaints of teeth (two provers and two supervisors)

Abscess of roots (one supervisor)

Clenching teeth together: sensation of (one prover)

Crumbling (one prover)

- Fillings, crumbling (one prover)

Inflammation (one supervisor)

Looseness (one prover and two supervisors)

- Bridges, looser (one supervisor)
- Fillings (one prover)
- Teeth (one supervisor)

Pain (one supervisor)

- Molars, upper, right
 - Sharp, acute, extending to ear, touch agg
 - Extending to right ear and right temple
 - Touch, agg
 - Pulsating
 - Hot bath, agg
- Roots
 - Sharp, acute, extending to ear, touch agg
 - Extending to right ear and right temple
 - Touch, agg
 - Pulsating
 - Hot bath, agg

Sensitive (one supervisor)

Soft, feel (one supervisor)

Sticky (one prover)

Touch, agg (one supervisor)

Throat

Complaints of throat (two provers and one supervisor)

Changeable/coming and going/on and off (two provers)

Dryness (two provers)

Lump, sensation on swallowing (one prover)

Mucous (one prover and one supervisor)

- Sweet (one supervisor)
- Green (one supervisor)
- Swallow, must (one prover and one supervisor)

Nausea, feeling in (one supervisor)**Obstruction, sensation (one prover)****Pain (two provers and one supervisor)**

- Coughing, agg (one supervisor)
- Burning (one prover)
- Cold drinks, amel (one prover)
- Coming and going/changeable (two provers)
- Dryness, with (two provers)
- Eating, amel (one prover)
- Fresh air, amel (one prover)
- Itchy (one prover)
- Obstruction, right, sensation of (one prover)
- Scratchy (one prover)
- Sore (two provers)
- Split, sensation on right and left (one prover)
- Swallowing, agg (one prover)
- Swallowing, difficult (one prover)
- Talking, agg (one prover)
- Tickling irritation sensation, left (one prover)
- Warm drinks, amel (two provers)
- Warm drinks, desire for (one prover)

Split, sensation (right and left) (one prover)

- Sensation of 'obstruction' to right; of tickly irritation to left (P6)

Tickly irritation, sensation (one prover)**External throat****Complaints of external throat (one prover and one supervisor)**

- Glands, of (one prover and one supervisor)

Pain (one prover)

- Glands, worse right side, touch agg

Swelling (one prover and one supervisor)

- Glands (one prover and one supervisor)
 - Fever, during (one supervisor)
 - Hard (one supervisor)
 - Left (one prover)
 - Painful (one prover)
 - Painless (one supervisor)
 - Right (one prover and one supervisor)

Neck

Complaints of neck (three provers)

Coldness, sensation of (one prover)

Constriction (one prover)

Draught, sensation of draught on it (one prover)

Eruptions (one prover)

- Blotchy red rash with white heads/raised pinpoint/lumps on left side
- Burning
- Heat, sensation radiating outwards
- Itching
- Moving/spreading up
- Scratching, worse for
- Sensitive
- Stinging

Itching (one prover)

Loosening necklace amel (one prover)

Protection, need to protect neck (one prover)

Stiffness (one prover)

Wrap up/wear something around neck, desire for/amel

Stomach

Complaints of stomach (five provers and one supervisor)

Anxiety (one prover and one supervisor)

- Emotional, with (one prover and one supervisor)

Appetite (three provers and one supervisor)

- Diminished (three provers and one supervisor)
 - Thirsty for water (two provers)
 - Coffee, desire (one prover)
 - Simple diet, desire (one prover)
 - Sweet things, desire for, diminished (one prover)
 - Vomiting, after
- Returning to normal (one prover)
 - Salty, savoury, desire

Bubbling (one prover)

Burning (one prover)

- Indigestion, from

Cramp (one prover)

Distension (trapped wind/bloating/swelling) (three provers)

- Eating, after egg (two provers)
- Lying down amel (one prover)

Eructations (belching) (one prover)

Fullness, sensation of (one prover)

- Accompanied by
 - Appetite decreased

Flatulence (three provers)

Flatus; passing (two provers)

Fluttering (trembling) (one prover)

Gurgling (one prover and one supervisor)

Heartburn (one prover)

Heaviness (one prover)

Indigestion (four provers)

Lump, sensation of (one prover)

Nausea (four provers and one supervisor)

- Anxiety, with (one prover and one supervisor)
- Cold, after taking a (one supervisor)
- Coryza, during (one supervisor)
- Dental abscess drainage, during (one supervisor)
- Distension, with (one prover)
- Emotions, from (one prover and one supervisor)
- Fear, with (one prover)
- Fever, with (one supervisor)
- Indigestion, with (one prover)
- Pains, in left ear, ovary, with (one prover)
- Pains, wandering in head and legs, with (one supervisor)
- Perspiration, with (one supervisor)
- Tiredness, from (one prover)

Pain (four provers and one supervisor)

- Burning (one prover)
- Cramping (one prover)
- Distended (two provers)
- Eating after, worse (two provers)
- Emotions, from (one prover)
- Hunger, from (one prover)

- Stitching (one prover)

Rising up into throat (one supervisor)

Sensitiveness (one prover)

Sick feeling in (one prover and one supervisor)

Thirst (three provers)

- Frequently for water (two provers)
- Frequently for coffee (one prover)
- Vomiting after, desire warm drink (one prover)

Vomiting (one prover)

- Accompanied by: vertigo
- Sudden

Vomiting; type of (one prover)

- Bile

Abdomen

Complaints of abdomen (four provers and two supervisors)

Alive, sensation of something (one prover)

Bubbling (one prover)

Cramp (one prover)

Distension (trapped wind/bloating/swelling) (three provers)

- Eating, after agg (two provers)
- Lying down amel (one prover)

Flatulence (three provers)

Flatus; passing (two provers)

Fluttering (one prover)

Gurgling (one prover)

Inguinal region, complaints of (one prover and one supervisor)

Liver and region of liver, complaints of (one prover and one supervisor [and brother of one supervisor])

- Periodical (every other day) (one supervisor)

Lower abdomen, complaints of (four provers)

Movements in (one prover)

Pain (four provers and two supervisors)

- Chronic (one prover)
- Cramping (one prover)
- Distended (two provers)
- Eating after, worse (one prover)
- Emotions, from (one prover)
- Hip, right (one prover)
 - Discomfort
- Inguinal region (one prover)
 - Ache, uncomfortable (one prover)
 - Right side (one prover)
- Lower abdomen (one prover)
 - Ovary, left (one prover)
 - Twinges (one prover)
 - Ache (one prover)
 - Bowel movements, with
- Liver region (one prover and one supervisor)
 - Constant (one supervisor)
 - Pressing (one supervisor)
 - Burning (one supervisor)
 - Periodical (every other day) (one supervisor)
 - Coryza, with (one supervisor)
 - Nausea, with (one supervisor)
 - Anxiety, with (one supervisor)
 - Fever, with (one supervisor)
 - Wandering pains in head and legs, with (one supervisor)
 - Sneezing agg (one supervisor)
 - Right side (one supervisor)
 - Cold sensation, with (one prover)
 - Piercing (one prover)
 - Touch, agg (one prover)
 - Sensitive, skin behind liver (one supervisor)
- Pubic region (one prover)
 - Ovary (one prover)
 - Twinges
 - Ache (one prover)
 - Bowel movements, with (one prover)
- Right side (one prover and two supervisors)
- Side, right, of abdomen towards right ovary (one supervisor)
 - Radiating (one supervisor)
 - Stitching (one supervisor)
- Umbilicus region (one prover)
 - Dull ache

Pubic region, complaints of (three provers and one supervisor)

Rising up into throat (one supervisor)

Rumbling (one prover)

Solar plexus, emotion in (one prover)

Swollen sensation (one prover)

- Liver

Umbilicus region, complaints of (one prover)

Rectum

Complaints of rectum (four provers and one supervisor)

Constipation (one prover and one supervisor)

- Ineffectual urging and straining (one supervisor)
- Insufficient (unsatisfactory stools) (one supervisor)
- Accompanied by stomach complaints (one prover)

Diarrhoea (two provers)

- Passed stool few times (one prover)
- Accompanied by nausea and weakness (one prover)
- Accompanied by thirst for water before and after (one prover)
- Sudden (one prover)

Flatus (two provers)

- Copious (one prover)
- Eating, after, egg (one prover)
- Eggs spoiled odour (one prover)
- Explosive (one prover)
- Morning (one prover)
- Noisy (two provers)
- Noiseless (one prover)
- Offensive odour (two provers)
- Putrid (two provers)
- Rumbling (one prover)
- Sulphur odour (one prover)

Gurgling (one prover)

Pain (one prover)

- Gripping pain/gripping pain; relief after stool (one prover)
- Pressing pain (=pressure); flatus passing with (one prover)

Stool

[Four provers and one supervisor]

Acrid (one prover)

Balls, like (one supervisor)

Copious (two provers)

Curdled (one prover)

Flatulent (one prover)

Floating (one prover)

Forcible, sudden, gushing (two provers)

Frequent (three provers)

- Four times a day (one prover)
- Three times a day/Three times a night (two provers)
- Twice a day (one prover)

Large (one prover)

Light Brown (one prover)

- Orange tinge

Loose (three provers)

Morning (three provers)

- Rising, on (two provers)

Mucous (slimy) (one prover)

Noisy (one prover)

Odour (one prover)

- Offensive (one prover)
- Acrid (one prover)

Painful (one prover)

Sheep dung, like (one supervisor)

Small (one prover)

Soft (one prover)

Sudden (see Forcible)

Undigested (two provers)

White, patches (one supervisor)

Bladder

Complaints of bladder (four provers)

Fullness, sensation of (one prover)

- Lasting 4 hours (one prover)
- Periodicity, return of symptom 10 days later (one prover)

Urination (two provers)

- Accompanied by sensation of painless heat on passing
- Frequent (two provers)
 - Night (one prover)
- Small quantities (one prover)

Urine

[two provers]

Scanty (one prover)

Colourless (one prover)

Copious (one prover)

Odour (one prover)

- Strong (one prover)
- Musk (one prover)
- Offensive (one prover)
- Ammoniacal (one prover)

Watery (one prover)

Male genitalia/sex

Complaints of male genitalia (one prover)

Excitability of genitals (one prover)

- Dream, after erotic

Heat (one prover)

- Penis, testicles, bladder region

Masturbation, need to (one prover)

Sexual desire (one prover)

- Increased
 - Afternoon
 - Appetite increased
 - Waking on, after dream
- Suppressed, agg
- Suppressed, ailments from
 - Nausea

Tingling (one prover)

- Penis, testicles, bladder region

Female genitalia/sex

Complaints of female genitalia/sex (two provers and two supervisors)

Itching (one prover)

- Vagina

Menses (one prover and one supervisor)

- Accompanied by
 - Headache (one prover)
 - Nausea (one prover)
- Copious (one prover)
- Intermittent: cease, one day for (one prover)
- Return (one prover)
 - Menstrual cycle; after the bleeding stopped during the
- Short (one supervisor)
- Scanty (one supervisor)

Ovaries, complaints of (one prover and one supervisor)**Ovulation, during (one prover and one supervisor)****Pain (one prover and one supervisor)**

- Ovaries (one prover and one supervisor)
 - Aching (one prover)
 - Alternating sides (one prover)
 - Heat, amel (one prover)
 - Intermittent (one prover)
 - Left, then right (one prover)
 - Lying, amel (one prover)
 - Ovulation, during (one prover and one supervisor)
 - Pulsing (one prover)
 - Right (one supervisor)
 - Right, then left (one prover)
 - Stitching (one supervisor)
 - Twinging (one prover)
- Right, extending to right ovary (one supervisor)
- Uterus (one prover and one supervisor)
 - Aching (one prover)
 - Heat, amel (one prover)
 - Ovulation, during (one prover and one supervisor)
 - Right side, extending to right ovary (one supervisor)

Respiration

[two provers and two supervisors]

Arrested (two provers and one supervisor)

- Cold a, during (one prover)
- Cough, during (one supervisor)
- Pain, during (one prover)

Cough, during (two supervisors)**Deep (one prover)**

- Breath, amel

Difficult (two provers and two supervisors)

- Cold a, during (one prover)
- Cough, during (two supervisors)
- Pain, during (one prover)

Complaints of respiration (two provers and two supervisors)

Rattling (one supervisor)

Wheezing (two supervisors)

Cough

[two provers and two supervisors]

Accompanied by other complaints (one prover and two supervisors)

- Chest, complaints (two supervisors)
- External throat, complaints (one prover and one supervisor)
- Hearing, impaired (one supervisor)
- Mouth, complaints (one prover)
- Respiration, complaints (two supervisors)
- Teeth, complaints (one prover)
- Throat, complaints (one supervisor)
- Vertigo (one supervisor)

Cough in general (two provers and two supervisors)

- Daytime (two provers and two supervisors)
- < morning (one supervisor)
- < 4.30pm (one prover)

Breathing, agg (two supervisors)

Cold, after taking a (two supervisors)

Deep (two supervisors)

Dry (two provers and one supervisor)

Expectoration

- Difficult (one supervisor)
- With (see Loose)

Hard (one supervisor)

Influenza, during (two supervisors)

Loose (one supervisor)

- Daytime (one supervisor)
- < morning (one supervisor)

Lump, from: sensation

- Throat, in (one prover)

Mucous (two supervisors)

- Chest, in (two supervisors)
 - Intermittent phlegm (one supervisor)

Pain

- Chest/lungs, in from (one supervisor)

Rattling (one supervisor)

Smoking (one supervisor)

- No desire for/stopped, during

Talking, agg (one prover and one supervisor)

Thirsty (one supervisor)

- Warm drinks amel

Thirstless (one prover)

Tickling (one prover)

Tight (one supervisor)

Expectoration

[Two supervisors]

Balls (one supervisor)

Copious (one supervisor)

Daytime only (two supervisors)

Difficult (one supervisor)

Grayish (one supervisor)

Green (one supervisor)

Hawked up, mucous (two supervisors)

White (one supervisor)

White/Grey (one supervisor)

Lumpy (one supervisor)

Mucous

- Daytime (two supervisors)

Sticky (one supervisor)

Taste

- Sweet (one supervisor)

Thick (one supervisor)

Chest

[three proves and three supervisors]

Anxiety, in (two provers)

- Heart, region (two provers)

Breathing, agg (two supervisors)

Cough, agg (two supervisors)

Cold, after taking a (two supervisors)

Complaints of chest (three provers and three supervisors)

- External chest (one prover)
- Heart (two provers)
- Mammae (one supervisor)
- Lower part, side, ribs right (one supervisor)
- Sternum (one supervisor)
- Upper part and lungs (two supervisors)
- Accompanied by
 - Back and neck stiffness (one prover)
 - Liver pain (one supervisor)
 - Nausea (one supervisor)
 - Ovary pain, during ovulation (one supervisor)
 - Protect neck, need to (one prover)
 - Throat pain and swollen gland on right (one supervisor)
 - Tingling in right arm (one prover)
 - Vertigo (one prover)

Congestion (one supervisor)

- Lungs

Constriction (one supervisor)

Discolouration (one prover)

- Spots/rash on external chest (one prover)
 - Mottled
 - Purple

Dreams agg (one prover)

Eruptions (one prover)

- External chest (one prover)

Expectoration, agg (two supervisors)

Fluttering (one prover)

Heartbeat (two provers)

- Increased (two provers)

Heat (one supervisor)

- Sensation of, in lungs
- Sensation of, on right side ribs

Heaviness (one supervisor)

Pain (one prover and two supervisors)

- Burning (one supervisor)
 - Ribs, right side (one supervisor)
 - Lungs (one supervisor)
- Cutting (sudden sharp pain) (one supervisor)
 - Sternum (one supervisor)
- Pressing (one prover)
- Sore (two supervisors)
 - Lungs (one supervisor)
 - Mammae (one supervisor)

Palpitation of heart (two provers)

Respiration difficult (two supervisors)

Tightness (one supervisor)

External chest, complaints of (one prover)

Heart, complaints of (two provers)

Lungs, complaints of (one supervisor)

Mammae, complaints of (one supervisor)

Ribs, complaints of (one supervisor)

Sternum, complaints of (one supervisor)

Back

[four provers and two supervisors]

Clumsiness, with (two provers)

Complaints of back (four provers and two supervisors)

Congested (one prover)

Constriction (two provers)

Cracking (one prover)

Creaking (one prover)

Eruptions (one prover)

- Heat, amel (one prover)
- Itching (one prover)
- Pinprick spots (one prover)
- Purple blotches/spots/mark (one prover)
- Red blotches/spots (one prover)
- Tickling (one prover)

Exertion, after (two provers)

Heat (two provers and one supervisor)

Injuries (two provers)

- Lumbar region (one prover)
- Old injuries (two provers)
- Sacral region (one prover)

Itching (one prover)

Lifting, agg (one prover)

Prickling (one prover)

Lying, sides, on, amel (one prover)

Lying down, amel (two provers)

Motion

- Agg (three provers)
 - Initial movement, agg (one prover)
 - Sudden movement, agg (one prover)
- Amel (two provers)

Numbness [in lumbar spine region better] (one prover)

Old pains, better (two provers)

Ovulation, during (one supervisor)

Pain (four provers and two supervisors)

- Accompanied by
 - Aching Joints (two provers)
 - Clumsiness (two provers)
 - Energy, high (one prover)
 - Fuzzy head (one prover)
 - Head cold (one prover)
 - Itchiness (one prover)
 - Laziness (one prover)
 - Legs weak (one prover)

- Numbness in right leg (one prover)
- Tingling (one prover)
- Tiredness (two provers)
- Weakness (one prover)
- Aching (four provers)
- Bed, getting out of (two provers)
 - Difficulty, with (two provers)
 - Difficulty, without (one prover)
- Burning (one prover)
- Constricting (one prover)
- Cutting (one prover)
- Dull (one prover)
- Extending to (three provers and one supervisor)
 - Buttocks, both sides (one prover)
 - Buttocks (two provers)
 - Left (one prover)
 - Right (one prover)
 - Hips (one prover)
 - Legs (one prover)
 - Lumbar region, latterly across (one prover)
 - Lumbar region, up and down (one prover)
 - Ovary, right (one supervisor)
 - Spine, down (one prover)
- Extending legs out in front, agg (one prover)
- Heat, amel (two provers)
- Hot (two provers)
- Left side (two provers)
- Lifting, agg (one prover)
- Lying, sides, on, amel (one prover)
- Lying down, amel (two provers)
- Motion/movement (three provers)
 - Agg (three provers)
 - Initial movement, agg (one prover)
 - Sudden movement, agg (one prover)
 - Amel (two provers)
- Old pains, better (two provers)
- Ovulation, during (one supervisor)
- Piercing (one prover)
- Pressure (two provers)
 - Amel (one prover)
 - Agg (one prover)
- Prickling (one prover)
- Pulsating (two provers)
- Resting, amel (two provers)
- Right side (two provers)
- Searing (see Stitching/cutting/tearing)
- Sensitive (one supervisor)
- Sitting, agg (three provers)
- Sneezing agg (one prover)
- Sore (three provers)
 - Sneezing, agg (one prover)
- Stabbing (see Stitching)
- Standing (one prover)
 - Agg

- Sticking (one prover)
- Stitching (= shooting/searing/stabbing) (two provers and one supervisor)
 - Pulsating (twinging?) (two provers)
- Stooping, after (one prover)
- Straightening up the back; cannot (one prover)
- Stretching, amel (one prover)
- Tearing (one prover)
- Tender (one prover)
- Touch (one prover)
 - Amel
- Travelling/moving
 - Buttocks (two provers)
 - Both sides (one prover)
 - Left (one prover)
 - Right (one prover)
 - Hips (one prover)
 - Lumbar region (one prover)
 - Laterally in both directions on right (one prover)
 - Vertically, up and down, on left (one prover)
 - Ovary, right (one supervisor)
 - Spine, down (one prover)
 - Travelling down legs (one prover)
- Twisting back, amel (one prover)
- Walking, agg (two provers)
- Wandering (three provers and one supervisor)
 - Buttocks (two provers)
 - Both sides (one prover)
 - Left (one prover)
 - Right (one prover)
 - Hips (one prover)
 - Lumbar region (one prover)
 - Laterally in both directions on right (one prover)
 - Vertically, up and down, on left (one prover)
 - Ovary, right (one supervisor)
 - Spine, down (one prover)
 - Travelling down legs (one prover)

Prickling (one prover)

Pulsating (two provers)

Rest, amel (two provers)

Sensitive (one supervisor)

Sitting, agg (three provers)

Sneezing agg (one prover)

Speedy recovery (one prover)

Stiffness (three provers)

Stooping (one prover)

Stretching, amel (one prover)

Touch (one prover)

- Amel

Travelling/moving (three provers and one supervisor)

- Buttocks (two provers)
 - Both sides (one prover)
 - Left (one prover)
 - Right (one prover)
- Hips (one prover)
- Legs (one prover)
- Lumbar region (one prover)
 - Laterally in both directions on right (one prover).
- Vertically, up and down, on left (one prover)
- Ovary, right (one supervisor)
- Spine, down (one prover)

Turning (two provers)

- Body, amel (one prover)
- Head, agg (one prover)

Walking agg (two provers)

Wandering (three provers and one supervisor)

- Buttocks (two provers)
 - Both sides (one prover)
 - Left (one prover)
 - Right (one prover)
- Hips (one prover)
- Legs (one prover)
- Lumbar region (one prover)
 - Laterally in both directions on right (one prover)
 - Vertically, up and down, on left (one prover)
- Ovary, right (one supervisor)
- Spine, down (one prover)

Weakness (one prover)

Cervical region (upper back/neck) complaints (one prover)

Coccyx complaints (one prover)

Dorsal region complaints (scapulae./spine/vertebrae) (one prover)

Lumbar region (=small of back, lower back) (one prover and one supervisor)

Sacral region complaints (one prover)

Spine (three provers)

Extremities

Ankle (one prover)

Arthritis (two provers)

- Hands; less painful (one prover)
- Shoulder, right (one prover)

Awkwardness (three provers)

Blood: lack of and oozing from; finger (one prover)

- Cut (one prover)

Coldness (two provers and one supervisor)

Complaints of extremities (six provers and three supervisors)

Cramp; legs; calves (two provers)

- Left thigh (one prover)
- Left calf (one prover)

Discolouration (two provers and one supervisor)

- Blue: (one prover)
- Mottled: (one prover)
- Purple: (one prover)
- Red: (one prover and one supervisor)

Eruptions (one prover and one supervisor)

- Upper limbs; left forearm (one prover and one supervisor)

Fluttering (one prover)

Goose flesh (one prover)

- Forearm; left

Heat (three provers and one supervisor)

Injuries (two provers and one supervisor)

- Fingers (two provers)
 - Crushed; right (one prover)
 - Cut; left (one prover)
- Hand (one supervisor)
 - Burn (one supervisor)

Itching (one prover and one supervisor)

Languorous/listless (one prover)

Numbness (one prover)

Pain (six provers and three supervisors)

- Aching (four provers and one supervisor)
- Acute (two provers)
- Arm (two provers and one supervisor)
- Arthritic (two provers)
- Bicep (one prover)
- Bones (one prover and one supervisor)
- Burning (one prover and one supervisor)
- Calves (one prover and one supervisor)
- Chronic (one prover)
- Cramping (two provers)
 - Left thigh (one prover)
 - Left calf (one prover)
- Creaking (one prover)
- Crushed (one prover)
- Cutting (one prover)
- Drawing (one prover)
- Dull (two provers)
- Elbow (two provers)
- Extending, agg (one prover)
- Foot (two provers)
- Fingers (three provers)
- Hands (two provers and one supervisor)
- Heat, amel (one prover)
- Hip (four provers)
- Hot (two provers and one supervisor)
- Inflammation (one prover)
- Injuries, after (two provers and one supervisor)
 - Fingers (two provers)
 - Crushed; right (one prover)
 - Cut; left (one prover)
 - Hand (one supervisor)
 - Burn (one supervisor)
- Injury, old (one prover)
- Intermittent (two provers and one supervisor)
- Joints (four provers and one supervisor)
- Knee (three provers)
- Left side (three provers)
- Left and right side (one prover)
- Leg (three provers and one supervisor)
- Lifting, agg (one prover)
- Movement, agg (three provers)
 - Initial movement (two provers)
- Movement, amel (two provers)
- Muscular (one supervisor)
- Neuralgic (three provers)
- < Night, in (two provers)
- Paralyzed, as if (one prover)
- Pouring, agg (one prover)
- Pressure, agg (five provers and one supervisor)
- Pressure, amel (one prover)
- Pulsing (one prover)
- Quick to heal?? (five provers)

- Red (one prover)
- Resting, amel (two provers)
- Radiating (one prover)
- Random (four provers)
- Right side (four provers and two supervisors)
- Rising, agg (one prover)
- Rubbing/massage, amel (one prover)
- Rubbing, agg (one prover)
- Scapula (one prover)
- Sciatic (two provers)
- Searing (one prover)
- Sharp (one prover and one supervisor)
- Shins (one supervisor)
- Shooting (three provers and one supervisor)
- Shoulder (one prover and one supervisor)
- Short-lived? (three provers)
- Sole of foot (one prover)
- Sore (four provers and one supervisor)
- Splinter like (one prover)
- Stabbing (one prover)
- Stairs, climbing, agg (one prover)
- Sudden (three provers)
- Support, bandage, amel (one prover)
- Swelling (four provers)
- Tearing (one prover)
- Tender (one prover)
- Tendons (one prover and one supervisor)
- Thigh (one prover)
- Throbbing (one prover)
- Tight (one prover and one supervisor)
- Toe (two provers)
- Touch, agg (three provers)
- Twinging (one prover)
- Weather, wet, agg (two provers)
- Wandering/travelling (two provers and one supervisor)
- Warmth, amel (one prover)
- Weakness (two provers)

Restlessness (one supervisor)

Sciatica (two provers)

Stiffness (four provers)

Swelling (four provers)

Tightness (one prover and one supervisor)

Tingling (one prover)

Twinging (one prover)

Water retention

- Ankle (one prover)

Weakness (four provers)

- Legs: (one prover)
- Knee (two provers)
- Hip (one prover)

Sleep**Bad sleep (three provers and one supervisor)****Disturbed sleep (three provers and one supervisor)****Dreaming (six provers and three supervisors)****Heavy/deep/good sleep (five provers and one supervisor)****Insufficient/Short sleep (two provers)****Interrupted sleep (three provers and one supervisor)****Need of sleep – great (two provers)****Perspiration during sleep (one prover and one supervisor)****Refreshing (one prover)****Restless sleep (three provers and one supervisor)****Unrefreshing (one prover)****Waking at certain times (three provers and one supervisor)****Waking feeling shut off, unable to communicate (one prover)****Waking feeling angry (two provers)****Waking frequently (three provers and one supervisor)****Waking in pain (two provers and one supervisor)**

Dreams

Dreams in general (six proverbs and three supervisors)

Accident, car (one supervisor)

Abandonment (two supervisors)

Alien (two proverbs)

Amorous (one proverb)

Ancestors/Ancestry (one proverb)

Angels (one proverb)

Animals (six proverbs and three supervisors)

- Animals, babies (two proverbs and one supervisor):
- Animals, changing form (one supervisor)
- Animals, domestic (two proverbs)
- Animals, decomposers (two proverbs):
- Animals, large (three proverbs):
- Animals, wild (one proverb and two supervisors)
- Animals, reptiles (two proverbs)

Baby (two proverbs)

Beauty, awe with (one supervisor)

Birth (two proverbs)

Buildings (four proverbs and one supervisor)

Butterflies (one supervisor)

Camping (one proverb)

Cars (two proverbs and two supervisors)

Cats (two proverbs)

Circling, spiralling, tumbling, turning over and over (two proverbs and one proverb)

Climbing (one proverb)

Colours (four proverbs and two supervisors)

- Beautiful (one proverb)
- Green (one proverb)
- Red and white (one supervisor)
- White (one proverb)
- Black (one proverb)
- Blue (one proverb)

Connected/Disconnected (one prover and one supervisor)

Control/out of control (one prover and one supervisor)

Crows (one prover)

Dead relatives (one prover)

Death and dying (three provers)

Deception/deceit (two provers and one supervisor)

Decomposers (three provers)

Dogs (three provers)

Driving (one prover and two supervisors)

Drugs (two supervisors)

Duty (two provers)

Embarrassment (one prover and one supervisor)

Events, future (Prophetic) (three provers and one supervisor)

Expanse (one prover)

Family and friends (four provers and one supervisor)

Fears (two provers and one supervisor)

Fire (three provers and one supervisor)

Fly agaric (one supervisor)

Friendly (one prover)

Garden (two provers)

Guilt (two provers)

Happy (two provers)

Hold your ground/Make a stand/Create your own space – even when hard (one prover and one supervisor)

Homeopathy (one prover)

Identity (two provers and one supervisor)

Jelly fish (one prover)

Jumping (one prover and one supervisor)

Killing (two provers)

Leak (two provers and one supervisor)

Leopard, changing spots (one supervisor)

Letting go (one prover and one supervisor)

Lizard (one prover)

Mediterranean (one prover)

Menses (one prover)

Moss (one prover)

Nature (three provers and two supervisors)

Neglect (two supervisors)

Nightmare (two provers)

People, gatherings (three provers and one supervisor)

Pile up (two provers and one supervisor)

Pleasant (three provers and one supervisor)

Polarity (five provers and one supervisor)

Protecting (one prover)

Remembered (six provers and three supervisors)

Reptiles (two provers)

Roundabout (one prover)

Running (two provers)

Safe (two provers)

Sea shells (one prover)

Sexual (one prover)

Shark (one prover)

Skulls (one prover)

Slugs/Worms/Maggots (two provers)

Snake (one prover)

Strength (one prover)

Survival (one prover and one supervisor)

Teeth (one prover)

Tiger (one supervisor)

Toilet (two provers and one supervisor)

Tortoise (one prover)

Transformation (one supervisor)

Trapped (two provers and one supervisor)

Treachery (Betrayal of trust) (one prover)

Tribe/Tribal (one prover)

Twins (one prover)

Unpleasant/Repulsive/Disgusting (two provers)

Un-natural sweetness (one supervisor)

Unremembered (four provers)

Vehicles (three provers and two supervisors)

Vivid (intense/clear images) (five provers and three supervisors)

Warrior woman (one prover)

Water (three provers and two supervisors)

Wild (two provers and one supervisor)

Wings (one supervisor)

Work (two provers)

Chill

Chill in general (= coldness) (two provers and two supervisors)

Morning (one prover; two supervisor)

Afternoon (one prover; two supervisors)

Evening (two provers; two supervisors)

Amelioration: (two supervisors)

Accompanied by:

- Complaints, other: (one prover; one supervisor)
- Chilliness (two provers; two supervisors)
- Coldness (two provers; two supervisors)
- Upper body (neck, shoulders) [one prover, one supervisor]
- Hands and fingers – cold (ice) [one prover]
- Feet, with heat (one supervisor)
- Creeping (one prover)
- Covering up; ameliorates (two provers and one supervisor)
- Draught; sensation of: (one prover)

Fever

Fever, heat in general (two supervisors)

Accompanied by:

- Anxiety (one supervisor):
- Bad taste in mouth (one supervisor):
- Chill (one supervisor):
- Delirium (one supervisor):
- Desire to sleep (one supervisor):
- Dreams (one supervisor):
- Feet, cold (one supervisor):
- Heaviness (one supervisor):
- Multiple symptoms (one supervisor):
- Nausea (one supervisor):
- Pain, in liver (one supervisor):
- Pain, lots, sharp and short (one supervisor):
- Pain, wandering in head and legs (one supervisor):
- Perspiration (chest) (one supervisor):
- Perspiration absent (one supervisor):
- Thirstless (one supervisor):
- Trembling (one supervisor):
- Weakness (one supervisor):

Intermittent (two supervisors):

Perspiration (two supervisors)

- Absent (one supervisor):
- Heat, with (one supervisor):

Waves, heat in (one supervisor):

Perspiration

Perspiration in general (three provers, two supervisors)

Night (two provers and one supervisor)

Absent – night sweats (one prover)

Accompanied by:

- Anxiety, panic, nausea, shaking, emotional, cold (one supervisor):
- Cold feet (one supervisor):
- Chill and fever (one supervisor):
- Menses (one prover):
- Right hip pain and dull ache just below navel and full bladder feeling (one prover):

Single parts: (three provers and two supervisors)

- Upper body – three provers, two supervisors:
 - Arm pits – one supervisor, one prover:

Odourless (one prover)

Uncovering; desire for (one prover)

Skin

Aged skin (one prover):

Complaints (four provers and two supervisors)

Discolouration (three provers and two supervisors)

- Red (S2; S3; P6)
- Yellow heads (P2; P3)
- Fiery (P3)
- White (P3)
- Blotchy (P6)
- Purple (P6)

Drawing (two provers)

Dry (two provers)

Eruptions (three provers and two supervisors)

Expulsion (two provers)

Hair (one prover)

- Falling out: dry itchy scalp and hair falling out still (P6)

Itching: (three provers and two supervisors)

- Eruptions S2, S3,

- Eruptions, without: (right knee and scalp P5 and P6, shoulder and neck area P6)
- Scalp (two provers)
- Creeping itchy sensation on scalp (checked for nits) P6
- Tattoo (roosters claw and other tattoos itching like crazy, lines on back tattoo really itchy) P6
- Scratch, must (P6' S3)
- Burning (P6) - Shoulder/neck area – really want to scratch. 'Blotchy rash' – white heads, not better for scratching. Constant burning itch radiating outwards sensation of heat. Quite irritating and defo not better for scratching.
- Wandering itch – started left shoulder and moving up to neck (P6)
- Neck hot and itchy (P6)
- Hot water ameliorates (P6) – can't wait to have hot shower to soothe infernal itching.

Swelling (one supervisor)

Touch: (one prover)

- Agg

Ulcers (one prover; one supervisor)

- Margin, high, right, white spot in middle, and surrounding area red and purple discolouration (S2).
- Margin, inside lower lip at front. Very small. Small lump under skin, no discolouration. Worse for touching with tongue. (P2).

Generals

Side

- Alternating sides (four provers and two supervisors)
- Both sides (four provers and one supervisor)
- Left (five provers and one supervisor)
- Lying, sides, on, amel (two provers)
- Right (six provers and three supervisors)

Daytime (six provers and two supervisors)

Morning (six provers and two supervisors)

Afternoon (four provers and two supervisors)

Evening (six provers and two supervisors)

Night (three provers and one supervisor)

Air, in open, amel (four provers and one supervisor)

Alternating symptoms (four provers and two supervisors)

Drugs, intoxication, giggling (three provers and two supervisors)

Energized, feeling (four provers)

Equinox, agg (one supervisor)

- Day 3. Every equinox my menstrual cycle changes from red moon to white moon, i.e. 28 day cycle is late by a week. This happens twice and then stays that way around for 6 months. (S1)

Food and drinks (five provers and two supervisors)

- Desire for food increased (three provers)
- Desire for food diminished (three provers and one supervisor)
 - Thirsty for water (P4) (P6)
- Cheese scones, desire (P6)
- Coffee, desire (P6)
- Bacon, aversion (P6)
- Bacon, desire (P4)
- Banana, desire (S2)
- Fat, desire for diminished (P6)
- Fennel tea, desire (P1)
- Fudge, desire (P1)
- Ginger and lemon tea, desire (S1)
- Meat, aversion (P6)
- Pineapple, desire (P1)
- Rice, desire (P1, P6)
- Roast dinner, desire (P5)
- Salty, desire (P4)
- Savoury, desires (two provers)
- Simple diet, desire less wheat/less fat) (P6)

- Sweet things, desire (two provers)
- Sweet things, desire for diminished (P6)
- Thirst, less (P2)
- Thirstless (two provers)
- Vegetables, desire (P6)
- Water, desire (four provers and one supervisor)
 - Cool water frequently and quickly (P6)
- Wheat, desire for diminished (P6)

Heaviness, sensation of (three provers and two supervisors)

Hypersensitive (six provers and three supervisors)

- Change/move, to (one prover)
- Colours, to (one prover)
- Electric waves vibrations, to (one prover)
- Emotions, to (two provers and one supervisor)
- Energies, to all (three provers and one supervisor)
- Odours, to (two provers)
- Opinion of others, to (two provers)
- Time, passage of (see 'Time')
- Rhythm, to (see 'Time')
- Sounds (two provers and one supervisor)
- Trees (one prover and one supervisor)
- Vision – clarity and seeing more than the eyes can see (see 'Inner Compass')

Inflammation (one prover and two supervisors)

- Middle ear infection (S1)
- Gums (S2)
- Toe, right (P2)

Injuries (three provers and one supervisor) and back P2/P4

- Back (two provers)
 - Lumbar region (one prover)
 - Old injuries (two provers)
 - Sacral region (one prover)
- Fingers (two provers)
 - Crushed; right (one prover)
 - Cut; left (one prover)
- Hand (one supervisor)
 - Burn (one supervisor)

Itching: (three provers and two supervisors)

- Eruptions S2, S3, P3
- Eruptions, without: (right knee and scalp P5 and P6, shoulder and neck area P6)
- Scalp (two provers)
- Creeping itchy sensation on scalp (checked for nits) P6
- Tattoo (roosters claw and other tattoos itching like crazy, lines on back tattoo really itchy) P6
- Scratch, must (P6, S3)
- Burning (P6) - Shoulder/neck area – really want to scratch. 'Blotchy rash' – white heads, not better for scratching. Constant burning itch radiating outwards sensation of heat. Quite irritating and defo not better for scratching. (P6)
- Wandering itch – started left shoulder and moving up to neck (P6)

- Neck hot and itchy (P6)
- Hot water ameliorates (P6) – can't wait to have hot shower to soothe infernal itching.
- Day 0. Before taking remedy. For about a week before the first meeting, I had an itchy vagina (no diagnosis). It wasn't a bad itch and I did not see the doctor about it, nor applied any cream. The night of the proving meeting the itch disappeared. (P3) [Other colleagues had itchy skin, and one had very itchy sore vagina for about 5 days.]

Jumping (three provers and one supervisor)

- Mind, of (one prover)
- Fear, body jumping from (two provers)
- Energetically (one prover)
- Symbolic jumping mouse (one supervisor)

Lying down, amel (two provers)

Moon (four provers and one supervisor)

- Full moon, amel (P6)
- Full moon, agg (S1; P1; P4)
- Waning moon, agg (P3)
- Waxing moon, agg (P3)

Movement, agg (three provers and one supervisor)

Movement, amel (three provers)

Movement sensations in body (two provers and one supervisor)

- Moving upwards (one prover and one supervisor)
- Movement in abdomen/pregnancy sensation (one prover)
- Feel right eye moving towards the centre of face (one prover)
- Fingers not moving in the right direction (one supervisor)

Movement – surreal (one prover and one supervisor)

Neuralgic pain (three provers)

- Toe, across toe and spreading up leg (P2)
- Thigh, right (P2)
- Sciatica, right side (P3)
- Knee, shooting pain, sciatica (P6)

Numbness (one prover and one supervisor)

- Toe (P2)
- Right leg (P2)
- Thigh (P2)
- Spine (P2)
- Skin on face (S2)

Odours, imaginary and real (two provers and one supervisor)

- Fox scent (one prover)
- Musky (one prover)
- Sour, ammonia like (one prover)
- Stale blood (one prover)
- Acute (two provers and one supervisor)

- Desire for, scent of lavender (one prover)
- Loss of (one supervisor)

Old/aged (two provers and one supervisor)

- Skin aged, puckered, mottled, purplish. (P6)
- Back pain. Small steps. Shuffling like old person. Weak spine – not safe. (P4)
- Day 9. Hip, right. Aging. (P6)
- Day 12. Image of self as old woman. (S2)

Periodicity (four provers and one supervisor)

- **Every month (one prover) [informed symptoms came back every month after proving for two months]**
 - Left ear blocked; as if wall/under water. I cannot hear properly. Lasted a day and went. (P1)
 - Sharp pain at the base of my nails as if finger crushed (prover jammed finger in door during proving). (P1)
 - Flu symptoms. Nose is pouring with 'acid' water. (P1)
- **Every other day (one supervisor)**
 - Liver pain (S2)
- **Every year (one prover) [informed one year later]**
 - Brakes failed on car (again), and again garage could not find a fault with brakes (P4)
- **10 days later, lasting 4 hours (one prover)**
 - Had the feeling of full bladder and having to go to toilet all the time only lasted approximately 4 hours. Day 10. Waning moon. Back again. (P3)
- **On and off during month (one prover)**
 - Sore dry throat all day. On and off during month since taking remedy. (P6)
- **Opposites happening periodically (three provers and one supervisor)**
 - P1; P2; P6; S2

Polarity (six provers and two supervisors)

Pressure, agg (five provers and one supervisor)

- Eyes (P5)
- Back(P4)
- Extremities (five provers and one supervisor)

Pressure, amel (one prover)

- Back (P2)
- Extremities (P2)

Random/changeable/coming and going pains (four provers)

Recovering quickly (five provers)

Rest, amel (two provers)

- Back

Rising, agg (one prover)

- Extremities

Rubbing, agg (one prover)

- Extremities

Rubbing, amel (one prover)

- Extremities

Sense of direction/navigation (one prover)**Sitting, agg (three provers)**

- Back

Slowness (four provers and one supervisor)

- Calculating, when (one prover)
- Driving, while (one prover and one supervisor)
- Everything, of; but time passing quickly (one prover)
- Purpose, of (one prover)
- Slow pace; relaxed (two provers and one supervisor)
- Thinking, in (one prover)
- Thought and action; delay between (one prover)
- Work, in (one prover)

Smoking (one prover and two supervisors)

- Desire to smoke (P4)
- Desire to stop smoking, but can't (S1; S2)

Sneezing, agg (one prover)

- Back

Split sensation, two halves (two provers)**Stairs climbing agg (one prover)**

- Extremities

Stiffness (five provers)**Stretching, amel (one prover)**

- Back

Support, bandage, amel (one prover)

- Extremities

Swelling (five provers and one supervisor)

- Ankles (P3)
- Eye, right (P4)
- Face (S2)
- Finger, right (P1)
- Glands, right side (S2, P6)
- Glands, left side (P6)
- Gums (S2)
- Knee, left (P6)
- Stomach (P2, P4, P6)
- Toe, right and left (P2)
- Tongue (P2)

Tingling (two provers and one supervisor)

- Arm, right (P2)
- Head, top (crown, scalp) (P2)
- Penis, testicles (P2)
- Skin on face (S2)
- Soles of feet (P2)
- Tongue (P6)

Touch, agg (three provers)

- Extremities (three provers)
- Skin (one prover)

Touch, amel (one prover)

- Back

Trapped/stuck (three provers and one supervisor)**Travelling pains (four provers and two supervisors)**

- Arm to shoulder (upward movement) (one prover)
- Buttocks (downward movement) (two provers)
 - Both sides (one prover)
 - Left (one prover)
 - Right (one prover)
- Centre of forehead and back to temples (across) (one prover)
- Chest to head (upward) (one prover)
- Head (across) (one prover and one supervisor)
- Hips (across and downward) (one prover)
- Left eye to third eye (across) (one prover)
- Legs (downward) (two provers and one supervisor)
- Lumbar region (one prover)
 - Laterally in both directions on right (one prover).
 - Vertically, up and down, on left (one prover)
- Ovary, right (across) (one supervisor)
- Right eye to right temple and back and fore (one supervisor)
- Right temple then left (one supervisor)
- Shoulder to neck (upward) (one supervisor)
- Spine (downward) (one prover)
- Temple to temple, left to right (one prover)

Weakness (four provers)

- Back (one prover)
- Eye, right (one prover)
- Legs: (one prover)
- Knee (two provers)
- Hip (one prover)

Weather, wet, agg (two provers)

- Extremities

The themes

*Beth yw byw? Cael neuadd fawr
Rhwng cyfyng furiau⁹*

The repertory is huge and was a never-ending task. I would set a goal, reach that goal and then 'see' more, and it just kept growing and growing. Again, I was reminded of climbing the mountain on that May bank holiday and 'seeing' more than the eyes can see; which links with the 'Tardis' of course – it's bigger on the inside – and with Waldo's great line above 'Cael neuadd fawr, rhwng cyfyng furiau' (see footnote and Chapter 3).

This remedy certainly wanted to reveal itself. In fact I'm amazed at how it has revealed itself, and I can totally relate to the words of one of the supervisors:

“...it's blowing my mind. I knew I would be sensitive to the remedy and I feel like I have also taken it... This is beyond my wildest dreams of how the remedy can come in and portray itself. Wonderful.”

As soon as I started extracting the symptoms, I too was blown away by the evidence. The only two areas of the repertory not covered by a specific proving symptom were: 'Larynx and trachea' (however, many 'throat' symptoms were covered); and 'Kidneys' (however there were many bladder, urine, liver and abdomen symptoms covered, and one prover mentioned 'kidney pain' in the final meeting, but this was not noted in the journal).

What is striking is not just the amount of signs and symptoms, but also the intensity of them (mind, physicals, dreams and generals). I have included symptoms in the repertory, which were only experienced by one prover or one supervisor, because the intensity of those symptoms were striking, or they clearly linked with the themes. As there were so many signs and symptoms, I couldn't include evidence of the provers and supervisors' symptoms and experiences in the repertory – the repertory in Chapter 7 (headings and rubrics) is 70 pages long; the repertory including evidence is 500 pages long!

The repertory does not provide a 'feeling' for the essence of the remedy. There are clear themes running through the symptoms, and many of the provers and supervisors were 'aware' of those themes – which have also been evident from the beginning of the journey. The signs, symptoms and experiences of the provers and supervisors provide such strong evidence to confirm those themes and bring the remedy to life. It's certainly a deep acting remedy, which helps balance physical, mental, emotional and spiritual aspects of the whole system.

The themes are 'huge' – they are 'big universal themes'! And again, I'm reminded of the words of Simon and Sue Lilly (2011) in their book on Preseli Bluestone, when describing the movements of the universe:

“It's a gigantic circular dance and an everlasting cycle of theatre where opposites weave a harmonious balance to maintain order”.

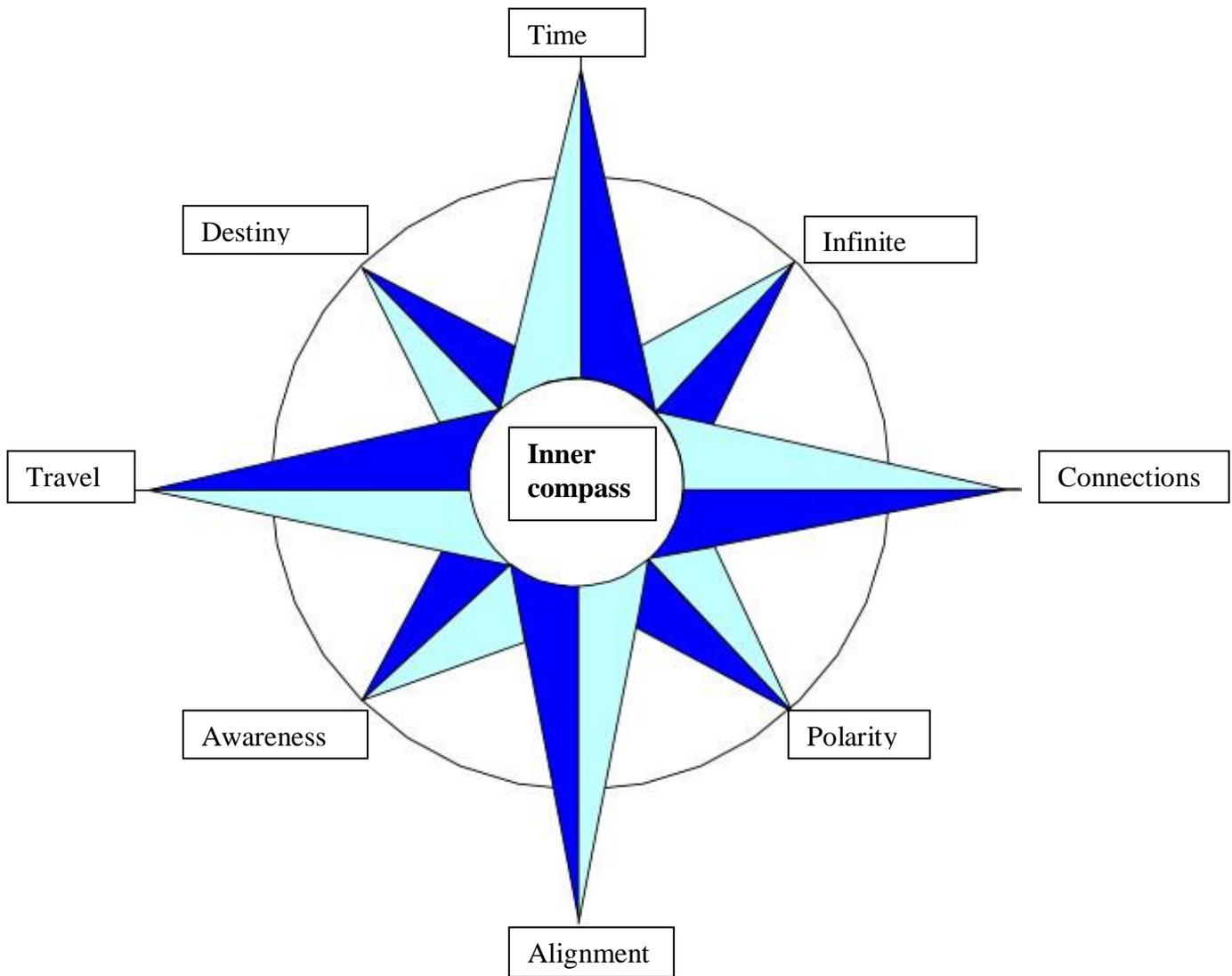
⁹ Taken from 'Pa Beth yw Dyn?' (What is Man?) by Waldo Williams, published in 1956. Translated as 'To live, what is it? It's finding a great hall between narrow walls'.

