

‘Bramble’- the Blackberry Bush

Rubus Fruticosus agg.

A Trituration Proving



Illustration by Arthur Rackham, 1908, from 'A Midsummer Night's Dream'

By Joanne Camlin WSHom

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“Oh the prickly bush, it pricks my heart full sore...
and if ever I get out of this prickly bush then I never will
get in it any more.”

(English Folk Song - ‘The Maid Freed from the
Gallows’)

“And the seasons, they go round and round, and the
painted ponies go up and down...round and round in a
circle again”

(Joni Mitchell)

Many thanks to all of the provers of this substance, and to all the other provers of all the substances that have been proved! Special thanks goes to Linda Gwillim who has patiently facilitated not only this proving, but also so much of my process over the last 17 years. Thanks to the Welsh School of Homoeopathy -in this instance for the space to triturate in, and for providing the necessary equipment. Thanks to Petra Wood for sending out emails to recruit provers. Thanks to Katie, who gave me advice on the trituration process, after she did such a good job on the proving of Zebra spider. Thanks to Charlotte, who lent me the Trituration Handbook for so long, and for supporting the idea of doing a trituration. Thanks to Lynette for the lifts. Thanks to Helios for generously making up the C3 