The symptoms were often extreme and intense, and at opposite ends of the pole! And 'polarity' is certainly a key theme - meaning not just opposite ends of the poles, but also a magnetic orientation which ensures a natural flow of energy, in other words being 'aligned' to the natural flow of energy in the universe, 'going with the grain', not against it; being in tune with nature – 'alignment' is another key theme which was evident from the symptoms. And the poles and ley lines are all 'connected' within the circle of life, which is 'never-ending'. It's all about the 'oneness' and 'unity' of everything – the beginning and end are one and the same (infinity is a key theme). 'Connection' is another key theme, which includes 'communication', 'travelling', finding your true path, 'the inner compass', and connecting with the ancestry line, i.e. the past, present and future ('time travel' – the TARDIS!). As well as a heightened 'self awareness' of being connected to everything in the universe, 'to infinity and beyond'. And within these 'big' themes were many related 'sub-themes'.

It took me a while to see what was the 'core' theme which linked everything, because all the themes were connected! I then realised that I was back to what was at the centre of the cross within a circle symbol (Chapter 2). The symbol in my dream at the beginning of this journey which pointed me in the right direction to find my stone and which is continually guiding me, like a bright star. Preseli Bluestone is the 'guiding star'. The stone itself resembles a starry night, and we've been following that star. And then the penny dropped! But of course, it's 'bigger on the inside', it's the guiding star within us all, helping us make the connections. We've all been in the centre of our own circle, trusting and listening to our natural instinct so that we 'see' the connections and 'feel' the rhythms. It's the 'inner guiding star' or the 'inner compass'.

I could then see clearly how **'the inner compass'** links all the themes. Symbolically, it's the circle within a circle with a cross within it! And moreover, the compass rose is **'a star'** with an infinite number of rays pointing in all directions! It is often referred to as being the one true and perfect symbol of the universe, and it's certainly the perfect symbol for Preseli Bluestone!

The 'inner compass' links all the main themes: polarity; alignment; time; travel; infinity; connections, destiny; and awareness.



The inner compass

The inner compass is about finding your true path, following your heart or instinct and not your head. Going with the grain, letting go, accepting, realising that there is more than the eye can see, and making connections, seeing the 'oneness', the 'whole'. It's about being in tune with your true self. It's the power within. It's your inner GPS or Sat Nav, which directs the mind and the body. So it links all the big emerging themes: alignment, polarity, time, destiny, awareness, travel, connections and infinity.

In my case, I approached my journey with no preconceptions and no expectations. There was a connection to the energy of Preseli Bluestone, and I followed it. I came upon a quote by Barry Brailsford from 'Song of the Stone' (1995) during my journey, and it succinctly defined this feeling of blindly following:

"Letting go, accepting without understanding, stepping out without knowing the final destination, recognising and listening to a voice within that was growing strong with the trusting." (Brailsford 1995).

I was then amazed to find the following written in one of the provers' journals:

- Day 1. Before going to bed I was thinking of what the remedy might be, then this entered my head: "There is no need to know where you are going, just walk the path as it unfolds before you and be open to what you encounter along the way." I felt it was important to write it down, getting out of bed to do so. It had a powerful resonance for me. (P6)

And this proverb demonstrates so eloquently throughout the proving how connecting to the energy of Preseli Bluestone as the 'inner compass' has helped her find her true path – just before the end of the proving she had moved house! Here are some examples of her experiences, which says it all:

- Day 9. Usually get over anxious over things that I have no control over. Am laid back about it all. Feel there's a mammoth dynamic shift...Been supplied with courage/faith, growing faith in own abilities. Would have felt bereft – but want to explore what it's like to be by myself a bit longer. Appreciate the moment and really 'liking it'. 'Big dynamic shift'. Mammoth dynamic shift'. (P6)
- Day 16. Given a chance for a fresh start; after reviewing the past. Have clarity on what has been muddied – an opportunity. Reacting and responding differently. Taking it in stride. Something's changing in me! Not sure choosing to, or something shifted at a deep level. Getting confidence of younger years back. More of a sense of independent self [physicals disappeared]. Relationship not primary focus – grown into different people over time and not desperate to cling on to that. For every negative there's a positive and opportunity. Wasted a lot of time clinging on. Quite nice feeling to let it go. Don't feel ready to be together with partner again. Have a chance to be by self and find it exciting. To do with the effects of the remedy: dreams are about finding my own place in life! Subconscious to conscious; lost touch with own confidence and people I used to know. Lost a lot of what made me me! (P6)
- Day 19. [Dream]. I watch a woman through a window who is wild and feral and she watches me (might even be a side of me, I sense, but a side that I am not familiar with, which frightens me a little). She destroys a formal, structured garden which in the dream is a powerful, positive thing. Am getting a growing sense with my dreams of needing to face and let go of my fears. I have never learnt so much or remembered so much of dreams before now. I feel like this is my time and I have been given opportunities to create what I need for myself and my family. Need to take these and stop wasting energy in trying to be what I am not or feeling guilty for what I'm not going to change. (P6)
- Day 22. Sense of revisiting potent times in my life – pregnancy, epileptic fits, moving out from living with partner – questioning decisions. Looking back. Ridding (ALL that is no longer necessary to 'carry'). Big (and reassuring) sense this too will pass and will enable me to unlock something carried for too long (BEST WAY I CAN PUT IT!) (P6)
- Day 24. I talk less, but with more purpose. Things are a struggle right now, but it feels as if I am slowly being tugged out of a very stuck, fixed position (get a visual of thick thick mud) and bit by very slow bit I am moving forward defining my life and taking responsibility for it. (P6)
- Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)

Waw!! As you can see, these words are not just demonstrating a connection to the 'inner compass', they also demonstrate all the other big themes – alignment, polarity, time, connections, destiny, infinity, travel and awareness. And the language is so symbolic of Preseli Bluestone and its journey to Salisbury Plain.

All the provers and four of the supervisors either demonstrated a connection to the inner compass or a disconnection to it. For one prover, the connection was a 'calm clarity' and a rite of passage:

- Day 11. US. Something feels different in me. There's something there that I've been trying to work out what it is, so I can put a label on it... I have a different sense about me. I feel a lot calmer than I have done for a long time. A calm clarity (lot of thinking). Difficult situations are OK. I'm not panicking or stressing. I feel OK. I've been trying to understand what this sense of 'OK' is. I think I've come to the conclusion that I think I've actually grown up. I feel like I've made firm contact with my adult (lots of thinking) self. I feel settled. I feel like the petulant child has grown up. I feel like I have suddenly grown up and I like it. (P2)
- Day 13. Life is noticeable by how unnoticeable it is. I asked S2 last night how the proving ends and she said it all ends in the final gathering and the returning of our journals. I don't want to give it back. I don't want this to end! (P2)

For another prover, there was an intuitive sixth sense connection with her supervisor:

- Day 21. Evening. It is strange, but tonight after such a fine day I feel anxiety and I am wondering about my supervisor...but it is too late to call her and any way we shall talk tomorrow. Premonition? [S1 gone to see her brother who is very ill in hospital.] (P1)
- Day 22. As I sent a text to S1, at the same time she sends me one. Telepathy? Unfortunately S1 is on the train to see her brother who is having liver surgery. Very serious and S1 is very sad. We talked to each other for a while, but S1 feels terrible and I can feel her anxiety. (P1 about S1)

And this prover also demonstrated her sixth sense in her dreams:

- Day 11. Dreamt I was walking with two dogs and had a stick/cane and I was bashing the vegetation. (P1) [Before hearing about April Jones being missing. She had a text from S1 the next day about it, and was shocked and horrified.]

For one supervisor, the journey was physically and emotionally hard, but she trusted and knew it would all be OK in the end:

- Day 27. I have felt kind of like I've been giving birth to my first baby doing this. Feeling anxious, not knowing what to expect, feeling that something awful might happen, but not sure what. But with the knowing that it will end and all be OK. (S2)

Facing fears and trusting the inner compass was also experienced by another supervisor and prover:

- A few days before the proving I was feeling very tired, overwhelmed – been through a difficult time emotionally and working hard, sleep affected too. So I was a bit reluctant to do it – and when I noticed my front tyre was almost flat. I felt anxiety about the journey – no time to get it sorted. So rang you and agreed to start with P4 the following morning. The Friday night before the proving meeting I had a vivid dream ['a face your fears' type dream.] (S4)

- Day 0. 13:00. Just taken first dose. Had to drive to take it sitting in my car at the sea. Felt fear sitting in my car – locked the doors before ringing S4. Keep vaguely imagining crashing my car – always turning it over. Not scared of it though.
- Day 5. NS. I feel like I'm more of an observer and not having any emotional reaction to anything. Feeling comfortable just letting things happen/be. (P4)
- Day 11. NS. Driving has been feeling strange – surreal. The sensation of driving feels different almost like I'm someone else driving – or it's like experiencing what it's like to drive by someone else. What they're aware of is different to me. (P4)
- Day 13. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – brakes failed – still shaky waiting for recovery truck. Luckily it happened in the most safe part of journey home – driving slowly coming up to junction with no cars.
- Day 16. Weird thing – the garage can't find anything wrong with my brakes and they are working fine!! Feels like there's been lots of strange car fear and then brakes failed and there's nothing wrong – really odd. Theme of fear for me in places. (P4)
- Day 27. The weird thing here though is I'd forgotten about it till S4 asked me yesterday how I felt about the bottle and I realised the last time I saw it I wondered what it was and picked it up to see what remedy it was only to 'discover' that it was the proving remedy I had been scared to look at the whole time. Bizarre, as I hadn't moved it and it was the only remedy on my bedside table. I didn't recognise or remember it. It's like the fear was part of the mental state and once that had lifted and seemingly gone into physicals I forgot about it. (P4)
- Day 27. I definitely went through a state of indifference – the nothingness was all I could describe it as. Didn't care what happened – didn't want to do anything and happy to leave everything in my life up to fate I suppose. (P4)
- Day 27. I feel generally though that I've been pulled deeper into some of my own symptoms that maybe I ignore – like the indifferent kid of depression that I went through the first week or so and I feel now that I've got more energy and I'm seeing things much clearer than before. I always struggle to focus/ think and I'm feeling more able to right now. Getting back into exercise as I have more energy is great as I've been very low on energy for bloody ages. (P4)

The symbolism of the journey being linked to driving and crashing the car was also demonstrated by another supervisor who again trusted the journey:

- Day 27. During final meeting, S1 described a dream of crashing the car, and then sent a written account via e-mail on 26 October 2012. S1 wrote that strong and insistent thoughts, sensations and themes of the dream had come to her after the final meeting: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest. In the car was my partner of 23 years and myself. Our relationship in reality has been heading for disaster slowly for more than two years, as we have said: coming to the end of the road.....The meaning of the dream for me was that we are going through a traumatic event but we remain aware and come to rest unharmed the right way up in a green field....a pleasant relief and a still point. Totally out of control, but somehow unharmed by the rough and tumble. This gives me hope that we will be ok if we have to face selling the house and starting again, uprooting ourselves and separating, but remaining connected by the children. The car landed heavy like a stone in the field and I had the strong feeling that this is how the stones arrived here from Wales, in an ice flow, a glacial pile up. It has not occurred to me before, but a volcano, an eruption, can throw things a long way.... somehow, the cold feeling and heaviness whilst being rushed through time, slow motion at the beginning, and long slow processes undertaken, but driven by a fire, an absolute need/fire: are how the proving has felt. That we are being cleaved apart and with a cold heart striving to stand alone, its logical step, no emotion. (S1)

[S1 had moved into a flat (trial separation) during proving and then moved back into the house straight after the proving.]

And again, the symbolism of Preseli Bluestone's journey to Salisbury Plain is incredible!

One prover tried too hard to listen to the inner compass. She said that she couldn't see her 'inner light', and that she wasn't able to move on until she had faced and sorted her issues. This prover also found that her Sat Nav stopped working during the proving:

- Day 10. Decided to look in a book of meditations to look for inspiration. It told me to shut my eyes, get comfortable and at the right time a small pinpoint of light will appear. This is your own light, your own lamp to shine: this is the distinctive light we have been given to share. I COULD NOT SEE A PINPOINT OF LIGHT even after more than an hour. Those same feelings of panic came over me, as the other night – that there is so much unfinished business in me, that I can't take on anything new. All the stuff, books, furniture, that I left with people are still with those people. I have to approach them and talk about it. I have put my head in the sand for too long. I have to face it and sort it out. (P3)
- Day 16 Navigation bad today. Not my strong point, but all those new estates are not on Sat Nav yet and tonight my Sat Nav has really given up the ghost. I feel literally lost without it. (P3)
- Day 17. My Sat Nav went back to shop, who are normally very good with Sat Nav problems, but not today. Up to me to solve it with computer. My God, how daunting. Did not succeed. What now. Have tickets for circus. How am I going to get there. A colleague who is coming too, doesn't drive and I doubt her navigation skills. I borrowed a Sat Nav from a colleague. Not easy. Had to ask at two different houses for directions. (P3)

One prover and one supervisor found it difficult to go with the flow. Taking the remedy, or the proving in the case of the supervisor, had got in the way of their normal processes, they felt disconnected and couldn't 'see' the connections:

- Day 1. Not in a good mood because winter is coming – usually feel like this at this time of year. Tired, and men everywhere and done nothing. (P5)
- Day 4. I am very busy and I feel it is unfair that I feel as if a cold is coming on and summer is over (what summer?). Feel a bit hard done by. (P5)
- Day 5. Pissed off this morning 'I wish I hadn't taken that tablet, I haven't got time to be ill'. Mood worse as day goes on, which is normal for her. (P5)
- Day 9. Everything's an effort, everything's an ordeal at the moment. Feeling a bit under the weather – as if coming down with flu. Not heavy flu – not feeling well, 'not right'. (P5)
- Day 15. I think I've had the placebo and a cold! (P5)
- Day 7. I have not heard from P3 for a few days and because I can't feel any connection with this remedy, I have given up... I feel disconnected and have disbelief in any new symptoms. However, I agreed to carry on supervising P3. (S3)
- Day 27. Disappointed is the word that comes to mind regarding this proving. Very little happened this month and all of my symptoms were usual symptoms I have every year around this time. Not worth mentioning. It was frustrating and annoying...Disappointing. Don't know if I want to take part in another proving as it was a waste of my time. It interfered with my own processes as in not allowed to take a remedy for a month. Maybe I should have not taken part in it at all as it was clearly not the right time for me. (S3)

However, the prover above had a striking eye and vision symptom, and a prophetic dream, on the same day:

- Day 2. Went to hairdresser, came out, eyes sensitive to light. Sensation – sharp, shock to eyes. Eyes felt very strained and painful all day, more noticeable for movement. Worse looking up and worse looking sideways. ROS – last experienced this two years ago. Worse for applying pressure, i.e. placing hand on closed lids. (P5)
- Day 3. Still the same as yesterday. Started to get better around 4pm. Sensation was like when you try on glasses that are too strong for you. (P5)
- Day 2. Dreamt that I had given this woman a puppy which I was not very happy about for some reason. Not happy about giving her a puppy, because felt that she wouldn't look after it. [P5 discovered on Day 3 that the woman of her dream (with the puppy) had died.] (P5)

Moreover, at the end of the proving this prover visualised the name of the remedy in a dream, and the name she saw was 'Brimstone'!

Also, the supervisor above, contacted me after the proving to say: "I could not focus beyond being disconnected!..Once the flow started [final meeting], I was able to see much more clearly what was actually happening to me during the proving." One of the symptoms listed was 'moving': "I have been waiting for this opportunity to move to the South for about two years and it just happened out of the blue now!". This supervisor also said that she'd 'grown apart' from her partner during the proving.

Polarity is a key theme which is evident throughout all the themes of Preseli Bluestone – demonstrated here as going with the flow or against it, or having a connection with the 'inner compass' or a lack of connection with it.

The 'inner compass' is often referred to as the 'sixth sense', the 'sixth chakra', the 'brow chakra' or the 'third eye chakra'. And the home of the 'third eye' chakra is the 'pineal gland'. The pineal gland is located in the centre of the brain – even its location seems to suggest 'hidden importance' (which can be likened to the hidden importance of 'Preseli Bluestone!'). The pineal gland/third eye has been called the 'seat of the soul' – and Dylan Iorwerth (May 2011) is quoted as saying the following with regard to Waldo: "A, phan fydd angen doethineb, ei eiriau sy'n dod i'r cof... rhyw fath o sat nav i'r enaid" [And when I need words of wisdom, the words of Waldo come to mind...a sort of Sat Nav for the soul!].

It is said that the third eye chakra can be activated to spiritual world frequencies and enables you to have the sense of all knowing, euphoria, and a connection to all (see 'Connections') - this area in the middle of the brain has long been known to be the connecting link between the physical and spiritual worlds. And when the pineal gland is tuned in to proper frequencies it enables a person to travel into other dimensions (see 'Travel'). The pineal gland has always been important in initiating supernatural powers, and it is associated with wisdom, intellect, intuition, and clairvoyance (see 'Awareness - Clairvoyance').

Studies done mostly with birds strongly suggest that the pineal gland is a centre for navigation. Scientists believe that the pineal gland is a magneto-receptor, capable of monitoring magnetic fields, and helping to align the body in space. Changing the direction of magnetic fields around the heads of birds alters their ability to orient.

Also, the third eye chakra controls the various bio-rhythms of the body. It works in harmony with the hypothalamus gland which directs the body's thirst, hunger, sexual desire and the biological clock that determines our aging process (see 'Time'). It is also the chakra of time and awareness of light. The pineal gland is a light sensitive gland that produces the hormone melatonin, which regulates the instincts of going to sleep and awakening. It also produces trace amounts of the psychedelic chemical dimethyltryptamine (see 'Awareness – 'Drugs').

The colour associated with the third eye chakra is 'Indigo':

- Day 3. Drawn to colours lavender-purple and turquoise blue/bright blue. Bright colours. Not conscious decision. (P6)

With regard to physical symptoms, the third eye chakra governs the eyes ('to see more than the eyes can see!'), the sinuses and the nervous system. When it's out of balance, the physical symptoms include headaches, sinusitis, fatigue, vision problems, lack of focus and confusion. Here are some examples of Headache, Eye and Vision symptoms, as well as examples of Clarity and Confusion.

Headaches (four provers and two supervisors)

- Day 4. Headache – heavy – frontal. (S1)
- Day 0. NS. I woke up with a dull, constant pain over my right eye. This has stayed with me all day. The pain is not severe. By about 3pm it had travelled into my right temple, and has moved back and fore since then. At the time of writing, 8.40pm, it is back over my right eye. Normally when I get a headache, and it isn't very often, it will be right across my forehead, and develop over the day into a migraine type headache – this hasn't happened. Head pain gone next morning. (S2)
- Day 1. Dull ache in same area in my head as yesterday. Today it is on left side (above eye). (S2)
- Day 8. As I write, head pain moved to centre of forehead then back to temples. (S2)
- Day 10. NS. Went to bed with a scarf wrapped around my head. I wrapped it quite tightly and the pressure seemed to ease the pain in my right temple. Kept waking up with the pain. (S2)
- Day 16. Lots of pains, sharp and short, wondering about in my head. That just come and go, mostly frontal, but also vertex and back of head. (S2)
- Day 16. Crap night, waking up through night from 3.30am. Lots of head pain, boring pain in right temple then left, keeps changing. I feel depressed. Can't be bothered. Heavy (S2)
- Day 8. NS. Head pain. Dull, pain in centre of forehead, a whole circle, it's tender. The skull behind the skin is tender, feels like the bone is tender. When I push it, just resting the weight of my head against my fingers is quite painful, better when I ease the pressure off. It's nice pressing it actually. I don't normally get headaches. (P2)
- Day 23. NS. 4.45pm. Headache. Like someone is banging my head on the inside trying to get out. Like a warm sickly sensation in my head. Not a normal pain. It's a pulsing, as it's pulsing it makes me feel sick, back of nose and above the palette, it has a sweetness about it, an unpleasant sweetness. Pain is at top of my head, front half of vertex. Pain still there at bed time. (P2)
- Day 1. 14:10. Very mild headache, above my left eye which lasted approximately one hour. (P3)
- Day 2. Central frontal headache. Evening – headache gone. (P3)

- Day 5. AS. Woke up with my normal headache (hormonal), although it's on the left side this time. Usual slight nausea. Need for fresh air and water. Pain behind left eye extends around to the back of head. Better for pressure on eye and around socket – firm pressure. Better for walking in fresh air. (P4)
- Day 15. From 5.30pm have had headache – temple to temple like tightening band – left to right, and a bit of a dull ache at top of head. Pulverising. (P6)

And again what is striking are the links with all the other themes which are evident even throughout the head pain symptoms: wandering/shooting/moving (travelling) pain; left and right side (polarity); symbolic use of language, e.g. 'an unpleasant sweetness' (polarity), 'like someone is banging my head on the inside trying to get out' (rite of passage; inner compass), 'a whole circle' of pain and 'heavy' (symbolic of Preseli Bluestone); 'temple to temple' (alignment), .

Two of the provers and one supervisor had pain above an eye or on the eye and around the socket.

Eyes (five provers and one supervisor)

- Day 1. Working with a cerebral palsy child in work and I noticed that every time I blinked, my eyes felt cold. The inside of my eyelids were cold. Made me blink a lot more. Interestingly the cerebral palsy child was once only able to communicate with blinking his eyelids. (S2)
- Day 4. Congested feeling left side of forehead and temple with warm, burning feeling, going down into my sinus below my left eye with same warm burning feeling, been pretty constant all day. I have been wanting to rub my left eye a lot today and it feels sore and bruised. (S2)
- Day 18. NS/AS. 6.30pm. On computer, upper right outer edge eyelid twitching violently. Stops when off the computer, but returns when I go back on computer. Lasts about an hour. (S2)
- Day 0. RS. The weakness in my right eye seems exaggerated as I'm sitting at the table looking out the window. I can see the wind blowing down the valley and I can feel my right eye moving toward the centre of my face and it's watery, like it's in a draft. Right eye profusely watery. This is like when I had my facial palsy, approx 1990 – clear, watery, liquid. Found myself having to turn away from window. It was as if the wind from outside was blowing my eye in to the centre of my face (window not open – not sitting close to window). Every time I looked out window, it would happen again, so stopped. It was an uncomfortable feeling. At end of day, right eye watery. (P2)
- Day 1. Right eye been watering again today, intermittent. Same as yesterday. When worse? Being outside. I don't know whether I'm imagining this, but when I am inside looking outside it is worse, having said that it's watering now (10.40pm, curtains closed.) (P2)
- Day 3. 8am at breakfast. Right eye and right nostril streaming. Streaming? Clear wet, had to get up and blow nose and wipe eye a couple of times. (P2)
- Day 4. Snotty nose this morning – loose and watery and wet eyes. (P2)
- Day 8. NS. 10.33am. Pressure building in my temples (left and right – same each side). And right eye feels like someone is pushing it out of its socket. How long for? I haven't got it now (10.20pm), it went somewhere along the line. Probably lasted less than one hour. Just temples? Yes and right eye. Anything else? No, just very unpleasant feeling. Feeling in eye? Like I had a finger on the back inside of my eye, trying to push my eye out. Better? Walking around. Worse? It just went after a while. (P2)

- Day 27. The strange thing is that the patch above my right eye is also much more 'active'. It has a yellow head on a very fiery looking skin! Not painful, not itchy. I really don't want to do anything. [Contradiction] (P3)
- Day 3. Right eye felt weird last night and this morning. Felt thick and puffy. Felt like this in past and usually my pupil is dilated when it feels like this – don't want to move to go check though – back really sore. OS. (P4)
- Day 2. Went to hairdresser, came out, eyes sensitive to light. Sensation – sharp, shock to eyes. Eyes felt very strained and painful all day, more noticeable for movement. Worse looking up and worse looking sideways. ROS – last experienced this two years ago. Worse for applying pressure, i.e. placing hand on closed lids. (P5)
- Day 3. Still the same as yesterday. Started to get better around 4pm. Sensation was like when you try on glasses that are too strong for you. (P5)
- Day 0. Took remedy at 8.15am. Slight 'burn' feeling on tongue. 8.30am: Sneezing fit followed by runny nose – clear discharge. Runny, sticky sensation around eyes, as if eyes glued together. (P6)
- Day 1. Eyes are heavy and tired, particularly left eye. (P6)
- Day 11. Gritty, hot sensation in eyes (stronger in left). (P6)
- Day 22. Eyes tight and hot sensation. (P6)

Again, the symptoms demonstrate links with the other themes.

Two of the provers (P2) and (P3) and one supervisor (S2) can 'see' the 'connections' linked to their 'eye' symptoms. Also, these examples show links with the themes of 'communication/connections' ('...communicate with blinking his eyelids'), 'alignment' ('as if the wind from outside was blowing my eye in to the centre of my face'), 'travel' ('I can feel my right eye moving toward the centre of my face'), 'polarity' ('the patch...is...more active...I really don't want to do anything'), 'awareness' (all three examples), as well as symbolic use of language ('more 'active'). It has a yellow head on a very fiery looking skin! [volcano]).

Just as the themes are 'huge', so too are the symptoms and experiences of the provers and supervisors – and they are all interconnected.

Vision (three provers and one supervisor)

- **A crystal clarity and seeing more than the eyes can see (two provers)**
 - Day 1. Journey to work, everything seemed bright and a lot more in focus. A bit like being on drugs, amphetamines. Felt like I had an intense stare. Everything was bright and clear. The other sensation that went with it was like having clenched teeth, a bit like you get with acid or mushrooms. Eyesight – my eyesight feels a lot better. I have a wide eyed feeling (laughing). I am absolutely convinced my eyesight has improved today. (P2)
 - Day 3. When I was walking to car this evening...everything seemed brighter and clearer and colourful. A crystal clarity to it, and when I think about it... Yesterday was something I normally experience, but intense. And my vision seems really intense. It's lovely, it's really nice. It makes me think of drugs, it has an element of psychedelia about it. After the frenzy of yesterday, I seem to have gone back into deep calm again – even that seems to have an intensity about it. The vision, the smell, the emotions all seem slightly exaggerated. Exaggerated? (deep thought – long). It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. Where are you in that bigness – pretty much at the centre of it. How does that feel?

Interesting, the heightened sense of vision is lovely. That alone makes me feel quite good. How big a difference was yesterday from today? Oh... opposite ends of the galaxy. I was horrible yesterday. Today I feel at one, at peace again. The other day when I was driving to work, with my heightened sense of vision, I was wondering whether we are proving cocaine or amphetamine or something. (P2)

- Day 4. Eyesight – vibrant. ‘Stood looking at trees for ages, like I could see an energy field around the trees. But when I looked at the buildings it isn’t there. Feeling? It’s brilliant, it’s great (smiling) – (thinking, long and hard, whilst smiling...still...thinking!!) ‘Feel like I’m actually seeing the life in everything. (P2)
 - Day 0. Heightened awareness visually – watched two spiders dancing; but couldn’t focus on words on board. Contradiction. [Supervisor noted that P6 was expressing verbally with clarity too.] (P6)
 - Day 16. Clarity of vision, *see with eyes that see more than there is*. To see or vision blurred. (P6)
- **Blurred vision (three provers and one supervisor)**
- Day 26. 18:50 Tired. Eyes feel hot and are a bit blurry and feel very heavy. (P2)
 - Day 2. NS. 3pm. Always read in the car when waiting...Today I open the book and the page is a blur. Can’t read the writing for about a minute. Have to keep looking at it ‘til my eyes adjust. (I do wear glasses for reading, but can normally manage without them. I was reading XX and the text is quite large in that book, and I normally wouldn’t have needed my glasses. I didn’t have glasses with me, my eyes adjusted after about a minute). (S2)
 - Day 3. [Eye] Sensation was like when you try on glasses that are too strong for you. (P5)
 - Day 0. 4pm. Eyesight blurry; couldn’t see writing on board ‘letters were moving’. Black. Letters moving up and down. Had to shake to them/ripple or wave. (P6)
 - Day 0. Heightened awareness visually – watched two spiders dancing; but couldn’t focus on words on board. Contradiction. [Supervisor noted that P6 was expressing verbally with clarity too.] (P6)
 - Day 5. Vision slightly blurrier than usual, like focus out, accompanied by ‘spaced out’ feeling (as if sometimes slightly outside the body physical and looking in. Very mild sensation, doesn’t stop you in your tracks or impede normal activity for long. More like an awareness of peripheries). Hard to read – looking down causes sensation of blurred vision and slight dizziness – have to close eyes. [Vision blurring was there at beginning.] Slightly outside events, but in them all the time and can choose any one I want. (P6)
 - Day 7. Vision is not blurred. (P6)

- **Clarity of mind (four provers and one supervisor)**

- Day 6. NS. There has been a kind of clarity about this illness this week. (S2)
- Day 10. I get outside and I can see this clarity and vibrance, and that’s how I feel. It’s like an energy that’s rising up and it’s like my forehead and eyes and that region of my head is extending out, in that region [making whooshing gestures with arms from down to up and forward.] It feels like a widening of the eyes. (P2)
- Day 11. I feel OK. I still have a relatively calm clarity about me in spite of what is a very difficult situation at work. (P2)
- Day 10. I have to approach them and talk about it. I have put my head in the sand for too long. I have to face it and sort it out. (P3)
- Day 27. I feel now that I’ve got more energy and I’m seeing things much clearer than before. I always struggle to focus/ think and I’m feeling more able to right now. (P4)
- Day 0. All notes very clear and creative with huge use of colour. My writing is clearer, less complex than normal. I notice although written thoughts and focus crystal clear, I jumble up the spoken word (mispronouncing and forgetting words). (P6)

- Day 16. Have clarity on what has been muddy – an opportunity...see with eyes that see more than there is. To see or vision blurred. Clarity of 'vision' on all levels. (P6)

Confusion of mind (four provers)

- **Lost feeling/knows not where he is (one prover)**
 - Day 16 Navigation bad today. Not my strong point, but all those new estates are not on Sat Nav yet and tonight my Sat Nav has really given up the ghost. I feel literally lost without it. (P3)
 - Day 17. My Sat Nav went back to shop. How am I going to get to X. Colleague who is coming too, doesn't drive and I doubt her navigation skills. Borrowed Sat Nav from colleague. Not easy. Had to ask at two different houses for directions. (P3)
- **Mental exertion, from (one prover)**
 - Day 15. Everything seems a bit on top of me and I'm not clear on priorities or processes. My mind is jumping about like a frog in a box. Settled by afternoon. Feeling? Confused panic. Everything seemed to be on top of me. I couldn't clearly see my priorities. My mind was jumping around. (P2)
- **Reading, while (one prover and one supervisor)**
 - Day 0. Mis-read instructions and took another remedy at 9.30pm. (P6)
 - Day 0. Couldn't focus on words on board. (P6)
 - Day 2. NS. 3pm. Today I open the book and the page is a blur. Can't read the writing for about a minute. Have to keep looking at it 'til my eyes adjust. (S2)
- **Sexual longing/frustration, from (one prover)**
 - Day 2. AS. Woke up feeling sexually frustrated/aroused/agitated (connected to dream). In work today, flustered, confused and agitated. I feel like my whole day has been disturbed by sexual longing. (P2)
 - Day 2. It's been a struggle today to keep focused and concentrate. All my troubles today stem from this sexual urge, it doesn't feel normal. (P2)
- **Sleep; loss of sleep; from (two provers)**
 - Day 17. Poor night's sleep and a bit of a fluffy head today. Woolly head, a bit thick and dense feeling. 10.30am, all woolliness gone, energy up. (P2)
 - Day 15. [loss of sleep] Feeling a bit constrained. My mind is fuzzy and vacant – finding it hard to concentrate. (P6)
- **Talking, while (one prover)**
 - Day 11. Confusion (can't articulate what I need and/or feel (shouldn't have to). Accidents are big in the picture – both big and small incidents – knocked over another tea cup last night, son's crash. (P6)
 - Day 23. Confusion with sentences – forgetfulness, repeating myself to kids. (P6)
- **Clarity and confusion (two provers)**
 - Day 0. All notes very clear and creative with huge use of colour. My writing is clearer, less complex than normal. I notice although written thoughts and focus crystal clear, I jumble up the spoken word (mispronouncing and forgetting words). Muddled/mis-spoken: similar sounding words. Expressing exactly what I wanted. (P6)
 - Day 0. Went from crystal clear focus of written thoughts/mis-spoken to unfocussed and clumsy/mis-reading instructions.(P6)
 - Day 1. Huge sense of connection at all levels and don't feel rushed. Prioritising and being effective. Clumsy/forgetfulness still present – left packet of remedies in pocket which went through washing machine! (P6)
 - Day 4. Really surprised, have written nothing, and yet thought I had! Confusion definitely in this for me and its polarity clarity – for cases, people anyway. Bit like can see broader perspectives and losing minor everyday details. Trivia – forgetting things vs clarity, things snapping into place very easily, e.g. cases. (P6)
 - Day 5. Broad scattyness – that has clarity and connections.(P6)

- Day 15. Misunderstandings. Making arrangements, which I feel are clear, but I seem to be the only one, who thinks it is logical. Communication is so important, effective communication that is. (P3)
- Day 19. Another misunderstanding. Ordered one thing – well thought I did. Shop had ordered another thing. Am I becoming so unclear in communications?? (P3)
- Day 20. It is hard to believe another misunderstanding. Unclear communication from my side again? (P3)
- **Unfocused (two provers)**
 - Day 3. AS. Finding it hard to write in journal and pay attention. (P4)
 - Day 3. AS. Reversed and knocked wing mirror – nearly broke it. Weird because I was being careful about mirror then at last minute got distracted by nothing and didn't notice what I was doing. (P4)
 - Day 2. Made porridge – went to stir it and realised I hadn't turned cooker on. Keep doing stupid things like this – leaving keys in ignition. (P4)
 - Day 0. But couldn't focus on words on board. (P6)
 - Day 0. 4pm. Crash, tired, became unfocused. Giggly. I have forgotten my glasses (yesterday forgot mobile phone). More clumsy than normal. (P6)
- **Vexation, after (one prover)**
 - Day 1. Then it seemed to go into a hazy stupor of sleep, waking feeling angry, crying and just exhausted – needing to sleep. (P4)
- **Walking, while (one prover)**
 - Day 3. AS. Still clumsy – walking into things. (for prolonged periods and no reason). (P4)

Examples of 'Accidents' are shown under the theme of 'Awareness'.

Polarity

The polarity of the symptoms will be demonstrated throughout all the themes, but as the theme of 'polarity' is so clearly evident, I wanted to dedicate a section to show some further examples of polarity evident in physical and mental symptoms, as well as dreams. You'll notice the provers' and supervisors' use of language is symbolic too: 'polar / polarity / duality / opposites / see-sawing / highs and lows / bi-polar / opposite ends of the galaxy / opposite ends of the scale/ flip side'.

When you look at the physical symptoms of the repertory you will see that 'polarity/duality' is evident throughout all the symptoms: discharge is clear and watery or thick and yellow/green/cream; hot and cold sensations; left and right sided symptoms; constriction/tightness/stiffness or looseness/swelling; blocked or flowing; constipation or diarrhoea; expressing or stuck etc.

Here are some examples of alternating symptoms:

Alternating symptoms (four provers and two supervisors):

- Day 2. Nose – alternating streaming/blocked on right side. Clear water like a tap; or so thick and yellow, totally blocked. Violent pains in joints – changing often. Right knee felt weak for a moment, then left scapula deep sore pain. (S1)
- Day 0. NS. I woke up with a dull, constant pain over my right eye. This has stayed with me all day. By about 3pm it had travelled into my right temple, and has moved back and fore since then. (S2)
- Day 16. During sleep this morning getting lots of head pain, boring pain in right temple then left, keeps changing. (S2)

- Day 16. Lots of pains, sharp and short, wondering about in my head. That just come and go, mostly frontal, but also vertex and back of head. (S2)
- Day 16.. 9.30 am The feeling of heat and cold in my brain from earlier has swapped sides. All over by 10.50am. (P2)
- Day 19. Lateral pains? Like being skewered, severe stabbing pain it takes my breath away. It's quick and severe, makes you fight for your breath. It comes and goes quickly. Left with an aching stiffness that feels hot in that area. (P2)
- Day 12. NS. Aching – both ovaries, but seems to shift from one side to the other. (P4)
- Day 13. AS. Still have pain over ovaries – right more intense than left and then moves to left side more. (P4)
- Day 7. Throat, comes and goes. Gets better then comes back, flares up. Changeable. (P5)
- Day 9. Today and previous day – had sore dry throat all day. On and off during month since taking remedy. Speaking aggravating it! (P6)
- Day 15. From 5.30pm have had headache – temple to temple like tightening band – left to right, and a bit of dull ache at top of head. (P6)
- Day 18. Post 5.30-6pm. Sore throat. Worse right side (but spreads to left). (P6)

Split sensation, two halves (two provers)

- 6.55am-10.50am: Day 16. NS. ...After it had passed out of my body, I felt out of balance in my head. I could distinctly feel two halves of my brain. The right side felt cold and the left side felt warm. What was that like? Unsettling. That's when I wondered if I had had a stroke. 9.30 am The feeling of heat and cold in my brain from earlier has swapped sides. All over by 10.50am. (P2)
- Day 19. Back seems a bit better this morning, but still getting cut in half by shooting lateral pains lumbar region. (P2)
- Day 11. Brain in two parts – not being conscious of the things I'm supposed to be conscious about. (P6)
- Day 18. Post 5.30-6pm. Sore throat. Sensation of 'obstruction' to right; of tickly irritation to left (!!) (P6)

Here are examples of polarity evident in dreams:

Polarity [Dreams] (five provers and one supervisor)

- Dreamt of living two parallel lives. In one dream I was with my children. Suddenly same life, but something had switched and would be searching for them. Dreamt of giving birth to twin boys – but it was like in dreams I saw one way life could have been; in another sequence, it's opposite. Woke up really affected. I have spent too long NOT living the life I want and NOT pursuing what's important to me. (P6)
- I watch a woman through a window who is *wild and feral* and she watches me (might even be a side of me, I sense, but a side that I am not familiar with, which frightens me a little). She destroys a *formal, structured garden* which in the dream is a powerful. (P6)
- Circling through the air were *angels (not white robe gentle kind), very strong powerful dark-skinned figures*. (P6)
- I feel weird – one very nice dream [happy, friendly, warm social gathering] and one revolting [slugs on roundabout with dead victims piled spiralling up like a tower]. I really feel curious – such bizarre dream. Two dreams are so opposite to each other [two days apart]. (P1)

- [Maggot dream representing 'greatness and essence of life and connectedness with everything/Slug dream representing revulsion and death.] 'Dreamt I was a worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on the essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)' and 'I was walking along a road full of cars... I arrived at a roundabout and saw the whole of the roundabout was covered with SLUGS... it looked disgusting – a slimy mess. Slimy disgusting stuff, and death....' (P1)
- Dreamt last night about a baby with a big head floating in water. Not sure if it was *dead or alive*. (P5)
- Dream about running and jumping over *rough terrain* and *urban streets*. (P2)
- *Very scary kittens* attacking cars (P2)
- A couple of dreams with a similar feeling of being *calm* in situations I'd normally *panic* in – bomb sirens going off and not being able to get to the shelter. Being in some building where I needed to get out quickly and couldn't – possible fire in building. (P4)
- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012. Described dream of crashing car. [Careering off the road (her and her partner), turning over and over before coming to rest (coming to the end of the road), going through a traumatic event but remaining aware and '*coming to rest unharmed the right way up in a green field....a pleasant relief and a still point*'. Totally out of control, but somehow unharmed by the rough and tumble. 'This gives me hope that we will be ok if we have to face selling the house and starting again, *uprooting ourselves and separating, but remaining connected* by the children'.(S1) AND P1 dream cars trying to drive over roundabout covered with slugs and 'the cars were slipping and finishing 'upside down', with victims put in coffins and piled up making a tower spiralling up'. (P1)

Opposites happening periodically (three provers and one supervisor)

- Day 4. I feel weird – one very nice dream and one revolting. [the next day] (P1)
- Day 5. Two dreams are so opposite to each other. (P1)
- Day 6. Ordinary day – made raspberry jam. Dried washing outside – it smells nice. There is always an opposite coming soon after the nice, then the opposite. (P1)
- Day 3. How big a different was yesterday from today? Oh – opposite ends of the galaxy. I was horrible yesterday. Today I feel at one, at peace again. (P2) [note symbolic use of language]
- Day 9. Today and previous day – had sore dry throat all day. On and off during month since taking remedy. Speaking aggravating it! (P6)
- Day 11. I think I feel a bit unsupported right now. Comfort lies in that nothing is whole without polar opposite. (P6)
- Day 11. Aware that consciously feeling 'urghhh!!' Feeling complete lack of ability to communicate. Contrast – have been so 'Pollyanna' all week. (P6)
- Day 22. Will be glad when this proving ends – have never experienced such opposites in such little space of time or such little sleep. (P6)
- Day 16. Feel like there's a clear duality – have one extreme to the other. (P6)
- Day 9. [Lots of teeth pain, and septic gums and liver pain]. I feel like I have gone from a very high place at the beginning of proving to a very low place. (S2)

Contradictory (five provers)

- Day 6. There is always an opposite coming soon after the nice, then the opposite. (P1)
- Day 19. Time pressures have dominated the day. I've sorted my problems, other people's problems...full on day, all with back and leg pains, but I feel OK. Despite everything I feel like I can do what I want to do, and more. (P2)

- Day 27. The strange thing is that the patch above my right eye is much more 'active'. It has a yellow head on a very fiery looking skin! Not painful, not itchy. But, I really don't want to do anything [P3 aware of feeling inactive, low energy, lethargic, fed up]. (P3)
- Day 1. A weird calm feels like it's sitting on that rage. (P4)
- Day 5. I can just live in the past. Have a lovely sense of enjoying the moment. (P6)
- Day 7. I am feeling really tired myself today....Tiredness. Been tired and feeling it, but got on with loads. (P6)
- Day 7/8. [despite lack of sleep] Notice that I bubble over with energy late at night and want to use it. 'To sleep perchance to dream!' (P6)
- Day 8. Seem to be developing pattern of lousy sleep... But gain in energy as day passes. (P6)
- Day 15. Family down the road, and woman on bus very Bufo types – to look at, i.e. tongues stick out, slow speech. Relatively big heads, no necks, squat bodies. Eyes not intelligent. Slight reactions of 'repulsion' to them. Also see toads in garden in rain and they're beautiful. (P6)
- Day 15. Had interesting conversation with one of the neighbours – lovely lady, but very routine-bound, hard-worker (she describes herself as 'disciplined'). She very randomly as a kite flew overhead, turned to me and said 'I've often imagined what it must be like to fly in the air like that – to just be able to spread your wings and take off'. Oh, the polarity of our souls and what we reveal in our throw-away words. Struck a chord with me 'cos right now I have been feeling a bit bound by my relationship – I'm itching to fly. [Note: has 'itchy' rash] (P6)

Extremes of emotions (two provers and two supervisors)

- Day 27. It occurs to me that the general feeling [of the proving] is of being very close to the source of human fragility – of life's fragility for everything living. Life and Death. Pecking order. The highs and lows are extreme. (S1)
- Day 3. How big a different was yesterday from today? Oh – opposite ends of the galaxy. I was horrible yesterday. Today I feel at one, at peace again. (P2)
- Day 6. I guess I'm still a bit manic! I'm a wee bit concerned as I have in the past been labelled as having BPD, an aspect of which is bi-polar and I'm hoping I'm not due a crash. 'Feeling a bit nervous at the moment, thinking I'm going to crash, there is an aspect of me that is bipolar. I feel high at the moment. I've been on an even keel for a few years now, so a bit nervous!' 'Actually thinking about it, I'm probably not manic, I'm a lot more like my old self. I went upstairs this afternoon for a while and sat down and I felt myself come back down, i.e. level out again.' Feeling now? Calm and that's grown from earlier on, a voice in my head is saying 'it's alright to stop now, you've had an industrious day, time to relax now.' (P2)
- Day 12. Observation: To me, it seems that S2 and I are sharing the same experience but at the opposite ends of the scale. Physically I have little to complain about, S2 is falling to bits. Mentally I feel calm and collected, S2 is angry and agitated. Emotionally, I can't remember feeling better, S2 is crying! (P2)
- Day 9. I feel like I have gone from a very high place at the beginning of proving to a very low place. Don't think I'd want to be on my own right now (US).(S2)
- Day 11. Am aware though that my emotions are see-sawing right now and the balance is out...Swings of emotion – content one minute then sad or down the next. Hypersensitive – this has been a theme throughout proving... Comfort lies in that nothing is whole without polar opposite. (P6)
- Day 16. Feel like there's a clear duality – have one extreme to the other. (P6)
- Day 22. Will be glad when this proving ends – have never experienced such opposites in such little space of time or such little sleep. (P6)

Connections

This theme includes having a sense of connection or disconnection, making connections with remedies, signs and symptoms, including connections which reveal sub-themes of Preseli Bluestone, communication break-down or improved communication ('Telepathy/Clairvoyance' is included under 'Awareness'), and examples of physical symptoms associated with the throat chakra.

The throat chakra is the energetic centre for clearly communicating for ourselves and with others (connecting). It governs the intuitive ability of clairaudience, and physically, our entire ear, nose, and throat system. It's known as the fifth chakra, and this area of our energetic body is located at the base of the neck. When there is a blockage in this area the signs can include feeling misunderstood, miscommunications and communication barriers, having trouble clearly articulating what you're thinking or feeling.

The physical symptoms of the throat chakra include upper respiratory issues, and frequent mucous cough and runny nose, sore throats, swollen lymph nodes, frequent ear or hearing problems (see Repertory!). I'll provide examples of ear and hearing problems in this section.

Connection with everything/universe/galaxy/cosmos (two provers and one supervisor)

- Dreamt I was a worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on the essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
- Day 7/8. [despite lack of sleep] Massive sense of connection with everything! 'Cosmic' – seeing the positive, even when tired. (P6)
- Day 9. Sensation of connection: reminds me of my place in the universe along with everything else. (P6)
- Day 1. Very aware of birds outside and they're so busy, but their chatter relaxes me. Enjoying it. Huge sense of connection at all levels and don't feel rushed. Strong sense of everything slowing down. Breathing is slower/deeper than usual – causing a relaxed state of mind. Very aware of rhythm of ticking clock – soothing/calming. Safe domestic sound. (P6)
- Day 16. Phone call – need to be moving by 21st – wow! There's a suddenness about all these things. Thought occurred that before I took this remedy I wasn't even thinking of moving and now will be moved into new place before proving ends. It's exciting – as well as a tiny bit terrifying! House move – sudden, but exciting! Intense – most things are intense! Huge connection with everything! (P6)
- Day 23. Growing sense of just how much I need to accept myself for what I am (lots of stuff coming up about epilepsy and way I felt prior to attacks). Also realise how much over last few days have felt as I used to before I had seizures – confusion coupled oddly with greater awareness and intensity of minute details in surrounding environment. Hadn't realised until now it wasn't all bad – that perhaps that intense nervous hypersensitivity also allowed me a greater connectedness with the unseen than most – how interesting to discover this now. (P6) [Note the polarity!]
- Day 27. COMMUNICATION (this world and other). Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)

- Day 3. It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. Where are you in that bigness – pretty much at the centre of it. How does that feel? Interesting, the heightened sense of vision is lovely. That alone makes me feel quite good. How big a different was yesterday from today? Oh... opposite ends of the galaxy. (P2)
- Day 27. [Proving Latex 10 years ago to almost exact date when in same situation over brother's health, and can see connection with Latex and the AIDS miasm.] It occurs to me that the general feeling [of this proving] is of being very close to the source of human fragility – of life's fragility for everything living. Life and Death. Pecking order. The highs and lows are extreme – so much strength in the power of love and a person's will to survive which is so beautiful and expansive. At the same time the cold hard reality of death that's never far away. Greek myth of man who's punishment was to have his liver pecked at every day and it regrew? Endless. (S1)

Connection/Disconnection (one prover and two supervisors)

- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: This gives me hope that we will be ok if we have to face selling the house and starting again, *uprooting ourselves and separating, but remaining connected by the children..... somehow, the cold feeling and heaviness whilst being rushed though time, slow motion at the beginning, and long slow processes undertaken, but driven by a fire, an absolute need/fire: are how the proving has felt. That we are being cleaved apart and with a cold heart striving to stand alone, its logical step, no emotion.* (S1)
- [Dream] Ancestry/warrior woman protective of family: recurrent event in dreams. A reminder that I have no 'ancestral blood'. *I have an under connection to family and reminded. Always conscious of sense of no ancestry. Everybody else 'has' and 'I have not'.* (P6)
- Day 12. We talked about illnesses and dying and what a special, precious time they can be. *We talked especially around estranged families, or families who had never been able to communicate apart from on a polite level and how imminent death can break down barriers that have been up for a lifetime.* (S2)

Connections with other remedies (two provers and one supervisor)

- **Barn Owl (one prover)**
 - Day 5. Owl signal: Proving of Barn Owl coming up. Message for partner. He heard the hooting of an owl, and I've heard nothing of them for many nights. Owl discussed – eyes/headaches/mythological world. Proving done when partner's mother died. Connection prevalent now for him. Owl remedy keeps coming up! Discussion on owls/death/North American and Welsh mythology. Awareness of signals greater. It is stronger than usual and greater than my analytical side. If let loose with the general public they would think I'm off with the fairies. (P6)
- **Daffodil (one prover)**
 - Day 26. This proving reminds me of a trituration proving we did in our local group about 4 or 5 years ago. It was Daffodil. The only difference was in the content of my dreams, where I dreamt of Dead friends and family members, but in my dreams they were alive, whereas in this proving I had dead bodies. (P1)
- **Holmium Oxidatum (Lanthanides) (one prover)**
 - Day 1. Ears got blocked as if water in them. Sounds seem to be muffled. Same symptom during the proving I did last Spring, it was Holmium Oxidatum (Lanthanides). NS or ROS? Symptom belong to px or rx? Susceptibility or a proving substance symptom.] I can't hear properly – like water in my ears, stopping me hearing. Like under water, funny muffled noise. Don't hear people

clearly. It's all muffled. On both sides – same. Ears are disagreeable – like if you exclude yourself from life. Ears fine by next morning – not muffled. (P1)

- **Latex, and AIDS miasm (one supervisor)**

- Day 22. All in all quite surreal, repeat performance of contemplating brother's fragile health with my older mum. Losing child/sibling. An extreme time emotionally and physically. 10 years ago this event with brother happened during a proving I did of Latex – some of which was very much AIDS miasm. Life and Death – outpouring of love to heal him. (S1)
- Day 26. Once again a sacrifice of my needs in order to be with my dependents. Because there is no one but me to do it – and I need to be in two places at once (Latex). (S1)
- Day 27. The reminiscent feeling I have now as I did during Latex – which was not an insignificant time of my life (10 years ago). It occurs to me that the general feeling is of being very close to the source of human fragility – of life's fragility for everything living. Life and Death. Pecking order. The highs and lows are extreme – so much strength in the power of love and a person's will to survive which is so beautiful and expansive. At the same time the cold hard reality of death that's never far away. Greek myth of man who's punishment was to have his liver pecked at every day and it regrew? Endless. Yesterday, as I left the hospital before coming home, saying goodbye to brother I met a random stranger who told me, without me asking, how he had defied the doctors by recovering from terminal lung cancer – spontaneously. It was around his aorta, i.e. inoperable – has now gone. He was just a chatty bloke my age. The conversation was brief and he was a prophet of a sort – whilst he was talking he said he was only there visiting a friend. All the time he was talking he was Smoking a cigarette! In my bag, I had my brother's tobacco. He'd asked me to take it away so he wouldn't be tempted to have a cigarette once he was able to walk! He has pneumonia now. All the addictions and crazy self-harm that goes on – and the secrets. I am not sure that brother hasn't been suspected of having cancer – we are in the oncology department and its written in 10 foot letters across the wall. But nothing is said. I hope this will be a new start, it feels like an end of something. Thoughts: Tobacco = Poison = Love it and Hate it. Red Kite – All around hospital and brothers house. Brother told me he saw it fly past his house carrying a rat. Lives XX back of my mum's house. Birds – Latex – AIDS miasm – Peter Fraser and N. American story of jumping mouse? Eagle? My guide shamanic self. Rat – End of something. Usually means that it's time to move away, move house. Frog – Found toy frog under shrubbery. I was cutting down in garden – 10 years after I planted it – a TRANSFORMATION is happening in my home and garden. (S1)

These connections with other remedies also highlight close connections with Preseli Bluestone. For example the Barn Owl connection with Welsh and North American mythology and 'Awareness' of signals, as well as eye symptoms and headaches; the 'Daffodil' as the national flower of Wales and symbolizing new beginnings and life and death themes; the element Holmium (Lanthanide series) is a part of the composition of Preseli Bluestone, and links with the muffled ear symptoms / cut off from life / disconnected symptoms – and Holmium has magnetic properties; and Latex and the AIDS miasm's connection with life and death also links with the AIDS miasm being all about breaking down barriers and interconnectedness.

Connections which reveal Preseli Bluestone sub-themes

Connections with Preseli Bluestone themes and sub-themes are also shown under each of the other main themes, and not all are listed here:

- **Ancestral themes (see 'Time')**

- **Animals in dreams (six provers and three supervisors)**
 - Day 4. *Butterflies* and *Leopards* changing their spots. (S1)
 - Roundabout covered with *slugs*. (P1)
 - Running away from a *giant slug*. (P1)
 - Found a child on a WC who had kicked a laundry basket and *worms* fell from it. (P1)
 - *Dogs* and sticks/canes bashing vegetation. (P1)
 - Dream about running and jumping over rough terrain and urban streets. Green *lizards*. Very scary *kittens* attacking cars, and attempting to eat a large *tortoise*! (P2)
 - Dream of *crows* (lots of them) pecking and pulling at me. Felt like they were trying to make me go somewhere. I was resisting it, trying to fend them off. (P2)
 - Dream about fire 'someone told me it was a *dog* poo that caught fire and started the fire'. (P2) Day 2
 - Dreamt that I was somewhere at a country fair, that someone was singing and that someone held the microphone for her and copied the *snake* like tongue movements of the singer. (P3)
 - Had a dream about a *shark*. (P4)
 - Dreamt about *dogs*. (P5)
 - Dreamt that I had given this woman a *puppy* which I was not very happy about because I felt that she wouldn't look after it. (P5)
 - Dreamt of a *cat* in the vets. Someone had a cat with very rotten teeth. Fascinated by the teeth. The teeth were like long sea shells. (P5)
 - Dreamt I was a *worm/maggot*. (P6)
 - [Dream] Just a little way down, right in front of our vehicle there was the most beautiful *young (half grown) tiger* laying on the side snoozing. (S2)
 - I had a vivid dream. It involved a 'face your fears' type scenario with tanks and pools of water where known and unknown creatures existed (a series of challenges) – the most strange thing was a tank of *jelly fish* with fly agaric red and white spotted tops, and I remember being quite adamant that I didn't want or need to do it. (S4)

- **Birds of prey (one prover and one supervisor)**
 - Day 27. *Red Kite* – notice all around. Brother told me he saw it fly past his house carrying a rat. Birds – latex – AIDS miasm – Peter Fraser and N. American story of jumping mouse? Eagle? my guide, shamanic self. (S1)
 - Day 9. Bubbling with energy – even loving the rain. Everything has a buzzing energy. Saw a *Kite [red kite] again*. *Red kite* – flying really low. Everything seems so close. (P6)
 - Day 26. BIRDS – of prey – *kite* overhead old house, then new house, then X! (P6)
 - Day 7. Noticing much in the environment. Went to pick up son, and on way home a *buzzard* flew really low over the car and looked like it was leading us home! Got so close to the creature. (P6)
 - Day 5. *Owl signal*: Proving of *Barn Owl* coming up. Message for partner. He heard the hooting of an owl, and I've heard nothing of them for many nights. Owl discussed – eyes/headaches/mythological world. Proving done when partner's mother died. Connection prevalent now for him. Owl remedy keeps coming up! (P6)
 - Day 11. *Owl connections* – uncanny (P6)

- **Buildings/structures in dreams (four provers and one supervisor)**
 - I was in a house when I heard a voice calling. I went to see what/who it was and found a child seated on a WC. He had kicked a laundry basket and lots of worms

fell from it. I think he was scared. I took his hands to get him out. Then went back to have a look. I lifted the lid and saw one naked arm, it was almost blue. I went out and called the police. (P1)

- Roundabout with slugs. In the middle of the roundabout the victims were put into a coffin then piled up on top of each other making a tower spiralling up. (P1)
 - There were skulls – a house full of skulls all stacked on top of each other. Some appeared to have bullet holes in them – all a bit creepy! Very creepy – I didn't like it, it wasn't right. (P2)
 - A woman laid out on a table in a house – she was unconscious. I'm aware of a fire starting, but I think it's better to let the house burn. (P2)
 - There was some sort of building. It was leaking. When I came out, the gutters were full of bright green moss and I can feel myself putting my hand in the gutter and pulling out the moss. I lived in a flat in a mansion. Got back there and load of mates in there, some sort of party. Don't even know if sellotape salesman was in this dream. It was all a bit tiresome. It changed into an amorous dream, better than dealing with sellotape salesman. (P2)
 - Bomb sirens going off and not being able to get to the shelter. Being in some building where I needed to get out quickly and couldn't – possible fire in building. (P4)
 - Dream of many many people gathered together, some living, some spirits. In a churchyard next to a house a man lay dying. All of us were supposed to line up to say our goodbyes. (P6)
 - Finding ways to meet a challenge. For me, climbing into a 'hotel' / stack of 'houses' – a safe space, once in. I had to climb over a huge drop/gap between 'safety' (getting in) and the ground. Then up into a construction like a pile of tents. (P6)
 - I followed a group of youngsters off – I wanted toilets, asked for directions, found myself alone in a huge, desolate building full of stairways, talking to a woman with alien eyes. I walk away, hoping she hasn't noticed that I have noticed she is not human, for she has taken human form. (P6)
 - Car stuck in a ford. Down below in the ford there were cars abandoned. There was a house opposite. I feel that was my destination. (S2)
- **Colours of Preseli Bluestone in dreams (four proverbs and two supervisors)**
- Day 3. [Dream] I was driving down a track, it was sunny and the light was crisp and clear. It was in the country and there were trees over hanging. The colours were beautiful (S2) Day 3.
 - There was some sort of building. It was leaking. When I came out, the gutters were full of bright green moss and I can feel myself putting my hand in the gutter and pulling out the moss. (P2)
 - Crazy dream of long distance running and jumping over rough terrain and urban streets – green lizards – very scary kittens attacking cars and attempting to eat a large tortoise! Enjoyed it. Eating the tortoise was a bit weird. (P2)
 - Jelly fish with fly agaric red and white spotted tops (S4)
 - The table was dressed with a white table cloth. (P1)
 - Vaguely remember looking up and circling through the air were angels (not white robe gentle kind), very strong powerful dark-skinned figures. (P6)
 - I dreamt that my friend X was an Italian and he had really black glossy hair and moustache, and was selling ice-cream. (P5)
 - I lifted the lid and saw one naked arm, it was almost blue. (P1)
- **Courageous/facing fears (see 'Alignment')**
- **Duality (see 'Polarity')**

- **Elements: Earth (see 'Alignment'); Fire (see 'Awareness'); Air (see 'Infinite') and Water (see 'Travel')**
- **Equinox (see 'Time')**
- **Family and friends in dreams (four provers and one supervisor)**
 - I feel like this is my time and I have been given opportunities to create what I need for myself and my family. (P6)
 - I killed someone and had to protect myself and family. I was scared of anyone saying anything (the children), and I would be found out. (P6)
 - Dream of family gathering and feeling of security - and was lovely. One dream of foster children figured in it. Pleasant – good feeling. Woke up feeling happy but tired. (P6)
 - Dreaming of family that are long gone – feeling like seeing a tribe. People loved and lost, family gathering. Reassuring, safe, warm feeling. (P6)
 - Ancestry/warrior woman protective of family. (P6)
 - Dreamt of living two parallel lives. In one dream I was with my children. Suddenly same life, but something had switched and would be searching for them. Dreamt of giving birth to twin boys – but it was like in dreams I saw one way life could have been; in another sequence, it's opposite. (P6)
 - X and his children were in the dream (though actually not his children – because they were young adults as were mine in the dream). (P6)
 - I felt happy, as I enjoyed working in the pub, but then my friend came in and spilt a bottle of beer over the clean bar. I was a bit angry with him, but did not make too much of a fuss, as he was a customer. (P5)
 - Dreamt of friends from years ago. (P5)
 - I dreamt that my friend X was an Italian and had really black glossy hair and moustache, and was selling ice-cream. (P5)
 - I was on the beach with my daughter, grand-daughter and some of my daughter's friends. (P3)
 - I was driving down a track, it was sunny and the light was crisp and clear. It was in the country and there were trees over hanging. The colours were beautiful. My son was with me. (S2)
 - Camping with friends and befriending some 'Daleks' who were also on a camping holiday. At the end of the dream I unexpectedly turn and kill the Daleks and I'm on way back to kill everyone else. (P2)
- **Heaviness, sensation of (three provers and two supervisors)**
 - Day 4. Headache – heavy – frontal. (S1)
 - Day 2. 9.10pm. My head feels heavy with this cold, like a heavy weight. (S2)
 - Day 5. My lungs are feeling congested and heavy. (S2)
 - Day 16. I feel depressed. Cant' be bothered. Heavy. (S2)
 - Day 7. 4pm. Exhausted. I just feel heavy and tired. My energy has gone, go for a lie down. (P2)
 - Day 26. 18:50 Tired. Eyes feel hot and are a bit blurry and feel very heavy. (P2)
 - Day 11. Felt really sick and heavy. Cold shivers. Felt close to collapsing. Very thirsty for water before and after. Lasted about half an hour at the most. (P4)
 - Day 1. Feel like everything has slowed down. Strong sense of relaxation and not being rushed, comfortably relaxed. Accomplishing more without rushing. Prioritising and being effective. Heavier as getting tired. None of these sensations are unpleasant. Body telling what it needs – accepting it and not fighting. (P6)

- Day 22. So many thoughts chasing through my mind – so much to do my brain hurts – feels heavy-headed. Much mental confusion; start doing something, then forget why or start something else. All limbs tired and achey. Everything seems slowed down – though retrospectively time passing quickly. (P6)
 - Day 1. Limbs feel heavy ‘languorous’ and relaxed. (P6)
 - Day 1. Eyes are heavy and tired, particularly left eye. (P6)
- **Hidden secret /cover up/deceit/lies (three provers and two supervisors)**
- Day 27. I had my brother’s tobacco. He’d asked me to take it away so he wouldn’t be tempted to have a cigarette once he was able to walk! He has pneumonia now. All the addictions and crazy self-harm that goes on – and the secrets. I am not sure that brother hasn’t been suspected of having cancer – we are in the oncology department and it’s written in 10 foot letters across the wall. But nothing is said. I hope this will be a new start, it feels like an end of something. (S1)
 - [Dream]. Remember a dream/nightmare about being trapped inside somewhere with loads of people all trying to get out as there was a *secret tunnel on the inside* and it was full of half human half machine mutants who were on the verge of *breaking out* of the tunnel. There were also people on the outside who were trying to get in because they thought they would be safe. Unpleasant and frightening. There was a lot of fear and terror in it. (P2)
 - [Dream]. I’m aware of a fire starting, but I think it’s better to let the house burn. I’m *trying to cover something up. I get the impression I was trying to hide what was really going on...It was dark. I was trying to cover up something (something that I said that had been happening in the room/house)... I was trying to cover something up. But I don’t know what!* (P2)
 - Day 1. NS. Was asked a question, which I wasn’t truthful about – caused upset and was called a liar – I felt nothing. NS. Just sat there cold, hard and empty. (P4)
 - [Dream]. I killed someone to protect myself and family, and *had hidden the body* in a car. I was scared of anyone saying anything (the children), and *I would be found out.* (P6)
 - Dream involving camping with friends and befriending some ‘Daleks’ who were also on a camping holiday. At the end of the dream I unexpectedly turn and kill the Daleks and I’m on way back to kill everyone else, and this wakes me. Woke up *feeling disappointed in myself. Treachery! It was a dream of treachery!* (P2)
 - [Dream]. Talking to a woman with alien eyes. I walk away, hoping she hasn’t noticed that I have noticed she is not human, for she has taken human form. Several fairly scary threads to dreams as they leap from scenario to scenario – mostly revolving around *DECEPTION – things not being what they appear.* A comfortable bed when you’re tired, that as you get into it, *it leaks dirty water from under its mattress.* (P6)
 - The most strange thing was a tank of jelly fish with fly agaric red and white spotted tops. (S4) [Referring to the ‘Fly agaric mushroom/toadstool’ – Jelly fish or Toadstool? Things not being what they appear.] (S4)
- **Leaking/letting go/ridding/expulsion/’toilet’ (three provers and one supervisor)**
- [Dream]. Toilet radiator leaking as the pressure increased (real life plumbing problems and symbolic of relationship). (S1)
 - [Dream]. There was some sort of building. It was leaking. When I came out, the gutters were full of bright green moss and I can feel myself putting my hand in the gutter and pulling out the moss. (P2)
 - [Dream]. I went to see what/who it was and found a child seated on a WC. [toilet – private, unpleasant, vulnerable, want to express] (P1)

- [Dream] I followed a group of youngsters off – I wanted toilets, asked for directions, found myself alone in a huge, desolate building full of stairways, talking to a woman with alien eyes. (P6)
 - [Dream]. Several fairly scary threads to dreams as they leap from scenario to scenario – mostly revolving around *DECEPTION* – *things not being what they appear*. A comfortable bed when you're tired, that as you get into it, *it leaks dirty water from under its mattress*. (P6)
 - Day 22. Cannot in the way of dreams remember all, but I cried a great deal on waking – the sense is of 'weeping for BUT ALSO LETTING GO OF the past – cleansing tears'. (P6)
 - Piercings falling out (3). Tattoos really itchy. Lines on tattoo really itchy, can define lines. Body trying to expel/get rid of things that aren't good for it. Fillings loosening. (P6)
- **Killing (two provers)**
- Day 2. The main dream ... and a stranger (young man) who came along and had to kill the husband in a gruesome way (pick axe). The body had to be destroyed and I was given a hammer to do the ears! (P2)
 - [Dream] Camping with friends and befriending some 'Daleks' who were also on a camping holiday. At the end of the dream I unexpectedly turn and kill the Daleks and I'm on way back to kill everyone else. (P2)
 - I killed someone to protect myself and family, and had hidden the body in a car. I was scared of anyone saying anything (the children), and I would be found out. (P6)
- **Life and Death (see 'Infinite')**
- **Moon (see 'Time')**
- **Nature in dreams (three provers and two supervisors)**
- Dreamt I was a worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on the essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
 - [Dream]. I watch a woman through a window who is wild and feral (P6)
 - Climbing, gathering in own 'tribe'. Creating a gathering of people. Left with an impression of great expanse of space into which you can create your own space, but there is a challenge first. (P6)
 - I was driving down a track, it was sunny and the light was crisp and clear. It was in the country and there were trees over hanging. The colours were beautiful. My son was with me. Just a little way down, right in front of our vehicle there was the most beautiful young (half grown) tiger laying on the side snoozing. (S2)
 - I was on the beach with my daughter, grand-daughter and some of my daughter's friends. (P3)
 - Dream about running and jumping over rough terrain...Green lizards. (P2)
 - There was some sort of building. It was leaking. When I came out, the gutters were full of bright green moss and I can feel myself putting my hand in the gutter and pulling out the moss. (P2)
 - The most strange thing was a tank of jelly fish with fly agaric red and white spotted tops. ['fly agaric' refers to fly agaric mushrooms/toadstools which have red and white spotted tops.] (S4)

- **People, gatherings in dreams (three provers and one supervisor)**
 - I was walking and suddenly I arrived at a big terraced garden. Sat at a table. The table was dressed with a white table cloth. Food and various dishes were ready for the picking. Plates, glasses and cutlery were set for people. It was very inviting. As I sat at the table, 20+ people appeared and we had a meal altogether. Nobody knew anybody and the atmosphere was very friendly. It felt really nice. Very friendly, we had food, it was warm summery warmth. Woke up and had the feeling 'as if in a Mediterranean place such as Italy or Greece, music in background, with atmosphere and chatting. A very nice dream – a very nice place to be! (P1)
 - I lived in a flat in a mansion. Got back there and load of mates in there, some sort of party. (P2)
 - Dream of family gathering and feeling of security - and was lovely. One dream of foster children figured in it. Pleasant – good feeling. Woke up feeling happy but tired. (P6)
 - Dreaming of family that are long gone – feeling like seeing a tribe. People loved and lost, family gathering. Reassuring, safe, warm feeling. (P6)
 - Again of survival, tribal gatherings, finding ways to meet challenge. (P6)
 - All I can remember is X went off to a party and came back, pretty non-eventful really, then I discovered that my brother had gone with him and taken a video recorder. It turned out that X had taken some drugs whilst there and got up on stage while a band were playing, stripped naked, apart from a g string and gyrated his stuff on stage. The first I knew was when I saw a video posted on Facebook (I think it was). I felt really embarrassed in the dream. (S2)

- **Pile up (two provers and one supervisor)**
 - Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest... The car landed heavy like a stone in the field and I had the strong feeling that this is how the stones arrived here from Wales, in an ice flow, a glacial pile up... (S1)
 - [Dream] I was walking along a road full of cars, almost stationery, not moving. I was wondering why don't they move? What's the problem? After a long walk I arrived at a roundabout and saw the whole of the roundabout was covered with SLUGS, and the cars that were trying to drive over them slipped and finished upside down, and it looked disgusting – a slimy mess. Slimy disgusting stuff, and death. Also in the middle of the roundabout the victims were put into a coffin, *then piled up* on top of each other making a tower spiralling up. (P1)
 - Again of survival, tribal gatherings, finding ways to meet challenge. For me, climbing into a 'hotel/stack of 'houses' – a safe space, once in. Had to climb over a huge drop/gap between 'safety' (getting in) and the ground. Then up into a construction like *pile of tents*. (P6)

- **Remedy of our age (one prover)**
 - Day 27. Awareness of ancestral themes throughout proving, BUT also have strong sense this is a remedy for our age. (P6)
 - Day 27. Today on news – hit and run murderer (a car as a murder weapon – tools of our age). Murder by arson of young family. The background to this remedy proving has been one of chaos, destruction, breakdown. (P6)

- **Rhythms/menses/equinox/moon (see 'Time')**

- **Rites of passage (see 'Time')**

- **Uprooting/roots/trees/cold hard 'stone' (see 'Alignment')**
- **Slowness (see 'Travel')**
- **Split sensation (see 'Polarity')**
- **Survival (see 'Alignment')**
- **Trapped/stuck (three provers and one supervisor)**
 - Remember a dream/nightmare about being trapped inside somewhere with loads of people all trying to get out as there was a secret tunnel on the inside.. (P2)
 - Day 23. Back seized up after driving. Took me a while to stand up straight when I got out of the car. I was stuck in the position. (P2)
 - Day 3. Back is really sore. Difficult getting out of bed and dressing. Can only walk slowly – small steps. Feel like an old person – stiff and awkward...Sacrum bone feels stuck – painful. (P4)
 - Bomb sirens going off and not being able to get to the shelter. Being in some building where I needed to get out quickly and couldn't – possible fire in building. (P4)
 - Day 24. I talk less, but with more purpose. Things are a struggle right now, but feel as if I am slowly being tugged out of a very stuck, fixed position (get a visual of thick thick mud) and bit by very slow bit am moving forward defining my life and taking responsibility for it. (P6)
 - [Dream]. I carried on down the track and we came to a ford. I somehow negotiated it wrongly and ended up with my car overhanging the ford from a bit of a cliff above it. I couldn't go forwards or back. I went to find someone to tow me out. Car stuck in a ford. (S2)
- **Trees (see 'Awareness')**
- **Visual symbolic signs (two provers and two supervisors)**
 - **Burying self deep; network of roots (one prover).** Day 27. *Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor.* (P6)
 - **Car turning over and over (one prover and one supervisor).** Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: 'from my dream that I described *of crashing my car, of careering off the road and turning over and over before coming to rest.* In the car was my partner of 23 years and myself, our relationship in reality has been heading for disaster slowly for more than two years, as we have said: coming to the end of the road.....The meaning of the dream for me was that we are going through a traumatic event but we remain aware and come to rest unharmed the right way up in a green field....a pleasant relief and a still point. Totally out of control, but somehow unharmed by the rough and tumble. This gives me hope that we will be ok if we have to face selling the house and starting again, uprooting ourselves and separating, but remaining connected by the children. *The car landed heavy like a stone in the field and I had the strong feeling that this is how the stones arrived here from Wales, in an ice flow, a glacial pile up. It has not occurred to me before, but a volcano, an eruption, can throw things a long way.... somehow, the cold feeling and heaviness whilst being rushed though time, slow motion at the beginning, and long slow processes undertaken, but driven by a fire, an absolute need/fire: are how the proving has felt. That we are being cleaved apart and with a cold heart striving to stand alone, its logical step, no emotion...I have a really strong feeling about the sense of being lifted up and propelled*

through space and time with no perceptible movement but with massive momentum. (S1) [S1 had moved into flat (trial separation) during proving and then moved back into the house straight after the proving.]

- Day 0. 13:00. Just taken first dose. Had to drive to take it sitting in my car at the sea. Felt fear sitting in my car – locked the doors before ringing S4. Keep vaguely imagining crashing my car – *always turning it over*. Not scared of it though. (P4)
 - **Circling, spiralling, turning over (two provers and one prover).** Day 0. Keep vaguely imagining crashing my car – always turning it over. Not scared of it though. (P4)
 - Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012. 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest. (S1)
 - [Dream]. Vaguely remember looking up and circling through the air were angels (not white robe gentle kind), very strong powerful dark-skinned figures. Being linked to them had a scary edge. (P6)
 - [Dream]. Also in the middle of the roundabout the victims were put into a coffin, then piled up on top of each other making a tower spiralling up. (P1)
 - **Diamonds interlocking together to make a big diamond shape with the edges sticking out (son of supervisor).** Day 4. He was in a lesson having a talk about drugs. He said 'I looked at something on the screen and I looked at something on the wall and I had this sort of diamond shape in the centre of where I was looking'. But I hadn't been looking at diamonds.' Anything else? 'I was sitting down, my head just felt like it was going 'round and round slightly. I just felt slightly dizzy. Time? I've got a feeling it was after dinner', or maybe on lesson before dinner (between 11 and 11.45am). Drawing of the pattern (see journal). He says there were about 60-80 diamonds and the edges as he has drawn them. [Drawing looked like diamonds interlocking together to make a big diamond shape and the edges of each diamond sticking out.] (Son of S2)
 - **Greek myth of man who's punishment was to have his liver pecked every day and it regrew. Endless.** Day 27. Greek myth of man who's punishment was to have his liver pecked at every day and it regrew? Endless. (S1)
 - **Mountains (one prover and one supervisor).** Day 24. I feel I am making mountains out of molehills. The MOT, the Sat NAV, now the PIN number, the sciatica. [P3 drew mountains, curves, four in a row – undulating like the Preseli Mountains!] Another class... [P3 drew another mountain]. (P3)
 - Day 6. Had a lovely afternoon with a friend... Bought a lovely piece of art work from him – an abstract of Cader Idris [mountain]. It's an oil painting with lots of layers, spent ages looking at it already – it's lovely. (S2)
 - **Stuck in fixed position, slowly tugged out of (visualise thick mud) and slowly moving forward (one prover).** Day 24. I talk less, but with more purpose. Things are a struggle right now, but it feels as if I am slowly being tugged out of a very stuck, fixed position (get a visual of thick thick mud) and bit by very slow bit I am moving forward defining my life and taking responsibility for it. (P6)
- **Warrior/banshee woman (see 'Alignment')**
- **Wild (three provers and two supervisors)**
- [Dream] I watch a woman through a window who is wild and feral and she watches me (might even be a side of me. (P6)
 - [Dream] Climbing, gathering in own 'tribe'. Creating a gathering of people. Left with an impression of great expanse of space into which you can create your own space, but there is a challenge first. (P6)

- [Dream] It was in the country and there were trees over hanging...Just a little way down, right in front of our vehicle there was the most beautiful young (half grown) tiger laying on the side snoozing. We stopped and watched him coming out of his slumber. (S2)
- Dream about running and jumping over rough terrain and urban streets. Green lizards. (P2)
- Day 3. Trying to be calm and controlled but a screaming wild banshee woman keeps appearing. Want to kick things and break things. (S1)
- a *shark* (P4)
- Day 4. Leopards changing their spots (S1)
- 'the most beautiful *young (half grown) tiger*'(S2)
- Day 18. Amazing wildlife in garden – birds of all sorts; grey squirrell running across fence and lawn. (P6)

Disconnection (three provers and one supervisor)

- Family, from (one prover and one supervisor)

- Day 11. I think I feel a bit unsupported right now. I'm experiencing the flip side a bit and it revolves around disconnection (I have no family of own – rootless). Can't ask for support and help. Don't want to ask, and some resentment for partner, 'He should be able to see this'. Comfort lies in that nothing is whole without polar opposite. (P6)
- Day 11. Always are sensations of loss/separation/death. Always conscious of sense of NO ANCESTRY. Become more accepting (everybody else HAS and I HAVE NOT). Dreams – ancestry/warrior woman protective of family (recurrent event in dreams). Reminder that I have no 'ancestral blood'. Have an under connection to family and reminded. (P6)
- Day 12. We talked about illnesses and dying and what a special, precious time they can be. We talked especially around estranged families, or families who had never been able to communicate apart from on a polite level and how imminent death can break down barriers that have been up for a lifetime. (S2)

- Feeling cut-off (three provers and one supervisor)

- Day 3. Was at a hospital appointment this morning, where 10 people looked at my eyelid. Quite detached when it was all happening. I realised that I was more detached than usual. Having 10 people looking at me in the morning gave me a feeling that I was in a morgue. Only one of the 10 spoke to me. I had my eyes closed, so that might have put people off, and made me feel that I was in the coffin and people just passing by and looking, not even paying last respect, just gawking. (P3)
- Day 2. I will also comment on the movie I went to on Day 2. It was Anna Karenina [Tolstoy]. Normally I easily cry in movies. This time I was just a spectator. I didn't get involved at all. Only thought she was beautiful and that she went through emotions, but did not feel for her at all. NS. (P3)
- Day 10. Felt guilty tonight when S3 texted me that the proving is not working for us. I should have contacted her, but I haven't as I don't feel anything really is happening. (P3)
- Day 3. Have to admit that I feel very removed and distant from this proving. Like I didn't even take part in it. (S3)
- Day 1. Was asked a question, which I wasn't truthful about – caused upset and was called a liar – I felt nothing. NS. Just sat there cold, hard and empty. (P4)
- Day 2. A feeling of calm, nothingness. Don't care what happens. Feeling cut off – in general and from partner. (P4)

- Day 15. Some things coming up for me over last few days: disruption, laziness, lack of focus, withdrawal, difficulty connecting with people, lack of flexibility (reflected in physical state)... (P6)
- **Ears blocked – cut off (as though water in them/muffled) (two provers and one supervisor):**
 - Day 1. Ears got blocked as if water in them. Sounds seem to be muffled. [Same symptom during the proving I did last Spring, it was Holmium Oxidatum (Lanthanides). NS or ROS? Symptom belong to px or rx? Susceptibility or a proving substance symptom.] I can't hear properly – like water in my ears, stopping me hearing. Like under water, funny muffled noise. Don't hear people clearly. It's all muffled. On both sides – same. Ears are disagreeable – like if you exclude yourself from life. Ears fine by next morning – not muffled. (P1)
 - Day 5. Right ear still hurting – blocked. Pressure pushing outwards with ringing in ear. Dizzy if move head too quickly. OS middle ear infection brewing? (S1) [Day 5. Son (age 7) says his ear hurts – never complained of ear-ache before? His left ear > warmth; > holding my hand on it; > touch. He said it feels like he is under water – that it's full of water. Continued to disturb him during the day. < standing up; < going up the stairs; < sudden movement. (S1)]
 - Day 8. I went back to work in music studio and realised I can't hear properly – muffled noise. The drum kit was almost unbearable. Feel dizzy and short of oxygen – swimming head. Not coughing much but chest feels bad. Reminds me when I had pneumonia (chicken pox) 15 years ago. (S1)
 - Day 2. AS. Ears blocked – couldn't un-block left one which is normally the one that's OK. (P4)
 - Day 5. Ears blocked again – left more than right. (P4)
- **Disconnection with remedy (one supervisor)**
 - Day 7. I have not heard from P3 for a few days and because I can't feel any connection with this remedy, I have given up.(S3)

Disruption (four provers and two supervisors)

- Day 22. This afternoon we had our cooker being checked then were told not to use it as they found a gas leak. AGAs are great when they work, but now we have a cold kitchen. No hot water and only a little electric hob for our meals. NOT FUNNY. The man said someone will come tomorrow to fix it. (P1)
- Day 23. Ill in bed. Cross. AGA man not come to repair it. Paid in advance. (P1)
- Day 25. At last, tonight we will have a warm kitchen and a proper hot meal. (P1)
- Day 0. Overnight autumn has come. Cold and raining. Car wouldn't start. Flat battery. It's raining, we need bread and butter – will have to go out in the rain. Thwarted attempts to get going. A new phase beginning – equinox, X going away, proving begins. (S1)
- Day 16. Sat Nav has really given up the ghost. I feel lost without it. Navigation bad today. (P3)
- Day 17. Had to ask two different houses for directions. [Got it fixed on day 19.] (P3)
- Day 20. A bit bothered by courtesy car, as I locked driver seat, and wasn't able to unlock it – so that meant climbing out of passenger seat all the time, and that with so many visits. (P3)
- Day 13. NS. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – brakes failed – still shaky waiting for recovery truck. Luckily it happened in the most safe part of journey home – driving slowly coming up to junction with no cars. [Day 16. Weird thing – the garage can't find anything wrong with my brakes, and they are working fine!!] (P4)

- Day 3. Can't access internet from my phone suddenly – had no problems before. Few problems getting hold of people generally. Unattainable times: getting in touch when phones off; losing signal suddenly for some reason. (P6)
- Day 4. Difficulty in getting in touch with people – supervisor, Helios, Vodafone, Face Book down, internet slow. (P6)
- Day 11. Water was off yesterday [8am-6pm]! Electricity off on Monday – all day. Disruptions! (P6)
- Day 16. TV broken. Water cut-off. Electric off. Domestic stuff all broken. Television off – cannot get signal – so add that to days without water, then electric and the internet being down – all in space of 2 weeks! (P6)
- Day 13. Was supposed to be meeting friend in the evening for a drink and a chat. Was running so late . Just didn't have the head-on for drunken frolics so had a quick chat and rearranged to see her in the morning. But would have been with everybody if plans hadn't been disrupted. (P6)
- Day 14. Plans scuppered again – it's happening a lot recently. (P6)
- Day 15. Some things coming up for me over last few days: disruption, laziness, lack of focus, withdrawal, difficulty connecting with people, lack of flexibility (reflected in physical state), irritability (reflected in physical state: itchy rash and itching to fly. (P6)
- Day 15. Phoned supervisor twice with no luck – last night she had migraine. Still getting sense of difficulties with communication. Thinking of size of group too – wondering if this expresses a theme of the remedy? I know I'm not pushing to stay in touch with people myself. Communication thing: phoning, missed communications. TV broken, water cut off, electric, domestic stuff all broken, television off, can't get signal, internet being down before – all in space of two weeks! (P6)
- S4 had flat front tyre day before proving. She was feeling very tired, overwhelmed – had been through a difficult time emotionally and working hard, sleep affected too. So she was a bit reluctant to do it [proving] – and when noticed front tyre was flat, she felt 'anxiety about the journey' – no time to get it sorted. So agreed to start with P4 the following morning. That night [Friday night before the proving meeting] she had a vivid dream ['a face your fears' type dream.] (S4)

Communication (four provers and two supervisors)

- Communicative and expressive (two provers)

- Day 6. He's been unusually social today... Says he hasn't felt like that for about 15 years. 'It was good I had everyone laughing and in stitches, it was good'. 'It's good, it all seems good'. 'The world seems bright and vibrant and I'm buzzing – meet up with XX and on reflection my behaviour is/was verging on manic, in that I was chatting/joking/jumping about, which is not me (or not for the past 15 years). When got home, visitor there – I'm still chatting (17:45). I guess I'm still a bit manic! (P2)
- Day 5. Enhanced poetic/lyrical way of speaking – coming back to the aesthetic – poetry etc. Nurture yourself as well as others. Sing! And singing more and harmonize with voice. Long discussion on 'energetic exchange' of a homeopath. Drifting conversation (becoming flippant). Rather like being up-beat/laughing. (P6)
- Day 7. strangely feel more wide-awake as evening goes on! From 6.30pm upsurge of energy – could do a couple of hours work. Really able to talk to my teenagers too! (P6)
- Day 0. All notes very clear and creative with huge use of colour. My writing is clearer, less complex than normal. I notice although written thoughts and focus crystal clear, I jumble up the spoken word (mispronouncing and forgetting words). Muddled/mis-spoken: similar sounding words. But, expressing exactly what I wanted. (P6)
- Day 15. Still singing more than ever. Not anything in particular/just singing. (P6)

- **Cannot express oneself (two provers)**
 - Day 1. When I did wake up, I felt awful, really shut off, unable to communicate. NS. Was told that partner and friend had to pussyfoot around me as it felt like I'd explode at any moment. This made me feel angry again and that's when I shut down. I couldn't say any more. (P4)
 - Day 15. Misunderstandings. Making arrangements, which I feel are clear, but I seem to be the only one, who thinks it is logical... Communication is so important, effective communication that is. I often get annoyed that so little advice is taken on. However, I know that often I don't take advice either. (P3)
 - Day 16. Again, misunderstanding. Entirely my fault this time. Day 19. Another misunderstanding.... Am I becoming so unclear in communications?? Day 20. It is hard to believe another misunderstanding. Unclear communication from my side again? (P3)

- **Desire to express oneself verbally (two provers)**
 - Day 0. Expressing exactly what I wanted. Day 5. Enhanced poetic/lyrical way of speaking. Lots of singing, talking, proper family meals. Day 7. Really able to talk to my teenagers too! (P6)
 - Day 15. Misunderstandings. Making arrangements, which I feel are clear, but I seem to be the only one, who thinks it is logical... Communication is so important, effective communication that is. I often get annoyed that so little advice is taken on. However, I know that often I don't take advice either. (P3)

- **Expressing in writing/jumble up the spoken word (one prover)**
 - Day 0. All notes very clear and creative with huge use of colour. My writing is clearer, less complex than normal. I notice although written thoughts and focus crystal clear, I jumble up the spoken word (mispronouncing and forgetting words). Muddled/mis-spoken: similar sounding words. Expressing exactly what I wanted. (P6)

- **No desire to express oneself/antisocial (two provers and one supervisor)**
 - Day 0. Do have the feeling of not wanting to talk though. (P4)
 - Day 1. Could barely wake up. When I did wake up, I felt awful, really shut off, unable to communicate. NS (P4)
 - Day 1. Feeling tired and disinclined to talk. (P6)
 - Day 4. Feel mellow. No urge to contact people – normally sociable but quieter than usual. A sense of going inward. (P6)
 - Day 13. Was supposed to be meeting friend in the evening for a drink and a chat. I don't feel sociable, feel quite self-reflective. Right now, I'm liking my own company. (P6)
 - Day 15. Very low energy and writing an effort. Very little desire to communicate – can I have the up feeling back please (P6)
 - Day 9. Not want to go to Pilates, not want to go out at all. Want to stay in, cwtch in by the fire and be quiet. Symptoms intensified. (S5)

- **Poetical and singing (two provers)**
 - Day 24. Been singing a lot and whistling.(P3)
 - Day 5. Enhanced poetic/lyrical way of speaking – coming back to the aesthetic – poetry etc. Nurture yourself as well as others. Sing! And singing more and harmonize with voice. (P6)
 - Day 1. Appreciation of everything I have, and gift to enjoy it within the moment. Before going to bed was thinking of what the remedy might be, then this entered my head: "There is no need to know where you are going, just walk the path as it unfolds before you and be open to what you encounter along the way." I felt it was

- important to write it down, getting out of bed to do so. Had powerful resonance for me. (P6)
- Day 2. So conscious of the birds – particularly the hierarchy of the birds – in my garden. The sounds of them really soothe me – the sound of being home for me. Aware of sounds when it's quiet. I am conscious of a 'humming energy'. Hear the opening and closing of doors, ticking of a clock, cars passing, wind moving outside, children's voices in the little school. (P6)
 - Day 9. Still singing more than ever. Not anything in particular/just singing. (P6)
- **Talking less but with more purpose (one prover)**
- Day 25. I talk less, but with more purpose. (P6)
- **Verbally unclear (two provers)**
- Day 0. All notes very clear and creative with huge use of colour. My writing is clearer, less complex than normal. I notice although written thoughts and focus crystal clear, I jumble up the spoken word (mispronouncing and forgetting words). Muddled/mis-spoken: similar sounding words. Expressing exactly what I wanted. (P6)
 - Day 15. Misunderstandings. Making arrangements, which I feel are clear, but I seem to be the only one, who thinks it is logical... Communication is so important, effective communication that is. I often get annoyed that so little advice is taken on. However, I know that often I don't take advice either. (P3)
 - Day 16. Again, misunderstanding. Entirely my fault this time. Day 19. Another misunderstanding.... Am I becoming so unclear in communications?? Day 20. It is hard to believe another misunderstanding. Unclear communication from my side again? (P3)
- **Misunderstandings/cross wires (three provers and one supervisor)**
- Day 15. Misunderstandings. Making arrangements, which I feel are clear, but I seem to be the only one, who thinks it is logical, so therefore, an unnecessary trip at the end of the day. However, I felt pleased as my advice had helped. Communication is so important, effective communication that is. I often get annoyed that so little advice is taken on. However, I know that often I don't take advice either. (P3)
 - Day 10. Another misunderstanding: ordered wrong dollars. (P3)
 - Day 16. Again, misunderstanding. Entirely my fault this time. I was told that workload had been organized. It took me an hour to realise that she had only organized her own. So misunderstandings are happening a bit. (P3)
 - Day 19. Another misunderstanding. Ordered one thing – well thought I did. Shop had ordered another thing. Am I becoming so unclear in communications?? Spent 30 minutes on phone with Sat Nav lady as instructions on computer abracadabra for me. Painful conversation as I had trouble understanding woman (from India). Thank God she was patient. Sat Nav in working order again. (P3)
 - Day 20. It is hard to believe another misunderstanding. I had to ring a woman to make an arrangement for a time to visit. Admittedly, I spoke via the husband, but when I got there at the arranged time, she wasn't there. Unclear communication from my side again? (P3)
 - Day 0. 6pm. Feeling unsociable and pissed off. Wires keep being tangled when I get something like a charger and it's testing my patience. Do have the feeling of not wanting to talk though. (P4)
 - Day 5. Keep having 'crossed wires' or simultaneous moments of texting each other or receiving phone calls whilst talking to someone else – recurrent. (S1)
 - Day 0. Mis-read instructions and took another remedy at 9.30pm (P6)

- **Wires, tangled/wires crossing/brain scrambled (two provers)**

- Day 0. 6pm. Feeling unsociable and pissed off. Wires keep being tangled when I get something like a charger and it's testing my patience. (P4)
- Day 3. Fuzzy feeling in head sometimes like brain's scrambled – can visualise crossing wires – take a break and it passes. Fuzzy feeling in the head – busy wires crossing. Having so many thoughts/ideas etc. Can't stop it. Thoughts that occur throughout the day. Talking to supervisor on the phone. Had to go – end call as her other phone rang.(P6)
- Day 5. Keep having 'crossed wires' or simultaneous moments of texting each other or receiving phone calls whilst talking to someone else – recurrent. (S1)

Communication/equipment break down/destruction (four provers and two supervisors)

- Day 14. Phone technology, bizarre. Mobile phone rang and on screen was S1 disconnected. What is happening? Then got a call from S1 asking 'did you call me? How strange is that? She did not call me, and I did not call her. S1 had a missed call. (P1)
- Day 22. This afternoon we had our cooker being checked then were told not to use it as they found a gas leak. AGAs are great when they work, but now we have a cold kitchen. No hot water and only a little electric hob for our meals. NOT FUNNY. The man said someone will come tomorrow to fix it. (P1)
- Day 23. Ill in bed. Cross. AGA man not come to repair it. Paid in advance. (P1)
- Day 25. At last, tonight we will have a warm kitchen and a proper hot meal. (P1)
- Day 0. Overnight autumn has come. Cold and raining. Car wouldn't start. Flat battery. It's raining, we need bread and butter – will have to go out in the rain. Thwarted attempts to get going. A new phase beginning – equinox, X going away, proving begins. (S1)
- Day 16. Sat Nav has really given up the ghost. I feel lost without it. Navigation bad today. (P3)
- Day 18. I have to leave home earlier now as the traffic is getting heavier by the week. 16 miles takes me about an hour. Tried Sat Nav and my computer NO GO. (P3)
- Day 20. A bit bothered by courtesy car, as I locked driver seat, and wasn't able to unlock it – so that meant climbing out of passenger seat all the time, and that with so many visits. (P3)
- Day 13. NS. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – brakes failed – still shaky waiting for recovery truck. Luckily it happened in the most safe part of journey home – driving slowly coming up to junction with no cars. [Day 16. Weird thing – the garage can't find anything wrong with my brakes, and they are working fine!!] (P4)
- Day 3. Can't access internet from my phone suddenly – had no problems before. Few problems getting hold of people generally. Unattainable times: getting in touch when phones off; losing signal suddenly for some reason. (P6)
- Day 4. Difficulty in getting in touch with people – supervisor, Helios, Vodafone, Face Book down, internet slow. (P6)
- Day 11. Water was off yesterday [8am-6pm]! Electricity off on Monday – all day. Disruptions! (P6)
- Day 16. TV broken. Water cut-off. Electric off. Domestic stuff all broken. Television off – cannot get signal – so add that to days without water, then electric and the internet being down – all in space of 2 weeks! (P6)
- Day 13. Was supposed to be meeting friend in the evening for a drink and a chat. Was running so late... But would have been with everybody if plans hadn't been disrupted. (P6)
- Day 14. Plans scuppered again – it's happening a lot recently. (P6)

- Day 15. Some things coming up for me over last few days: disruption, laziness, lack of focus, withdrawal, difficulty connecting with people, lack of flexibility (reflected in physical state)... (P6)
- Day 15. Phoned supervisor twice with no luck – last night she had migraine. Still getting sense of difficulties with communication. Thinking of size of group too – wondering if this expresses a theme of the remedy? I know I'm not pushing to stay in touch with people myself. Communication thing: phoning, missed communications. (P6)
- Day 27. Today on news – hit and run murderer (a car as a murder weapon – tools of our age). Murder by arson of young family. The background to this remedy proving has been one of chaos, destruction, break down. (P6)
- S4 had flat front tyre day before proving...and when noticed front tyre was flat, she felt 'anxiety about the journey'. (S4)

Ear complaints (three provers and two supervisors)

- **Red and hot left ear (one prover)**
 - Day 13. Left ear red and hot driving home from school. (P4)
- **Inflammation (one supervisor)**
 - Day 5. Right ear still hurting – blocked. Pressure pushing outwards with ringing in ear. Dizzy if move head too quickly. OS middle ear infection brewing? (S1)
- **Noises, ringing (one supervisor)**
 - Day 5. Right ear still hurting – blocked. Pressure pushing outwards with ringing in ear. (S1)
- **Pain (one prover and one supervisor)**
 - **Aching, right ear, extending to neck.** Day 1. Right ear ache, slight. Extend to neck. (S1)
 - **Burning:** Slight earache. Avoiding use of mobile – can 'hear' vibrations and feel my ear 'burning' – feels like something unpleasant going straight through to brain. Don't like this at all. (P6)
 - **Dull.** Day 2. Dull pain occasionally spikes. (S1)
 - **Pressing pain, outward.** Day 5. Right ear still hurting – blocked. Pressure pushing outwards with ringing in ear. (S1)
 - **Spasmodic.** Dull pain occasionally spikes. (S1)
 - **Throbbing.** Day 4. Right ear hurting – low throb.(S1)
- **Sound, agg (one supervisor)**
 - Day 5. Very sensitive to sound – any sound, especially knives and forks on plates. It's been going right through me. And have had to ask the children to be quiet a few times this evening. (S2)
- **Sound, amel (one prover)**
 - Day 2. So conscious of the birds – particularly the hierarchy of the birds – in my garden. The sounds of them really soothe me – the sound of being home for me. (P6)
- **Stopped (two provers and one supervisor)**
 - Day 1. Ears got blocked as if water in them. Sounds seem to be muffled. (P1)
 - Day 5. Right ear still hurting – blocked. (S1)
 - Day 8. I can't hear properly – muffled noise. (S1)
 - Day 2. AS. Ears blocked – couldn't un-block left one which is normally the one that's OK. (P4)
 - Day 5. Ears blocked again – left more than right. (P4)
- **Water; sensation of, in ear (one prover and one supervisor)**
 - Day 1. Ears got blocked as if water in them. (P1)

- (S1) [Day 5. Son (age 7) says his ear hurts – never complained of ear-ache before? His left ear > warmth; > holding my hand on it; > touch. He said it feels like he is under water – that it's full of water. (S1)]
- Day 8. I went back to work in music studio and realised I can't hear properly – muffled noise. The drum kit was almost unbearable. Feel dizzy and short of oxygen – *swimming head*. Not coughing much but chest feels bad. Reminds me when I had pneumonia (chicken pox) 15 years ago. (S1)

Hearing (two provers and two supervisors)

- Acute and sensitive (one prover and one supervisor)

- Day 5. Very sensitive to sound – any sound, especially knives and forks on plates. It's been going right through me. And have had to ask the children to be quiet a few times this evening. (S2)
- Day 2. So conscious of the birds – particularly the hierarchy of the birds – in my garden. (P6)
- Aware of sounds when it's quiet. I am conscious of a 'Humming' of energy. Hear the opening and closing of doors, ticking of a clock, cars passing, wind moving outside, children's voices in the little school. (P6)
- Day 3. Heightened awareness of sound – fridge humming, the dogs breathing, bird song. Sound visualized as energy – hear the energy. (P6)
- Day 5. Want to listen to 'natural' noises – another 'vibration' alongside the music. Greater awareness of noises/sounds on a different level or plane. Quite irritated by other sounds. Sound of too many voices irritates. (P6)
- Avoiding use of mobile – can 'hear' vibrations and feel my ear 'burning' – feels like something unpleasant going straight through to brain. (P6)

- Impaired (one prover and one supervisor)

- Day 1. Ears got blocked as if water in them. Sounds seem to be muffled. [Same symptom during the proving I did last Spring, it was Holmium Oxidatum (Lanthanides).] I can't hear properly – like water in my ears, stopping me hearing. Like under water, funny muffled noise. Don't hear people clearly. It's all muffled. On both sides – same. Sensation of water in ears had it before. Ears are 'disagreeable – like if you exclude yourself from life. Ears fine by next morning – not muffled. (P1)
- Day 8. I can't hear properly – muffled noise. Feel dizzy and short of oxygen – swimming head. Not coughing much but chest feels bad. Reminds me when I had pneumonia (chicken pox) 15 years ago. Coughing up white sticky phlegm in lumps. (S1)

- Natural noises, desire for (one prover)

- Day 5. Want to listen to 'natural' noises – another 'vibration' alongside the music. Greater awareness of noises/sounds on a different level or plane. Quite irritated by other sounds. Sound of too many voices irritates. (P6)

- Sound, agg (one prover and one supervisor)

- Day 5. Very sensitive to sound – any sound, especially knives and forks on plates. It's been going right through me. And have had to ask the children to be quiet a few times this evening. (S2)
- Day 0. I noticed loud noises startled me. There is a slightly anxious edge to it. That I felt in my heart region. Much better for deep breaths. (S2)
- Day 5. Want to listen to 'natural' noises – another 'vibration' alongside the music. Greater awareness of noises/sounds on a different level or plane. Quite irritated by other sounds. Sound of too many voices irritates. (P6)

- Slight earache. Avoiding use of mobile – can ‘hear’ vibrations and feel my ear ‘burning’ – feels like something unpleasant going straight through to brain. Don’t like this at all. (P6)
- **Sound, amel (one prover)**
 - Day 2. So conscious of the birds – particularly the hierarchy of the birds – in my garden. The sounds of them really soothe me – the sound of being home for me. (P6)
- **Sound, visualised/heard as energy (one prover)**
 - Aware of sounds when it’s quiet. I am conscious of a ‘Humming’ of energy. Hear the opening and closing of doors, ticking of a clock, cars passing, wind moving outside, children’s voices in the little school. (P6)
 - Day 3. Heightened awareness of sound – fridge humming, the dogs breathing, bird song. Sound visualized as energy – hear the energy. (P6)
 - Slight earache. Avoiding use of mobile – can ‘hear’ vibrations and feel my ear ‘burning’ – feels like something unpleasant going straight through to brain. Don’t like this at all. (P6)
- **Vibrations (one prover)**
 - Slight earache. Avoiding use of mobile – can ‘hear’ vibrations and feel my ear ‘burning’ – feels like something unpleasant going straight through to brain. Don’t like this at all. (P6)
- **Voices, agg (one prover and one supervisor)**
 - Day 5. Want to listen to ‘natural’ noises – another ‘vibration’ alongside the music. Greater awareness of noises/sounds on a different level or plane. Quite irritated by other sounds. Sound of too many voices irritates. (P6)
 - Day 5. Very sensitive to sound – any sound, especially knives and forks on plates. It’s been going right through me. And have had to ask the children to be quiet a few times this evening. (S2)

Awareness

Awareness links with ‘Connections’ as the provers and supervisors showed an awareness or a perception of the connections; and with the ‘Inner Compass’ (‘self awareness’). This theme covers an awareness or hypersensitivity to everything, which includes heightened senses and extra-sensory perception for perceiving what is beyond the physical (the sixth sense): telepathy/clairvoyance. Many of the sub-themes are covered under other themes, and I refer to those themes when necessary. This theme also covers the sub-theme of ‘Drugs/intoxication’, as well as the polar opposite of ‘awareness’, which is ‘Unconsciousness’, ‘Forgetfulness’, and ‘Accidents’. I associate this theme with the solar plexus chakra. This chakra is situated on the spine above the navel and below the level of the shoulder blades, and the element associated with this chakra is ‘fire’. The ‘solar plexus’ is linked to the sun, the centre star of our solar system, which symbolises our essential self (‘self awareness’). This chakra affects the stomach and the intestines and the liver is the main organ of the chakra – which is associated with ‘anger’ (see ‘Irritability – Travel’). I’ll also provide examples of ‘Stomach’ symptoms in this section.

Fire (three provers and three supervisors)

The year was traditionally divided in two by ancient peoples: spring-summer was the male season of the sun, warmth and dryness (fire), while autumn-winter was the female

season of the moon, coolness and moisture because it is the wet season for most of the world (water). Traditionally, fire has represented the active and masculine or the Yang of Chinese symbolism. Its major symbolism is related to the sun and the powers of transformation and purification. Its basic movement is upward rather than downward like water. Traditionally, the basic symbol for fire is an upward pointing triangle or pyramid (mountains symbolize the upward pyramid shape of fire). Whereas water has different states related to movement or rest, fire is always moving and consuming. According to Doris Beauchamp (2007): "We can only be transformed by fire; by spiritual fire, the 'spark of life'. A flame is a symbol of the spirit that each one of us carries within".

- Day 0. Fire in the home for the first time this year. Overnight autumn has come. (S1)
- Day 9. Not want to go to Pilates, not want to go out at all. Want to stay in, cwtch in by the fire and be quiet. Symptoms intensified. (S5)
- Day 15. RS. Woke up this morning feeling anxious and trembly. Have to go to meet someone, but really don't want to, and felt it till last minute to leave. Would love to just stay at home and light the fire. (S2)
- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012. Described dream of crashing car. S1 said that strong and insistent thoughts, sensations and themes of the dream had come to her after the final meeting: '...slow motion at the beginning, and long slow processes undertaken, but driven by a fire, an absolute need/fire: are how the proving has felt. (S1)
- [Dream] Day 2. Another bit – a woman laid out on a table in a house – she was unconscious. I'm aware of a fire starting, but I think it's better to let the house burn. I'm trying to cover something up. I get the impression I was trying to hide what was really going on. We all drive away leaving woman in house, leaving house to burn. But I can't do it and have to go back and the woman had been pulled out of smoke filled room. Someone told me it was a dog poo that caught fire and started the fire. It was dark. I was trying to cover up something (something that I said that had been happening in the room/house) and I nearly let this woman burn. (P2)
- [Dream] An aeroplane came in to visit the country fair, it made a snazzy landing, going more or less upside down, touched the river, but in spite of that the bales of hay caught fire. It was a little open aeroplane. The fire was superficial. The aeroplane turned again and landed on its wheels. The very young pilot looked embarrassed and was offered a can of beer, but he was already drinking one, then the alarm woke me. (P3)
- [Dream] Day 5. Bomb sirens going off and not being able to get to the shelter. Being in some building where I needed to get out quickly and couldn't – possible fire in building. (P4)

Hypersensitive (six provers and three supervisors)

- **Change/move, to (one prover)**
 - Day 11. All emotions on the surface. Felt tears in my eyes just looking at the kids. Partner getting on my nerves – complaining about being tired but insisting on cooking, washing up etc. Feel guilty a bit, but hey his choice. Am aware that my emotions are see-sawing right now and the balance is out. Think it's my Lachesis bit rising, however great the new house is, and it is, it means Change and being unsettled for a while. Swings of emotion – content one minute then sad or down the next. Hypersensitive – this has been a theme throughout proving. Sensitive to the impending house move and all change. (P6)
- **Colours, to (one prover)**

- Day 3. Have noticed wearing bright colours and patterns – pinks, bright blues, yellows – I'm more of a black/purple fan! Usually. Really drawn to scent of lavender – purple and turquoise blue. (P6)
- **Electric waves vibrations, to (one prover)**
- Day 2. Aware of sounds when it's quiet. I am conscious of a 'Humming' of energy. Hear the opening and closing of doors, ticking of a clock, cars passing, wind moving outside, children's voices in the little school. (P6)
 - Day 18. Bent to switch telly off last night and could sense vibrations from all electrical equipment – could hear it! (P6)
 - Day 19. Communications: avoiding use of mobile – can 'hear' vibrations and felt my ear burning – feels like something unpleasant going straight through to brain. Don't like this at all. (P6)
- **Emotions, to (two provers and two supervisors)**
- Day 12. Was a really full on difficult day. Was listening to the soundtrack to 'Il Postino' in the car for the first 5 minutes, but was so moved by it I had to turn it off. Feeling hugely emotional, just want to cry, don't know where it's coming from. Normally only have one fleeting feeling of this when I am premenstrual, which I'm not. It feels like a very deep hurt pain wants to come to the surface. I push it down and put some more lively music on. I am overcome with nausea – contemplate whether to pull over the car. I have a huge presence of what I can only describe of emotion in my abdomen. It rises into my throat making me want to be sick. Then I'm sweating, mostly armpits, slightly face and trembling. My heart rate increases dramatically. I'm feeling like I might panic. Really have to concentrate on the road and focus myself. Park up and go to the chemist and buy Rescue Remedy. Not sure I can make it. Don't want to get there an emotional wreck. Decide to go on, it's a safe place. Get there a bit late. I felt like I needed some reassurance. I sit down shaking, feeling really panicky. Had some Rescue Remedy, sipped slowly in water and felt OK. Managed to hold it all day. But had quite a high feeling of anxiety (S2)
 - Day 3. The vision, the smell, the emotions all seem slightly exaggerated. Exaggerated? (deep thought – long). It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. Where are you in that bigness – pretty much at the centre of it. (P2)
 - Day 11. Swings of emotion – content one minute then sad or down the next. Hypersensitive – sensitive to the impending house move and all change. (P6)
 - Day 11. All emotions on the surface. Felt tears in my eyes just looking at the kids. (P6)
 - Day 11. Have an under connection to family and reminded. Hypersensitive/over-reaction to emotions. (P6)
 - Day 3. I seem to have woken into some kind of hell. Feel as if everything is ebbing away. Feel threatened. I cried this morning – howling. 'I can't do this all on my own.' Angry with daughters. Angry with partner. Finally have to credit some of this awfulness to state of my hormonal self – and the upcoming full moon. Very PMT – crying and being cross! Trying to be calm and controlled but a screaming wild banshee woman keeps appearing. Want to kick things and break things. (S1)
- **Energies, to all (three provers and one supervisor)**
- Day 0. NS. Once back in room with others I had to open window for fresh air – it felt damp and I could feel energies swirling around. (S2)
 - Day 1. This is probably totally irrelevant but the trees looked bigger today in town, noticed when I was driving. Not sure if it was just the light. And when I was driving

under a lot of trees they seemed to come alive, as though they had arms that were reaching out over the road. Not in a threatening way. I think I became more aware of their spirits. I love trees. (S2)

- Day 4. Eyesight – vibrant. Stood looking at trees for ages, like I could see an energy field around the trees. But when I looked at the buildings it isn't there. Feel like I'm actually seeing the life in everything. 'It's been happening quite a lot. I just had to stop today, and thought, this is really weird. What is this? 'Grass, trees, and sky just had this vibrance. It's a bit like being on drugs. Stood outside office door because so pleasing to look at and realized I could smell the grass and I could smell the earth, there were loads of smells there. And if it makes sense the smell of water, puddles, I could smell the puddles. It was fascinating that they were coming out as individual smells. (P2)
 - Day 10. I don't feel like I've had this much energy for a long time. When do you get buzzing? I get outside and I can see this clarity and vibrance, and that's how I feel. Where do you feel buzzing? It's like an energy that's rising up and it's like my forehead and eyes and that region of my head is extending out, in that region [making whooshing gestures with arms from down to up and forward.] It feels like a widening of the eyes. (P2)
 - Day 11. NS. Driving has been feeling strange – surreal. The sensation of driving feels different almost like I'm someone else driving – or it's like experiencing what it's like to drive by someone else. What they're aware of is different to me. (P4)
 - Day 2. Aware of sounds when it's quiet. I am conscious of a 'humming energy'. Hear the opening and closing of doors, ticking of a clock, cars passing, wind moving outside, children's voices in the little school. (P6)
 - Day 5. Want to listen to 'natural' noises – another 'vibration' alongside the music. Greater awareness of noises/sounds on a different level or plane. (P6)
 - Day 18. Bent to switch telly off last night and could sense vibrations from all electrical equipment – could hear it! (P6)
- **Hearing (see 'Connections')**
- **Insults (two provers)**
- Day 1. Woke up uncommunicative. Was told everyone felt they had to pussyfoot around her and that she could explode at any minute. This made her angry and that's when she shut down, she couldn't say any more. Don't want to communicate. Closed off feeling, nothingness, anger. (P4)
 - Day 14. No other symptoms, except very tired and very angry with husband because he accused me of something as a joke. I felt very indignant and was really spiteful to him. (P5)
- **Music (one supervisor)**
- Day 12. Was a really full on difficult day. Was listening to the soundtrack to 'Il Postino' in the car for the first 5 minutes, but was so moved by it I had to turn it off. Feeling hugely emotional, just want to cry, don't know where it's coming from. (S2)
- **Nature and natural objects (two provers and one supervisor)**
- Day 1. This is probably totally irrelevant but the trees looked bigger today in town, noticed when I was driving. Not sure if it was just the light. And when I was driving under a lot of trees they seemed to come alive, as though they had arms that were reaching out over the road. Not in a threatening way. I think I became more aware of their spirits. I love trees. (S2)
 - Day 4. Eyesight – vibrant. 'Stood looking at trees for ages, like I could see an energy field around the trees. But when I looked at the buildings it isn't there. Feel like I'm actually seeing the life in everything. 'It's been happening quite a lot. I just

had to stop today, and thought, this is really weird. What is this? 'Grass, trees, and sky just had this vibrance. It's a bit like being on drugs. Stood outside office door because so pleasing to look at and realized I could smell the grass and I could smell the earth, there were loads of smells there. And if it makes sense the smell of water, puddles, I could smell the puddles. It was fascinating that they were coming out as individual smells. (P2)

- Day 5. 3.23pm. Feel pretty charged. The natural world is still vibrant – all feels a bit manic! What's manic? It is loud and energetic, boisterous. (P2)
 - Day 10. I get outside and I can see this clarity and vibrance, and that's how I feel. (P2)
 - Day 0. Aware of environment around me, e.g. response of animals/insects in the shed. Notice movement of them. How many daddy long legs/spiders – increasing, fascinating. Privileged to be given a glimpse into their existence'. Heightened awareness visually – watched two spiders dancing. But couldn't focus on words on board. Contradiction. Much heightened sense of acceptance.(P6)
 - Day 1. Very aware of birds outside and they're so busy, but their chatter relaxes me. Enjoying it. Huge sense of connection at all levels and don't feel rushed. (P6)
 - Day 2. So conscious of the birds – particularly the hierarchy of the birds – in my garden. The sounds of them really soothe me – the sound of being home for me. Aware of sounds when it's quiet. (P6)
 - Day 5. Owl signal: Proving of Barn Owl coming up. Message for partner. He heard the hooting of an owl, and I've heard nothing of them for many nights. Owl discussed – eyes/headaches/mythological world. Proving done when partner's mother died. Connection prevalent now for him. Owl remedy keeps coming up! Since 2003. Greater awareness of noises/sounds on a different level or plane. Reflection is like 'not thinking' just comes. Enjoy the moment – could carry on walking. Insects – noticing crane flies/daddy long legs.. Lots of foxes around – scenting them. (P6)
 - Day 6. Walking dogs in the evening, noticed bats swooping and flying overhead – amazing experience (+++bats). Flying so close. See them clearly. Beautiful full moon and colours of the night. (P6)
 - Day 7. Noticing much in the environment. Went to pick up son, and on way home a buzzard flew really low over the car and looked like it was leading us home! Got so close to the creature. Spider coming through my window and across my hand. Big 'wolf spider'. Things seem to be on you/very close to you! Desire for outside and fresh air. Better for fresh air. Smells are prominent! Musky smell, can't place it. (P6)
 - Day 18. Amazing wildlife in garden – birds of all sorts; grey squirrel running across fence and lawn. (P6)
- **Odours, to (two provers)**
- Day 3. I seem to have gone back into deep calm again – even that seems to have an intensity about it. The vision, the smell, the emotions all seem slightly exaggerated. Exaggerated? (deep thought – long). It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. (P2)
 - P2.Day 4. Feel like I'm actually seeing the life in everything. 'It's been happening quite a lot. I stood outside office door because so pleasing to look at and realized I could smell the grass and I could smell the earth, there were loads of smells there. And if it makes sense the smell of water, puddles, I could smell the puddles. It was fascinating that they were coming out as individual smells. (P2)
 - Day 3. Really drawn to scent of lavender – purple and turquoise blue. (P6)
 - Day 5. Lots of foxes around – scenting them. (P6)
 - Day 7. Desire for outside and fresh air. Better for fresh air. Smells are prominent! Musky smell, can't place it. (P6)

- Day 15. Can still smell that weird odour – almost smells of stale blood. (P6)
- **Opinion of others, to (two provers)**
 - Day 1. Woke up uncommunicative. Was told everyone felt they had to pussyfoot around her and that she could explode at any minute. This made her angry and that's when she shut down, she couldn't say any more. Don't want to communicate. Closed off feeling, nothingness, anger. (P4)
 - Day 14. No other symptoms, except very tired and very angry with husband because he accused me of something as a joke. I felt very indignant and was really spiteful to him. (P5)
- **Time, passage of (see 'Time')**
- **Rhythm, to (see 'Time')**
- **Sounds (two provers and one supervisor)**
 - Day 23. NS. First thing in the morning, around breakfast time about 8am. Agitated by the wind, causing my heart to race and flutter. Even sound of it blowing down the chimney – almost feels like fear. (P2)
 - Day 1. Very aware of birds outside and they're so busy, but their chatter relaxes me. Enjoying it. Huge sense of connection at all levels and don't feel rushed. Strong sense of everything slowing down. Very aware of rhythm of ticking clock – soothing/calming. Safe domestic sound. (P6)
 - Day 2. So conscious of the birds – particularly the hierarchy of the birds – in my garden. The sounds of them really soothe me – the sound of being home for me. Aware of sounds when it's quiet. I am conscious of a 'humming energy'. Hear the opening and closing of doors, ticking of a clock, cars passing, wind moving outside, children's voices in the little school. (P6)
 - Day 3. Heightened awareness of sound – fridge humming, the dogs' breathing, bird song. (P6)
 - Day 5. Owl signal: Proving of Barn Owl coming up. Message for partner. He heard the hooting of an owl, and I've heard nothing of them for many nights. Felt wanted to keep on walking and be in solitude with animals and nature. Want to listen to 'natural' noises – another 'vibration' alongside the music. Greater awareness of noises/sounds on a different level or plane. (P6)
 - Day 19. Communications: avoiding use of mobile – can 'hear' vibrations and felt my ear burning – feels like something unpleasant going straight through to brain. Don't like this at all. (P6)
 - Day 0. I noticed loud noises startled me. There is a slightly anxious edge to it. That I felt in my heart region. Much better for deep breaths. (S2)
- **Trees (one prover and one supervisor)**
 - Day 1. This is probably totally irrelevant but the trees looked bigger today in town, noticed when I was driving. Not sure if it was just the light. And when I was driving under a lot of trees they seemed to come alive, as though they had arms that were reaching out over the road. Not in a threatening way. I think I became more aware of their spirits. I love trees. (S2)
 - Day 4. Eyesight – vibrant. 'Stood looking at trees for ages, like I could see an energy field around the trees. But when I looked at the buildings it isn't there. Feeling? It's brilliant, it's great (smiling) – (thinking, long and hard, whilst smiling...still...thinking!!) 'Feel like I'm actually seeing the life in everything. 'It's been happening quite a lot. I just had to stop today, and thought, this is really weird. What is this? 'Grass, trees, and sky just had this vibrance. It's a bit like being on drugs. Stood outside office door because so pleasing to look at and

realized I could smell the grass and I could smell the earth, there were loads of smells there. And if it makes sense the smell of water, puddles, I could smell the puddles. It was fascinating that they were coming out as individual smells.(P2)

Vision – clarity and seeing more than the eyes can see (see ‘Inner Compass’)

Odours, imaginary and real (two provers and one supervisor)

- **Fox scent**
 - Day 5. Lots of foxes around – scenting them. (P6)
- **Musky**
 - Day 7. Smells are prominent! Musky smell, can't place it. (P6)
 - Day 9. Smell: sense of: Followed me to the 'new house'. Going around sniffing things/people. Horrible/musky. Not sure if it exists or just I am experiencing it. Thought it might be 'Me' that's smelling. Real smell!! Not always there, wanting to turn around and sniff. (P6)
 - Day 16. Smell/odour – still present! Stale blood – nasty sweetness. Musky/cloying/heavy smell (P6)
- **Sour, ammonia like**
 - Day 4. Odours – keep saying 'what's that smell?' Even sniffed the kids this morning! Sour, unwashed, ammonia like smell. (P6)
- **Stale blood**
 - Day 15. Can still smell that weird odour – almost smells of stale blood. (P6)
 - Day 16. Smell/odour – still present! Stale blood – nasty sweetness. Musky/cloying/heavy smell (P6)
- **Acute (two provers and one supervisor)**
 - Day 4. Eyesight – vibrant. 'Stood looking at trees for ages, like I could see an energy field around the trees. But when I looked at the buildings it isn't there. Feeling? Grass, trees, and sky just had this vibrance. It's a bit like being on drugs. Stood outside office door because so pleasing to look at and *realized I could smell the grass and I could smell the earth, there were loads of smells there. And if it makes sense the smell of water, puddles, I could smell the puddles. It was fascinating that they were coming out as individual smells.*' (P2)
 - Day 4. This reminds me (when listening to P2 talking about heightened senses), a couple of days ago I became acutely aware of the wonderful smell of the soil outside the school. I remember being very aware of it and taking in deep breaths of it, I'd forgotten until now. (S2)
 - Day 4. Odours – keep saying 'what's that smell?' Even sniffed the kids this morning! Sour, unwashed, ammonia like smell. (P6)
 - Day 5. Lots of foxes around – scenting them. (P6)
 - Day 7. Smells are prominent! Musky smell, can't place it. (P6)
 - Day 9. Smell: sense of: Followed me to the 'new house'. Going around sniffing things/people. Horrible/musky. Not sure if it exists or just I am experiencing it. Thought it might be 'Me' that's smelling. Real smell!! Not always there, wanting to turn around and sniff. (P6)
 - Day 15. Can still smell that weird odour – almost smells of stale blood. (P6)
 - Day 16. Smell/odour – still present! Stale blood – nasty sweetness. Musky/cloying/heavy smell (P6)
- **Desire for (one prover)**
 - P6. Day 3. Really drawn to scent of lavender – got incense sticks burning and don't like it much usually. (P6)
- **Loss of (one supervisor)**

- Day 5. 10.30am. No sense of taste or smell when I woke up this morning. I couldn't smell or taste my honey and lemon. Didn't enjoy it. (S2)

Intuitive/sixth sense (six provers and three supervisors)

- Day 21. Evening. It is strange, but tonight after such a fine day I feel anxiety and I am wondering about my supervisor...but it is too late to call her and any way we shall talk tomorrow. Premonition? [S1 gone to see her brother who is very ill in hospital.] (P1)
- Day 4. Woke up at midnight exactly – thought 'I have transformed'. Leopard changing its spots. What kind of butterfly am I going to become? Transformation – seems relevant today. Changed. The changes are subtle in that they are not easily vocalised or communicated, but I have a sense something profound is shifting for me and also for P1, if her arthritis is better by a third! Wow. (S1)
- Day 3. It all just seems a little bit bigger. Where are you in that bigness – pretty much at the centre of it. How does that feel? Interesting, the heightened sense of vision is lovely. That alone makes me feel quite good. How big a different was yesterday from today? Oh... opposite ends of the galaxy. (P2)
- Day 4. Feel like I'm actually seeing the life in everything. 'It's been happening quite a lot. (P2)
- Day 1. I think I became more aware of their spirits. I love trees. (S2)
- Day 24. I feel I am making mountains out of molehills. The MOT, the Sat NAV, now the PIN number, the sciatica. [P3 drew mountains, curves, four in a row.] Another class... [P3 drew another mountain]. (P3)
- Day 0. 13:00. Just taken first dose. Had to drive to take it sitting in my car at the sea.. Felt fear sitting in my car – locked the doors before ringing S4. Keep vaguely imagining crashing my car – always turning it over. Not scared of it though. (P4)
- A few days before the proving I was feeling very tired, overwhelmed – been through a difficult time emotionally and working hard, sleep affected too. So I was a bit reluctant to do it – and when I noticed my front tyre was almost flat. I felt anxiety about the journey – no time to get it sorted. So rang you and agreed to start with P4 the following morning. The Friday night before the proving meeting I had a vivid dream ['a face your fears' type dream.] (S4)
- Day 2. Dreamt that I had given this woman a puppy which I was not very happy about for some reason. Not happy about giving her a puppy, because felt that she wouldn't look after it. [P5 discovered on Day 3 that the woman of her dream (with the puppy) had died.] (P5)
- Day 9. Sensation of connection: reminds me of my place in the universe along with everything else. (P6)
- Day 16. Focus vs fuzziness. See with eyes that see more than there is. To see or vision blurred. Clarity of 'vision' on all levels. (P6)

Telepathy/Premonitions/Clairvoyance (four provers and one supervisor)

- Day 0. Thinking about texting Jayne and then received an e-mail one minute later. (S1)
- Day 2. I was texting S1 to say was she home and at the same time a text from her arrived. (S1)
- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012. Described dream of crashing car. S1 said that strong and insistent thoughts, sensations and themes of the dream had come to her after the final meeting: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest. In the car was my partner of 23 years and myself, our relationship in reality has been heading for disaster slowly for more than two years, as we have said: coming to the end of the road.....The meaning of the dream for me was that we are going through a traumatic event but we remain aware and come to rest unharmed the right way up in

- a green field....a pleasant relief and a still point. Totally out of control, but somehow unharmed by the rough and tumble. This gives me hope that we will be ok if we have to face selling the house and starting again, uprooting ourselves and separating, but remaining connected by the children. The car landed heavy like a stone in the field and I had the strong feeling that this is how the stones arrived here from Wales, in an ice flow, a glacial pile up. It has not occurred to me before, but a volcano, an eruption, can throw things a long way.... somehow, the cold feeling and heaviness whilst being rushed though time, slow motion at the beginning, and long slow processes undertaken, but driven by a fire, an absolute need/fire: are how the proving has felt. That we are being cleaved apart and with a cold heart striving to stand alone, its logical step, no emotion. (S1) [S1 had moved into flat (trial separation) during proving and then moved back into the house straight after the proving.]
- Day 21. Evening. It is strange, but tonight after such a fine day I feel anxiety and I am wondering about my supervisor...but it is too late to call her and any way we shall talk tomorrow. Premonition? [S1 gone to see her brother who is very ill in hospital.] (P1)
 - Day 22. As I sent a text to S1, at the same time she sends me one. Telepathy? Unfortunately S1 is on the train to see her brother who is having liver surgery. Very serious and S1 is very sad. We talked to each other for a while, but S1 feels terrible and I can feel her anxiety. (P1 about S1)
 - Day 5. Keep having 'crossed wires' or simultaneous moments of texting each other or receiving phone calls whilst talking to someone else – recurrent. (S1)
 - Day 11. Dreamt I was walking with two dogs and had a stick/cane and I was bashing the vegetation. (P1) [Before hearing about April Jones being missing. She had a text from S1 the next day about it, and was shocked and horrified.]
 - Day 14. Phone technology, bizarre. Mobile phone rang and on screen was S1 disconnected. What is happening? Then got a call from S1 asking 'did you call me? How strange is that? She did not call me, and I did not call her. S1 had a missed call. (P1)
 - Day 2. A lot of driving in my dream, car based. Was collecting a lot of machinery that was in back of car towing a trailer. I could see machinery, but for life of me I can't tell you what it was in my dream (frustrated because I can't quite remember what). In a rural setting. Another bit – a woman laid out on a table in a house – she was unconscious. I'm aware of a fire starting, but I think it's better to let the house burn. I'm trying to cover something up. I get the impression I was trying to hide what was really going on. We all drive away leaving woman in house, leaving house to burn. But I can't do it and have to go back and the woman had been pulled out of smoke filled room. Someone told me it was a dog poo that caught fire and started the fire. It was dark. I was trying to cover up something (something that I said that had been happening in the room/house) and I nearly let this woman burn. Feeling in dream? Guilty, that's why I went back. Feeling this morning? I don't really know. I feel sexually aroused, but aggravated and agitated. I think it's connected to the dream and the woman on the table. I was trying to cover something up. But I don't know what! Feeling? 'Still uncomfortable. It's disturbing actually'. It's all a bit dark. (P2)
 - Day 3. Driving again and doing a U turn in a very bad place and reversing into a drive to unload rubbish from car into a wheelbarrow and into a hole in the ground. Annoyed, as someone has left a floorboard on the floor with nails sticking up (3). I bend them down against a breeze block. I then go surfing on a ridiculously small surf board. The main dream which was still in my head when I woke at 5.27 was another sex dream with a dark twist involving 1 female and 4 men, followed by X, her husband and me and a stranger (young man) who came along and had to kill the husband in a gruesome way (pick axe). The body had to be destroyed and I was given a hammer to do the ears! I have not dreamt regularly for years and when I have I've not been able to recall details. (P2)
 - Day 0. 13:00. Just taken first dose. Had to drive to take it sitting in my car at the sea.. Felt fear sitting in my car – locked the doors before ringing S4. Keep vaguely

- imagining crashing my car – always turning it over. Not scared of it though. Day 13. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – brakes failed – still shaky waiting for recovery truck. Luckily it happened in the most safe part of journey home – driving slowly coming up to junction with no cars. [Day 16 wrote: Weird thing – the garage can't find anything wrong with my brakes and they are working fine!! Feels like there's been lots of strange car fear and then brakes failed and there's nothing wrong – really odd. Theme of fear for me in places.] (P4)
- Day 2. Dreamt that I had given this woman a puppy which I was not very happy about for some reason. Not happy about giving her a puppy, because felt that she wouldn't look after it. [P5 discovered on Day 3 that the woman of her dream (with the puppy) had died.] (P5)

Drugs, intoxication, giggling (three provers and two supervisors)

- Day 0. 6.30 ish. I feel very smiley. Very slightly intoxicated. Feel in really good, amiable mood, better than I have for some time. Supervisor noticed that he was 'giggly' – little chuckles while telling his story, which is unusual for him. (P2)
- Day 2. Observations of S2. Just want to add a few observations about P2 that I've noticed over the last couple of days. Firstly he has started giggling a lot more, and he is often ending his sentences with a short giggle. This is a NS. (P2)
- Day 3. And my vision seems really intense. It's lovely, it's really nice. It makes me think of drugs, it has an element of psychedelia about it. After the frenzy of yesterday, I seem to have gone back into deep calm again – even that seems to have an intensity about it. The vision, the smell, the emotions all seem slightly exaggerated. Interesting, the heightened sense of vision is lovely. That alone makes me feel quite good. Today I feel at one, at peace again. The other day when I was driving to work, with my heightened sense of vision, I was wondering whether we are proving cocaine or amphetamine or something. (P2)
- Day 0. NS. Laughing hysterically during lectures and setting everyone off – felt like I was under the influence of drugs. 3-4pm. I just couldn't stop laughing, always felt like I wanted to cry at the end but couldn't. Feeling overwhelmed by drug-like giddiness in my head and had to walk out of room (still laughing), lots of deep breaths outside in open, cool air and I felt better. Even when I was outside on my own – still breaking out into laughter, had to hide myself by back door, as I thought someone might see me through a window, and didn't want to look 'mad'! Once back in room with others I had to open window for fresh air – it felt damp and I could feel energies swirling around. (S2)
- Day 0. Driving home, feel like I still have this druggie feeling in my head. It starts to make me feel a little anxious. Have to breathe deeply to centre myself. Start thinking I can't go to work tomorrow if I still feel like this. Starting to worry that I am going to feel this way for the next month. 'The druggie feeling'. Just feel like I want to explain this if I can. Having taken MDMA a few times in the past I can only liken it to the rushy feeling you get about half hour after taking it. You start to feel really buzzy in the head, with an energy rise, your senses open out. I noticed loud noises startled me. There is a slightly anxious edge to it. That I felt in my heart region. Much better for deep breaths. (S2)
- [Dream]. All I can remember is X went off to a party and came back, pretty non-eventful really, then I discovered that my brother had gone with him and taken a video recorder. It turned out that X had taken some drugs whilst there and got up on stage while a band were playing, stripped naked, apart from a g string and gyrated his stuff on stage. The first I knew was when I saw a video posted on Facebook (I think it was). I felt really embarrassed in the dream. (S2)
- Day 4. This is what my 11year old son experienced today in school. He was in a lesson having a talk about drugs. He said 'I looked at something on the screen and I looked at something on the wall and I had this sort of diamond shape in the centre of

- where I was looking'. But I hadn't been looking at diamonds.' Anything else? 'I was sitting down, my head just felt like it was going 'round and round slightly. I just felt slightly dizzy. Time? I've got a feeling it was after dinner', or maybe on lesson before dinner (between 11 and 11.45am). He says he may have had something similar to this when he was in year 5, he's now in year 7. Sonny's drawing of the pattern.(see journal). He says there were about 60-80 diamonds and the edges as he has drawn them. [so diamonds interlocking together to make a big diamond shape and the edges of each diamond sticking out.] (Son of S2)
- Day 6. In evening very tired and irritable. Very jumpy (jump if phone rings). Husband said that my eyes are shining and glassy as if drunk. (P5)
 - Day 0. 4pm. Crash, tired, became unfocussed. Giggly. (P6)
 - Day 4. Chuckling away. Everything is alright in the world and I can achieve enormous stuff 'providing' I can sort out the minor details. (P6)
 - Day 7/8. Giggly – giggle at nothing – infectious/to hysteric. Notice that bubble over with energy late at night and want to use it. Feel happy and positive – turning into Pollyanna. (P6)
 - [Dream]. 'a tank of jelly fish with fly agaric red and white spotted tops' (S4). ['Fly agaric' refers to the red and white spotted top mushroom/toadstool which is hallucinogenic ('magic mushroom').]

Forgetful (four provers and one supervisor)

- Everything (three provers)

- Day 1. Prover was reluctant to offer up information – teased it out of her. She nearly forgot about her finger injury: 'I forgot about the finger until I saw it'. We nearly said goodbye twice before finally finishing. (P1)
- Day 3. Forgetfulness. I opened a bottle of wine for our evening meal but did not fill our glasses. I only noticed 2 hours later. That's not like me. Normally I would have one or two glasses to each one of XX. (P1)
- Day 3. Forgot to write anything in journal today. Forgot I was doing a proving. (P1)
- Day 9 (or Day 1 – Day 7). Realised on this day for one week, has been going for a poo on waking, which is unusual as normally go around mid morning or after breakfast. This NS went unnoticed until it went back to normal on days 8 and 9. Forgetful. (P1)
- Day 1. 6:20 Took 4th dose of remedy. Realising when I got close to work that I had forgotten to bring my equipment. Sense of duty is so strong that this doesn't happen. Always checking if everything is there. That has never happened before. NS. (P3)
- Day 23. Finished work in ample time and wanted to get money out for myself. Already used card earlier on to send some money to a friend. No problems. Then all of a sudden I COULD NOT REMEMBER MY PIN NUMBER any more. Have had it for years – just about use the card daily, sometimes more! Tried three times...NOTHING...(P3)
- Day 1. Clumsy/forgetfulness still present – left packet of remedies in pocket which went through washing machine! Oh well the clothes won't suffer from bruising.(P6)
- Day 22. So many thoughts chasing through my mind – so much to do my brain hurts – feels heavy-headed. Much mental confusion; start doing something, then forget why or start something else (P6)

- Keys (one prover and one supervisor)

- Day 2. US. Keep losing my keys. Today I left them still in the ignition in the car in a car park – for god's sake!!! Lol. Have never done that before. (S2)
- Day 2. Made porridge – went to stir it and realised I hadn't turned cooker on. Keep doing stupid things like this – leaving keys in ignition. These things would normally really annoy me, but again there feels like a calm, nothingness on top of the annoyance. A feeling of calm, nothingness. Don't care what happens. (P4)

- **Objects (two provers and one supervisor)**

- Day 2. US. Keep losing my keys. Today I left them still in the ignition in the car in a car park – for god’s sake!!! Lol. Have never done that before. (S2)
- Day 2. Made porridge – went to stir it and realised I hadn’t turned cooker on. Keep doing stupid things like this – leaving keys in ignition. These things would normally really annoy me, but again there feels like a calm, nothingness on top of the annoyance. A feeling of calm, nothingness. Don’t care what happens. (P4)
- Day 0. 4pm. Crash, tired, became unfocussed. Giggly. I have forgotten my glasses (yesterday forgot mobile phone). More clumsy than normal. (P6)
- Day 1. Clumsy/forgetfulness still present – left packet of remedies in pocket which went through washing machine! Oh well the clothes won’t suffer from bruising.(P6)

- **Old people, of – like (one prover)**

- Day 3. Feel like an old person, really stiff, clumsy and kind of like forgetful or distracted doing things, so doing stupid things. (P4)

- **Words, while speaking (one prover)**

- Day 0. All notes very clear and creative with huge use of colour. My writing is clearer, less complex than normal. I notice although written thoughts and focus crystal clear, I jumble up the spoken word (mispronouncing and forgetting words). Muddled/mis-spoken: similar sounding words. Expressing exactly what I wanted. (P6)
- Day 23. Confusion with sentences – forgetfulness, repeating myself to kids. (P6)

Accidents (six provers and one supervisor)

- Day 1. Door crushed my major finger (3rd) on right hand. Door slammed on finger. (P1)
- Day 0. 12pm. He had just cut his finger, left hand, little finger, deep cut. Thinks he was pulling grass (P2)
- Day 11. Since taking the remedy I have now managed to slice open 3 fingers (left side), but that’s OK as I still have 5 in tact! (P2)
- Day 14. US. Another cut finger, thumb left side [cut by a piece of wood]. Quite deep cut, sore to touch – this is the 4th finger. Don’t normally injure myself so much. (P2)
- Day 25. And then after all this happiness of the last day, I go to supermarket – went to park in an ample space and manage to scratch the car on my right. Man fuming. Cross, that I don’t carry insurance policy in my car. There goes my 4 year no claims. CLUMSY. (P3)
- Day 3. AS. Still clumsy – walking into things. (for prolonged periods and no reason). Reversed and knocked wing mirror – nearly broke it. Weird because I was being careful about mirror then at last minute got distracted by nothing and didn’t notice what I was doing. (P4)
- Day 1. Nothing is going smoothly – things getting tangled and dropping things. (P4)
- Day 23. Woke up and was feeling really annoyed by the time I got out of bed as I kept knocking my phone and glasses off the bed. (P4)
- Day 8. Clumsy – dropping things, tripping up. Biting tongue when eating food (twice). (P5)
- Day 0. More clumsy than normal. Fell in bath, slight slip, landed on left hand – no injury, but reminded me a) been more clumsy and b) both my sons have sprained their left hands this week. Last night daughter got up to go to loo and banged her head left side and was really dizzy for approx 5/10 minutes.(P6)
- Day 11. Reluctance to write anything down. Keep making mistakes with writing and mixing up words. Big theme of ‘accidents’ – knocking over tea cups etc. From bigger accidents (e.g. son’s) to little things like cups – many and series. (P6)
- Day 11. Confusion (can’t articulate what I need and/or feel (shouldn’t have to). Accidents are big in the picture – both big and small incidents – knocked over another tea cup last night, son’s crash. (P6)
- Day 1. Burnt right hand badly on a hot utensil! (S6)

Injuries – lack of awareness (two provers and one supervisor)

- Fingers (two provers)

• Crushed; right (one prover)

- Day 1. Door crushed my major finger (3rd) on right hand (took Arnica). Door slammed on finger. Hurt so much took Arnica. All bruised on the top of my finger. Now it's red and very dark red, blue underneath, just at the root of the nail. Hurting < touch. If I leave it it's bearable. It's hot. (P1)
- Day 2. Finger is all blue and red, swollen, from root of nail to just above joint. Still sensitive to touch, couldn't use scissors. (P1)
- Day 3. Finger not blue anymore. It's dark red. Faded a bit. When I think of it I feel bad for taking arnica, but it was automatic. (P1)
- Day 3. Finger – easier to hold pots and pans. (P1)

• Cut; left (one prover)

- Day 0. 12pm. He had just cut his finger, left hand, little finger. The cut is deep, yet he was surprised that there was no blood. Thinks he may have cut his finger pulling grass, but is unsure, this is what he was doing immediately before. Pain? No – even after washing it under cold water, it still didn't bleed. Covered it with plaster. By 12.20pm, looked down and there was blood all over my hand. It was bleeding profusely. Deep dark red and sticky blood. Pain? No. Cut is diagonally across left hand little finger, on the joint from palm of hand. Cleaned it and put dressing on. (P2)
- Day 2. Finger? Don't know, still taped up and don't want to take dressing off yet. Feels fine. (P2)
- Day 3. Finger? Feels a bit sore actually (I suggest we take off plaster. Took a couple of photos). P2 is amazed that it appears to have healed. It is very white from being under plaster. There is a black bit that we think must be dried blood. I think it needs to be out in the air before we can see it properly. 'It feels a bit tender when I press it, feels numb on the surface'. 'I'm amazed that it's healed so quick'. (P2)
- Day 11. Since taking the remedy I have now managed to slice open 3 fingers, but that's OK as I still have 5 in tact! Still can't close my right hand today. (P2)
- Day 14. US. Another cut finger, thumb left side [cut by a piece of wood]. Quite deep cut, sore to touch – this is the 4th finger. Don't normally injure myself so much. Bled a lot. Better/worse? No, just wrapped it up, it's OK. (P2)

- Hand (one supervisor)

- **Burn (one supervisor).** Day 1. Burnt right hand badly on a hot utensil! (S6)

Unconsciousness (four provers and one supervisor)

- Driving, while (one prover)

- Day 11. The nothing feeling is an odd feeling – surreal, spacey feeling – noticed when driving. Went to take a case and it felt like going through the motions rather than a state of heightened awareness. (P4)

- Trance, as in a (one prover)

- Day 2. Observations of S2. Just want to add a few observations about P2 that I've noticed over the last couple of days. Firstly he has started giggling a lot more, and he is often ending his sentences with a short giggle. This is a NS. Another thing is he seems so calm. He seems to have slowed right down. When I am doing supervision with him at the end of the day, just before bed, he often just sits there, thinking with his eyes closed, like he is in meditation or something. I sit there waiting and waiting, wondering if he has fallen asleep, then he opens his eyes and we carry on. I don't want to break his silence so I just watch and wait, thinking 'come on'. At one point last night when he came out of it he started staring at his hand, whilst moving it back and fore in the air. After a little while I said 'what can

you see?' He said 'I'm looking at my 'L'. 'What's your 'L'?' I say. 'It's the scar on my hand in an 'L' shape'. He was almost in a trance like state. I didn't push it, and we just carried on. I felt like I didn't want to ask too many questions around it. I just wanted to observe, and let him be in that space without bringing him back down to earth. (P2)

- **Conduct automatic (three provers and one supervisor)**

- Day 3. Have to admit that I feel very removed and distant from this proving. Like I didn't even take part in it. (S3)
- Day 27. Disappointed is the word that comes to mind regarding this proving. Very little happened this month and all of my symptoms were usual symptoms I have every year around this time. Not worth mentioning. It was frustrating and annoying. P3 says that she isn't very sensitive person and so she was not as disappointed as me. Today we so spoke, but as expected nothing to report. Disappointing. Don't know if I want to take part in another proving as it was a waste of my time. It interfered with my own processes as in not allowed to take a remedy for a month. Maybe I should have not taken part in it at all as it was clearly not the right time for me. Maybe P3 took a placebo and that's why we didn't get anything. But on a positive note at least it didn't interfere with our processes, so we only lost a bit of time and that's all. (S3)
- Day 3. Was at a hospital appointment this morning, where 10 people looked at my eyelid. Quite detached when it was all happening. I realised that I was more detached than usual. Having 10 people looking at me in the morning gave me a feeling that I was in a morgue. Only one of the 10 spoke to me. I had my eyes closed so that might have put people off, and made me feel that I was in the coffin and people just passing by and looking, not even paying last respect, just gawking. (P3)
- Day 11. The nothing feeling is an odd feeling – surreal, spacey feeling – noticed when driving. Went to take a case and it felt like going through the motions rather than a state of heightened awareness. (P4)
- Day 11. Brain in two parts – not conscious of the things I'm supposed to be conscious about. (P6)

Stomach complaints (five provers and one supervisor)

Nausea (four provers and one supervisor)

- **Anxiety, with (one prover and one supervisor)**

- Day 22. 10.16am. NS. Sick, nervous stomach... Where did you feel it? In Solar plexus. (P2)
- Day 16. Feeling very nauseous this morning. Horrible taste in mouth, trembly...Anxious. (S2)

- **Distension, with (one prover)**

- Day 0. Feeling slight distension in belly. Heaviness in stomach, lump of something undigested as if overindulged... Nausea most of day, would generally be irritated by this. (P6)
- Day 22. Feel flat, fat and ugly and slightly physically nauseous. Belly bloated, fluttery sensation, stomach, left arm – feel like when pregnant. (P6)

- **Emotions, from (one prover and one supervisor)**

- Day 12. Feeling hugely emotional, just want to cry, don't know where it's coming from. It feels like a very deep hurt pain wants to come to the surface. I push it down and put some more lively music on. About 10.15am I am overcome with nausea – contemplate whether to pull over the car. I have a huge presence of what I can only describe of emotion in my abdomen. It rises into my throat making me want to be sick. (S2)

- Day 22. 10.16am. NS. Sick, nervous stomach. Business partner's dad died (cancer). Worried about keeping the business going. Felt sick and nervous for couple of hours. What helped? Acknowledging the fact of how I felt, and drawing a deep breath and getting on with it. I remember thinking about the happiness of release from something so horrible, and the sadness of losing someone you love. Made me think about losing my dad. Where did you feel it? In Solar plexus. (P2)
- **Fear, with (one prover)**
 - Day 13. Feel slightly sick. [with left ovary pain too; and paranoia about cars and breaks failing.] (P4)
- **Fever, with (one supervisor)**
 - Day 16. Feeling very nauseous this morning. Horrible taste in mouth, trembly...Anxious. Go back to bed, get up 1.30pm. Feeling so ill. Heavy and weak... In bed again now at 5.30pm – still nauseous...Have had liver pain for two days in the usual place. Have just taken my temperature – 38oC. (S2)
- **Indigestion, with (one prover)**
 - Day 0. Nausea most of day, would generally be irritated by this. Burping – indigestion after eating. Mild burn sensation lingering back of mouth. Like indigestion at back of throat. Desire for cool water to drink frequently and drink glasses of it very quickly. (P6)
- **Pains, in left ear, ovary, with (one prover)**
 - Day 13. Feel slightly sick. [with left ovary pain too; and paranoia about cars and breaks failing.] (P4)
- **Pains, wandering in head and legs, with (one supervisor)**
 - Day 16. Feeling very nauseous this morning...Pains wandering about in my legs too. (S2)
- **Perspiration, with (one supervisor)**
 - Day 12. It rises into my throat making me want to be sick. Then I'm sweating, mostly armpits, slightly face and trembling...The perspiration carried on all day, and I felt hugely cold. (S2)
- **Tiredness, from (one prover)**
 - Day 13.. After supper so tired I felt sick in pit of stomach and very very irritable. (P5)

Flatulence (three provers)

- Day 9. I've been very smelly today. Loose stools this morning. It's still there, got a gassy, smelly, bubbly stomach. Been to the toilet 4 times today and I want to go again. Abdomen pain? Feels bloated and it's bubbling. What like after eating? Bit worse. It's set it off gassing again, rumbling, no noises, well sometimes. This has been constant all day. (P2)
- Day 11. Had a bad gurgling descending colon, before breakfast with discomfort, pressure in upper bowel with putrid wind. What do you call upper bowel? Just above the pubic bone and up towards the belly button. What did that feel like? It was gas building up and letting itself out. I've had a bit of an upset stomach still from Day 9. How much wind? Loads, constantly producing. How long did it last? It's still not quite right (11.36pm). (P2)
- Day 13. Tummy is still a bit wobbly – gassy. Same as before. (P2)
- Day 9. Stomach has been really sensitive to food. NS. Full very easily – not much food = full. No real appetite. AS. Extremely painful trapped wind tonight. NS. Felt as if my insides were sticking/adhering to each other. Cramping. NS. Couldn't stand up straight with pain and couldn't eat any dinner. Lying down helped and it eventually calmed down. Stomach bloating very easily the last few days. (P4)
- Day 0. Farting – smelly, explosive wind. 'Putrid' smell/'Sulphur bum' like rotten egg smell. Feeling slight distension in belly. Heaviness in stomach, lump of something undigested as if overindulged. Appetite much less than normal: simple diet rice/veg,

less wheat/less fat/less smoking. Sensation of heaviness in stomach still with her at 11pm. (P6)

Distension (trapped wind/bloating/swelling) (three provers)

- Day 22. Belly bloated. (P6)
- **Eating, after egg (two provers)**
 - Day 9. Feels bloated and it's bubbling....What like after eating? Bit worse. It's set it off gassing again, rumbling, no noises, well sometimes. (P2)
 - Day 0. Feeling slight distension in belly. Heaviness in stomach, lump of something undigested as if overindulged. Burping – indigestion after eating. (P6)
- **Lying down amel**
 - Day 9. Extremely painful trapped wind tonight. NS. Felt as if my insides were sticking/adhering to each other. Cramping. NS. Couldn't stand up straight with pain and couldn't eat any dinner. Lying down helped and it eventually calmed down. Stomach bloating very easily the last few days. (P4)

Indigestion (four provers)

- Day 9. Upset digestive tract throughout the day, producing lots of gas and had three poos. It's still there, got a gassy, smelly, bubbly stomach. Been to the toilet 4 times today and I want to go again. Feels bloated and it's bubbling. Better? No Worse? No. What like after eating? Bit worse. It's set it off gassing again, rumbling, no noises, well sometimes. This has been constant all day. (P2)
- Day 11. Had a bad gurgling descending colon, before breakfast with discomfort, pressure in upper bowel with putrid wind. (P2)
- Day 9. Stomach has been really sensitive to food. NS. Full very easily – not much food = full. No real appetite. AS. Extremely painful trapped wind tonight. NS. Felt as if my insides were sticking/adhering to each other. Cramping. NS. Couldn't stand up straight with pain and couldn't eat any dinner. Lying down helped and it eventually calmed down. Stomach bloating very easily the last few days. (P4)
- Day 8. Approx 9.30pm. Stitches in stomach to left side. 'Felt a bit like hunger pains. Laying down when it happened. (P5)
- Day 0. Farting – smelly, explosive wind. 'Putrid' smell/'Sulphur bum' like rotten egg smell. Feeling slight distension in belly. Heaviness in stomach, lump of something undigested as if overindulged. (P6)
- Day 1. Indigestion after eating – burning/burping. (P6)

Vomiting (one prover)

- Day 23. I vomited almost a pint of bile. The last time that happened was about 5 or 6 years ago. OS (OS – with a difference. Usually feel off before sickness, but this time, it just came out of the blue). Felt better next day. (P1)

Travel

This theme links with the 'Inner compass' and finding one's own path. It's about the journey and moving (or travelling) forwards, or not, in life. So, many of the sub-themes are linked once again to the other themes. Travelling symbolizes freedom and independence. This theme includes the mode of travelling or moving (vehicles, flying). Driving a car means that you decide where you are going (navigation/Sat Nav). This theme also includes movement in the form of slowness, feeling energized or 'active', restlessness, irritability and changeability of emotions. Travelling or moving was also evident in the physical symptoms, with wandering pains and sensations of movement, so I also include examples of those. With all of the symptoms the polar opposite was also

evident. I associate this theme with the sacral chakra, which is situated in the reproductive centre or navel area. This chakra is connected to the element of Water and all that we are feeling on an emotional level. But it's expressed through motions and movement.

Water (three provers and two supervisors)

Water symbolizes passivity, adaptability, purity, fertility, healing and cleansing. It is associated with the emotional-intuitive or feminine aspect, just as fire is the masculine aspect. Its cleansing properties meant that it was seen as a means of purification (similarly its opposite, fire, was considered equally 'cleansing'). The human life-cycle can be compared to that of the water cycle journey on Earth: water vapour forms clouds and the water droplets are released (rain or snow) to join a stream. The stream flows into a river, which ends up in a sea where it may evaporate back into the atmosphere and start again to form a cloud. Water is connected to the moon scientifically, as well, as the moon's gravitational pull affects tidal flow (see 'Time – moon').

- I had a vivid dream. It involved a 'face your fears' type scenario with tanks and pools of water where known and unknown creatures existed (a series of challenges) – the most strange thing was a tank of jelly fish with fly agaric red and white spotted tops. (S4)
- Dreamt last night about a baby with a big head floating in water. Not sure if it was dead or alive, but thought it was alive as it was sucking something, like a bottle. (P5)
- [Dream]. There is a lake, where we live and I wash his hair in the water, watching as the hair spreads out and becomes water. It is an act of great love which makes me feel, in the dream, empowered and strong. (P6)
- [Dream] A comfortable bed when you're tired, that as you get into it, leaks dirty water from under its mattress. (P6)
- [Dream] I carried on down the track and we came to a ford. I somehow negotiated it wrongly and ended up with my car overhanging the ford from a bit of a cliff above it. (S2)
- [Dream] Then an aeroplane came in to visit the fair, it made a snazzy landing, going more or less upside down, touched the river, but in spite of that the bales of hay caught fire. (P3)
- Had a dream last night, toilet radiator leaking as the pressure increased – (real life plumbing problems and symbolic of relationship). (S1)
- Day 1. Making me feel SET APART from the mainstream, always swimming against the tide. Weather is not helping – constant RAIN and SEVERE FLOOD warnings. (S1)

Follow the path/the journey (see 'Inner compass')

Freedom/travelling/flying (two provers)

- Day 15. Just a note – had interesting conversation with one of the neighbours – lovely lady, but very routine-bound, hard-worker (she describes herself as 'disciplined'). She very randomly as a kite flew overhead, turned to me and said 'I've often imagined what it must be like to fly in the air like that – to just be able to spread your wings and take off'. Oh, the polarity of our souls and what we reveal in our throw-away words. Struck a chord with me 'cos right now I have been feeling a bit bound by my relationship – I'm itching to fly. It's connected to the looking back thing – to times of little responsibility and all the time in the world to explore; countries, music, ideas. [Note has 'itchy irritable rash' and 'itching to fly'] (P6)
- Day 25. Last day [work]. Yippee! Thinking about [travelling]. (P3)

Symbolic links with Preseli Bluestone's journey (three provers and one supervisor)

- Day 24. Things are a struggle right now, but it feels as if I am slowly being tugged out of a very stuck, fixed position (get a visual of thick thick mud) and bit by very slow bit I am moving forward defining my life and taking responsibility for it. (P6)
- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest... The meaning of the dream for me was that we are going through a traumatic event but we remain aware and come to rest unharmed the right way up in a green field....a pleasant relief and a still point. Totally out of control, but somehow unharmed by the rough and tumble. This gives me hope that we will be ok if we have to face selling the house and starting again, uprooting ourselves and separating, but remaining connected by the children. The car landed heavy like a stone in the field and I had the strong feeling that this is how the stones arrived here from Wales, in an ice flow, a glacial pile up. It has not occurred to me before, but a volcano, an eruption, can throw things a long way.... somehow, the cold feeling and heaviness whilst being rushed though time, slow motion at the beginning, and long slow processes undertaken, but driven by a fire, an absolute need/fire: are how the proving has felt. That we are being cleaved apart and with a cold heart striving to stand alone, its logical step, no emotion. (S1)
- Day 1. Making me feel SET APART from the mainstream, always swimming against the tide. Weather is not helping – constant RAIN and SEVERE FLOOD warnings. (S1)
- Day 3. I seem to have woken into some kind of hell – ongoing battle. I thought we had resolved. Feel as if everything is ebbing away. (S1)
- Day 0. 13:00. Keep vaguely imagining crashing my car – *always turning it over*. (P4)
- [Dream]. Also in the middle of the roundabout the victims were put into a coffin, then piled up on top of each other making a tower spiralling up. (P1)

Symbolism of active/inactive Volcano (three provers and one supervisor)

- Day 27. The strange thing is that the patch above my right eye is also much more 'active'. It has a yellow head on a very fiery looking skin! Not painful, not itchy. [Contradictory] I really don't want to do anything. (P3)
- Pale yellow head spot just below left nostril feels really tight and drawing, feels like something wants to explode out of my face. Squeezed it and it burst. (P2)
- Day 27. Dreamt during proving, but not noted. It has not occurred to me before, *but a volcano, an eruption, can throw things a long way....* somehow, the cold feeling and heaviness whilst being rushed though time, slow motion at the beginning, and long slow processes undertaken, *but driven by a fire, an absolute need/fire: are how the proving has felt*. (S1)
- Day 1. Could barely wake up. When I did wake up, I felt awful, really shut off, unable to communicate. Partner had said that P4 was different the day before. When asked him about it, he said that they had to pussyfoot around her as it felt like she'd explode at any moment. This made P4 feel angry again, and that's when she shut down. (P4)

Vehicles (four provers and two supervisors)

- Car. Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest. In the car was my partner of 23 years and myself, our relationship in reality has been heading for disaster slowly for more than two years, as we have said: coming to the end of the road..... (S1)
- Car: A lot of driving in my dream, car based. Was collecting a lot of machinery that was in the back of the car towing a trailer. I could see machinery, but for life of me I can't tell you what it was in my dream (frustrated because I can't quite remember what). In a rural setting. (P2)

- Car: [Dream] Driving again and doing a U turn in a very bad place and reversing into a drive to unload rubbish from car into a wheelbarrow and into a hole in the ground. (P2)
- Car: Very scary kittens attacking cars and attempting to eat a large tortoise! (P2)
- Car: A bit bothered by courtesy car, as I locked driver seat, and wasn't able to unlock it – so that meant climbing out of passenger seat all the time, and that with so many visits. (P3)
- Aeroplane: [Dream] An aeroplane came in to visit the country fair, it made a snazzy landing, going more or less upside down, touched the river, but in spite of that the bales of hay caught fire. It was a little open aeroplane. The fire was superficial. The aeroplane turned again and landed on its wheels. (P3)
- Car. Day 13. NS. Had a paranoid moment driving to school. I over-took a car full of men and hunting dogs – they then over-took me and got in front and slowed down. Then another car full of men and dogs came up behind and I thought something was going to happen like being run off the road or something. Heart beating faster. Fear – adrenaline. Just wanted to get away from them. (P4)
- Car and truck. Day 13. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – breaks failed – still shaky waiting for recovery truck. Luckily it happened in the most safe part of journey home – driving slowly coming up to junction with no cars. [Day 16 wrote: Weird thing – the garage can't find anything wrong with my breaks and they are working fine!! Feels like there's been lots of strange car fear and then breaks failed and there's nothing wrong – really odd. (P4)
- Car: [Dream]. I was driving down a track, it was sunny and the light was crisp and clear. It was in the country and there were trees over hanging. I carried on down the track and we came to a ford. I somehow negotiated it wrongly and ended up with my car overhanging the ford from a bit of a cliff above it. I couldn't go forwards or back. I went to find someone to tow me out. Down below in the ford there were cars abandoned. There was a house opposite. I feel that was my destination. That's it. (S2)
- Car and trucks: [Dream]. I killed someone to protect myself and family, and had hidden the body in a car. I was scared of anyone saying anything (the children), and I would be found out. At one point in dream living in trucks, transitory life, gathered with many families. (P6)
- Bus: [Dream]. About living on a bus with guy in wheelchair. (P6)

Driving (four provers and three supervisors)

- Day 3. The other day when I was driving to work, with my heightened sense of vision, I was wondering whether we are proving cocaine or amphetamine or something. (P2)
- Day 17. My Sat Nav went back to shop..Have tickets for circus. How am I going to get there? Colleague who is coming too, doesn't drive and I doubt her navigation skills. Borrowed Sat Nav from colleague. Not easy. Had to ask at two different houses for directions. (P3)
- Day 25. Went to park in an ample space and manage to scratch the car on my right. (P3)
- Day 3. AS. Reversed and knocked wing mirror – nearly broke it. Weird because I was being careful about mirror then at last minute got distracted by nothing and didn't notice what I was doing. (P4)
- Day 0. 13:00. Just taken first dose. Had to drive to take it sitting in my car at the sea. (P4)
- Day 11. NS. Driving has been feeling strange – surreal. The sensation of driving feels different almost like I'm someone else driving – or it's like experiencing what it's like to drive by someone else. What they're aware of is different to me. (P4)
- Day 13. Driving home – tried to join dual carriageway and a car wouldn't let me in – Nearly home – brakes failed – still shaky waiting for recovery truck. Luckily it

- happened in the most safe part of journey home – driving slowly coming up to junction with no cars. (P4)
- Day 8. Events in XX made me feel sick to my guts – thinking too of the kids being warned in school about some guy driving around in a small van recently and just wondering. (P6)
 - Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: ‘from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest. (S1)
 - Day 1. This is probably totally irrelevant but the trees looked bigger today in town, noticed when I was driving. And when I was driving under a lot of trees they seemed to come alive, as though they had arms that were reaching out over the road. (S2)
 - Day 0. Driving home, feel like I still have this druggie feeling in my head. It starts to make me feel a little anxious. (S2)
 - Day 1. Been driving around today at a much slower, safer, steadier pace. I remember doing this last night too, when driving back. Something is telling me to slow down. (S2)
 - A few days before the proving I was feeling very tired, overwhelmed – been through a difficult time emotionally and working hard, sleep affected too. So I was a bit reluctant to do it – and when I noticed my front tyre was almost flat. I felt anxiety about the journey – no time to get it sorted. So rang you and agreed to start with P4 the following morning. The Friday night before the proving meeting I had a vivid dream [‘a face your fears’ type dream.] (S4)

Sense of direction/navigation (one prover)

- Day 16 Navigation bad today. Not my strong point, but all those new estates are not on Sat Nav yet and tonight my Sat Nav has really given up the ghost. I feel literally lost without it. (P3)
- Day 17. My Sat Nav went back to shop, who are normally very good with SatNav problems, but not today. Up to me to solve it with computer. My God, how daunting. Did not succeed. What now. Have tickets for circus. How am I going to get there. Colleague who is coming too, doesn’t drive and I doubt her navigation skills. Borrowed Sat Nav from colleague. Not easy. Had to ask at two different houses for directions. (P3)

Movement – surreal (one prover and one supervisor)

- Day 11. NS. Driving has been feeling strange – surreal. The sensation of driving feels different almost like I’m someone else driving – or it’s like experiencing what it’s like to drive by someone else. What they’re aware of is different to me. (P4)
- Day 2. NS. 1.20pm. My nose feels like it doesn’t belong to my face – it is so cold. Really difficult writing this, my fingers don’t feel like they belong to me – very strange they don’t want to move in the right direction. (S2)
- Day 1. Been driving around today at a much slower, safer, steadier pace. I remember doing this last night too, when driving back. Something is telling me to slow down. (S2)

Jumping (three provers and one supervisor)

- **Mind, of (one prover)**
 - Day 15. Reasonable night’s sleep but have woke up feeling less than at one with the world. At 8.30am Feel quite panicky at my desk. Everything seems a bit on top of me and I’m not clear on priorities or processes. My mind is jumping about like a frog in a box. (P2)
- **Fear, body jumping from (two provers)**
 - Day 3. Really jumpy – got fright three times where I jumped out of my skin for no reason. Feel like an old person, really stiff, clumsy and kinda like forgetful or distracted doing things, so doing stupid things. (P4)

- Day 6. In evening very tired and irritable. Very jumpy (jump if phone rings). (P5)
- **Energetically (one prover)**
 - [Dream]. Crazy dream of long distance running and jumping over rough terrain and urban streets – green lizards – very scary kittens attacking cars and attempting to eat a large tortoise! Enjoyed it. Eating the tortoise was a bit weird. (P2)
 - Day 6. I was chatting/joking/jumping about, which is not me (or not for the past 15 years). (P2)
- **Symbolic jumping mouse (one supervisor)**
 - Day 27. Red Kite – All around hospital and brothers house. Brother told me he saw it fly past his house carrying a rat. Birds – Latex – AIDS miasm – Peter Fraser and N. American story of jumping mouse? Eagle? My guide shamanic self. Rat – end of something. Usually means that it's time to move away, move house. Frog – Found toy frog under shrubbery. I was cutting down in garden – 10 years after I planted it – a TRANSFORMATION is happening in my home and garden. (S1)

Running (two provers)

- I was walking through a field, then saw a giant slug, so turned away and ran (P1)
- Crazy dream of long distance running and jumping over rough terrain and urban streets – green lizards – very scary kittens attacking cars and attempting to eat a large tortoise! Enjoyed it. Eating the tortoise was a bit weird. (P2)

Moving house (one prover and two supervisors)

- Day 9. Saw a Kite again. I've been offered a house. I feel like a dog who has found it's 'forever home'. It's so lovely, just what I need. Truthfully, seeing this place clarified for me exactly what it is I want – like Virginia Woolf, 'A Place of my Own'...New house, ideal for all concerns. Everything I wanted. Raises issues about moving and transition. All family excited. Strange that it came together right now.(P6)
- Day 16. Phone call – need to be moving by 21st – wow! There's a suddenness about all these things. Thought occurred that before I took this remedy I wasn't even thinking of moving and now will be moved into new place before proving ends. It's exciting – as well as a tiny bit terrifying! (P6)
- Day 27. Red Kite – All around hospital and brothers house. Brother told me he saw it fly past his house carrying a rat. Birds – Latex – AIDS miasm – Peter Fraser and N. American story of jumping mouse? Eagle? my guide shamanic self. Rat – End of something. Usually means that it's time to move away, move house. Frog – Found toy frog under shrubbery. I was cutting down in garden – 10 years after I planted it – a TRANSFORMATION is happening in my home and garden. (S1)
- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest. In the car was my partner of 23 years and myself, our relationship in reality has been heading for disaster slowly for more than two years, as we have said: coming to the end of the road.....The meaning of the dream for me was that we are going through a traumatic event but we remain aware and come to rest unharmed the right way up in a green field....a pleasant relief and a still point. Totally out of control, but somehow unharmed by the rough and tumble. This gives me hope that we will be ok if we have to face selling the house and starting again, uprooting ourselves and separating, but remaining connected by the children. (S1) [S1 had moved into flat (trial separation) during proving and then moved back into the house straight after the proving.]
- [In final meeting, discovered that S3 also moved house (to a different area) during the proving period.]

Slowness (four provers and one supervisor)

- **Calculating, when (one prover)**
 - Day 12. NS. Slow and thick in the head. Couldn't work out simple problems that I'm used to doing every day of the week. People were asking me things and I felt like throwing my hand in air and saying 'I don't know'. Felt 'thick in the head' most of today – even simple arithmetic has proved near impossible.(P2)
- **Driving, while (one prover and one supervisor)**
 - Day 1. Really needed to slow my pace today. Feel like I've been rushing so much lately. Been driving around today at a much slower, safer, steadier pace. I remember doing this last night too, when driving back. Something is telling me to slow down. Supervisor amazed that P2 also talking about 'going at a slower, steady pace'!. (S2)
 - Day 13. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – breaks failed – still shaky waiting for recovery truck. Luckily it happened in the most safe part of journey home – driving slowly coming up to junction with no cars. (P4)
- **Everything, of; but time passing quickly (one prover)**
 - Day 22. Everything seems slowed down – though retrospectively time passing quickly. (P6)
- **Purpose, of (one prover)**
 - Day 24. I talk less, but with more purpose. Things are a struggle right now, but feel as if I am slowly being tugged out of a very stuck, fixed position (get a visual of thick thick mud) and bit by very slow bit am moving forward defining my life and taking responsibility for it. (P6)
- **Slow pace; relaxed (two provers and one supervisor)**
 - Day 1. I didn't want to go to work this morning. I feel like a big spring has unwound. I'm enjoying this relaxed feeling. Everything feels more laid back and relaxed. (P2)
 - Day 1. Supervisor observed getting information taking ages. Said that he was 'so laid back!'. (P2)
 - Day 1. I feel like I have been going at a slower pace, a more steady pace. I feel very relaxed. Energy been quite good today. Still feel pretty laid back (despite 3 ½ hour meeting). Generally feeling good – mind, body and spirit. (P2)
 - Day 2. Observations of S2. Another thing is he seems so calm. He seems to have slowed right down. When I am doing supervision with him he often just sits there, thinking with his eyes closed, like he is in meditation or something. I sit there waiting and waiting, wondering if he has fallen asleep, then he opens his eyes and we carry on. I don't want to break his silence so I just watch and wait, thinking 'come on'. At one point when he came out of it he started staring at his hand, whilst moving it back and fore in the air. After a little while I said 'what can you see?' He said 'I'm looking at my 'L'. 'What's your 'L'?' I say. 'It's the scar on my hand in an 'L' shape'. He was almost in a trance like state. I didn't push it, and we just carried on. I just wanted to observe, and let him be in that space without bringing him back down to earth. (P2)
 - Day 1. Really needed to slow my pace today. Feel like I've been rushing so much lately. Got up a bit earlier so I could leave for work earlier and travel a bit slower as I am fed up of rushing around. Been driving around today at a much slower, safer, steadier pace. I remember doing this last night too, when driving back. Something is telling me to slow down. Supervisor amazed that P2 also talking about 'going at a slower, steady pace'!. (S2)
 - Day 0. Calm and mellow. Head feels slowed down, 'Peaceful'. Absence of frustration/irritable. Enjoying the views. Granted the gift of being in the moment. Calm is a core/deep thing. (P6)
 - Day 1. Strong sense of everything slowing down. Breathing is slower/deeper than usual – causing a relaxed state of mind. Body telling what it needs – accepting it

and not fighting. Been living at a frantic pace and feeling guilty if rest. Breathing pattern and awareness of breathing and quiet in the head. (P6)

- Day 4. Whole 'thing' slowed down so I can do it all. Life a lot easier. (P6)
- **Thinking, in (one prover)**
 - Day 12. NS. Slow and thick in the head. Couldn't work out simple problems that I'm used to doing every day of the week. People were asking me things and I felt like throwing my hand in air and saying 'I don't know'. Felt 'thick in the head' most of today – even simple arithmetic has proved near impossible. (P2)
- **Thought and action; delay between (one prover)**
 - Day 2. Observations of S2. Another thing is he seems so calm. He seems to have slowed right down. He often just sits there, thinking with his eyes closed, like he is in meditation or something. I sit there waiting and waiting, wondering if he has fallen asleep, then he opens his eyes and we carry on. I don't want to break his silence so I just watch and wait, thinking 'come on'. At one point.. when he came out of it he started staring at his hand, whilst moving it back and fore in the air. After a little while I said 'what can you see?' He said 'I'm looking at my 'L'. 'What's your 'L'?' I say. 'It's the scar on my hand in an 'L' shape'. He was almost in a trance like state. (P2)
- **Work, in (one prover)**
 - Day 11. Just a busy day at work. But I'm either getting much more work or I'm getting so much slower. I've been spending an extra hour at work – now it is over 2 or more hours to get done what I have. I have a back log at the moment. I seem to live to work. (P3)
 - Day 12. Cleaning as going away for part of the weekend. Slow pace of cleaning. (P3)

Energized, feeling 'active' (four provers)

- Day 1. Energy been quite good today. Generally feeling good – mind, body and spirit. (P2)
- Day 1. I didn't want to go to work this morning. I feel like a big spring has unwound. I'm enjoying this relaxed feeling. Now the spring has unwound and I feel like I've caught up. (P2)
- Day 5. 3.23pm. Full on day so far, no time to think, other than on the run – feel a bit like I'm speeding after 6.5 hours of talking, dealing and debating. Lots of adrenalin flowing with high stress levels but feel good. S2 has pointed out that I'm being very loud. 21.12. Feel pretty charged. The natural world is still vibrant – all feels a bit manic! 'There's been a lot of a sense of speeding, I feel like I'm in a buzzy state! It is loud and energetic, boisterous. (P2)
- Day 10. Buzzing in the evening. Buzzing? I'm still energetic. [Worked all evening till just after 10pm. In bed by 11pm, but I'm still buzzing. Tucked down about 12.15.]. I've not got that tired out, wanting to go to bed feeling. Could keep doing stuff, but I know I need to rest and relax. I don't feel like I've had this much energy for a long time. It's like an energy that's rising up, and it's like my forehead and eyes and that region of my head is extending out, in that region [making whooshing gestures with arms from down to up and forward.] It feels like a widening of the eyes. (P2)
- Day 14. Up at 9.00. Seem to have found my mojo again. Mojo? Feel like I got my touch back again. (P2)
- Day 17. 10.30am All woolliness gone, energy up. Good, firing on all cylinders and the energy levels are back up. (P2)
- Day 18. Despite everything am feeling energetic. I'm up – and up for it – feel a bit like I'm back on the speed again, in spite of searing back pain. Whoop whoop I'm flying, I'm focussed and bright and in spite of having a head banging late one in the office, I've come home and started painting the kitchen at 22:00. Still much back pain. Lights out at 01:00. (P2)

- Day 19. Despite everything I feel like I can do what I want to do, and more. (P2)
- Day 27. I feel now that I've got more energy and I'm seeing things much clearer than before. I always struggle to focus/ think and I'm feeling more able to right now. Getting back into exercise as I have more energy is great as I've been very low on energy for bloody ages. (P4)
- Day 13. Woke up in a reasonably good mood because I was going out for the day. Did a lot of work before going, which I was very pleased about. Drove to XX. Spent a lot of money, but did not care. Drove back. Did a bit of business on way back and felt pleased with myself. Not tired all day. Got home. More work. (P5)
- Day 1. Accomplishing more without rushing. Prioritising and being effective. (P6)
- Day 3. 8pm. Busy, busy day, so not taking much notice of much, but retrospectively: went home, spritzed bathrooms, bathed kids, made food, sorted, washed huge piles of laundry, organised packed lunches. Had huge energy spurt from somewhere and again got through loads of stuff without feeling under pressure! (P6)
- Day 4. Desire to do some reading late at night in the quiet. Given energy to do what has to be done and so not feeling guilty. (P6)
- Day 7. Been tired and feeling it, but got on with loads. Strangely feel more wide-awake as evening goes on! From 6.30pm upsurge of energy – could do a couple of hours work. (P6)
- Day 7/8. Notice that bubble over with energy late at night and want to use it. Feel happy and positive – turning into Pollyanna. (P6)
- Day 9. Wrote nothing all day, but what a day! Don't want to write – want to be and do. Bubbling with energy – even loving the rain. Everything has a buzzing energy. (P6)

Restlessness (two provers and one supervisor)

- **Busy (two provers and one supervisor)**
 - Day 6. (17:45). I guess I'm still a bit manic! A voice in my head is saying 'it's alright to stop now, you've had an industrious day, time to relax now.' (P2)
 - Day 10. Buzzing in the evening. Buzzing? I'm still energetic. [Worked all evening till just after 10pm. In bed by 11pm, but I'm still buzzing. Tucked down about 12.15.]. I'm not that tired out, wanting to go to bed feeling. Could keep doing stuff, but I know I need to rest and relax. It's a bit like being manic, but actually being in control. I just don't feel that tired. (P2)
 - Day 6. NS. Yesterday my body kept saying rest, but my mind just kept me going and doing things, like Hoovering, or I sorted out all my books. So even though I've been feeling like poo and normally would be in bed, I have kept going. (S2)
 - Day 12. Busy day with kids and domestics – much as usual. Finding it hard to read or settle the mind. Got to be busy 'doing stuff' – that's not like me. I cherish my time from about 9.30pm, as 'me-space'. Not today. (P6)
- **Evening (two provers)**
 - Day 10. Buzzing in the evening. (P2)
 - Day 8. Up 6.30am-7am. But gain in energy as day passes. (P6)
 - Day 7/8. 'To sleep perchance to dream!' My energy impacts on all the family – my restlessness spreads through to them. Restless for no reason (not usual pattern). (P6)
 - Day 12. Busy day with kids and domestics – much as usual. Finding it hard to read or settle the mind. Got to be busy 'doing stuff' – that's not like me. I cherish my time from about 9.30pm, as 'me-space'. Not today. (P6)
- **Headache and heat, during (one supervisor)**
 - Day 8. [Feeling worn out and run down by physical symptoms: headache, trembling, dizzy, blocked nose, eyes tired – head pain moving to centre of forehead then back to temples]. Went for a lie down when I got home at 4pm, but just couldn't settle. Feeling restless, arms and legs moving about all over the place. Feet really hot, so don't really get any rest before phone rings an hour later. (S2)

- **Itching, with (one prover)**
 - Day 15. Feeling a bit constrained. Some things coming up for me over last few days: disruption, laziness, lack of focus, withdrawal, difficulty connecting with people, lack of flexibility (reflected in physical state), irritability (reflected in physical state: itchy rash and itching to fly). (P6)
- **Night (one prover)**
 - **3-5am**
 - Day 8. Seem to be developing pattern of lousy sleep – late nights, sleep a couple of hours 3-5am awake. Kinda sleep for another hour restlessly. Up 6.30am-7am. But gain in energy as day passes. (P6)
 - **Energy, with (two provers and one supervisor)**
 - Day 7/8. Notice that I bubble over with energy late at night and want to use it. Feel happy and positive – turning into Pollyanna. ‘To sleep perchance to dream!’ My energy impacts on all the family – my restlessness spreads through to them. Restless for no reason (not usual pattern). (P6)
 - Day 8. Seem to be developing pattern of lousy sleep – late nights, sleep a couple of hours 3-5am awake. Kinda sleep for another hour restlessly. Up 6.30am-7am. But gain in energy as day passes. (P6)
 - Day 10. Buzzing in the evening. Buzzing? I’m still energetic. [Worked all evening till just after 10pm. In bed by 11pm, but I’m still buzzing. Tucked down about 12.15.]. I’m not that tired out, wanting to go to bed feeling. Could keep doing stuff, but I know I need to rest and relax. It’s a bit like being manic, but actually being in control. I just don’t feel that tired. (P2)
 - Day 6. NS. Yesterday my body kept saying rest, but my mind just kept me going and doing things, like hoovering, or I sorted out all my books. So even though I’ve been feeling like poo and normally would be in bed, I have kept going. (S2)
- **Tossing about, in bed (one supervisor)**
 - Day 8. [Feeling worn out and run down by physical symptoms: headache, trembling, dizzy, blocked nose, eyes tired – head pain moving to centre of forehead then back to temples]. Went for a lie down when I got home at 4pm, but just couldn’t settle. Feeling restless, arms and legs moving about all over the place. Feet really hot, so don’t really get any rest before phone rings an hour later. (S2)

Irritability (six provers and three supervisors)

- **Calmness, with (one prover)**
 - Day 2. Made porridge – went to stir it and realised I hadn’t turned cooker on. Keep doing stupid things like this – leaving keys in ignition. These things would normally really annoy me, but again there feels like a calm, nothingness on top of the annoyance. (P4)
- **Clumsiness, about (one prover)**
 - Day 0. 6pm. Feeling unsociable and pissed off. Wires keep being tangled when I get something like a charger and it’s testing my patience. (P4)
 - Day 23. Woke up and was feeling really annoyed by the time I got out of bed as I kept knocking my phone and glasses off the bed. (P4)
- **Events, about (two provers)**
 - Day 11. I don’t have to feel like this – it’s my choice. Not been the voice of sweet reason. Am aware of responses. Could stop being ‘surly’ but not doing it. Aware that consciously feeling ‘urghhh!! (P6)
 - Day 13. Irritated by the entertainment in the Holiday Park. (P3)
- **Headache, with (one prover)**
 - Day 23. NS. 4.45pm Headache. Like someone is banging my head on the inside trying to get out. Banging? Like a warm sickly sensation in my head. Not a normal pain. It’s a pulsing, as it’s pulsing it makes me feel sick. ‘Feel like a crap business man’. Why? I’m still on one from BT in the morning. How did BT make you feel?

Like I'd been beaten up, felt like I'd been banging my head against a wall. What happened to make you feel like that? The whole experience of trying to help the business save money, but it ended up costing money, plus all the time wasted trying to sort it out, and it's still not sorted. (P2)

- **Menses, before (one prover and two supervisors)**

- Day 0. 13:00. 6pm. Feeling unsociable and pissed off. Wires keep being tangled when I get something like a charger and it's testing my patience. Do have the feeling of not wanting to talk though. 6.45. Second dose. Just starting my period. (P4)
- Day 3. I seem to have woken into some kind of hell. Feel as if everything is ebbing away. Can't work – can't earn enough. Can't do enough. Not good enough. Feel threatened. I cried this morning – howling. 'I can't do this all on my own.' Angry with daughters. Angry with partner. He is often away for long stretches of time so I am on my own with many problems and not enough resources – money, health, energy to deal with it all. Finally have to credit some of this awfulness to state of my hormonal self – and the upcoming full moon. Very PMT – crying and being cross! (S1)
- Day 23. Woke up feeling sad, like I want to cry. Wonder if I have PMT, but haven't had any of the usual tender breasts or slight back ache that I would normally get. US. Go to work; have a really bad day. Everyone is getting on my nerves, don't want to be anywhere. Get pissed off with everything. Want to give up my job, feel like I could just give it up, but need the money. Feeling like I'm crap. This is quite intense for me. By the end of the day I'm angry. Even angry at the smallest things like too many choices of shampoo in the supermarket. What the hell is going on in the world. Why the hell do we need so many choices. It's all doing my head in. Ra ra ra!! Need to print a picture off the internet for school. It really pisses me off. Why the hell do teachers do this? If every child in the UK went home tonight and had to print a picture then how much ink would that use? How many resources does that use up? It needs to start at an education level the change we need to see in the world. Bloody teachers!! [S2 menses started next day. Felt better.] (S2)

- **Objects, with inanimate (two provers)**

- Day 20. A bit bothered by courtesy car, as I locked driver seat door, and wasn't able to unlock it – so that meant climbing out of passenger seat door all the time, and that with so many visits. (P3)
- Day 0. 6pm. Wires keep being tangled when I get something like a charger and it's testing my patience. (P4)
- Day 23. Woke up and was feeling really annoyed by the time I got out of bed as I kept knocking my phone and glasses off the bed. (P4)

- **Pain, during (one prover)**

- Day 1. I feel a bit annoyed about it [ears muffled]. Cross. Grumbling. Really cross about slamming finger in door. Because of my finger the door wacked open and set off the alarm (laughed). Had to go back in – very cross. I swore a lot. (P1)

- **People, with (five provers and two supervisors)**

- Day 3. Got annoyed with the plumber – he was chauvinistic – said women don't understand. (P1)
- Day 1. Feel cross – having to push them [children] to go when they might be really suffering. Boss phoned, made a joke – 'bollocks they're not ill are they'. I was speechless and cross – please don't question my judgement – puts me on the defensive ... (S1)
- Day 3. Angry with daughters. Angry with partner. (S1)
- Day 23. From 9am-11.30ish. Phone call to BT. RS (usually end up like this talking to BT). Went from feeling bright and up to feeling like I'd been beaten and drained of all my energy. Trying to sort out problem. Just ended up feeling 'what's the

- f***** point of ever trying to do anything'. 'They're all a bunch of bastards!' 'Been in a pissed off mood all day. I'm in a very negative state. (P2)
- Day 7. Feeling a bit like a bear with a sore head this morning. Not very tolerant. Anything that XX says is wrong. We were talking about paint colours for the sitting room. I'm aware of being intolerant. (S2)
 - Day 23. Everyone really pissing me off at work. (P4)
 - Day 11.. Others making me irritable – biting back words! (P6)
- **Proving, about (one supervisor)**
- Day 27. Very little happened this month and all of my symptoms were usual symptoms I have every year around this time. Not worth mentioning. It was frustrating and annoying. (S3)
- **Questioned, when (one supervisor)**
- Day 1. Feel cross – Boss phoned, made a joke – 'bollocks they're not ill are they'. I was speechless and cross – please don't question my judgement – puts me on the defensive. (S1)
- **Sadness, with (one supervisor)**
- Day 1. Feel cross – having to push them [children] to go when they might be really suffering. Feel I am being questioned unfairly. It made me cry – unusual. (S1)
- **Sexual excitement, from (one prover)**
- Day 2. AS. Woke up feeling sexually frustrated/aroused/agitated (connected to dream) and need to sort myself out...but I can't – I have left the house feeling very uncomfortable in the genitals and lower gut – angry in my head. In work today, flustered, confused and agitated. I feel like my whole day has been disturbed by sexual longing. (P2)
 - Day 2. Irritated, annoyed with myself. Why? NS/US All my troubles today stem from this sexual urge, it doesn't feel normal. (P2)
- **Tidy, on trying to (one prover)**
- Day 25. Evening: Bit of an unsettled mind – have started to try and tidy the front room but have just succeeded in putting myself in a bit of a bad mood. Felt introverted, ended up packing boxes of books and all a bit messy and pictures off the wall, it was shit. (P2)
- **Tingling in genitals, with (one prover)**
- Day 2. US. Like a warm tingly feeling in genitals, irritating me. Where? In testicles and penis, the whole area, lower abdomen (shows bladder region). Same sensation. [sexual frustration] (P2)
- **Tiredness, with (four provers)**
- Day 26. Seemed a bit tired most of today – that 5pm Friday feeling since 9am. Went to get food at lunch time and found myself in an impatient state due to all the people about. 18:50 Tired. 21:56 have tried to make some headway on sorting this front room which is a pigging mess, and once again have succeeded in only pissing myself off. Feel quite wound up. (P2)
 - Day 0. 6pm. Feeling unsociable and pissed off. Wires keep being tangled when I get something like a charger and it's testing my patience. I think it's just after a weekend of not much sleep. (P4)
 - Day 6. In evening very tired and irritable. (P5)
 - Day 13. More work. After supper so tired I felt sick in pit of stomach and very very irritable. (P5)
 - Day 7. Snappier today, feel under pressure because I am really needing some sleep. (P6)
 - Day 15. Feeling a bit constrained. My mind is fuzzy and vacant – finding it hard to concentrate. Really want to sleep – counting hours till bed. Hardly drinking anything either. Some things coming up for me.. irritability (reflected in physical state: itchy rash and itching to fly). (P6)
- **Working, when (one prover)**

- Day 15. Back to work. Annoyed ++ that there is never anything, no supplies, just empty drawers. (P3)

Emotional imbalance (see 'Alignment')

Travelling/wandering pains (four provers and two supervisors)

- **Arm to shoulder (upward movement)**
 - Day 0. 2.10pm. NS. Bicep pain. At 4.25pm feel like I've been punched in my left upper arm (where I had my BCG). It started moving up arm to shoulder. (P2)
- **Buttocks (downward movement) (two provers)**
 - **Both sides (one prover):** Day 8. Back still sore – it's changing though. Pulses of pain – come around hips and slightly down buttocks – both sides. NS (P4)
 - **Left (one prover):** Day 21. NS/US. Back pain has moved to left side and intense (back to a 9 in its intensity). Not a lateral pain now, it is up and down the lower lumbar and into left buttock. Same type of pain as before. (P2)
 - **Right (one prover):** Day 3. Pain feels more in coccyx this morning – an ache – want to move. Stiff ache further up spine. Very slight twinges in right buttock. It feels slightly like shooting pain – small little ones. (P4)
- **Centre of forehead and back to temples (across)**
 - Day 8. As I write, head pain moved to centre of forehead then back to temples. (S2)
- **Chest to head (upward)**
 - Day 16. NS. 6.55am. Sudden intense palpitation in chest. Felt it travelling up into my head. As it got into my head I thought I was going to black-out...Up to vertex, then felt like it went out top of my head...(P2)
- **Head (across) (one prover and one supervisor)**
 - Day 16. Lots of pains, sharp and short, wondering about in my head. That just come and go, mostly frontal, but also vertex and back of head. (S2)
 - Day 15. From 5.30pm have had headache – temple to temple like tightening band – left to right, and a bit of a dull ache at top of head. Pulverising. (P6)
- **Hips (across and downward)**
 - Day 8. Back still sore – it's changing though. Pulses of pain – come around hips and slightly down buttocks – both sides. NS (P4)
- **Left eye to third eye (across)**
 - Day 2. Afternoon. The low key headache is back again. I don't often suffer from headaches, so to have 3 days in a row is unusual. The two previous days it was just above the left eye. Now is a central frontal headache. Evening. Headache gone. (P3)
- **Legs (downward) (two provers and one supervisor)**
 - Day 23. Back is much better today – 2 on the pain scale. Still leaning to right. Back seized up after driving. Once moving? After walking 5/600 yards I had dull ache in my lower lumbar, central, in spine, that was travelling down my legs and my feet were numb, dull shooting pains going down my legs. Had this beginning of this year. (P2)
 - Day 17. RS. 18:00 I felt a searing, shooting pain go down my legs, from lower lumbar. Lower lumbar right side. Aching pains going down both legs. Aching in legs? Down through the thigh muscles, mostly on outside, and also down inside of thigh from the groin. (P2)
 - Day 23. After walking 5/600 yards I had dull ache in my lower lumbar, central, in spine, that was travelling down my legs and my feet were numb, dull shooting pains going down my legs.(P2)
 - Day 14. Right leg pain? Twinging, shooting pains going down leg, mainly in the thigh, they come and go, random. Where does it start? Anywhere in the upper thigh. Different places. Numbness? On outer edge of right thigh muscle and big

toe and first toe on foot, spreading up towards leg, goes across the top of the foot. (P2)

- Day 15. NS. Bilateral leg pain. In the upper legs – dull stabbing pains especially in the groin – just below, going down the leg. As before, pains in the thigh shooting down, but in both legs today and more noticeable on inside of my thighs. Random shooting pains that come and go. (P2)
- Day 16. Pains wandering about in my legs too. Not sure whether it's muscle or bone, just come and go and move around. (S2)
- Day 1. Pain in right leg to bum cheek that travels down leg. Felt it in sleep all morning. Gone now. NS (P4)
- **Lumbar region (one prover)**
 - **Laterally in both directions on right (one prover).** Day 17. RS. 18:00 My back has gone big time. I felt a searing, shooting pain go down my legs, from lower lumbar. Lower lumbar right side. Had to stand still. It took my breath away. (P2)
 - **Vertically, up and down, on left (one prover).** Day 21. NS/US. Back pain has moved to left side and intense (back to a 9 in its intensity). Not a lateral pain now, it is up and down the lower lumbar and into left buttock. (P2)
- **Ovary, right (across) (one supervisor)**
 - Day 2. Pain from right side of abdomen above the hip bone radiates to the small of my back and towards my right ovary. Occasional stitches. (S3)
- **Right eye to right temple and back and fore**
 - Day 0. NS. I woke up with a dull, constant pain over my right eye. This has stayed with me all day. The pain is not severe. By about 3pm it had travelled into my right temple, and has moved back and fore since then. At 8.40pm it is back over my right eye. (S2)
- **Right temple then left**
 - Day 16. Crap night, waking up through night from 3.30am. Lots of head pain, boring pain in right temple then left, keeps changing. (S2)
- **Shoulder to neck (upward)**
 - Day 5. RS. If I turn my head 45° right to the right I have muscular pain that goes across the top of my shoulder and up my neck. (S2)
- **Spine (downward) (one prover)**
 - Day 15. Top of back, particularly around left scapula and shoulder area creaky, stiff and aching down into top part of spine. (P6)
- **Temple to temple, left to right**
 - Day 15. From 5.30pm have had headache – temple to temple like tightening band – left to right. (P6)

Movement sensations in body (two provers and one supervisor)

- **Moving upwards**
 - Palpitation and dizziness, chest to head and out of top of head. Day 16. NS. 6.55am. Sudden intense palpitation in chest. Felt it travelling up into my head. As it got into my head I thought I was going to black out. I thought I'd had a stroke. Palpitation? Like a panic attack, heart was racing, chest was pounding. I was hanging on to the table. Thought I was going to black out. Scared. Head, up to vertex, then felt like it went out top of my head, and all the feeling and dizziness went with it. (P2)
 - Energy moving upwards. Day 2. NS. I had the energy move through me again last night (as did pre-proving, check). Lying in bed on right side – only this time it went in an upward direction. (S2)
 - Energy rising up to head. Day 10. Buzzing in the evening. Buzzing? I'm still energetic. I get outside and I can see this clarity and vibrance, and that's how I feel. It's like an energy that's rising up, and it's like my forehead and eyes, and that

region of my head, is extending out, in that region [making whooshing gestures with arms from down to up and forward.] It feels like a widening of the eyes. (P2)

- Emotion rising from abdomen to throat. Day 12. Was a really full on difficult day. Feeling hugely emotional, just want to cry, don't know where it's coming from. Normally only have one fleeting feeling of this when I am premenstrual, which I'm not. It feels like a very deep hurt pain wants to come to the surface. I push it down and put some more lively music on. About 10.15am I am overcome with nausea – contemplate whether to pull over the car. I have a huge presence of what I can only describe of emotion in my abdomen. It rises into my throat making me want to be sick. (S2)
- **Movement in abdomen/pregnancy sensation**
 - Abdomen. Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)
- **Feel right eye moving towards the centre of face**
 - Day 0. RS. The weakness in my right eye seems exaggerated as I'm sitting at the table looking out the window. I can see the wind blowing down the valley and I can feel my right eye moving toward the centre of my face and it's watery, like it's in a draft. Right eye profusely watery. This is like when I had my facial palsy, approx 1990 – clear, watery, liquid. Found myself having to turn away from window. It was as if the wind from outside was blowing my eye in to the centre of my face (window not open – not sitting close to window). Every time I looked out window, it would happen again, so stopped. It was an uncomfortable feeling. At end of day, right eye watery. (P2)
- **Fingers not moving in the right direction**
 - Day 2. NS. 1.20pm. My nose feels like it doesn't belong to my face – it is so cold. Really difficult writing this, my fingers don't feel like they belong to me – very strange they don't want to move in the right direction. (S2)

Letters moving (one prover)

- Day 0. 4pm. Eyesight blurry; couldn't see writing on board 'letters were moving'. Black. Letters moving up and down. Had to shake to them/ripple or wave. (P6)

Itching: (three provers and two supervisors)

- Eruptions S2, S3, P3
- Eruptions, without: (right knee and scalp P5 and P6, shoulder and neck area P6
- Scalp (two provers)
- Creeping itchy sensation on scalp (checked for nits) P6
- Tattoo (roosters claw and other tattoos itching like crazy, lines on back tattoo really itchy) P6
- Scratch, must (P6, S3)
- Burning (P6) - Shoulder/neck area – really want to scratch. 'Blotchy rash' – white heads, not better for scratching. Constant burning itch radiating outwards sensation of heat. Quite irritating and defo not better for scratching. (P6)
- Wandering itch – started left shoulder and moving up to neck (P6)
- Neck hot and itchy (P6)
- Hot water ameliorates (P6) – can't wait to have hot shower to soothe infernal itching.
- Day 0. Before taking remedy. For about a week before the first meeting, I had an itchy vagina (no diagnosis). It wasn't a bad itch and I did not see the doctor about it, nor applied any cream. The night of the proving meeting the itch disappeared. (P3) [Other colleagues had itchy skin, and one had very itchy sore vagina for about 5 days.]

Movement, agg (three provers and one supervisor)

- Day 4. Disturbed night...in a position that when I tried to move my arm it was intensely painful. It seemed to be locked into position. Like a tennis elbow acute pain. Right arm.. my Achilles tendon left was really tight this morning when I first got up this morning. Has been aggravated by walking about today – same feelings as the other day. (P2)
- Day 9. A bit arthritic in my right shoulder (NS). Burning pain deep in the joint – painful to move. (P2)
- Day 14. RS. Tennis elbow right side [log throwing]. Acute, searing pain on movement, especially when extending to full reach. Outside right elbow in one spot/area. (P2)
- Day 22. NS.Had sudden pain and weakness in right knee cap. Sharp pain with every step – right in the front of knee cap. Couldn't take more than 3 steps and pain with every step. Had to stop in middle of road and lift foot up – couldn't put any weight on after 3 steps. Happened about 3 times (whilst trying to walk, so three times in a row if that makes sense). And then it suddenly went and it was fine. (P4)
- Day 23. NS. Right knuckle of middle finger is suddenly stiff and sore. Weird feeling – feels as if skin is really sore when I rub it – like a splinter or something, but it's the joint that's actually painful. Worse for rubbing. Worse for moving it. Lasted a few hours and then completely disappeared. (P4)
- Day 9. Feel a bit achy and bruised. Elbows a bit painful when lifting and pouring. Particularly lifting buckets and pouring – more painful than usual. (P5)
- Day 18. Foot. Left foot very painful. Sore pain 'like a bruised feeling' on the ball of the foot – more so between the big toe and sole. Painful on walking. (P5)
- Day 2. Went to hairdresser, came out, eyes sensitive to light. Sensation – sharp, shock to eyes. Eyes felt very strained and painful all day, more noticeable for movement. Worse looking up and worse looking sideways. (P5)
- Day 5. Right ear still hurting – blocked. Pressure pushing outwards with ringing in ear. Dizzy if move head too quickly. OS middle ear infection brewing? (S1) [Day 5. Son (age 7) says his ear hurts – never complained of ear-ache before? His left ear > warmth; > holding my hand on it; > touch. He said it feels like he is under water – that it's full of water. Continued to disturb him during the day. < standing up; < going up the stairs; < sudden movement. (S1)]

Movement, amel (three provers)

- Day 16. Awake at 4am; 5am; and 6am. Got up at 6.20am. Tennis elbow – worsening of symptom in night. Keep moving it and rubbing it makes it better. Putting pressure on it makes it better. (P2)
- Day 21. NS/US. Back pain has moved to Left side and intense (back to a 9 in its intensity). Better? Keep moving about and lying down and twisting my body – on my back, side, front, horizontal. Moving about hurts, but seems to have to. If I stay in one position too long I seize up and have intense dull ache, when I move then I have searing, burning pain, stabbing pain, which is relieved by twisting and turning my body. (P2)
- Day 8. NS. 10.33am. Feeling in eye? Like I had a finger on the back inside of my eye, trying to push my eye out. Better? Walking around. (P2)
- Day 5. AS. Woke up with my normal headache [hormonal] although it's on the left side this time. Better for walking in fresh air. (P4)
- Day 22. Weakness in right hip. Noticed getting out of bed at 5.45am. Worse on rising from chair, leg goes from under her. OK once starts walking, feels fine. (P5)

Random/changeable/coming and going pains (four provers)

- Day 15. NS. Random shooting pains that come and go. (P2)

- Day 23. NS. Right knuckle of middle finger is suddenly stiff and sore. Weird feeling – feels as if skin is really sore when I rub it – like a splinter or something, but it's the joint that's actually painful. Worse for moving it. Lasted a few hours and then completely disappeared. (P4)
- Day 18. Foot. Left foot very painful. Sore pain 'like a bruised feeling' on the ball of the foot – more so between the big toe and sole. (P5) Day 20. Foot got better overnight 'as if it was never painful'. Just completely better. (P5)
- Day 7. Throat, comes and goes. Gets better then comes back, flares up. Changeable. (P5)
- Day 7. Knee – feels freer, no pains and creaks in left knee. Bit achey from sleeping awkwardly. Symptoms coming and going and not lasting – so down to remedy. (P6)
- Day 9. Today and previous day – had sore dry throat all day. On and off during month since taking remedy. (P6)

Alignment

This theme is linked with all the other themes, as being aligned means being in tune and going with the grain (inner compass, polarity, awareness, connections, travelling). But in this section I have concentrated on highlighting sensations of alignment and physical skeletal alignment, including the physical symptoms associated with the structure of the body. Aches and pains in the spine and extremities signal misalignment. All of the provers and three of the supervisors experienced pain in the extremities/back (see repertory in Chapter 7). The base of the spine is home to the base chakra or the root chakra (as it roots the body and soul to the earth). This chakra is connected to the Earth element. It's all about survival and stability. The base chakra is also connected to the adrenal glands, which produces 'adrenalin', ready for 'fight or flight' at times of stress. I provide examples of survival and stability or lack of stability (e.g. 'Stooping', 'Injuries', 'Weakness'). I also provide examples of 'courage', 'confidence' and 'fear'.

Earth (three provers and two supervisors)

- Dreamt I was a worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on the essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
- Day 27. Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
- Climbing, gathering in own 'tribe'. Creating a gathering of people. Left with an impression of great expanse of space into which you can create your own space, but there is a challenge first. (P6)
- [Dreamt] I was driving down a track, it was sunny and the light was crisp and clear. It was in the country and there were trees over hanging. The colours were beautiful. (S2)
- Dream about running and jumping over rough terrain...Green lizards...and large tortoise. (P2)
- [Dreamt] There was some sort of building. It was leaking. When I came out, the gutters were full of bright green moss and I can feel myself putting my hand in the gutter and pulling out the moss. (P2)
- [Dreamt] After a long walk I arrived at a roundabout and saw the whole of the roundabout was covered with SLUGS, and the cars that were trying to drive over them slipped and finished upside down, and it looked disgusting – a slimy mess. Slimy disgusting stuff, and death. (P1)

- [Dreamt] I was walking through a field, then saw a giant slug, so turned away and ran, then suddenly I laughed and said 'Thank God slugs are slow'. Giant slug, I was smaller. (P1)
- [Dreamt] He had kicked a laundry basket and lots of worms fell from it. (P1)
- The most strange thing was a tank of jelly fish with fly agaric red and white spotted tops. ['fly agaric' refers to fly agaric mushrooms/toadstools which have red and white spotted tops.] (S4)

Alignment/misalignment (three provers)

- Day 16. I felt out of balance in my head. I could distinctly feel two halves of my brain. The right side felt cold and the left side felt warm. The feeling of heat and cold in my brain from earlier had swapped sides. (P2)
- Day 0. RS. I can see the wind blowing down the valley and I can feel my right eye moving toward the centre of my face and it's watery, like it's in a draft. It was as if the wind from outside was blowing my eye in to the centre of my face (window not open – not sitting close to window). Every time I looked out window, it would happen again, so stopped. It was an uncomfortable feeling. (P2)
- Day 8. Also have a crop of spots on chin, just off centre line on right, about 3 – white/yellow heads. (P2)
- Day 17. RS. 18:00 All good then bang! My back has gone big time. I felt a searing, shooting pain go down my legs, from lower lumbar. Had to stand still. Impossible to stand straight. Acute searing pain in lower back, moving out laterally in both directions. Out to the sides from the middle. (P2)
- Day 19. Back seems a bit better this morning, but still getting cut in half by shooting lateral pains lumbar region. (P2)
- Day 21. NS/US. Not a lateral pain now, it is up and down the lower lumbar and into left buttock. This is up and down on the left side. I have never had this before. Better? Keep moving about and lying down and twisting my body – on my back, side, front, horizontal. Moving about hurts, but seem to have to. If I stay in one position too long I seize up and have intense dull ache, when I move then I have searing, burning pain, stabbing pain, which is relieved by twisting and turning my body. (P2)
- Day 22. Back pain in same place, but down to a 4 or 5 on the pain scale. Still leaning over to the right. Have managed to 'crack' it 3 times today and every time sees me standing more upright. Crack it? If I stand upright and relax and contract all the muscles in my lower lumbar, by working different muscle groups I can get things to go pop and crack. Every time it happens the pain gets a little less and I can stand more upright. (P2)
- Day 23. Back is much better today – 2 on the pain scale. Still leaning to right (P2)
- Day 11. Brain in two parts – not conscious of the things I'm supposed to be conscious about. (P6)
- Day 4. Fuzzy feeling in head sometimes like brain's scrambled – can visualise crossing wires – take a break and it passes. (P6)
- Day 9.. Extremely painful trapped wind tonight. NS. Felt as if my insides were sticking/adhering to each other. Cramping. NS. Couldn't stand up straight with pain and couldn't eat any dinner. Lying down helped and it eventually calmed down. (P4)
- Day 2. Touch of heartburn. Worse for stooping. (P6)
- Day 1. OS. Pulled my back closing chest of drawers. Have hurt my sacrum bone rather than pulled muscles. (P4)
- Day 2. AS. Back – really sore – difficult getting out of bed and walking isn't easy, which is different to how my back has been in past. Normally fine walking but can't sit down. Have to take small steps – can't extend my legs out in front. Left side worse. Stairs are easier than walking on flat. (P4)
- Day 3. Back is really sore. Difficult getting out of bed and dressing. Can only walk slowly – small steps. Feel like an old person – stiff and awkward. (P4)

- Day 5. Back still sore – really frustrating having to walk slowly – feel like an old lady shuffling along. Back: lower back really stiff. Can't extend legs out in front – Left worse – hard putting foot on clutch – painful in sacrum bone. Worse for walking, although feels like it's doing good at the time. Much worse after when I have to sit and drive after a walk. Better for rest, lying down and making sure I'm comfortable – lying on either side is best. Better for heat. AS (P4)
- Day 8. Back still sore – it's changing though. NS Pain in coccyx – have to take my weight off it when sitting. Pulses of pain – come around hips and slightly down buttocks – both sides. NS (P4)
- Day 13. Back much better today. NS. I feel like an old lady – spine not strong enough for my body and muscles not strong enough holding body up. Body is weak and clumsy. Don't feel safe. (P4)

Hip (four provers)

- Day 0. 7:00 took remedy. OS. Woke up with right hip pain. (P3)
- Day 2 (Waxing moon). Morning. Still dull ache in right hip and tinge of sciatica on right side, just in bum cheeks, not radiating to leg. (P3)
- Day 10. Waning moon. Woken up with discomfort on right hip again. More aches and pains since I've started the proving. (P3)
- Day 8. Pulses of pain – come around hips and slightly down buttocks – both sides. NS. (P4)
- Day 22. Weakness in right hip. Noticed getting out of bed at 5.45am. Worse on rising from chair, leg goes from under her. (P5)
- Day 23. Hip – right: pretty much the same. No pain when sitting or lying. Just a weakness and giving way when rising and for the first few steps. (P5)
- Day 24. Hip – right as before. Worse on rising. Better once started walking. Weakness and giving way. (P5)
- Day 26. Hip a bit better – does not give way every time when I get up. (P5)
- Day 27. Hip better. I am now able to get out of bed today without the pain, and my leg not giving way. (P5)
- Day 9. Right hip aches, but this is Old symptom of aging woman! Worse for rain. (P6)

Injuries to back (two provers)

- Lumbar region (one prover)

- Day 17. RS. 18:00 My back has gone big time. I felt a searing, shooting pain go down my legs, from lower lumbar. Lower lumbar right side. Had to stand still. It took my breath away. Impossible to stand straight. Uncomfortable to sit. Acute searing pain in lower back, moving out laterally in both directions. (P2)

- Old injuries (two provers)

- Day 2. My back is suddenly better. Still have the pain in my heart region, but it's not as bad as it was (suffered from bad back, check pre-proving case notes.) (P2)
- Day 17. RS. 18:00 [surfing]. My back has gone big time. Last had this about February 2012 (9 months ago). (P2)
- Day 1. OS. Pulled my back closing chest of drawers. Have hurt my sacrum bone rather than pulled muscles. Last happened about 5 years ago. (P4)
- Day 2. AS. Back – really sore – difficult getting out of bed and walking isn't easy, which is different to how my back has been in past. Normally fine walking but can't sit down. Have to take small steps – can't extend my legs out in front. Left side worse. Went to work: back is different to before (4 years ago). Not so bad getting out of car. Definitely difficult to walk. Stairs are easier than walking on flat. (P4)

- Sacral region (one prover)

- Day 1. OS. Pulled my back closing chest of drawers. Have hurt my sacrum bone rather than pulled muscles. (P4)

Joints (four provers and one supervisor)

- Day 3. Strange with so much rain my arthritis seems to have eased a bit. My arthritis is less painful. IOS Chronic symptoms had arthritis for the last 2 or 3 years. Finger – easier to hold pots and pans. Every joint in my body is painful, but today it was not painful – especially today because with wet weather it usually makes it really bad. (P1)
- Day 5. On waking, usually I have to move, massage my fingers as my hands are stiff on waking. But for the last 2 or 3 days I feel pain but no stiffness. 33% >. AS – Altered symptom. Only noticed today that my hands are less painful. A third of my pain is reduced in all my joints. What's really amazing is usually have to do finger gymnastics, but not today – is painful but bearable – not so stiff. Finger all better (after crushing it). Looks fine but still sensitive if I press on it. (P1)
- Day 6. Arthritis still better than pre-proving. (P1)
- Day 4. Joint pains (S1)
- Day 7. Very achy now [active yesterday]. Achy? Just generally in my body joints, all over pretty much, because of lots of physical exercise . Pain? Dull, burning ache deep in joints. Better for resting. (P2)
- Day 9. A bit arthritic in my right shoulder (NS). Burning pain deep in the joint – painful to move. 9.15 shoulder has eased, but I can still feel it deep. (P2)
- Day 10. RS. 16:46. Can't close my right hand properly to a fist. Middle finger very painful when I try, some of the finger end joints work. Middle finger hurts to squeeze, all the end joints stop working. They all feel painful to close them. Pain sensation? Burning, searing pain (P2)
- Day 23. NS. Right knuckle of middle finger is suddenly stiff and sore. Weird feeling – feels as if skin is really sore when I rub it – like a splinter or something, but it's the joint that's actually painful. Worse for rubbing. Worse for moving it. Lasted a few hours and then completely disappeared. (P4)
- Day 8. Joints – sore and achy as if getting flu. Legs and arms and bottom of back. Better for laying down. Feel bruised bottom of back. Clumsy – dropping things, tripping up. Biting tongue when eating food (twice). (P5)
- Day 10. Joints – 'gone'. No symptoms, no acheyness. (P5)

Knee (three provers)

- Day 13. NS. Acute shooting pain in right knee cap. Pain? Like someone had stuck hot nail through my knee cap. Shooting? Went from inside of knee cap going out through knee cap. How long did it last? Kept happening the rest of evening. Better? Not walking up and down stairs. Worse? Walking up and down Stairs. Felt like leg was going to collapse. (P2)
- Day 22. NS. Had sudden pain and weakness in right knee cap. Sharp pain with every step – right in the front of knee cap. Couldn't take more than 3 steps and pain with every step. Had to stop in middle of road and lift foot up – couldn't put any weight on after 3 steps. Happened about 3 times (whilst trying to walk, so three times in a row if that makes sense). And then it suddenly went and it was fine. (P4)
- Day 3. My left knee felt swollen and aching all night (it didn't look swollen). Felt inner heat, but not hot to touch, but hard to put weight on it – felt creaky and shooting pain. Have had this before, but always right sided. Creaky knee. Throbbing pain. . Sensation as if, OS, RS symptom normally, old cartilage injury. Real swelling, sciatica. Hot. Knee feels weak as if not support weight. Sensation of stiffness/inflexibility comes and goes. Not time specific. Worse going upstairs and standing still. Better for 'supporting it' or feeling as if would like to – elastic bandage. (P6)
- Day 5. Knee pains, much better. (P6)
- Day 7. Knee – feels freer, no pains and creaks in left knee. Bit achey from sleeping awkwardly. [Symptoms coming and going and not lasting – so down to remedy] (P6)

Numbness (one prover and one supervisor)

- Toe (P2)
- Right leg (P2)
- Thigh (P2)
- Spine (P2)
- Skin on face (S2)

Tingling (two provers and one supervisor)

- Arm, right (P2)
- Head, top (crown, scalp) (P2)
- Penis, testicles (P2)
- Skin on face (S2)
- Soles of feet (P2)
- Tongue (P6)

Neuralgic pain (three provers)

- Toe, across toe and spreading up leg (P2)
- Thigh, right (P2)
- Sciatica, right side (P3)
- Knee, shooting pain, sciatica (P6)

Spine (three provers)

- Day 13. NS. Back pain. I feel like an old lady – spine not strong enough for my body and muscles not strong enough holding body up. Body is weak and clumsy. Don't feel safe. (P4)
- Day 23. After walking 5/600 yards I had dull ache in my lower lumbar, central, in spine, that was travelling down my legs and my feet were numb, dull shooting pains going down my legs. 21:56 Feel quite wound up [after tidying mess] – nagging hot ache in the bottom (lumbar) of my spine. (P2)
- Day 15. Top of back, particularly around Left scapula and shoulder area creaky, stiff and aching down into top part of spine. Shoulders covered in rash (raised purply/red blotches and spots – very nice). Feel like tiny delicate straws fallen down whole back and very tickly and irritating. Small pinprick spots also at top of chest and purple welt-like mark on right shoulder (have taken pictures which will send on). Back stiff and sore. Really hard to turn neck – stiff and hot and itchy (up either side). (P6)

Stiffness (five provers)

- Day 5. On waking, usually I have to move, massage my fingers as my hands are stiff on waking. But for the last 2 or 3 days I feel pain but no stiffness. 33% >. AS – Altered symptom. Only noticed today that my hands are less painful. A third of my pain is reduced in all my joints. What's really amazing is usually have to do finger gymnastics, but not today – is painful but bearable – not so stiff. Finger all better (after crushing it). Looks fine but still sensitive if I press on it. (P1)
- Day 13. Twinge in back when picking up woodburner. In middle of lumbar vertebrae. I'm seizing up, not as limber as I normally am. (P2)
- Day 15. I ache just about everywhere and my lower back is quite as painful as it has been for a long time (months). Stiff and achy all over. (P2)
- Day 19. Left with an aching stiffness that feels hot in that area. (P2)
- P2. Day 20. The back is a little stiff but actually have got up with no back pain, which is bizarre! (P2)
- Day 23. Back is much better today – 2 on the pain scale. Still leaning to right. Back seized up after driving. Took me a while to stand up straight when I got out of the car. I was stuck in the position. Had to do a few exercises and stretching to get moving. RS. (P2)

- Day 3. Back is really sore. Difficult getting out of bed and dressing. Can only walk slowly – small steps. Feel like an old person – stiff and awkward. (P4)
- Day 16. Back is still stiff although much better. (P4)
- Day 23. NS. Right knuckle of middle finger is suddenly stiff and sore. (P4)
- Day 9. Feel a bit achy and bruised. Elbows a bit painful when lifting and pouring. Particularly lifting buckets and pouring – more painful than usual. Leg and arms still sore same as yesterday. Still a bit clumsy. (P5)
- Day 3. Real swelling, sciatica. Hot. Knee feels weak as if not support weight. Sensation of stiffness/inflexibility comes and goes. Not time specific. Worse going upstairs and standing still. Better for ‘supporting it’ or feeling as if would like to – elastic bandage. (P6)
- Day 11. Tension in shoulders. Very very stiff with difficulty turning neck. Left side. (P6)

Stooping (three provers)

- Day 17. RS. 18:00 My back has gone big time. I felt a searing, shooting pain go down my legs, from lower lumbar. Lower lumbar right side. Had to stand still. It took my breath away. Impossible to stand straight. Uncomfortable to sit. (P2)
- Day 22. Still leaning over to the right. Sharp, stabbing lateral pain has gone, now feels like a hot burning ache in lower left lumbar region. RS. Have had this hot burning ache a lot in the past. (P2)
- Day 23. Back is much better today – 2 on the pain scale. Still leaning to right. Back seized up after driving. Took me a while to stand up straight when I got out of the car. I was stuck in the position. Had to do a few exercises and stretching to get moving. RS. (P2)
- Day 13. NS. Back pain. I feel like an old lady – spine not strong enough for my body and muscles not strong enough holding body up. Body is weak and clumsy. Don’t feel safe. (P4)
- Day 9.. Extremely painful trapped wind tonight. NS. Felt as if my insides were sticking/adhering to each other. Cramping. NS. Couldn’t stand up straight with pain and couldn’t eat any dinner. Lying down helped and it eventually calmed down. Stomach bloating very easily the last few days. (P4)
- Day 2. Touch of heartburn. Worse for stooping. (P6)

Weakness (four provers)

- **Back**
 - Day 13. I feel like an old lady – spine not strong enough for my body and muscles not strong enough holding body up. Body is weak and clumsy. Don’t feel safe. (P4)
- **Legs: (one prover)**
 - Day 13. NS. Felt like leg was going to collapse. (P2)
 - Day 18. Still warm tingle in right foot – legs feel very weak. (P2)
- **Knee (two provers)**
 - Day 22. NS. Had sudden pain and weakness in right knee cap. Sharp pain with every step – right in the front of knee cap. Couldn’t take more than 3 steps and pain with every step. Had to stop in middle of road and lift foot up – couldn’t put any weight on after 3 steps. Happened about 3 times (whilst trying to walk, so three times in a row if that makes sense). And then it suddenly went and it was fine. (P4)
 - Day 3. My left knee felt swollen and aching all night (it didn’t look swollen). Knee feels weak as if not support weight. Worse going upstairs and standing still. Better for ‘supporting it’ or feeling as if would like to – elastic bandage. (P6)
- **Hip (one prover)**
 - Day 22. Weakness in right hip. Noticed getting out of bed at 5.45am. Worse on rising from chair, leg goes from under her. OK once starts walking, feels fine. I have had this before. (P5)

Confidence (three provers and two supervisors)

- Want of self-confidence (three provers and one supervisor)

- Day 23. Feel like a crap business man. Feel like I'd been beaten up, felt like I'd been banging my head against a wall. The whole experience of trying to help the business save money, but it ended up costing money, plus all the time wasted trying to sort it out, and it's still not sorted. (P2)
- Day 23. Woke up feeling sad, like I want to cry. Feeling like I'm crap. This is quite intense for me. (S2)
- Day 0. Broke down crying when she realised that she is a perfectionist and scared of failure. (P3)
- **Support, desires (one prover and two supervisors)**
 - Day 1. Feel I am being questioned unfairly. It made me cry – unusual. Thinking about how I wish my mum was closer, she would help me and look after kids. Making me feel SET APART from the mainstream, always swimming against the tide. (S1)
 - Day 3. I seem to have woken into some kind of hell...[ongoing battle with children]. Feel as if everything is ebbing away. Can't work – can't earn enough. Can't do enough. Not good enough. Feel threatened. I cried this morning – howling. 'I can't do this all on my own.' (S1)
 - Day 9. I feel like I have gone from a very high place at the beginning of proving to a very low place. Don't think I'd want to be on my own right now (US). (S2)
 - Day 11. I think I feel a bit unsupported right now. I'm experiencing the flip side a bit and it revolves around disconnection (I have no family of own – rootless), confusion (can't articulate what I need and/or feel (shouldn't have to). Can't ask for support and help. Don't want to ask, and some resentment for partner, 'He should be able to see this. (P6)
 - Day 11. Self-absorbed (even though now negative). It's all about ME! Why can't everyone see that. Pull to self prescribe for 'acute' on one symptom! Desire to be nurtured/looked after. (P6)

Confident (three provers and one supervisor)

- Day 0. I feel relaxed and comfortable. I suddenly feel quite centred and grounded and I hope how I feel now continues! (P2)
- Day 11. US. Something feels different in me. I have a different sense about me. I feel a lot calmer than I have done for a long time. A calm clarity (lot of thinking). Difficult situations are OK. I'm not panicking or stressing. I feel OK. I've been trying to understand what this sense of 'OK' is. I think I've come to the conclusion that I think I've actually grown up. I feel settled. And I quite like it. I feel like the petulant child has grown up. I still have a relatively calm clarity about me in spite of what is a very difficult situation at work. (P2)
- P2. Day 21. I'm definitely different in me. I'm letting things go better. I'm handling 'our relationship' differently since this remedy. I think it's really good. I think it's better. I feel more grown up. (P2)
- Day 27. I have felt kind of like I've been giving birth to my first baby doing this. Feeling anxious, not knowing what to expect, feeling that something awful might happen, but not sure what. But with the knowing that it will end and all be OK. (S2)
- Day 5. NS. I feel like I'm more of an observer and not having any emotional reaction to anything. Feeling comfortable just letting things happen/be. (P4)
- Day 1. Different energy between us – warmer and lost feeling of being rushed and under pressure. Everything slowed down. Domestic things that normally happen would be irritating. Dealing with them calmly. Doing what needs to be done. Would normally get aggressive/irritable/in your face, but at moment being calm, and

- assertive not angry. General shift, but more organized and focussed – less pressure. (P6)
- Day 1. At moment I feel I have all that I need = content. Feeling safe – loved, appreciated, have all that I need. Feel like everything has slowed down. Strong sense of relaxation and not being rushed, comfortably relaxed. Accomplishing more without rushing. (P6)
 - Day 11. Quiet confidence growing! Despite today's irritability. Have faith in self and believe in self. Don't feel the remedy has stopped working – no shaking of the calm core. (P6)

Emotional imbalance (see 'Polarity – Extremes of emotion')

Grounded (two provers)

- Day 0. I suddenly feel quite centred and grounded and I hope how I feel now continues! (P2)
- Day 11. US. I feel settled. And I quite like it. I feel like the petulant child has grown up. (P2)
- Day 0. Mis-read instructions and took another remedy at 9.30pm. Feel calm and centred. Head feels slowed down, 'peaceful'. Granted the gift of being in the moment. Calm is a core/deep thing. Aware of environment around me. Much heightened sense of acceptance (P6)
- Day 1. Huge sense of connection at all levels and don't feel rushed. Strong sense of everything slowing down. Breathing is slower/deeper than usual – causing a relaxed state of mind. Very aware of rhythm of ticking clock – soothing/calming. Safe domestic sound. At moment I feel I have all that I need = content. Feeling safe – loved, appreciated, have all that I need. Feel like everything has slowed down. (P6)

Harmony (two provers and one supervisor)

- Day 3. Today I feel at one, at peace again. (P2)
- Day 0. Feel calm and centred. Calm and mellow. Head feels slowed down, 'Peaceful'. Absence of frustration/irritable. Enjoying the views. Granted the gift of being in the moment. Calm is a core/deep thing. Much heightened sense of acceptance.(P6)
- Day 4. Overwhelming sense of peace! In harmony. (P6)
- Day 5. Sing! And singing more and harmonize with voice. (P6)
- Day 4. All the little things are balancing out in my life/day. (P6)
- Day 5. Day 7/8. Enjoying what's going on right now! Found something, a lighter with 'peace and love' written on it. Lost it for months and months. (P6)
- Day 5. Was thinking what the remedy was – came up with this quote: 'there is no need to know where you are going just walk the path as it unfolds before you and be open to what you encounter along the way'. Very peaceful feeling came from this affirmation. (P6)
- Day 4. Harmony. Conversation with Zen Master on universal 'love'. (S6)

Fear (five provers and one supervisor)

- **Accidents, of: car (one prover)**
 - P4. Day 0. 13:00. Felt fear sitting in my car – locked the doors before ringing S4. Keep vaguely imagining crashing my car – always turning it over. (P4)
- **Alone, being (one prover)**
 - Day 20. Fears of all sorts rule my life but the biggest fear is of being alone. (P6)
- **Alternating – Mania (one prover)**
 - Day 6. I guess I'm still a bit manic! I'm a wee bit concerned as I have in the past been labelled as having BPD, an aspect of which is bi-polar and I'm hoping I'm not due a crash. 'Feeling a bit nervous at the moment, thinking I'm going to crash,

- there is an aspect of me that is bipolar. I feel high at the moment. I've been on an even keel for a few years now, so a bit nervous!' (P2)
- **Car, sitting in/driving (one prover)**
 - Day 0. 13:00. Felt fear sitting in my car – locked the doors before ringing S4. Keep vaguely imagining crashing my car – always turning it over. (P4)
 - Day 16: Weird thing – the garage can't find anything wrong with my brakes and they are working fine!! Feels like there's been lots of strange car fear and then brakes failed and there's nothing wrong – really odd.] (P4)
 - Day 13. NS. Had a paranoid moment driving to school. I over-took a car full of men and hunting dogs – they then over-took me and got in front and slowed down. Then another car full of men and dogs came up behind and I thought something was going to happen like being run off the road or something. Heart beating faster. Fear – adrenaline. Just wanted to get away from them. (P4)
 - **Causeless (three provers)**
 - P2. Day 23. I walked up to the car and by the time I got back to the house, I had a fearful feeling, an adrenal type feeling. The feeling that I need to wear something around my neck is back. Heart racing? Increased heart rate and fluttering sensation in the chest. Emotion? Fear. Fear? I've no idea. Irrational fear. (P2)
 - Day 3. Really jumpy – got fright three times where I jumped out of my skin for no reason. (P4)
 - Day 6. Very jumpy (jump if phone rings). (P5)
 - **Communicating on phone (one prover)**
 - Day 9. Doesn't really want to talk to anyone on the phone – face to face is OK. (P4)
 - **Crowd, in a (one prover)**
 - Day 12. Felt unsafe in a crowd. (P4)
 - Day 9. Slight general sense of fear – feeling unsafe. Was drawn to a vegetarian café – turned out to be a Hare Krishna café. Sitting here now feels safe and calm. (P4)
 - Day 20. Went out and still felt unsafe in a crowd of people which is unusual for me. Just wanted to go back and be in the room on my own. (P4)
 - **Disease, of impending (two provers)**
 - Day 6. I guess I'm still a bit manic! I'm a wee bit concerned as I have in the past been labelled as having BPD, an aspect of which is bi-polar and I'm hoping I'm not due a crash. 'Feeling a bit nervous at the moment, thinking I'm going to crash, there is an aspect of me that is bipolar. I feel high at the moment. I've been on an even keel for a few years now, so a bit nervous!' (P2)
 - Day 23. Went to show. Very enjoyable, but sciatica played up merry hell. Worried what will happen if it happens on my flight. (P3)
 - **Failure (one prover)**
 - Day 0. P3 broke down crying when she realised that she is a perfectionist and scared of failure. Face red. (P3)
 - **General fear of things (two provers)**
 - Day 27. There's been a general fear of things though – and bad things going to happen and in the beginning it was 'masked' in a way by a complete indifference – felt like the fear etc was in the background or being squashed by the indifference. (P4)
 - Day 26. Feel safe and supported when year group arrive. Such a shift in dynamics... Felt drawing gently of negative energies. Not in flight or fight mode. (P6)
 - Day 9. Slight general sense of fear – feeling unsafe. Was drawn to a vegetarian café – turned out to be a Hare Krishna café. Sitting here now feels safe and calm. No one in here and I can just sit and watch people pass by. (P4)
 - **Jumping with (two provers)**

- Day 3. Really jumpy – got fright three times where I jumped out of my skin for no reason. (P4)
- Day 6. Very jumpy (jump if phone rings). (P5)
- **Neck, want to protect (one prover)**
 - Day 23. NS. I had a fearful feeling, an adrenal type feeling. The feeling that I need to wear something around my neck is back. (P2)
- **Negative energy (one prover)**
 - Day 26. Feel safe and supported when year group arrive. Such a shift in dynamics... Felt drawing gently of negative energies. Not in flight or fight mode. (P6)
- **Nightmare (one prover)**
 - Remember a dream/nightmare about being trapped inside somewhere with loads of people all trying to get out as there was a secret tunnel on the inside and it was full of half human half machine mutants who were on the verge of breaking out of the tunnel. There were also people on the outside who were trying to get in because they thought they would be safe. Unpleasant and frightening. There was a lot of fear and terror in it. (P2)
- **Palpitation, with (three provers and one supervisor)**
 - Day 15. At 8.30am Feel quite panicky at my desk. Confused panic. (P2)
 - Day 23. NS. First thing in the morning, around breakfast time about 8am. Agitated by the wind, causing my heart to race and flutter. Even sound of it blowing down the chimney – almost feels like fear. Irrational fear. Fluttering? Like there is something in your chest, fluttering about, wings or something. In chest and heart. (P2)
 - Day 12. I have a huge presence of what I can only describe of emotion in my abdomen. It rises into my throat making me want to be sick. Then I'm sweating, mostly armpits, slightly face and trembling. My heart rate increases dramatically. I'm feeling like I might panic. I felt like I needed some reassurance. I sit down shaking, feeling really panicky. Had some Rescue Remedy, sipped slowly in water and felt OK. But had quite a high feeling of anxiety. (S2)
 - Day 7. Done hardly any homeopathy and then have something close to a panic attack. Have had this before, but more like with deadlines of handing in a module or a dissertation. Proper palpitations, took a very long time to fall asleep. (P3)
 - Day 11. I have a back log [work] at the moment. I seem to live to work. In the evening again the panic, and I haven't even looked at any homework. (P3)
 - Day 13. NS. Had a paranoid moment driving to school. I over-took a car full of men and hunting dogs – they then over-took me and got in front and slowed down. Then another car full of men and dogs came up behind and I thought something was going to happen like being run off the road or something. Heart beating faster. Fear – adrenaline. Just wanted to get away from them. (P4)
- **Phone (two provers)**
 - Day 9. Doesn't really want to talk to anyone on the phone – face to face is OK. (P4)
 - Day 6. Very jumpy (jump if phone rings). (P5)
- **Remedy (two provers)**
 - Day 0. Before taking remedy. Panic about having mislaid remedy already. As soon as we left school P3 started panicking about where she put the remedy and started rummaging through her bag and pockets until she remembered where she put them (in her pocket). (P3)
 - Day 27. I've felt fearful of the remedy right from the start. Didn't want it in my pocket when we got it and it's been sat by my bed since – whenever I looked at it I had a sense of fear 'oh god there it is'. (P4)
- **Shortlived (two provers)**

- Day 27. The weird thing here though is I'd forgotten about it till S4 asked me yesterday how I felt about the bottle and I realised the last time I saw it I wondered what it was and picked it up to see what remedy it was only 'discover' that it was the proving remedy I had been scared to look at the whole time. Bizarre, as I hadn't moved it and it was the only remedy on my bedside table. I didn't recognise or remember it. It's like the fear was part of the mental state and once that had lifted and seemingly gone into physicals I forgot about it. (P4)
- Day 15. At 8.30am Feel quite panicky at my desk. Everything seems a bit on top of me and I'm not clear on priorities or processes. My mind is jumping about like a frog in a box. Settled by afternoon. (P2)
- Day 6. I guess I'm still a bit manic! I'm a wee bit concerned as I have in the past been labelled as having BPD, an aspect of which is bi-polar and I'm hoping I'm not due a crash. 'Feeling a bit nervous at the moment, thinking I'm going to crash, there is an aspect of me that is bipolar. I feel high at the moment. I've been on an even keel for a few years now, so a bit nervous!'. 'Actually thinking about it, I'm probably not manic, I'm a lot more like my old self. I went upstairs this afternoon for a while and sat down and I felt myself come back down, i.e. level out again. (P2)
- **Something will happen (three provers and one supervisor)**
 - Day 0. Feeling slightly anxious and tingly before taking the remedy. Anxiety felt in my upper chest, a lung breathing thing. Fluttery chest type feeling. Tingling? Felt it running down my neck and down either side of my spine – excitement. (P2)
 - Day 6. I'm a wee bit concerned as I have in the past been labelled as having BPD, an aspect of which is bi-polar and I'm hoping I'm not due a crash. 'Feeling a bit nervous at the moment, thinking I'm going to crash. (P2)
 - Day 15. RS. Woke up this morning feeling anxious and trembly. It's almost as if I am waiting for some news that I know is going to be terrible, and I don't know how I am going to cope. (S2)
 - Day 27. I have felt kind of like I've been giving birth to my first baby doing this. Feeling anxious, not knowing what to expect, feeling that something awful might happen, but not sure what. But with the knowing that it will end and all be OK. (S2)
 - Day 13. NS. Had a paranoid moment driving to school. I over-took a car full of men and hunting dogs – they then over-took me and got in front and slowed down. Then another car full of men and dogs came up behind and I thought something was going to happen like being run off the road or something. Heart beating faster. Fear – adrenaline. Just wanted to get away from them. (P4)
 - Day 27. There's been a general fear of things though – and bad things going to happen. (P4)
 - Day 20/21. Feel spaced out – very like I used to before fitting. Worried about daughter who's been taking a capful of Stram 200c every night. (P6)
- **Sudden (panic) (five provers and one supervisor)**
 - Day 15. At 8.30am Feel quite panicky at my desk. (P2)
 - Day 23. NS. First thing in the morning, around breakfast time about 8am. Agitated by the wind, causing my heart to race and flutter. Even sound of it blowing down the chimney – almost feels like fear. I walked up to the car and by the time I got back to the house, I had a fearful feeling, an adrenal type feeling. The feeling that I need to wear something around my neck is back. (P2)
 - Day 12. Was a really full on difficult. Feeling hugely emotional, just want to cry, don't know where it's coming from. I am overcome with nausea – contemplate whether to pull over the car. I have a huge presence of what I can only describe of emotion in my abdomen. It rises into my throat making me want to be sick. Then I'm sweating, mostly armpits, slightly face and trembling. My heart rate increases dramatically. I'm feeling like I might panic. (S2)
 - Day 7. Done hardly any homeopathy and then have something close to a panic attack. (P3)

- Day 11. In the evening again the panic, and I haven't even looked at any homework. (P3)
- Day 10. Those same feelings of panic came over me, as the other night – that there is so much unfinished business in me, that I can't take on anything new. (P3)
- Day 3. Really jumpy – got fright three times where I jumped out of my skin for no reason. (P4)
- Day 13. NS. Had a paranoid moment driving to school. I over-took a car full of men and hunting dogs – they then over-took me and got in front and slowed down. Then another car full of men and dogs came up behind and I thought something was going to happen like being run off the road or something. Heart beating faster. Fear – adrenaline. Just wanted to get away from them. (P4)
- Day 6. Very jumpy (jump if phone rings). (P5)
- Day 20/21. Feel on edge/bit weepy. Very strung out – like every nerve popping. (P6)
- Day 16. Phone call – need to be moving by 21st – wow! There's a suddenness about all these things. Thought occurred that before I took this remedy I wasn't even thinking of moving and now will be moved into new place before proving ends. It's exciting – as well as a tiny bit terrifying! (P6)
- **Tremulous (two provers and one supervisor)**
 - Day 12. Then I'm sweating, mostly armpits, slightly face and trembling. My heart rate increases dramatically. I'm feeling like I might panic. (S2)
 - Day 13. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – brakes failed – still shaky waiting for recovery truck. (P4)
 - Day 20. Fears of all sorts rule my life but the biggest fear is of being alone...Horrible though – feely shaky. (P6)
- **Undertaking a new enterprise (two provers)**
 - Day 10. Those same feelings of panic came over me, as the other night – that there is so much unfinished business in me, that I can't take on anything new. (P3)
 - Day 16. Thought occurred that before I took this remedy I wasn't even thinking of moving and now will be moved into new place before proving ends. It's exciting – as well as a tiny bit terrifying! (P6)
- **Unknown, of the (one prover and two supervisors)**
 - Day 27. I have felt kind of like I've been giving birth to my first baby doing this. Feeling anxious, not knowing what to expect, feeling that something awful might happen, but not sure what. But with the knowing that it will end and all be OK. (S2)
 - Day 16. Phone call – need to be moving by 21st – wow! There's a suddenness about all these things. Thought occurred that before I took this remedy I wasn't even thinking of moving and now will be moved into new place before proving ends. It's exciting – as well as a tiny bit terrifying! (P6)
 - Day 19. [Dream]. I watch a woman through a window who is wild and feral and she watches me (might even be a side of me, I sense, but a side that I am not familiar with, which frightens me a little). (P6)
 - [Dream]. I had a vivid dream. It involved a 'face your fears' type scenario with tanks and pools of water where known and unknown creatures existed (a series of challenges) – the most strange thing was a tank of jelly fish with fly agaric red and white spotted tops, and I remember being quite adamant that I didn't want or need to do it. [S4 was feeling a bit anxious about doing the proving, and when she noticed she had a flat tyre the day of the first meeting she felt 'anxiety about the journey' – as no time to get tyre sorted, and so didn't make it to the first meeting.] (S4)
- **Wind, of (one prover)**

- Day 23. NS. First thing in the morning, around breakfast time about 8am. Agitated by the wind, causing my heart to race and flutter. Even sound of it blowing down the chimney – almost feels like fear. (P2)

Courageous/facing fears (two provers and three supervisors)

- Day 10. I have put my head in the sand for too long. I have to face it and sort it out. (P3)
- Day 27. I have felt kind of like I've been giving birth to my first baby doing this. Feeling anxious, not knowing what to expect, feeling that something awful might happen, but not sure what. But with the knowing that it will end and all be OK. (S2)
- Just before the proving. A few days before the proving I was feeling very tired, overwhelmed – been through a difficult time emotionally and working hard, sleep affected too. So I was a bit reluctant to do it – and when I noticed my front tyre was almost flat. I felt anxiety about the journey – no time to get it sorted. So rang you and agreed to start with P4 the following morning. The Friday night before the proving meeting I had a vivid dream ['a face your fears' type dream.] (S4)
- Day 9. [moving house/living on own] Raises issues about moving and transition. Huge sense of 'whatever happens I can cope with it. Fear element/negativity not there. Feel so comfortable, deal with whatever comes up!' (P6)
- Day 9. Usually get over anxious over things that I have no control over. Am laid back about it all. Been supplied with courage/faith, growing faith in own abilities. Would have felt bereft – want to explore what it's like to be by myself a bit longer. (P6)
- Day 22. [moving house to 'a place of my own'. Fears of all sorts rule my life but the biggest fear is of being alone. [facing fear] (P6)
- Day 19. Dream. I watch a woman through a window who is wild and feral and she watches me (might even be a side of me, I sense, but a side that I am not familiar with, which frightens me a little). She destroys a formal, structured garden which in the dream is a powerful, positive thing. Am getting a growing sense with my dreams of needing to face and let go of my fears. (P6)
- [Dream] Again of survival, tribal gatherings, finding ways to meet challenge. Left with an impression of great expanse of space into which you can create your own space, but there is a challenge first. (P6)
- [Dream]. Felt a bit like a warrior woman – sense of feminine strength, taking responsibility even when things hard. (P6)
- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012:...The meaning of the dream for me was that we are going through a traumatic event but we remain aware and come to rest unharmed the right way up in a green field....a pleasant relief and a still point. Totally out of control, but somehow unharmed by the rough and tumble. This gives me hope that we will be ok if we have to face selling the house and starting again, uprooting ourselves and separating, but remaining connected by the children. (S1)

Survival (one prover and one supervisor)

- Day 27. SURVIVAL keeps coming up. (P6)
- [Dream}. Again of survival, tribal gatherings, finding ways to meet a challenge. For me, climbing into a 'hotel' / stack of 'houses' – a safe space, once in. Had to climb over a huge drop/gap between 'safety' (getting in) and the ground. Then up into a construction like pile of tents. There is a very post-apocalyptic feel to dreams of late – of making a stand, creating and claiming a space. Safe, but first had to get over an un-safe way – weighing up the best angle to go in. Climbing, gathering in own 'tribe'. Creating a gathering of people. Left with an impression of great expanse of space into which you can create your own space, but there is a challenge first. (P6)
- Day 27. Dreamt – was worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on essence of life.

Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)

- Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. (P6)
- Day 27. [Proving Latex 10 years ago to almost exact date when in same situation over brother's health, and can see connection with Latex and the AIDS miasm.] It occurs to me that the general feeling [of this proving] is of being very close to the source of human fragility – of life's fragility for everything living. Life and Death. Pecking order. The highs and lows are extreme – so much strength in the power of love and a person's will to survive which is so beautiful and expansive. (S1)

Warrior/banshee woman (one prover and one supervisor)

- Day 11. Dreams – ancestry/warrior woman protective of family (recurrent event in dreams). (P6)
- Day 19. [Dream] I watch a woman through a window who is wild and feral.(P6)
- Day 3. Trying to be calm and controlled but a screaming wild banshee woman keeps appearing. Want to kick things and break things. (S1)

Safe/unsafe (three provers and one supervisor)

- [Dream]. There were also people on the outside who were trying to get in because they thought they would be safe. (P2)
- [Dream}. Again of survival, tribal gatherings, finding ways to meet a challenge. For me, climbing into a 'hotel' / stack of 'houses' – a safe space, once in. There is a very post-apocalyptic feel to dreams of late – of making a stand, creating and claiming a space. Safe, but first had to get over an un-safe way – weighing up the best angle to go in. (P6)
- Dreaming of family that are long gone – feeling like seeing a tribe. People loved and lost, family gathering. Reassuring, safe, warm feeling. (P6)
- Day 1. Very aware of rhythm of ticking clock – soothing/calming. Safe domestic sound. At moment I feel I have all that I need = content. Feeling safe – loved, appreciated, have all that I need. (P6)
- Day 12. I am totally overcome with emotion and start sobbing, and I cry and cry and cry. A really good cry, a safe cry. (S2)
- Day 13. Driving home – tried to join dual carriageway and a car wouldn't let me in – even though he could have easily moved over – felt unsafe again. Nearly home – breaks failed – still shaky waiting for recovery truck. Luckily it happened in the most safe part of journey home – driving slowly coming up to junction with no cars. (P4)
- Day 9. Slight general sense of fear – feeling unsafe.... Sitting here now feels safe and calm. (P4)
- Day 20. Went out and still felt unsafe in a crowd of people which is unusual for me. Just wanted to go back and be in the room on my own.(P4)
- Day 26. Feel safe and supported when year group arrive. Such a shift in dynamics. Felt drawing gently of negative energies. Not on flight or fight mode. Slept properly. (P6)
- Day 13. NS. I feel like an old lady – spine not strong enough for my body and muscles not strong enough holding body up. Body is weak and clumsy. Don't feel safe. (P4)

Uprooting/roots/trees/cold hard 'stone' (three provers and two supervisors)

- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: This gives me hope that we will be ok if we have to face selling the house and starting again, *uprooting ourselves and*

- separating, but remaining connected by the children... That we are being cleaved apart and with a cold heart striving to stand alone, its logical step, no emotion. (S1)*
- Day 27. Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
 - Day 27. Dreamt – was worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
 - Day 4. Stood looking at trees for ages, like I could see an energy field around the trees. (P2)
 - Day 1. This is probably totally irrelevant but the trees looked bigger today in town, noticed when I was driving. Not sure if it was just the light. And when I was driving under a lot of trees they seemed to come alive, as though they had arms that were reaching out over the road. Not in a threatening way. I think I became more aware of their spirits. I love trees. (S2)
 - Day 27. The highs and lows are extreme – so much strength in the power of love and a person's will to survive which is so beautiful and expansive. At the same time the cold hard reality of death that's never far away. (S1)
 - Day 12. I felt like I needed some reassurance. I sit down shaking, feeling really panicky... Managed to hold it all day... The perspiration carried on all day and I felt hugely cold. (S2)
 - Day 1. NS. Was asked a question, which I wasn't truthful about – caused upset and was called a liar – I felt nothing. NS. Just sat there cold, hard and empty. (P4)

Time

This section covers the themes of ancestry, ancient times, primitive animals, old age, rites of passage, rhythms of nature, time travel, and the passage of time. I also include examples of periodicity, and the quick recovery of symptoms. I associate this theme with the crown chakra. The crown chakra is situated above the head and the relating gland is the pituitary gland. The moon is the planet associated with this chakra. The lunar calendar of 28 days can affect people in various ways.

Ancestral theme (three provers)

- Day 11. Always are sensations of loss/separation/death. Always conscious of sense of NO ANCESTRY. Recognize younger self in the youngsters I take care of. Become more accepting (everybody else HAS and I HAVE NOT). All the youngsters in my life are being drawn back to me. Dreams – ancestry/warrior woman protective of family (recurrent event in dreams). Reminder that I have no 'ancestral blood'. Have an under connection to family and reminded. (P6)
- Day 27. Awareness of ancestral themes throughout proving, BUT also have strong sense this is a remedy for our age. (P6)
- Day 27. Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
- Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)
- [Dream]. X and children were in the dream (though actually not his children – because they were young adults as were mine in the dream). Here, I remember feeling the 'mantle of ancestry', and struggling because I have no ancestors to call on for strength. Vaguely remember looking up and circling through the air were angels

(not white robe gentle kind), very strong powerful dark-skinned figures. Being linked to them had a scary edge. Got woken at this point, and so wish not. Felt I was about to learn something valuable. (P6)

- Day 19. Met a friend who came to give a seminar this weekend on the 'Constellation Approach', Hellinger method. Beautiful day. [JM, found on web: [Constellation Approach is: A healing modality used to help evolve a person's consciousness in relation to their ancestral lineage.](#)] (P1)
- Day 22. 10.16am. NS. Sick, nervous stomach. Business partner's dad has died (cancer) and so worried about keeping the business going OK. Acknowledging the fact of how I felt, and drawing a deep breath and getting on with it. I remember thinking about the happiness of release from something so horrible, and the sadness of losing someone you love. Made me think about losing my dad. Where? In Solar plexus. (P2)

Ancient times (one prover and one supervisor)

- [Dream]. Again of survival, tribal gatherings, finding ways to meet challenge. There is a very post-apocalyptic feel to dreams of late – of making a stand, creating and claiming a space. Climbing, gathering in own 'tribe'. Creating a gathering of people. (P6)
- Dreaming of family that are long gone – feeling like seeing a tribe. People loved and lost, family gathering. Reassuring, safe, warm feeling. (P6)
- I felt a bit like a warrior woman – sense of feminine strength, taking responsibility even when things hard. (P6)
- Day 27. SURVIVAL keeps coming up. COMMUNICATION (this world and other). Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
- Dreams – ancestry/warrior woman protective of family. Recurrent event in dreams. (P6)
- Day 3. Trying to be calm and controlled but a screaming wild banshee woman keeps appearing. Want to kick things and break things. (S1)
- Day 13. Taking daughter and friends to cinema to see Brave. (P6)

Ancient animals/decomposers (three provers and one supervisor)

- Day 27. Dreamt – was worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
- Crazy dream of long distance running and jumping over rough terrain and urban streets – *green lizards* – very scary kittens attacking cars and attempting to eat a *large tortoise*! Enjoyed it. Eating the tortoise was a bit weird. (P2)
- I was walking along a road full of cars, almost stationery, not moving. I was wondering why don't they move? What's the problem? After a long walk I arrived at a roundabout and saw the whole of the roundabout was covered with SLUGS, and the cars that were trying to drive over them slipped and finished upside down, and it looked disgusting – a slimy mess. Slimy disgusting stuff, and death. Also in the middle of the roundabout the victims were put into a coffin then piled up on top of each other making a tower spiralling up. (P1)
- I was walking through a field, then saw a giant slug, so turned away and ran, then suddenly I laughed and said 'Thank God slugs are slow'. Giant slug, I was smaller. Disgusting. Not frightening – repulsive. (P1)
- I was a house when I heard a voice calling. I went to see what/who it was and found a child seated on a WC. He had kicked a laundry basket and lots of worms fell from it. I think he was scared. I took his hands to get him out. Then went back to have a look. I

lifted the lid and saw one naked arm, it was almost blue. I went out and called the police. (P1)

- 'a tank of jelly fish with fly agaric red and white spotted tops' (S4) ['fly agaric' refers to the red and white spotted mushroom/toadstool.]

Rites of passage (three provers and two supervisors)

- Day 27. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)
- Day 11. US. I've got this sensation inside me that there's something different about me. I have a different sense about me. I think I've come to the conclusion that I think I've actually grown up. I feel like I've made firm contact with my adult self (lots of thinking). I feel settled. I feel like the petulant child has grown up. (P2)
- Day 27. I have felt kind of like I've been giving birth to my first baby doing this. Feeling anxious, not knowing what to expect, feeling that something awful might happen, but not sure what. But with the knowing that it will end and all be OK. (S2)
- Day 22. Dreamt of giving birth to twin boys – but it was like in dreams I saw one way life could have been; in another sequence, it's opposite. (P6)
- Day 5. Heard this am on radio...whooping cough made a come back and some GPs want to introduce vaccination for pregnant women in order to immunise babies from birth...What is that all about? Money. Deep feeling of revolt followed by sadness. (P1)
- Day 13. Taking daughter and friends to cinema to see Brave...Very conscious that I am trying to create good memories for her birthday. (P6)
- Day 5. Owl signal: Proving of Barn Owl coming up. Proving done when partner's mother died. Connection prevalent now for him. Owl remedy keeps coming up! Since 2003. Discussion on owls/death/North American and Welsh mythology. (P6)
- Day 12. We talked about illnesses and dying and what a special, precious time they can be. We talked especially around estranged families, or families who had never been able to communicate apart from on a polite level and how imminent death can break down barriers that have been up for a lifetime. (S2)
- Day 27. It occurs to me that the general feeling [of this proving] is of being very close to the source of human fragility – of life's fragility for everything living. Life and Death. Pecking order. (S1)
- Day 14. Have just noticed there are some peripheral themes during this time. Mothers – losing daughters (Wales); losing sons; becoming pregnant after IVF; becoming grand-mothers; young girls becoming mothers under 16; the ebb and flow. Life and Death. Pleasure and Pain. Love and Loss. (S1)

Rhythms/equinox/moon/tides/menses (three provers and one supervisor)

- Day 6. Beautiful full moon and colours of the night. (P6)
- Day 3. Finally have to credit some of this awfulness to state of my hormonal self – and the upcoming full moon. Very PMT – crying and being cross! I remember that every equinox my menstrual cycle changes from red moon to white moon, i.e. 28 day cycle is late by a week. This happens twice and then stays that way around for 6 months. (S1)
- Day 0. Waxing moon. (P3)
- Day 1. Making me feel SET APART from the mainstream, always swimming against the tide. (S1)
- Day 3. Feel as if everything is ebbing away. (S1)
- Day 14. Have just noticed there are some peripheral themes during this time. Mothers – losing daughters (Wales); losing sons; becoming pregnant after IVF; becoming grand-mothers; young girls becoming mothers under 16; the ebb and flow. Life and Death. Pleasure and Pain. Love and Loss. (S1)
- Day 1. Very aware of rhythm of ticking clock – soothing/calming. Safe domestic sound. At moment I feel I have all that I need = content. (P6)

- Day 2. I am conscious of a 'humming energy'. Hear the opening and closing of doors, ticking of a clock, cars passing, wind moving outside, children's voices in the little school. (P6)
- Day 1. Period: No sign of it today, which is slightly unusual. NS. Started yesterday, stopped today? (P4)
- Day 2. Period has returned. Normal. No hormonal headache so far. (P4)
- Day 3. Period – heavier flow – could feel it in night and it somehow was part of my dream – feeling my period come out. (P4)

Old/aged (two provers and one supervisor)

- Day 11. Puckered, mottled, purplish skin – 6pm – only lasted about 15 minutes max. Thinking 'plucked chicken'. Chest and left forearm. Across chest and left arm. Noticed it and wore off really quickly. Disappeared quickly. Aged skin, suddenly in matter of minutes. Purplish, mottled. Small mottles like plucked chicken. (P6)
- Day 3. Back is really sore. Difficult getting out of bed and dressing. Can only walk slowly – small steps. Feel like an old person – stiff and awkward. (P4)
- Day 5. Back still sore – really frustrating having to walk slowly – feel like an old lady shuffling along.
- Day 13. NS. Back pain. I feel like an old lady – spine not strong enough for my body and muscles not strong enough holding body up. Body is weak and clumsy. Don't feel safe. (P4)
- Day 9. Right hip aches, but this is Old symptom of aging woman! Worse for rain. (P6)
- Day 12. I do remember being confronted with an image of myself as an old woman, a decrepit old being, but the image was of me now, and I felt old and unattractive and it made me hugely sad. I told him I had to work it out as wasn't sure where it came from. (S2)

Symbolic of Time Travel – Tardis/Dr Who/Aliens (two provers and one supervisor)

- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest...Totally out of control, but somehow unharmed by the rough and tumble...The car landed heavy like a stone in the field and I had the strong feeling that this is how the stones arrived here from Wales, in an ice flow, a glacial pile up. It has not occurred to me before, but a volcano, an eruption, can throw things a long way.... somehow, the cold feeling and heaviness *whilst being rushed through time... I have a really strong feeling about the sense of being lifted up and propelled through space and time with no perceptible movement but with massive momentum.* (S1)
- Dream involving camping with friends and befriending some 'Daleks' who were also on a camping holiday. At the end of the dream I unexpectedly turn and kill the Daleks and I'm on way back to kill everyone else, and this wakes me up at 6.25. (P2)
- I followed a group of youngsters off – I wanted toilets, asked for directions, found myself alone in a huge, desolate building full of stairways, talking to a woman with alien eyes. I walk away, hoping she hasn't noticed that I have noticed she is not human, for she has taken human form. (P6)
- Remember a dream/nightmare about being trapped inside somewhere with loads of people all trying to get out as there was a secret tunnel on the inside and it was full of half human half machine mutants who were on the verge of breaking out of the tunnel. (P2)
- Day 13. Big sense with this remedy of revisiting times and places – looking into the past and drawing parallels. (P6)
- Day 27. COMMUNICATION (this world and other). (P6)

Time, passage of (three provers and three supervisors)

- **Déjà vu' (one prover and one supervisor)**
 - Time connection/Deja vu. Day 27. Proving Latex 10 years ago to almost exact date when in same situation over brother's health, and can see connection with Latex and the AIDS miasm. (S1)
 - Day 24. Unbelievable – have come to end of day feeling shocked and spacey! Can't quite shake feeling of 'déjà vu' about it all either – as I was speaking to various adults connected with it, had growing sense of familiarity with situation, which was quite strange. (P6)
- **Time slowing down/Time speeding (two provers)**
 - Day 1. Strong sense of everything slowing down. Breathing is slower/deeper than usual – causing a relaxed state of mind. Very aware of rhythm of ticking clock – soothing/calming. (P6)
 - Day 22. Everything seems slowed down – though retrospectively time passing quickly. (P6)
 - Speeding time. Day 5. 3.23pm. Full on day so far, no time to think, other than on the run – feel a bit like I'm speeding after 6.5 hours of talking, dealing and debating. There's been a lot of a sense of speeding, I feel like I'm in a buzzy state! (P2)
- **Reviewing the past/revisiting potent times**
 - Day 16. Given a chance for a fresh start; after reviewing the past. (P6)
 - Day 22. Sense of revisiting potent times in my life – pregnancy, epileptic fits, moving out from living with partner – questioning decisions about course. Looking back. (P6)
 - Day 15. I'm itching to fly. It's connected to the looking back thing – to times of little responsibility and all the time in the world to explore; countries, music, ideas. (P6)
- **Precious time (one prover and one supervisor)**
 - Day 12. We talked about illnesses and dying and what a special, precious time they can be...how imminent death can break down barriers that have been up for a lifetime (S2)
 - Day 5. No wasting precious time in crap – we're enjoying being a family again. (P6)
- **Time pressure**
 - Day 19. Time pressure have dominated the day. (P2)
- **Right time**
 - Day 10. Decided to look in a book of meditations to look for inspiration. It told me to shut my eyes, get comfortable and at the right time a small pinpoint of light will appear. This is your own light, your own lamp to shine: this is the distinctive light we have been given to share. (P3)
- **Omnipresent**
 - Day 5. Awareness of signals greater. It is stronger than usual and greater than my analytical side. If let loose with the general public they would think I'm off with the fairies. Broad scattyness – that has clarity and connections. Yet want to sit and be alone. Solitude and enjoy solitude. Desire to sit and be 'omnipresent' (my word). (P6)
- **Live in the past/enjoying the moment**
 - Day 5. I can just live in the past. Have a lovely sense of enjoying the moment. (P6)
- **Clock (one prover and one supervisor)**
 - Day 4. Woke up at midnight exactly – thought 'I have transformed'. Leopard changing its spots. What kind of butterfly am I going to become? Thought the clock hands were wings – quarter to 3. (S1)
 - Day 1. Very aware of rhythm of ticking clock – soothing/calming. Safe domestic sound. At moment I feel I have all that I need = content. Feeling safe – loved, appreciated, have all that I need. (P6)
- **Trance (one prover and one supervisor)**

- Day 2. He seems to have slowed right down...like he is in meditation or something. I sit there waiting and waiting, wondering if he has fallen asleep, then he opens his eyes and we carry on. I don't want to break his silence so I just watch and wait, thinking 'come on'. At one point ...he started staring at his hand, whilst moving it back and fore in the air. After a little while I said 'what can you see?' He said 'I'm looking at my 'L'. 'What's your 'L'?' I say. 'It's the scar on my hand in an 'L' shape'. He was almost in a trance like state. I didn't push it, and we just carried on. I felt like I didn't want to ask too many questions around it. I just wanted to observe, and let him be in that space without bringing him back down to earth. (P2)
- Day 1. I noticed when I was out at the beach – sun shining, dogs, waves etc – I usually am very happy/or at one with nature, in a kind of trance, but I didn't feel like that today – I felt discontented and a little indifferent to my beautiful surroundings. (S4)

Periodicity (four provers and one supervisor)

- **Every month (one prover) [informed symptoms came back every month after proving for two months]**
 - Left ear blocked; as if wall/under water. I cannot hear properly. Lasted a day and went. (P1)
 - Sharp pain at the base of my nails as if finger crushed (prover jammed finger in door during proving). (P1)
 - Flu symptoms. Nose is pouring with 'acid' water. (P1)
- **Every other day (one supervisor)**
 - Day 7. Also my liver pain is back today, seems to be with me every other day since beginning. (S2)
 - Day 9. Had the liver pain back today. Burning on the outer edge of my ribs. This is definitely making a regular visit of every other day.(S2)
- **Every year (one prover) [informed one year later]**
 - Brakes failed on car (again), and again garage could not find a fault with brakes (P4)
- **10 days later, lasting 4 hours (one prover)**
 - Day 0. 14:35 (after second dose of remedy). OS. Had the feeling of full bladder all afternoon, but I used to have UTIs (urinary tract infections) as a child up until 20 years ago. Feeling of constant full bladder and having to go to toilet all the time only lasted approximately 4 hours. Day 10. Waning moon. A dull ache just below navel. That same full feeling in bladder again, as I had just before I started the proving. (P3)
- **Opposites happening periodically (three provers and one supervisor) (see 'Polarity')**

Recovering quickly (five provers)

- Day 5. On waking, usually I have to move, massage my fingers as my hands are stiff on waking. But for the last 2 or 3 days I feel pain but no stiffness. 33% >. AS – Altered symptom. Only noticed today that my hands are less painful. A third of my pain is reduced in all my joints. What's really amazing is usually have to do finger gymnastics, but not today – is painful but bearable – not so stiff. Finger all better (after crushing it). Looks fine but still sensitive if I press on it. (P1)
- Day 2. How is Achilles tendon? Good, gone. When? Didn't notice, yesterday I guess. (P2)
- Day 2. Pain in bicep area? Gone. (P2)
- Day 3. Finger? Feels a bit sore actually (I suggest we take off plaster. Took a couple of photos). P2 is amazed that it appears to have healed. It is very white from being under plaster. There is a black bit that we think must be dried blood. I think it needs to

- be out in the air before we can see it properly. 'It feels a bit tender when I press it, feels numb on the surface'. 'I'm amazed that it's healed so quick'. (P2)
- Day 24. NS? Evening. Back is now 99% pain free. This normally takes months to recover from. I feel that I have to record as a new symptom the fact that my back is now 99% pain free and I'm walking upright again. I record this as a new symptom because in my entire history of back troubles, which has become progressively worse over the last 10 years or so, I have never recovered from an episode so quickly. My last episode lasted 3½ months and prior to that I had not been able to surf properly for nearly 2 years – episodes (severe) have generally lasted 6 to 8 weeks. This time I've gone from barely being able to walk (Day 17) to back to 'normal' in seven days. Feeling? Amazement!! (P2)
 - Day 22. NS. Had sudden pain and weakness in right knee cap. Sharp pain with every step – right in the front of knee cap. Couldn't take more than 3 steps and pain with every step. Had to stop in middle of road and lift foot up – couldn't put any weight on after 3 steps. Happened about 3 times (whilst trying to walk, so three times in a row if that makes sense). And then it suddenly went and it was fine. (P4)
 - Day 9. Feel a bit achy and bruised. Elbows a bit painful when lifting and pouring. Particularly lifting buckets and pouring – more painful than usual. Leg and arms still sore same as yesterday. Still a bit clumsy. (P5)
 - Day 10. Joints – 'gone'. No symptoms, no acheyness. (P5)
 - Day 18. Foot. Left foot very painful. Sore pain 'like a bruised feeling' on the ball of the foot – more so between the big toe and sole. Painful on walking. Worse for pressure, walking. Better for sitting 'leave it in a natural position', keeping still. Started getting worse about 6-6.30am. Felt it on getting out of bed and putting weight on it. NS. (P5)
 - Day 19. Foot still a bit painful and sore, but not so bad (same area). OK walking and pressure, but if really pressed it, could feel pain. (P5)
 - Day 20. Foot got better overnight 'as if it was never painful'. Just completely better. (P5)
 - Day 5. Knee pains, much better. (P6)
 - Day 7. Knee – feels freer, no pains and creaks in left knee. Bit achey from sleeping awkwardly. [Symptoms coming and going and not lasting – so down to remedy] (P6)

Infinite

This is about time and space that has no end, the circle of life, the unity, unification, wholeness, completeness of the universe. Everything is connected, there is no beginning and end, it's endless, never ending and bigger on the inside. It's all about seeing more than the eyes can see. I associate this theme with the heart chakra. The heart chakra is the centre of progress, and it's associated with the element Air.

Air (five provers and two supervisors)

- Day 4. When we had to do the breathing with alternate nostril I found that my nose was so full that it was practically impossible to breathe [with cold symptoms]. (P1)
- Day 3. It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. (P2)
- Day 22. 10.16am. NS. Business partner's dad has died (cancer)... Acknowledging the fact of how I felt, and drawing a deep breath and getting on with it. I remember thinking about the happiness of release from something so horrible, and the sadness of losing someone you love. Made me think about losing my dad. (P2)
- Day 17. RS. 18:00 My back has gone big time. Fell off, then had to stand still. It took my breath away. (P2)
- Day 24. I feel I am making mountains out of molehills. (P3)

- Day 5. AS. Woke up with my normal headache [hormonal] although it's on the left side this time [day 5 of period]. Need for fresh air and water. Better for walking in fresh air. (P4)
- Day 7. On way home a buzzard flew really low over the car and looked like it was leading us home! Desire for outside and fresh air. Better for fresh air. (P6)
- Day 9. Saw a *Kite [red kite] again*. Red kite – flying really low. Everything seems so close. (P6)
- Day 6. Bought a lovely piece of art work from him – an abstract of Cader Idris [mountain]. (S2)
- Day 0. NS. Once back in room with others I had to open window for fresh air – it felt damp and I could feel energies swirling around. (S2)
- Day 5. 7.45pm. I feel like there is something forming in my right lung, right at the top, it is sore. Both my lungs hurt when I cough. My breathing is quite wheezy. (S2)
- Day 5. Deep rattling cough – sticky balls of phlegm, wheezing a bit too. (S1)
- Day 8. Feel dizzy and short of oxygen – swimming head. (S1)
- Day 27. *Red Kite* – notice all around. Brother told me he saw it fly past his house carrying a rat. (S1)

Exaggerating (four provers and one supervisor)

- **Difficulties (one prover)**
 - Day 24. I feel I am making mountains out of molehills. The MOT, the Sat NAV, now the PIN number, the sciatica. [P3 drew mountains, curves, four in a row.] Another class [drew another mountain]. But actually it was fine. (P3)
- **Emotions (two provers)**
 - Day 6. I guess I'm still a bit manic! (P2)
 - Day 1. Felt numb, down-ness – no emotion, apart from irritation – when that's not there, there's nothing. Can't be bothered to eat. Only want to smoke. Normally love my food. NS/OS. 'I can be like this but it's definitely exaggerated'. (P4)
- **Senses (two provers and one supervisor)**
 - Day 3. The vision, the smell, the emotions all seem slightly exaggerated. Exaggerated? (deep thought – long). It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. (P2)
 - Day 4. Feel like I'm actually seeing the life in everything. 'It's been happening quite a lot. I just had to stop today, and thought, this is really weird. What is this? 'Grass, trees, and sky just had this vibrance. It's a bit like being on drugs. Stood outside office door because so pleasing to look at and realized I could smell the grass and I could smell the earth, there were loads of smells there. And if it makes sense the smell of water, puddles, I could smell the puddles. It was fascinating that they were coming out as individual smells.' (P2)
 - Day 0. NS. Once back in room with others I had to open window for fresh air – it felt damp and I could feel energies swirling around. (S2)
 - Day 1. This is probably totally irrelevant but the trees looked bigger today in town, noticed when I was driving. Not sure if it was just the light. And when I was driving under a lot of trees they seemed to come alive, as though they had arms that were reaching out over the road. Not in a threatening way. I think I became more aware of their spirits. I love trees. (S2)
 - Day 0. Much heightened sense of acceptance. Aware of environment around me, e.g. response of animals/insects in the shed. Notice movement of them. How many daddy long legs/spiders – increasing, fascinating. 'Privileged to be given a glimpse into their existence'. Heightened awareness visually – watched two spiders dancing. (P6)
 - Day 1. Huge sense of connection at all levels and don't feel rushed. (P6)

- Day 5. Awareness of signals greater. It is stronger than usual and greater than my analytical side. If let loose with the general public they would think I'm off with the fairies. (P6)
- Day 5. Greater awareness of noises/sounds on a different level or plane. (P6)

Unification (two provers and two supervisors)

- Higher consciousness, with (two provers and one supervisor)

- Day 27. It occurs to me that the general feeling [of this proving] is of being very close to the source of human fragility – of life's fragility for everything living. Life and Death. Pecking order. The highs and lows are extreme – so much strength in the power of love and a person's will to survive which is so beautiful and expansive. At the same time the cold hard reality of death that's never far away. Greek myth of man who's punishment was to have his liver pecked at every day and it regrew? Endless...I hope this will be a new start, it feels like an end of something. Thoughts: Tobacco = Poison = Love it and Hate it. Red Kite – All around hospital and brother's house. Brother told me he saw it fly past his house carrying a rat. Birds – Latex – AIDS miasm – Peter Fraser and N. American story of jumping mouse? Eagle? my guide shamanic self. Rat – End of something. Usually means that it's time to move away, move house. Frog – Found toy frog under shrubbery. I was cutting down in garden – 10 years after I planted it – a TRANSFORMATION is happening in my home and garden. (S1)
- Day 3. It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. Where are you in that bigness – pretty much at the centre of it. That alone makes me feel quite good. How big a different was yesterday from today? Oh... opposite ends of the galaxy. (P2)
- Day 27. Dreamt – was worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
- Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)
- Day 27. SURVIVAL keeps coming up. COMMUNICATION (this world and other). Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
- Day 1. Huge sense of connection at all levels and don't feel rushed. Before going to bed was thinking of what the remedy might be, then this entered my head: "There is no need to know where you are going, just walk the path as it unfolds before you and be open to what you encounter along the way." I felt it was important to write it down, getting out of bed to do so. Had powerful resonance for me. (P6)
- Day 3. Noticing synchronicities – spoke about Barn Owl remedy at weekend, and top track on my phone today is 'Good time' by Owl City. Insights into homeopathy – the signals from the universe. (P6)
- Day 5. Awareness of signals greater. It is stronger than usual and greater than my analytical side. (P6)
- Day 7/8. Massive sense of connection with everything! 'Cosmic' – seeing the positive, even when tired. (P6)
- Day 9. Sensation of connection: reminds me of my place in the universe along with everything else. (P6)

- Day 23. Hadn't realised until now it wasn't all bad – that perhaps that intense nervous hypersensitivity [before seizure] also allowed me a greater connectedness with the unseen than most – how interesting to discover this now. (P6)
- **Sensation of unification with everything (two provers):**
 - Day 7/8. Massive sense of connection with everything! 'Cosmic' – seeing the positive, even when tired. (P6)
 - Day 9. Sensation of connection: reminds me of my place in the universe along with everything else. (P6)
 - Day 23. Hadn't realised until now it wasn't all bad – that perhaps that intense nervous hypersensitivity [before seizure] also allowed me a greater connectedness with the unseen than most – how interesting to discover this now. (P6)
 - Day 27. Dreamt – was worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
 - Day 27. SURVIVAL keeps coming up. COMMUNICATION (this world and other). Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
 - Day 3. It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. Where are you in that bigness – pretty much at the centre of it. That alone makes me feel quite good. How big a different was yesterday from today? Oh... opposite ends of the galaxy. (P2)
- **Fellow man/family, with(one prover and one supervisor)**
 - Day 27. Awareness of ancestral themes throughout proving, BUT also have strong sense this is a remedy for our age. (P6)
 - Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)
 - Day 27. SURVIVAL keeps coming up. COMMUNICATION (this world and other). Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
 - Day 12. Feeling really close to [partner] at the moment. This proving has definitely brought us closer together... We talked about illnesses and dying and what a special, precious time they can be. We talked especially around estranged families, or families who had never been able to communicate apart from on a polite level and how imminent death can break down barriers that have been up for a lifetime. (S2)
- **Endless/Big/Never ending (two provers and one supervisor)**
 - Day 3. The vision, the smell, the emotions all seem slightly exaggerated. It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. (P2)
 - Day 16. See with eyes that see more than there is. (P6)
 - Day 27. COMMUNICATION (this world and other). (P6)
 - Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. (P6)
 - Day 27. Greek myth of man who's punishment was to have his liver pecked at every day and it regrew? Endless... I hope this will be a new start, it feels like an end of something. (S1)

Life and Death/Beginning and end (five provers and two supervisors)

- Birth (three provers and one supervisor)

- Day 27. I have felt kinda like I've been giving birth to my first baby doing this. Feeling anxious, not knowing what to expect, feeling that something awful might happen, but not sure what. But with the knowing that it will end and all be OK. (S2)
- Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)
- Dreamt of giving birth to twin boys – but it was like in dreams I saw one way life could have been; in another sequence, it's opposite. (P6)
- [Dream] I was working on labour ward and approximately five of us were budding homeopaths. We were standing in our office, all with repertories and Materia Medica. Don't remember what we were looking up.(P3)
- [Dream] We spoke about midwifery matters and bodily functions. The friends commented how easily I spoke about all that and me just making the comment: but I am a midwife, and therefore used to them. (P3)
- Dreamt last night about a baby with a big head floating in water. (P5)

- Life and Death (three provers and two supervisors)

- Day 27. It occurs to me that the general feeling [of this proving] is of being very close to the source of human fragility – of life's fragility for everything living. Life and Death. Pecking order. The highs and lows are extreme – so much strength in the power of love and a person's will to survive which is so beautiful and expansive. At the same time the cold hard reality of death that's never far away...I hope this will be a new start, it feels like an end of something. (S1)
- Day 12. We talked about illnesses and dying and what a special, precious time they can be. We talked especially around estranged families, or families who had never been able to communicate apart from on a polite level and how imminent death can break down barriers that have been up for a lifetime. (S2)
- [Dream] Also in the middle of the roundabout the victims were put into a coffin then piled up on top of each other making a tower spiralling up. (P1)
- Nightmare about a scared boy found on a WC in a house with worms coming out of a fallen laundry basket which had a blue naked arm in it. The police were called (see Slugs/Worms/Maggots). (P1)
- Dream involving camping with friends and befriending some 'Daleks' who were also on a camping holiday. At the end of the dream I unexpectedly turn and kill the Daleks and I'm on way back to kill everyone else, and this wakes me up at 6.25. Woke up feeling disappointed in myself. Treachery! It was a dream of treachery! (P2)
- Dreams of crows (lots of them) pecking and pulling at me. Felt like they were trying to make me go somewhere. I was resisting it, trying to fend them off. There were skulls – a house full of skulls all stacked on top of each other. Some appeared to have bullet holes in them – all a bit creepy! Very creepy – I didn't like it, it wasn't right. (P2)
- Dream of many many people gathered together, some living, some spirits. In a churchyard next to a house a man lay dying. All of us were supposed to line up to say our goodbyes. (P6)

Decomposers (three provers and one supervisor)

Decomposers are responsible for eliminating dead and dying organisms and in the process they release nutrients into the soil. The nutrients are used by living plants and the animals that consume them (the circle of life). Examples of decomposers include fungi, worms, snails/slugs, maggots.

- Dreamt I was a worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on the essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
- I was walking along a road full of cars, almost stationery, not moving. I was wondering why don't they move? What's the problem? After a long walk I arrived at a roundabout and saw the whole of the roundabout was covered with SLUGS, and the cars that were trying to drive over them slipped and finished upside down, and it looked disgusting – a slimy mess. Slimy disgusting stuff, and death. Also in the middle of the roundabout the victims were put into a coffin then piled up on top of each other making a tower spiralling up. (P1)
- I was walking through a field, then saw a giant slug, so turned away and ran, then suddenly I laughed and said 'Thank God slugs are slow'. Giant slug, I was smaller. Disgusting. Not frightening – repulsive. (P1)
- I was a house when I heard a voice calling. I went to see what/who it was and found a child seated on a WC. He had kicked a laundry basket and lots of worms fell from it. I think he was scared. I took his hands to get him out. Then went back to have a look. I lifted the lid and saw one naked arm, it was almost blue. I went out and called the police. (P1)
- 'a tank of jelly fish with fly agaric red and white spotted tops' (S4) ['fly agaric' refers to the red and white spotted mushroom/toadstool.]

Destiny

And finally, we've come full circle back to 'following the path and being open to what you encounter along the way' – our destination, our destiny, to see the connections and be 'one'. It's written in the stars! The stars are powerful aids to move our lives in new directions. And once again, this theme is evident throughout all the other themes.

Destination (one supervisor)

- Car: I was driving down a track, it was sunny and the light was crisp and clear. It was in the country and there were trees over hanging. The colours were beautiful. My son was with me. Just a little way down, right in front of our vehicle there was the most beautiful young (half grown) tiger laying on the side snoozing. We stopped and watched him coming out of his slumber. He was laying on the right side of the road. He got up and jumped into the trees on the left and then as we edged forward he jumped from the left side over to the right side, just above our bonnet. It was an amazing sight. Then he was gone. I carried on down the track and we came to a ford. I somehow negotiated it wrongly and ended up with my car overhanging the ford from a bit of a cliff above it. I couldn't go forwards or back. I went to find someone to tow me out. Down below in the ford there were cars abandoned. There was a house opposite. *I feel that was my destination.* That's it. The most striking thing was the tiger, he was so beautiful and graceful, non threatening. I don't think I was that worried about my car. I think I knew I would find someone to help. There were other people milling around. I don't normally have dreams with animals in. (S2)

Fatalistic (three provers)

- Day 6. Feeling of being submitted to circumstances stays with me all day. (P3)
- Day 3. AS. Just can't be bothered with anything really. Like a passive fatefulness. (P4)
- Day 5. Feeling comfortable just letting things happen/be. (P4)
- Day 27. Didn't care what happened – didn't want to do anything and happy to leave everything in my life up to fate I suppose. (P4)
- Day 0. Feel calm and centred. As took second dose, asked self 'Why did I take that?' 'Oh well! What will be will be'.(P6)

- Day 1. Sense of being able to be flexible and live in the moment (impromptu lunch invite). (P6)
- Day 1. Before going to bed was thinking of what the remedy might be, then this entered my head: "There is no need to know where you are going, just walk the path as it unfolds before you and be open to what you encounter along the way." I felt it was important to write it down, getting out of bed to do so. Had powerful resonance for me. (P6)
- Day 9. Huge sense of 'whatever happens I can cope with it. (P6)
- Day 15. Gave up the 'fight' and left fate to take its turn. Feel looked after – given what you need, i.e. place to be in. 'Cleaner' no battles involved. (P6)

Fate (one prover and two supervisors)

- Day 27. Yesterday, as I left the hospital before coming home, saying goodbye to brother I met a random stranger who told me, without me asking, how he had defied the doctors by recovering from terminal lung cancer – spontaneously. It was around his aorta, i.e. inoperable – has now gone. He was just a chatty bloke my age. The conversation was brief and he was a prophet of a sort – whilst he was talking he said he was only there visiting a friend. All the time he was talking he was Smoking a cigarette! In my bag, I had my brother's tobacco. He'd asked me to take it away so he wouldn't be tempted to have a cigarette once he was able to walk! He has pneumonia now. All the addictions and crazy self-harm that goes on – and the secrets. I am not sure that brother hasn't been suspected of having cancer – we are in the oncology department and its written in 10 foot letters across the wall. But nothing is said. I hope this will be a new start, it feels like an end of something. (S1)
- Day 1. Been driving around today at a much slower, safer, steadier pace. I remember doing this last night too, when driving back. Something is telling me to slow down. (S2)
- Day 16. Something's changing in me! Not sure choosing to, or something shifted at a deep level. Have a chance to be by self and find it exciting. To do with the effects of the remedy: dreams are about finding my own place in life! Subconscious to conscious. (P6)
- Day 16. Phone call – need to be moving by 21st – wow! There's a suddenness about all these things. Thought occurred that before I took this remedy I wasn't even thinking of moving and now will be moved into new place before proving ends. It's exciting – as well as a tiny bit terrifying! House move – sudden, but exciting! Intense – most things are intense! Huge connection with everything! (P6)

Strange (four provers and one supervisor)

- Sensations (three provers and one supervisor)

- Day 2. NS. 1.20pm. My nose feels like it doesn't belong to my face – it is so cold. Really difficult writing this, my fingers don't feel like they belong to me – very strange they don't want to move in the right direction. (S2)
- Day 5. 3.23pm. Full on day so far, no time to think, other than on the run – feel a bit like I'm speeding after 6.5 hours of talking, dealing and debating. Lots of adrenalin flowing with high stress levels but feel good. S2 has pointed out that I'm being very loud. 21.12 Still a full on day. Feel pretty charged. The natural world is still vibrant – all feels a bit manic! 'There's been a lot of a sense of speeding, I feel like I'm in a buzzy state! What's manic? It is loud and energetic, boisterous. When do you feel manic? The whole day has felt manic! What does it feel like? (long thinking!) 'Good in a bad sort of way'. Why bad? Well I don't know, what's the truth to that one! 'Just a bit unnatural, unusual (thinking!). (P2)
- Day 11. NS. Driving has been feeling strange – surreal. The sensation of driving feels different almost like I'm someone else driving – or it's like experiencing what it's like to drive by someone else. What they're aware of is different to me. (P4)

- Day 24. Unbelievable – have come to end of day feeling shocked and spacey! Can't quite shake feeling of 'déjà vu' about it all either – as I was speaking to various adults connected with it had growing sense of familiarity with situation, which was quite strange. (P6)
- **Everything seems (three provers)**
 - Day 6. Strange – so many people have said 'Thank you to me lately: 1) one patient sent me an enormous (25 roses) bouquet of multicoloured roses. 2) my step daughter telephoned and sent an e-mail to say thank you. 3) my husband offered me a meal out tonight. (P1)
 - Day 14. Phone technology, bizarre. Mobile phone rang and on screen was S1 disconnected. What is happening? Then got a call from S1 asking 'did you call me? How strange is that? She did not call me, and I did not call her. S1 had a missed call. (P1)
 - Day 21. Evening. It is strange but tonight after such a fine day I feel anxiety and I am wondering about my supervisor...but it is too late to call her and any way we shall talk tomorrow. Premonition? [S2 called away to see seriously ill brother.] (P1)
 - Day 16. Weird thing – the garage can't find anything wrong with my breaks and they are working fine!! Feels like there's been lots of strange car fear and then breaks failed and there's nothing wrong – really odd. (P4)
 - Day 0. Strange kind of energy. (P6)

Submitted to circumstances (four provers and two supervisors)

- Day 3. Feel as if everything is ebbing away. Can't work – can't earn enough. Can't do enough. Not good enough. Feel threatened. I cried this morning – howling. 'I can't do this all on my own.' (S1)
- Day 27. Dreamt during proving, but not noted. Relayed during final meeting, and written account sent via e-mail on 26 October 2012: 'from my dream that I described of crashing my car, of careering off the road and turning over and over before coming to rest. In the car was my partner of 23 years and myself, our relationship in reality has been heading for disaster slowly for more than two years, as we have said: coming to the end of the road.....The meaning of the dream for me was that we are going through a traumatic event but we remain aware and come to rest unharmed the right way up in a green field....a pleasant relief and a still point. Totally out of control, but somehow unharmed by the rough and tumble. This gives me hope that we will be ok if we have to face selling the house and starting again, uprooting ourselves and separating, but remaining connected by the children. The car landed heavy like a stone in the field and I had the strong feeling that this is how the stones arrived here from Wales, in an ice flow, a glacial pile up. It has not occurred to me before, but a volcano, an eruption, can throw things a long way.... somehow, the cold feeling and heaviness whilst being rushed through time, slow motion at the beginning, and long slow processes undertaken, but driven by a fire, an absolute need/fire: are how the proving has felt. That we are being cleaved apart and with a cold heart striving to stand alone, its logical step, no emotion. (S1)
- Day 9. I feel like I have gone from a very high place at the beginning of proving to a very low place. Don't think I'd want to be on my own right now (US). (S2)
- Day 15. Everything seemed to be on top of me. I couldn't clearly see my priorities. My mind was jumping around. (P2)
- Day 6. This is when I have started and am overwhelmed by the volume of it. Then can't finish it. Feeling of being submitted to circumstances stays with me all day. (P3)
- Day 27. Bit emotional [crying]. This feeling of feeling so full, of experiencing everything I have to do is such a burden is not new, but it is becoming as overpowering as when I had those 7 weeks off earlier in the year. (P3)
- Day 9. Everything's an effort, everything's an ordeal at the moment. (P5)

- Day 11. I think I feel a bit unsupported right now. I'm experiencing the flip side a bit and it revolves around disconnection (I have no family of own – rootless), confusion (can't articulate what I need and/or feel (shouldn't have to). Accidents are big in the picture – both big and small incidents – knocked over another tea cup last night, son's crash. Comfort lies in that nothing is whole without polar opposite. (P6)
- Day 9. Usually get over anxious over things that I have no control over. Am laid back about it all. Feel there's a mammoth dynamic shift. (P6)

Synchronicity (two provers and two supervisors)

- Day 27. Red Kite – notice all around. Brother told me he saw it fly past his house carrying a rat. Birds – latex – AIDS miasm – Peter Fraser and N. American story of jumping mouse? Eagle ? My guide, shamanic self. (S1)
- Day 27. Frog – Found toy frog under shrubbery. I was cutting down in garden – 10 years after I planted it – a TRANSFORMATION is happening in my home and garden. (S1)
- Day 27. Yesterday, as I left the hospital before coming home, saying goodbye to brother I met a random stranger who told me, without me asking, how he had defied the doctors by recovering from terminal lung cancer – spontaneously. It was around his aorta, i.e. inoperable – has now gone. He was just a chatty bloke my age. The conversation was brief and he was a prophet of a sort – whilst he was talking he said he was only there visiting a friend. All the time he was talking he was Smoking a cigarette! In my bag, I had my brother's tobacco. He'd asked me to take it away so he wouldn't be tempted to have a cigarette once he was able to walk! He has pneumonia now. All the addictions and crazy self-harm that goes on – and the secrets. I am not sure that brother hasn't been suspected of having cancer – we are in the oncology department and its written in 10 foot letters across the wall. But nothing is said. I hope this will be a new start, it feels like an end of something. (S1)
- Day 1. Been driving around today at a much slower, safer, steadier pace. I remember doing this last night too, when driving back. Something is telling me to slow down. Supervisor amazed that P2 also talking about 'going at a slower, steady pace'! (S2)
- Day 7. I can't believe it! This morning I opened a box of strawberries I bought and in it within my breakfast there was a SLUG. Not only in dreams, but also in reality they hunt me! Bought them on Friday, opened pack from fridge. Felt something strange – touched it and realised not a strawberry – Yuck. Put it in the sink and poured hot water on it. Don't like them. Not frightened – they DISGUST. S. African homeopath – talked about sea snail. A stomach in a foot, next to it they have sex. They go for it eating and sex. He gave a case of an over-weight woman. (P1)
- Day 8. I brought some flowers. I cut the stems in the sink, put them in a vase. Then 4 hours later saw a SLUG climbing the wall, behind the sink. If there is one creature I find disgusting it is slugs, they honestly disgust me and now with this proving I dream of them, find them in my breakfast and on my wall. What is happening? Slugs haunting me. I would be gutted if it's slug we are proving. When asked about killing the slug, she said: I don't care about killing slugs – don't like them. (P1)
- Day 3. Noticing synchronicities – spoke about Barn Owl remedy at weekend, and top track on my phone today is 'Good time' by Owl City. Insights into homeopathy – the signals from the universe. 'Good Time' Owl City. Will be ordering it tomorrow. (P6)
- Day 4. Synchronous trails especially in homeopathy cases. At point of overload – am aware of body signals and stop the thoughts. Listening to body instead of pushing yourself through it. Inside to outside is easier. Have a break, and therefore more productive. (P6)

Telepathy/Clairvoyance (see 'Awareness')

Transformation (two provers and one supervisor)

- Day 4. Woke up at midnight exactly – thought ‘I have transformed’. Leopard changing its spots. What kind of butterfly am I going to become? Butterflies – leopards changing their spots. Thought the clock hands were wings – quarter to 3. Transformation – seems relevant today. Changed. P1 dream about the coffins reminded me of cocoons. (S1)
- Day 11. US. I’ve got this sensation inside me that there’s something different about me. I have a different sense about me. I feel a lot calmer than I have done for a long time. Difficult situations are OK. I’ve been trying to understand what this sense of ‘OK’ is. I think I’ve come to the conclusion that I think I’ve actually grown up. I feel like I’ve made firm contact with my adult self (lots of thinking). (P2)
- Day 21. NS/US. I’m definitely different in me. I’m letting things go better. I’m handling ‘our relationship’ differently since this remedy. I think it’s really good. I think it’s better. I feel more grown up. (P2)
- Day 1. Different energy between me and husband – warmer and lost feeling of being rushed and under pressure. (P6)
- Day 9. Feel there’s a mammoth dynamic shift. Been uncertain and craving reassurance normally. Been supplied with courage/faith, growing faith in own abilities. Would have felt bereft – want to explore what it’s like to be by myself a bit longer. (P6)
- Day 16. Given a chance for a fresh start; after reviewing the past. Have clarity on what has been muddy – an opportunity. Reactions and responses differently. Taking it in stride. Something’s changing in me! Not sure choosing to, or something shifted at a deep level. Getting confidence of younger years back. More of a sense of independent self [physicals disappeared]. Have a chance to be by self and find it exciting. (P6)
- Day 19. I watch a woman through a window who is wild and feral and she watches me (might even be a side of me, I sense, but a side that I am not familiar with, which frightens me a little). She destroys a formal, structured garden which in the dream is a powerful, positive thing. Am getting a growing sense with my dreams of needing to face and let go of my fears. I have never learnt so much or remembered so much of dreams before now. I feel like this is my time and I have been given opportunities to create what I need for myself and my family. Need to take these and stop wasting energy in trying to be what I am not or feeling guilty for what I’m not going to change. There is a sense of huge shifts going on dynamically. (P6)
- Day 27. Awareness of movement in abdomen – been there last few days. Have been thinking of pregnancy sensation – but today have felt this is not a potential life but an awareness of the spirits that have gone before. I AM MY ANCESTORS. I feel like I have grown into myself – a kind of rite of passage experienced. (P6)

Waiting, something’s coming, sense of (one prover and one supervisor)

- Day 16. Today, a ‘sense of something’s coming’. Waiting, preparing, but strong sense of connecting to energy of remedy. (P6)
- Day 17. Sense of waiting – not apprehensive way but a resting and gathering of resources. (P6)
- Day 15. RS. Woke up this morning feeling anxious and trembly. Have to go to meet someone, but really don’t want to, and felt it till last minute to leave. I feel the anxiety in my head, chest and stomach. It’s almost as if I am waiting for some news that I know is going to be terrible, and I don’t know how I am going to cope. Foreboding. I feel it has lifted by about 1pm. (S2)

The miasms and the periodic table

*Beth yw adnabod? Cael un gwraidd
Dan y canghennau*¹⁰.

The themes of Preseli Bluestone seem to overlap with those of all the miasms:

- Psora – the first miasm: eruption of the skin, which if suppressed, will cause chronic disease. The themes include aligning with nature, survival, back to basics (the primary relationship with earth), elimination through the skin. It's associated with the base chakra primarily, and then the solar-plexus chakra. The main planetary affinities according to Ian Watson (2009) would be Saturn (elimination, rectum); Jupiter (digestion, metabolism) and Mars (survival instinct).
- Sycosis – the second miasm: the infectious agent (the gonococcus) inflames the mucous membranes of the urinary-generative tract before penetrating more deeply into the organism. The themes include overproduction, energy of birth, growth, abundance. It has a relationship with the water element: the movement of fluids through body, the sensual, feeling side of life, clairvoyance, finding a healthy balance, time and space. It's associated with the sacral chakra and also the brow or third-eye chakra. The main planetary affinities (Watson 2009) would be Venus (genitor-urinary organs, mucus membranes); Moon (fertility, hormones, fluids), and Jupiter (growth).
- Syphilis – the third miasm: the infectious agent (the spirochete) destroys the interior of the cell, eventually attacking the most interior structures: the bones and the central nervous system. The themes include decay, breakdown, contraction, destruction, death, breaking down/letting go, fire/purification and transformation. It's associated with the fiery solar-plexus chakra as well as the base and heart chakras. The related planets (Watson 2009) would be Saturn (bones, teeth, structure, decay), and Sun (heart, despair).

Following on from the three major miasms, we have the Tubercular, Cancer and AIDS miasms. Peter Fraser (2002) in his book on the AIDS Miasm classifies them differently, stating that they are a reaction to the big three miasms:

- Tuberculosis – a mixture of Syphilis and Psora. The themes include human aspiration, spiritual awareness and creative potential, communication, creativity, art, music, dance, appreciation of nature. It relates to the element of air – breath, life energy. It has an affinity with the heart and throat chakras. It's associated with Mercury (lungs, throat, communication) and the Sun (blood, circulation).
- Cancer – a mixture of Sycosis and Syphilis. The themes include no clear boundaries, personal relationships, journey towards becoming whole, suppression, not true to self, reveal true self, reconnect with self. As you would expect the Cancer miasm can be matched to everything, but the strongest chakra affinities are the heart, solar-plexus and base. The moon (cancer, lymphatics, breasts) would be the strongest planetary association, together with Venus (relationships), Jupiter (growth), and Saturn (death) (Watson 2009).

¹⁰ Taken from 'Pa Beth yw Dyn?' ('What is Man?') by Waldo Williams, published in 1956. Translated as 'To know, what's that? Having the same root under the branches'.

- AIDS – a mixture of Psora and Syphilis. The overall qualities of the AIDS miasm can be said to be a breaking down of boundaries, which have been seen on a broader social level with the advent of the digital age and the influence of the internet, breaking through all previous communication barriers; also on a political level with the influence of global capital, challenging the relevance of national boundaries and a realization of the interconnectedness of all business and capital. On a physical level, we see with AIDS, a breaking down of the body, a retroviral interloper infecting T cells in the body, destroying them and allowing a variety of infectious diseases to take hold of the body. There is a possibility that AIDS could have developed from monkey viruses (SIV as opposed to HIV) or from other animals, another form of breaking down of boundaries.

Peter Fraser (2002) summarizes the main themes of the AIDS miasm as follows: “The primary effect of the dissolution of boundaries is that CONNECTION can be made without obstruction or interference. However, connection becomes DISCONNECTION and isolation. This leads to INDIFFERENCE, which then leads to DISPERSION, INSTABILITY, a tendency to EXTREMES and CONFUSION. There is a tendency towards passivity and FEMININIZATION, which is seen in society and in symptoms. There is increasing VULNERABILITY, a sensitivity to INFECTION and a LACK OF CONFIDENCE, and issues around BOUNDARIES and the PORTALS that penetrate them”.

To quote Fraser (2002):

“The particular effect of man’s extension by Electronics, which Marshall McLuhan called the extension of the nervous system of man, is to bring about an almost complete destruction of the concept of distance in both space and time...Boundaries disappear, they are of absolutely no consequence to electronic communication or to airplanes.”

Richard Pitt (2015) in an essay on AIDS and its miasmatic identity comments that “The age of communication has reached its ultimate stage when the whole world can be connected with contaminated blood used in vaccines that originate from a different species. In this scenario there is a complete breakdown of the natural human and species barriers that have protected us for millions of years. It is an unknown phenomenon, one that has yet to play its way out in the human story. It doesn’t promise to get any better soon, with the relentless pursuit of yet more vaccines for every conceivable condition, including that of AIDS.”

With regard to themes, Preseli Bluestone has clear links with all six miasms. Ian Watson’s (2009) take on the miasms is helpful. He says that we cannot live on the earth and not be subject to survival issues, so psora is the pivot point. He sees sycosis and syphilis as complementary opposites. He realized that syphilis is everything that sycosis isn’t (polar opposites), so they complement and oppose one another. From that point of view, it makes sense that the Preseli Bluestone themes link with all the miasms. As noted by Fraser (2002) and Pitt (2015), diseases have changed over time, from mass infection diseases to the highly individualised and differentiated hybrid autoimmune diseases. When our social environment changes so the nature of the disease alters. There are several environmental factors which potentially interfere with the immune process such as radiation, vaccinations, pesticides, pollutants, life stress, crowded populations, all of which are characteristic of a modern society.

Preseli Bluestone has an ancient connection to the ancestors and the cosmos, and yet its themes have clear connections with this digital era of autoimmune diseases (see AIDS miasm above).

As noted by one of the provers:

- Day 27. Awareness of ancestral themes throughout proving, BUT also have strong sense this is a remedy for our age. (P6)”
- Day 27. Today on news – hit and run murderer (a car as a murder weapon – tools of our age). Murder by arson of young family. The background to this remedy proving has been one of chaos, destruction, breakdown. (P6)

One supervisor noted a connection with the proving of Latex, which is an AIDS miasmatic remedy:

- Day 22. All in all quite surreal, repeat performance of contemplating brother’s fragile health with my older mum.. An extreme time emotionally and physically. 10 years ago this event with brother happened during a proving I did of Latex – some of which was very much AIDS miasm. Life and Death – outpouring of love to heal him. (S1)
- Day 26. I need to be in two places at once (Latex). (S1)
- Day 27. Hoping to offer you as much of an idea of my time during the proving and the reminiscent feeling I have now as I did during Latex – which was not an insignificant time of my life (10 years ago). It occurs to me that the general feeling is of being very close to the source of human fragility – of life’s fragility for everything living. Life and Death. Pecking order. The highs and lows are extreme – so much strength in the power of love and a person’s will to survive which is so beautiful and expansive. At the same time the cold hard reality of death that’s never far away. Greek myth of man who’s punishment was to have his liver pecked at every day and it regrew? Endless. All the addictions and crazy self-harm that goes on – and the secrets. I am not sure that brother hasn’t been suspected of having cancer – we are in the oncology department and its written in 10 foot letters across the wall. But nothing is said. I hope this will be a new start, it feels like an end of something. Thoughts: Tobacco = Poison = Love it and Hate it. Red Kite – All around hospital and brothers house. Brother told me he saw it fly past his house carrying a Rat. Birds – Latex – AIDS miasm – Peter Fraser and N. American story of jumping mouse? Eagle? My guide shamanic self. Rat – End of something. Usually means that it’s time to move away, move house. Frog – Found toy frog under shrubbery. I was cutting down in garden – 10 years after I planted it – a TRANSFORMATION is happening in my home and garden. (S1)”

And one prover saw a connection with a symptom she had during a proving of Holmium Oxidatum (Uranium series; Lanthanide – which again is an AIDS miasmatic remedy):

- Day 1. Ears got blocked as if water in them. Sounds seem to be muffled. [Same symptom during the proving I did last Spring, it was Holmium Oxidatum (Lanthanides). I can’t hear properly – like water in my ears, stopping me hearing. Like under water, funny muffled noise. Don’t hear people clearly. It’s all muffled. On both sides – same. Ears are disagreeable – like as if you’ve excluded yourself from life. Ears fine by next morning – not muffled. (P1)”

This same symptom was experienced by another prover and supervisor.

Interestingly, the element Holmium (Uranium series; Lanthanide) is a part of the composition of Preseli Bluestone, and Holmium has magnetic properties.

In Chapter 5, I identified all the elements of Preseli Bluestone, and highlighted them all in the periodic table. Amazingly, Preseli Bluestone includes elements from every one of the 18 stages (columns), and every one of the seven series (rows).

According to Jan Scholten (1996/2009) the 18 stages of the periodic table represent the stage in a development, the cycle of life. Scholten (1996) describes the cycle as 'the rise, the success and the fall of any undertaking, project, business or kingdom'. It starts with the rise and growth, comes to a full development and then declines again, ending in nothing – the circle of life! The whole, complete picture – and therefore, it is no surprise that Preseli Bluestone contains elements from each stage.

I include here the Preseli Bluestone elements under each of the seven series (rows) of the periodic table, and demonstrate how the Preseli Bluestone themes can be linked with the themes of each of Scholten's seven series:

Hydrogen series (row 1):

Hydrogen

The essence of this series is 'whether or not to be' in this world. Hydrogen experiences the world as a whole, there is a great desire for unity/oneness. But later on this sense of unity is lost, and they begin to feel that they are separate from the rest of the world. Their paradise has changed into a world of good and evil, of me and you. In the development of life, this series corresponds with conception and the period of the unborn child (see 'Infinite - Unification' section in Chapter 8).

Preseli Bluestone examples:

- Day 27. Dreamt – was worm/maggot channelling through earth and flesh experiencing though (paradoxically) a feeling of greatness as I feed on essence of life. Sounds horrible, but it was not – on the contrary, massive sense of connectedness with everything. (P6)
- Day 11. Comfort lies in that nothing is whole without polar opposite. (P6)
- Day 3. Today I feel at one, at peace again. (P2)
- Day 27. So much strength in the power of love and a person's will to survive which is so beautiful and expansive. At the same time the cold hard reality of death that's never far away. Greek myth of man who's punishment was to have his liver pecked at every day and it regrew? Endless. (S1)

Carbon series (row 2):

Li – Lithium

Be – Beryllium

Carbon

Oxygen

Fluor

This series represents the development as an individual and raises questions such as 'who am I?', followed by 'what am I worth?', 'what is the value of the world?', 'what is the meaning of life?'. The age that corresponds to this phase of development is that of the toddler. A toddler learns to distinguish between different things and one of the most important distinctions is the one between 'I' and the other person. In this phase the area that is being discovered is only small, i.e. the body.

Preseli Bluestone examples:

- Day 11. I feel like the petulant child has grown up. (P2)

- Day 23. Feel like a crap business man. (P2)
- Day 0. Broke down crying when she realised that she is a perfectionist and scared of failure. (P3)
- Day 5. NS. I feel like I'm more of an observer and not having any emotional reaction to anything. (P4)
- Day 11. Self-absorbed (even though now negative). It's all about ME! Why can't everyone see that. Pull to self prescribe for 'acute' on one symptom! Desire to be nurtured/looked after. (P6)
- Day 16. Getting confidence of younger years back. More of a sense of independent self (P6)
- Day 9. Want to explore what it's like to be by myself a bit longer. (P6)
- Day 1. At moment I feel I have all that I need = content. Feeling safe – loved, appreciated, have all that I need. (P6)
- Day 3. Feel as if everything is ebbing away. Can't work – can't earn enough. Can't do enough. Not good enough. I can't do this all on my own. (S1)
- Day 23. Woke up feeling sad, like I want to cry. Feeling like I'm crap. (S2)
- Day 11. I think I feel a bit unsupported right now.

Silicum series (row 3):

Natrium

Magnesium

Aluminium

Silicium

Phosphor

Sulphur

Chlorum

This is the level of relationships, first within the family, then gradually including other people. It's the age of the teenager. The teenager finds out about his position in relation to others, learning to define his own space and to respect that of others. The area increases to include their own house and the immediate neighbourhood, the environment where the child learns to relate to people outside the family. This includes the school where he starts to make friends with other children.

Preseli Bluestone examples:

- Day 3. Got annoyed with the plumber – he was chauvinistic – said women don't understand. (P1)
- Day 21. NS/US. I'm definitely different in me. I'm letting things go better. I'm handling 'our relationship' differently since this remedy. I think it's really good. I think it's better. I feel more grown up. (P2)
- Day 27. Like the indifferent kid of depression that I went through the first week or so. (P4)
- Day 0. 6pm. Feeling unsociable and pissed off. Wires keep being tangled when I get something like a charger and it's testing my patience. (P4)
- Day 5. No wasting precious time in crap – we're enjoying being a family again. (P6)
- Day 7. Strangely feel more wide-awake as evening goes on! Really able to talk to my teenagers too! (P6)
- Day 1. Different energy between me and husband – warmer and lost feeling of being rushed and under pressure. (P6)
- Day 3. I seem to have woken into some kind of hell...Angry with daughters. Angry with partner...Finally have to credit some of this awfulness to state of my hormonal self – and the upcoming full moon. (S1)
- Day 1. I was speechless and cross – please don't question my judgement – puts me on the defensive ... Authority of the male – harsh, as if I am weak indulgent mother – how dare he; indignant (S1)
- Day 27. In the car was my partner of 23 years and myself, our relationship in reality has been heading for disaster (S1)

Ferrum series (row 4):

Calcium
Sc – Scandium
Titanium
V – Vanadium
Cr – Chromium
Mangaan
Iron
Co – Cobalt
Ni – Nickel
Copper
Zinc

This is when abilities start to be developed. They have to learn to fulfil certain tasks. Eventually they learn to carry out these tasks by themselves. This is the phase of becoming an adult. This includes the years of puberty. This is the area of the village or the tribe. The individual gets to know the whole group and starts to determine his own position within the group.

Preseli Bluestone examples:

- Day 0. Emotional about not handing in homework and cases in, but sitting on them. (P3)
- Day 11. Even if it's a sunny day – quite content inside (calc carby). (P4)
- Day 13. Did a lot of work before going, which I was very pleased about. Drove to XX. Spent a lot of money, but did not care. Drove back. Did a bit of business on way back and felt pleased with myself. Not tired all day. Got home. More work. (P5)
- [Dream]. Again of survival, tribal gatherings, finding ways to meet challenge. There is a very post-apocalyptic feel to dreams of late – of making a stand, creating and claiming a space. Climbing, gathering in own 'tribe'. Creating a gathering of people. (P6)
- Day 7. Done lots of baking. Very home-centred – everything drawing towards home and family. (P6)
- [Dream]. I had a vivid dream. It involved a 'face your fears' type scenario with tanks and pools of water where known and unknown creatures existed (a series of challenges). (S4)

Silver series (row 5)

Rb - Rubidium
Sr - Strontium
Y - Yttrium
Zr - Zirconium
Nb - Niobium
Cd - Cadmium

The central theme for this series is the passing on of ideas and images. This can be done through paintings and sculptures, through poetry, theatre, music, through speeches or through channelled information from other spheres (Art and Communication). This level is usually developed in middle age, but the theme can be present at any age, often even in childhood. The area is that of the province – it is no longer possible to know everybody. Speech and hearing are two specific physical themes that belong to the Silver series – using speech to get our ideas across and ears to receive the ideas.

With regard to Preseli Bluestone, see 'Connections – Communication/Sounds', 'Awareness – Telepathy' in Chapter 8..

Preseli Bluestone examples:

- Day 15. Making arrangements, which I feel are clear, but I seem to be the only one, who thinks it is logical... Communication is so important, effective communication that is. I often get annoyed that so little advice is taken on. However, I know that often I don't take advice either. (P3)
- Day 24. Been singing a lot and whistling.(P3)
- Day 1. When I did wake up, I felt awful, really shut off, unable to communicate. (P4)
- Day 5. Enhanced poetic/lyrical way of speaking – coming back to the aesthetic – poetry etc. Nurture yourself as well as others. Sing! And singing more and harmonize with voice. Long discussion on 'energetic exchange' of a homeopath. (P6)
- Day 3. Heightened awareness of sound – fridge humming, the dogs breathing, bird song. Sound visualized as energy – hear the energy. (P6)
- Day 5. Keep having 'crossed wires' or simultaneous moments of texting each other or receiving phone calls whilst talking to someone else – recurrent. (S1)
- Day 5. Very sensitive to sound – any sound, especially knives and forks on plates. It's been going right through me. (S2)

Gold series (row 6)

Cs - Caesium

Ba - Barium

Hf - Hafnium

Ta - Tantalum

Pb - Plumbum

Power is the central theme of this level. It is about leadership and power over other people. Leadership goes hand in hand with feeling of responsibility for those people. This is the phase of maturity, the age at which people traditionally used to, and still do, come into a position of power. The area has now been extended to include the whole country or even the whole world. The vision is broader. The eyes are associated with the Gold series.

See 'Inner Compass – vision/eyes', 'Connections' in Chapter 8.

Preseli Bluestone examples:

- Day 2. Eyes felt very strained and painful all day, more noticeable for movement.
- Sensation was like when you try on glasses that are too strong for you. (P5)
- Day 1. Working with a cerebral palsy child in work and I noticed that every time I blinked, my eyes felt cold... Interestingly the cerebral palsy child was once only able to communicate with blinking his eyelids. (S2)
- Day 1. Eyesight – my eyesight feels a lot better. I have a wide eyed feeling. I am absolutely convinced my eyesight has improved today. (P2)
- Day 3. A crystal clarity to it, and when I think about it... Feel like I'm actually seeing the life in everything (P2)
- Day 16. Clarity of vision, see with eyes that see more than there is. (P6)
- She destroys a formal, structured garden which in the dream is a powerful. (P6)
- Circling through the air were angels (not white robe gentle kind), very strong powerful dark-skinned figures. (P6)
- [Dream]. It is an act of great love which makes me feel, in the dream, empowered and strong. (P6) [Dream] Ancestry/warrior woman protective of family: recurrent event in dreams.
- Day 7. On way home a buzzard flew really low over the car and looked like it was leading us home! (P6)

Uranium series (row 7)

Lanthanides:

La - Lanthanum

Ce - Cerium
Pr - Praeseodymium
Nd - Neodymium
Sm - Samarium
Eu - Europium
Gd - Gadolinium
Tb - Terbium
Dy - Dysprosium
Ho - Holmium
Er - Erbium
Tm - Thulium
Yb - Ytterbium
Lu - Lutetium

Actinides:

Th - Thorium
U - Uranium

Magic is a key theme. These are the magicians, the people who know how to reach their goal through the power of intention and the power of thought. They are the shamans, the prophets who guide the evolution of mankind from behind the scenes – people like Merlin! They work with invisible forces. They know how to manifest the hidden knowledge and power deep within the subconscious mind. This is the time of very old age. There are no limits to the area on which they focus their powers. This series focuses on intuition. These people are often clairvoyant, or clairaudient or they simply know what is going on.

See 'Inner Compass', 'Infinite – intuition', 'Connections', 'Time', 'Travel', 'Destiny' in Chapter 8.

Preseli Bluestone examples:

- Day 21. It is strange, but tonight after such a fine day I feel anxiety and I am wondering about my supervisor...but it is too late to call her and any way we shall talk tomorrow. Premonition? [S1 gone to see her brother who is very ill in hospital.] (P1)
- Day 7/8. Massive sense of connection with everything! 'Cosmic'.. Sensation of connection: reminds me of my place in the universe along with everything else. (P6)
- Day 23. Hadn't realised until now it wasn't all bad – that perhaps that intense nervous hypersensitivity also allowed me a greater connectedness with the unseen than most – how interesting to discover this now. (P6)
- Day 27. COMMUNICATION (this world and other). Visualising burying self deep – a network of roots, which then become capillary veins. Thinking of evolution – the primary ancestor. (P6)
- Day 3. It's like taking a breath and then taking a bit more, like filling your lungs and going that little bit more than you would normally. It all just seems a little bit bigger. Where are you in that bigness – pretty much at the centre of it.(P2)
- Day 1. I think I became more aware of their spirits. I love trees. (S2)
- Day 11. Dreamt I was walking with two dogs and had a stick/cane and I was bashing the vegetation. (P1) [Before hearing about missing girl.]
- Day 12. I do remember being confronted with an image of myself as an old woman, a decrepit old being, but the image was of me now. (S2)
- Day 5. Feel like an old lady shuffling along. (P4)

Scholten (2009) discovered an emerging theme in relation to the Lanthanide metals was an inner struggle for self-realisation, to define "who I really am" in relationship to the external social and collective values. It is a desire to know who we are, a desire for self-knowledge and for self-control. Thus he concludes that the main theme of the series is 'autonomy': a desire for self-determination, self-actualisation and self-realisation.

In a Foreword to Jan Scholten's 'Hidden Lanthanides' Rajan Sankaran (2009) says: "The elements themselves are hidden, though present commonly in nature, e.g. hidden in stones. Scientists took a long time to split them as they were tightly bonded. These elements have a secret quality. They also have a special quality to serve humanity, do things of benefit to society. They believe in autonomy, they decide for themselves. They have to have control within themselves. They identify with all birds in general, but especially birds of prey, which are leaders. Lanthanides have deep action on the eyes. They can change the spectacle number. People belonging to this series are sensitive to computers, mobile phones, to electromagnetic fields. They have two sides – duality is marked. They get irritated when there is no harmony, e.g. in a traffic jam, they can't understand why people overtake or use the hard shoulder. They are men who make peace, but do not want to be president."

Similarly, with regard to Preseli Bluestone, the Lanthanides are 'hidden' in the stone, and hidden 'secrets' is a theme, as is 'self-awareness', 'birds of prey', 'sensitive to mobile phones and electromagnetic fields'. Duality is clearly marked, as is 'irritability' and 'harmony'.

Crystal healers have clearly resonated with the energy of Preseli Bluestone, as demonstrated by Judy Hall (2012):

"Preseli Bluestone reconnects you to your ancient knowing, helping you to live in harmony with the Earth and everything on it. It expands your senses taking you beyond the mundane and into the metaphysical realms where perception is sharper and wider. You see the world with different eyes when you connect to Preseli Bluestone. Carrying immense healing energy and forming a doorway to other dimensions...It links you to the magical, archetypal Merlin energy that brings out the shaman in everyone and is excellent for multidimensional journeying...It contains strong magnetic currents. It gives off a palpable electromagnetic charge: you literally feel a spark...The magnetic current imprinted into the stone needs to be properly aligned.

Bluestone is strongly connected to the telluric, or dragon, currents of the Earth, which spiral out from the Preseli Mountains. This current can be harnessed for personal and Earth healing, and to access ancient knowledge. By balancing the meridians and restoring energetic harmony, Bluestone creates core stability for the physical and energetic bodies. Stones with magnetic fields have been demonstrated to stimulate rapid healing of broken bones...Bluestone strengthens the psychic immune system...It brings your chakras and all the subtle bodies into balance. A balanced biogmagnetic field leads to a feeling of well-being and cessation of dis-ease."

Connections and significant events

*Dail Pren*¹¹

Connections

- Two of the provers and one supervisor lived near Stonehenge and Avebury (the supervisor's mum is Welsh).
- Two of the provers and one of the supervisors lived near the Preseli Mountains.
- One of the provers and one of the supervisors lived near Cader Idris Mountain, Snowdonia.
- The nationalities of the provers and supervisors include: Welsh, English, Swiss, South African, Polish, Hungarian, Dutch.
- The languages of the provers and supervisors include: Welsh, English, French, Afrikaans, Dutch, Hungarian and German.
- One of the provers was wearing a Preseli Bluestone necklace at the final proving meeting.
- One of the provers had a very strong interest in Preseli Bluestone and the Preseli Mountains – researched them, owned stones, frequently walked the Preseli Mountains.
- One of the provers said that during the last days of the proving, she had given her computer to a friend who had put a photograph of Stonehenge as the screen saver. This prover also received a text from her son at this time saying how taken he was by their visit to Stonehenge many moons ago.
- On hearing what the substance was in the final meeting, one of the supervisor's immediately thought of the Rollright Stones, and the Rolling Stones tickets her brother had made her buy during the proving. This supervisor also said that she drives from the West to Avebury regularly and that she has a special relationship with the Western approach to the Stone Circle.
- A homeopath and friend of one of the supervisors wrote a radio play about the four directions of the Avebury stones. It's called 'The Inappropriate Shaman' by Sam Aukland.
- A brother of one of the supervisor's had visited Stonehenge in July 2012 and taken a photograph which was later sent to me . The photograph shows a crescent moon and sunset or sunrise – it could be either!
- One of the supervisors gave me Emili Sandé's CD 'Our Version of Events' (2012) at the final meeting. I love this CD, and listened to it constantly while extracting symptoms from the journals. I was amazed that so many of the Preseli Bluestone themes are in the words of the songs (e.g. Mountains, River, Heaven, Clown).
- One prover contacted me after the final meeting to say that on waking the next morning in a room not stayed in before, the only picture on the wall in the room was of the Preseli Mountains.
- One of the supervisors arrived at the final meeting a little late as she was involved in re-homing a sacred calf in a field in the Preseli Mountains.
- One of the supervisors was reading 'A Moment in the Field: voices from Arthurian legend' by Margaret Lloyd during the proving period.

¹¹The title of Waldo Williams one and only collection of poems, published in 1956. Translated as 'The Leaves of a Tree'.

Significant events

- Tragically, five year old April Jones (from Machynlleth) was abducted and murdered on 1 October 2012. The biggest search operation ever mounted in British policing history was undertaken. The killer refuses to disclose what happened to her body.
- The Jimmy Saville sexual abuse scandal was exposed during the proving period.
- New allegations (November 2012) were revealed on the North Wales child abuse scandal.
- Floods in north Ceredigion and Machynlleth in June 2012; in many parts of UK in November 2012.
- The Rolling Stones 50th Anniversary gig in London in November 2012
- The 2012 Olympics.
- Queen Elizabeth II Diamond Jubilee celebrations in June 2012.
- Waldo's birthday on 30 September.
- 30 September 2012: an annual lecture is held in honour of Waldo on his birthday, and Mererid Hopwood presented the 2012 lecture in Ysgol Preseli (my son's school). The title of the lecture was 'Gobaith fo'n meist; rhoed Amser inni'n was' (Let Hope be our master; Let Time be our servant) – a line from Waldo's poem 'Cymru'n Un' (Wales as One) – which was chosen as the title because it reveals Waldo's certainty that Wales will one day be 'one' neighbourhood.
- 2012 Urdd Eisteddfod was held in Boncath near Preseli Mountains.
- Brave (2012) film was being shown in cinemas during the proving. It's an animated fantasy film set in the Scottish Highlands amongst stone circles and menhir. It's about a princess (warrior woman) who defies an age-old custom in the kingdom by expressing the desire to not be betrothed. After consulting a witch she uses a spell which transforms her mother into a bear and has to undo the spell.
- 22 September 2012 was the Autumn Equinox, known in the Celtic year as the festival of Mabon (signifying the mid-point because the length of day and night are equal). This is a powerful time for reflection; and how you relate to this season personally will influence your experience of it greatly. Fighting the change will only make it harder, whereas acceptance, letting go, allowing yourself to sink into it and celebrating the occasion can make it a lot easier. Because Mabon falls on the equinox where there is the physical balance of night and day, druid practice encourages looking at the metaphorical aspect of balance, and thinking about what we need to let go of to find more balance in life.
- 2012 was the Chinese Year of the Dragon.

Cases

*Câr y maen a'i hadwaeno*¹²

Case 1

Female patient, aged 38, who was suffering from chronic fatigue. NBW since three bouts of malaria 11 years ago, which also coincided with the loss of three close members of her family. She had done well on Nat Mur and Carc in the past. She had moved houses a lot, and had recently moved from the Preseli area. I began to think of prescribing Preseli Bluestone when she said that she felt old and heavier and less tolerant. She had 'brain fog' which was worse since visiting family – as the travelling had taken a lot out of her. She had fallen out with a member of her family. A recurring symptom was her frozen shoulder. But she said that her symptoms were changing. She talked of missing the land in the Preseli area, and of the electromagnetic energy. She wanted to get better so that she could learn to ride a horse and be more active. She wanted to be able to communicate better, and avoid 'conflict' situations which she said she had caused. I could see a duality – her strength and courage in coping/chronic fatigue; wanting peace/conflict in family; moving/frozen shoulder. A month after Preseli Bluestone 12c, she felt 'grounded' and 'brighter', communication was better, she had joined groups, and she no longer had a frozen shoulder. She said that a few days after taking the remedy the door 'spoke' to her: 'it became present as if open or closed between one world and another'. She was aware of something shifting in her. She was eager to find connections with people, and wanted to be outdoors. She felt more energetic and happier.

Please send me any cases that have responded well to Preseli Bluestone, so that I can gather as much clinical evidence as possible:

jaynemathias@iweston.orangehome.co.uk

¹² Taken from 'Y Tŵr a'r Graig' ['The Tower and the Rock'] by Waldo Williams, written in 1938, published in 1956. Translated as 'Those who know the rock, love it.'

The end and the beginning

*Ynof mae Cymru'n un. Y modd nis gwn*¹³

It's hard to believe that this endless journey is coming to an end. I've come full circle, I recognise it, I feel it. I've climbed my mountain. My stone caught my eye and spoke to me. I've been more able to see more than the eyes can see. I recognise that it's bigger on the inside. I've made connections. I've been following my guiding star within me, facing fears and letting go along the way, accepting without understanding, and trusting the voice within. I'm discovering my own truth. What a magical journey! I'm ready for a new beginning. I've reached the final chapter of this phase of my journey. Chapter 12! Can you believe it? And it is Hahnemann's birthday today – destiny!

Yesterday, I was thinking about the circle of provers and supervisors who were drawn to take part in this proving – the union which connected us all really struck a chord with me. We were united by the energy of Preseli Bluestone. We all connected to the energy, as One. Despite the small group, the energy flow was powerful. We were bigger on the inside. I have so much respect and gratitude for each and every one of my brave Warriors. Preseli Bluestone has been described by crystal healers as the 'stone of universal unity', and 'a stone with a heart, a place, and a voice for All'. In thinking about our small group, what is striking is that there is such a mix of nationalities and languages (see Chapter 10)! We were a multi nationality and multi lingual group. It was a union of nations, cultures, and languages (the polarity of 'one' and the 'many'), just as moving the stones from Preseli to Salisbury Plain not only united the Celts and the Anglo-Saxons, and linked the two places energetically, but also linked the celestial and terrestrial forces. People travelled from afar to visit Stonehenge. We know that the Amesbury Archer overcame pain and handicap to travel from the Swiss Alps to Stonehenge in 2300 BC. And of course, even the composition of Preseli Bluestone is a union of so many of the elements in the periodic table.

This led me to thinking of Waldo's great line above:

'Ynof mae Cymru'n un. Y modd nis gwn' /
Within me, Wales is one. I know not how

What a line! This is the first line of his sonnet 'Cymru'n Un' (Wales as One). It says so much so succinctly – very few words, and yet such a huge concept! It's bigger on the inside. 'One' – unity, union, oneness – the connecting of all things in one. 'Wales' is his 'Universe'. He is at one with the harmony of the universe. He's guided by his inner light. He accepts without understanding – 'Y modd nis gwn'/'I know not how'. The 'knowing' here is 'gwybod', to know a fact/understand (head), not 'adnabod' to know/recognise/be familiar with (heart/sixth sense). There is no science to explain the 'how' – it's a divine truth or '*unio mystica*'. But he recognises that this 'spirit' pulls us all together (unites), and enables us to find the roots beneath all the branches, so that we can recognise the deepest root.

That's the ultimate goal or destination of the inner compass (Preseli Bluestone), to be 'one', to connect all things in one pattern. As Simon and Sue Lilly (2011) say:
"Rocks...can re-orient our awareness towards a more harmonious relationship with the

¹³Taken from 'Cymru'n Un' (Wales as One) by Waldo Williams. Published in 1956. Translated as 'Within me, Wales is One. I know not how'.

world. The qualities of Preseli bluestone seem to turn our subtle attention to the lines of force in the world...Standing alone will always ultimately fail. Standing in a state of unified flow will always support life-energy.”

The irony is that although that’s the ultimate goal, it’s not about the destination. We don’t need to know where we’re going to get there – which was a powerful message that resonated with one of the proverbs at the beginning of the proving:

“There is no need to know where you are going, just walk the path as it unfolds before you and be open to what you encounter along the way.” (P6)

Following the inner compass is about letting go of what we think we know, and trusting our inner wisdom.

Like Waldo, when we moved to Pembrokeshire, everything made sense. When I found Homeopathy, everything made sense. When I connected with the energy of Preseli Bluestone, everything made sense.

It’s almost four years exactly since I started my journey with Preseli Bluestone. Aron is now 14 years old, and we have two Pembrokeshire corgis and a white camper van! I still have two windows on the world – Welsh and English, Homeopathy and Translation work – but I’m not split between them, they are just the two sides of me that make me who I am. I’m at one in both worlds. I fit in both. I’ve grown in confidence and feel stronger. I even walk my two dogs on my own! I feel reconnected to everything, and have found my own rhythm.

Amazingly, Aron climbed Carn Ingli (‘Angel Mountain’) today with his friends! Now that’s an occurrence that doesn’t happen often these days. He didn’t ‘see’ the Angels (or ‘Indians’) this time. But there are no coincidences, it’s definitely a sign that we’ve come full circle! Back to the mountain, back to the source. Preseli Bluestone reconnects us to the source, to the deepest root. It can be likened to the tree of life.

In 1956, Waldo published his one and only collection of poems, entitled ‘Dail Pren’ (‘The Leaves of a Tree’). In a letter to a friend he explained that the title referred to a passage from the Book of Revelations:

“Then he showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb, in the middle of its street. On either side of the river was the tree of life, bearing twelve kinds of fruit, yielding its fruit every month; *and the leaves of the tree were for the healing of the nations.*” (22:2)

His poems are much more than poetry because they speak the truth, and in doing that they touch us and awaken something deep within us. In the same way, Preseli Bluestone has awakened something deep within us.

The finale of Waldo’s sonnet ‘Cymru’n Un’ (Wales as One) is the last line:

‘Gobaith fo’n meistr: rhoed Amser inni’n was’ /
Let Hope be our master; and let Time be our servant

We can sense from this one line that he trusts the voice within, and has faith that one day Wales (the World) will be ‘One’ – the truth will be revealed, and there will be peace.

Preseli Bluestone certainly wanted to be revealed as an energetic remedy for this age. It brings awareness on all levels. It's the inner guiding star helping us to see the connections and find our own truth.

I trust it will make a valuable contribution to the medical art of Homeopathy, which is 'spreading its branches', thanks to the great mind and spirit of Hahnemann:

"Our art requires no political lever, no worldly decorations in order to become something. It grows gradually, at first unrecognized, surrounded as it were by all manner of weeds which luxuriate around it, from an insignificant acorn to a sapling, soon its summit will overtop the rank weeds. Patience! It is striking deep its roots into the earth, it is increasing in strength imperceptibly but all the more surely and will in its own time grow into an oak of God, which no longer is shaken by storms, spreads out its branches into all regions that suffering mankind may be healed under its beneficent shade."
(Hahnemann 1815)

And finally, in honour of my courageous, intuitive and patient provers and supervisors, I want you to have the last word:

"I hope this will be a new start, it feels like an end of something."

Preseli

Mur fy mebyd, Foel Drigarn, Carn Gyfrwy, Tal Mynydd,
Wrth fy nghefn ym mhob annibyniaeth barn.
A'm llawr o'r Witwg i'r Wern ac i lawr i'r Efail
Lle tasgodd y gwreichion sydd yn hŷn na harn.

Ac ar glosydd, ar aelwydydd fy mhobl –
Hil y gwynt a'r glaw a'r niwl a'r gelaets a'r grug,
Yn ymgodymu â daear ac wybren ac yn cario
Ac yn estyn yr haul i'r plant, o'u plyg.

Cof ac arwydd, medel ar lethr eu cymydog.
Pedair gwanaf o'r ceirch yn cwmpo i'w cais,
Ac un cwrs cyflym, ac wrth laesu eu cefnau
Chwarddiad cawraidd i'r cwmwl, un llef pedwar llais.

Fy Nghymru, a bro brawdoliaeth, fy nghri, fy nghrefydd,
Unig falm i fyd, ei chenhadaeth, ei her,
Perl yr anfeidrol awr yn wystl gan amser,
Gobaith yr yrfa faith ar y drofa fer.

Hon oedd fy ffenestr, y cynaeafu a'r cneifio.
Mi welais drefn yn fy mhalas draw.
Mae rhu, mae rhaib drwy'r fforest ddifffestr.
Cadwn y mur rhag y bwystfil, cadwn y ffynnon rhag y baw.

Preseli

Wall of my boyhood, Moel Drigarn, Carn Gyfrwy, Tal Mynydd,
In my mind's independence ever at my back;
And my floor, from Witig to Wern and to the smithy
Where from an essence older than iron, the sparks were struck.

And on the farmyards, on the hearths of my people
Wedded to wind and rain and mist and heathery livrocky land,
They wrestle with the earth and the sky, and they beat them,
And they toss the sun to their children as still they bend.

For me a memory and a symbol – that slope with reaping party
With their neighbours' oats falling four-swathed to their blades.
The act they took for fun at a run, and straightening their bodies,
Flung one four-voiced giant laugh to the sun.

So my Wales shall be brotherhood's womb, her destiny she will dare it.
The wick world's balm shall be brotherhood alone.
It is the pearl pledged by time to eternity
To be the pilgrim's hope in this little crooked lane.

And this was my window – these harvestings and sheep shearings.
I glimpsed the order of a kingly court.
Hark! A roar and ravage through a windowless forest.
To the wall! We must keep our well clear of this beast's dirt.

Waldo Williams' own translation (1946)

Appendix I: Instructions for provers

Fourth year project: proving

“Universal law forms the basis of homeopathy. Becoming a homeopath does not depend on the study of materia medica. It is not defined by prescribing potentized remedies, nor is it reliant on remembering the repertory. It is the living and understanding of these laws which endows our medical practice with true healing.”

Source: Jeremy Sherr in the Foreword to ‘Organon of the Medical Art’ by Dr Samuel Hahnemann, edited and annotated by Wenda Brewster O’Reilly (page xii)

There is no better way of acquiring that knowledge than to take part in a proving.

Thank you very much for taking part in this proving.

Instructions to provers

Before the proving

You need to have checked with your homeopath before the initial meeting that he/she is fine about you taking part, before you officially sign up.

Your supervisor will have contacted you before the initial meeting to take your baseline case.

I contacted you to ask you to start recording your symptoms daily for a week (or a few days) prior to taking the remedy. This was to help you get into the habit of observing and recording your symptoms, as well as to bring you into contact with your normal state.

Check that you have the appropriately coloured notepad (diary), and that the information labels on the cover, and contact details on the inside, contain the correct information. If there is a problem, please let me know.

Beginning the proving

Taking the remedy

Begin taking the remedy on Sunday morning 23 September. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food nor drink should be taken for half an hour before and after taking the remedy. **The remedy should not be taken for more than 3 doses a day (one in the morning, one in the afternoon, and one in the evening) for two days (six tablets maximum).**

As soon as you experience symptoms, or those around you observe proving symptoms, **do not take any further doses of the remedy.** By proving symptoms we mean:

- 1) **any new symptoms**, i.e. ones that you have never experienced before; or
- 2) **any change or intensification of any existing symptom**; or
- 3) **any strong return of an old symptom**, i.e. a symptom that you have not experienced for more than one year.

If in doubt, phone your supervisor. Be on the safe side and do not take further doses. **Experience has shown, again and again, that the proving symptoms usually begin very subtly, often before the prover recognises that the remedy has begun to act.**

Lifestyle during the proving

A successful proving depends on your recognising and respecting the need for moderation in the following areas: work, alcohol, exercise and diet. Try to remain within your usual framework and maintain your usual habits. If you normally drink coffee etc then this shouldn't be stopped, as otherwise you would potentially be recording withdrawal symptoms. So, within reason, a balanced life style should not be changed.

Avoid taking medication of any sort, especially antibiotics, vitamin or mineral supplements, herbal or homeopathic remedies.

In the event of a medical or dental emergency, contact your doctor, dentist or local hospital, as necessary. Please contact your supervisor, me, or Linda as soon as possible.

Confidentiality

It is important for the quality and credibility of the proving that you discuss your symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with anyone else.

Your privacy is something that we will protect. Your identity will be known only by me, Linda, your supervisor and the rest of the proving group.

Contact with your supervisor

Please telephone your supervisor before you start taking the remedy, and three hours after taking a dose, and on a daily basis thereafter until you, your supervisor and I agree that it is not necessary to maintain such close contact. As the proving progresses regular contact continues to be important, but may be less frequent (2 or 3 times a week, and then weekly).

If you have any doubt or questions about the proving, contact your supervisor.

Recording of symptoms

When you commence the proving note down carefully any symptoms that arise, whether they are old or new, and the time of day or night at which they occurred. **This should be done as vigilantly and frequently as possible so that the details will be fresh in your memory.** Make a note even if nothing happens.

Please start each day on a new page with the date noted at the top of each page. Also, note which day of the proving it is. The day that you took the first does is day zero.

Write neatly **on one side of the paper** so that you can add things in the appropriate place, and in order to facilitate the extraction process which is the next stage of the proving. Try to keep the diary with you at all times.

Please be as precise as possible. Note in an accurate, detailed, but brief manner your symptoms in your own language.

Information about location, sensation, modality, time and intensity is particularly important.

Location: try to be accurate in your anatomical descriptions. Simple clear diagrams may help here. Be attentive to which side of the body is affected.

Sensation: burning, dull, shooting, stitching etc.

Modality: > or < from weather, food, smells, dark, lying, standing, light, people, etc. Try different things out to see if they affect the symptom and record any changes.

Time: note the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is this unusual for you?

Intensity: briefly describe the sensation and effect of the symptom on you.

On a daily basis you should run through the following check list to ensure that you have observed and recorded all your symptoms:

Mind	Extremities
Head	Urinary Organs
Eyes	Genitalia
Ears	Sex
Nose	Temperature
Back	Sleep
Respiratory system	Dreams
Digestive system	Generalities
Skin	

Please give full descriptions of dreams, and in particular note the general feeling or impression the dream left you with.

You may also wish to note the phase of the moon, if you have symptoms that are affected by it.

Mental and emotional symptoms are important, and are sometimes difficult to describe – please take special care in noting these.

Reports from friends and relatives can be very enlightening. Please include these if possible. At the end of the proving please make a general summary of the proving. Note how the proving affected you in general. How has this experience affected your health? Would you do another proving?

As far as possible try to classify each of your symptoms by making a notation according to the following key, in brackets next to each entry:

(RS) – Recent symptom, i.e. a symptom that you are suffering from now, or have been suffering from the last year.

(NS) – New symptom.

(OS) – Old symptom. State when the symptom occurred previously.

(AS) – Alteration in a present or old symptom (e.g. used to be left side, now on the right side).

(US) – An unusual symptom for you.

Please remember to use red ink for these notations and classify your symptoms accurately. If you have doubts, discuss them with your supervisor.

Please remember that detailed observation and concise, legible recording is crucial to the proving.

“The best opportunity for exercising our sense of observation and to perfect it is by proving medicines ourselves.” – Hahnemann

“The person who is proving the medicine must be pre-eminently trustworthy and conscientious...and be able to express and describe his sensations in accurate terms.”
Organon paragraph 126

THANK YOU FOR TAKING PART IN THIS PROVING.

Source: these instructions have been taken (and adapted) from ‘The Dynamics and Methodology of Homoeopathic Provings’ by Jeremy Sherr (1994).

Appendix II: Instructions for supervisors

Fourth year project: proving

“Universal law forms the basis of homeopathy. Becoming a homeopath does not depend on the study of materia medica. It is not defined by prescribing potentized remedies, nor is it reliant on remembering the repertory. It is the living and understanding of these laws which endows our medical practice with true healing.”

Source: Jeremy Sherr in the Foreword to ‘Organon of the Medical Art’ by Dr Samuel Hahnemann, edited and annotated by Wenda Brewster O’Reilly (page xii)

There is no better way of acquiring that knowledge than to take part in a proving.

Thank you very much for taking part in this proving.

Instructions to supervisors

The main aims are:

- 1) to ensure a safe proving;
- 2) to obtain accurate and useful information.

In order to ensure this, the following rules must be applied:

- 1) **The prover should not take any further doses of the remedy once symptoms have begun to appear.** Experience shows that symptoms often begin very quickly and with great subtlety. **If in doubt, advise your prover not to take any more doses.**
- 2) Once the prover has stopped taking the remedy, **they should not resume taking it under any circumstances.**

If you have any concerns about safety, please do not hesitate to contact me.

Before the proving

You will have taken your prover’s baseline case before the initial meeting. It is sufficient to cover the main outline and symptomatology rather than conducting a full first interview. This information will enable us to distinguish between the natural state of the patient and what has altered as a result of the remedy.

Enclosed are ‘Instructions to provers’. Please read them before your prover starts taking the remedy on Sunday morning 23 September.

Please check that your own diary and your prover’s diary carry the correct labelling (names, supervisor number and prover number), and contact details (on inside cover).

Provers will start taking the remedy on Sunday morning 23 September.

Make an agreement to have the prover contact you daily at a set time, if possible, throughout the proving.

Taking the remedy

In order to avoid confusion and to maintain a uniform result, the provers will take the remedy three times daily to a maximum of 6 doses over two days. The first dose will be taken on Sunday morning 23 September. Please remain in contact with your prover while he/she is taking the remedy.

If any symptoms appear that:

- 1) are not characteristic of this prover (i.e. new symptoms); or
- 2) are changes or intensification of existing symptoms; or
- 3) are a strong return of old symptoms, not experienced for at least one year; then the prover should not take any further doses.

During the proving

You should maintain daily contact with your prover as long as symptoms continue to arise. The frequency of contact can be reduced as symptoms abate, or as time passes with no significant change. It is also helpful if you could inform me of your progress.

Please remember, for the duration of the proving that your prover is your patient. She/he should receive the care, consideration, and confidentiality that your other patients receive.

The role of the supervisor

This contact will serve two purposes: first to support the prover, and second, to ensure that the information you gather is as complete, detailed and accurate as possible. The gathering of this information should be undertaken with the same care that you would normally use in your practice.

The role of the supervisor during this time is to clarify, verify and expound:

Clarify: "What do you mean?"

Verify: "Are you sure?"

Expound or enlarge: "What did it feel like?"/"Tell me more"

Recording the information

Record all the information only in the diary provided for this purpose. **Start a new page for each day**, and write legibly **on one side of paper**. Try to record the symptoms in the language of the prover, and in the format of materia medica, rather than in repertory language.

Reviewing the information

The proving will end on 20 October. It would be helpful if you could arrange to meet with your prover to compare your own notes with theirs before the final meeting. This helps with regard to eliminating any ambiguities, uncertainties, and vague descriptions, and clarifying as much as possible. However, do not change the information in either diary; just make a commentary about the nature of the discrepancies at the end of your diary.

Finishing the proving

The proving ends in a final meeting on Saturday 20 October at 6.30pm in the Welsh School building. Diaries will be collected at this meeting, symptoms, experiences and themes will be discussed and the substance will be revealed.

THANK YOU FOR ALL YOUR HELP.

Source: these instructions have been taken (and slightly adapted) from 'The Dynamics and Methodology of Homoeopathic Provings' by Jeremy Sherr (1994).

Appendix III: Additional instructions for supervisors and provers

Proving project: Jayne Mathias

Following the initial meeting on 22 September: additional instructions for supervisors and provers

Purpose of the proving:

The purpose of the proving is to find the changes that the substance can produce in the mental, emotional and physical functioning of a 'healthy' person. And then this data is collected into a proving record that forms the backbone of the homeopathic materia medica for that substance, which then becomes a 'remedy'.

Clarifying my role and Linda's role:

I've called Linda 'Project Director' and I'm 'Project Co-ordinator' and I've included both our contact details on the inside cover of your journals and at the end of 'Instructions for Provers' and 'Instructions for Supervisors'. To clarify our roles...basically, I'm leading the project and Linda is my supervisor, who is overseeing the whole project. So, I'm the first port of call if you want advice, guidance, or if you have any concerns; and I will feedback to Linda and check that I'm providing the right information and support. But, if you can't get hold of me, then please contact Linda; or, if you feel that you'd rather speak to Linda first, then that's fine, please contact her.

Only provers actually take the remedy:

Neither me, nor Linda, nor the supervisors take the remedy, only the provers take the remedy, starting on Sunday 23 September. But, it is likely that everyone in the group will experience symptoms.

Supervisors to keep a record of their symptoms:

Supervisors to take the case of provers, and to record symptoms on one side of paper in the journal. Starting each day on a new page with the date on the top and noting which day of the proving it is – Sunday 23 September is day 0. But, can you also keep a record of your symptoms on the back of the page for the relevant day using a different coloured pen.

Baseline case notes:

Supervisors to keep baseline case notes in journal (or in a safe place), so that they can be handed in to me in the final meeting.

Provers diary records taken before the initial meeting:

Can provers please keep the diary notes that they made before the initial meeting in their journals (or in a safe place) so that they can be handed in to me in the final meeting.

Provers not to take a repeat dose after symptoms have started:

Linda emphasised that once the symptoms have started after dose 1-6 (during the first two days), provers must not take a repeat dose later on because they think that the symptoms have died away. It could be that the symptoms are fading which needs to be noted, it could be due to the periodicity of the remedy in that symptoms might be stronger once a week, or that the symptoms are changing.

Lifestyle issues:

If you regularly take vitamins or minerals, then carry on doing that. Don't stop doing what you normally do, as you could get withdrawal symptoms from doing that.

Remember, your health is the most important thing, so if you need medical intervention for any reason, or if you need to stop the proving, that's fine.

Emphasising the importance of the supervisors role:

The quality of the data is dependent on good case taking from the supervisor. Often when a prover is proving a remedy they don't realise that they are experiencing a proving, unless the symptoms are very physical, external or blatant. The prover becomes the proving, and so they can't see that they're changing. This is why the supervisors' role is so important. They provide a stable point of reference (from the baseline case) and then they can compare what symptoms are new, old, cured and altered in the prover on a daily basis. So supervisors need to delve and question to find out specific information about location, direction, sensation, modality, time and intensity of symptoms. Checking symptoms from head to toe. Asking about sleep (position, covers, perspiration etc), asking about dreams, asking about the sequence of events (circumstances before the symptoms came, what were they thinking or doing? How did it come on? What did they have to do? (lie down, pace, talk...)).

Supervisors and provers dreams:

A good suggestion by one of the supervisors was to keep a recorder by the bed (some phones have that facility?) so that if you wake up and want to record your dream, it can be easier to record a voice message than to write something down in the middle of the night.

Provers to review how they feel at least three times a day:

Even if you don't feel any specific symptoms, please review your overall condition three times a day. What is your general mood? Has it altered in any way? Anything about your mental state – ability to think, find the right word, memory? Review your general physical state as well. Are you more or less fatigued? Chillier or warmer? How are you in general?

And finally, provers, please take the remedy with intent:

Linda mentioned how important it is for provers to honour the remedy. Everyone in the group has been drawn to take part in the proving, and so taking the remedy with mindfulness and intention is important.

Again, thank you very much for wanting to take part.

I'll speak to you soon.

Jayne

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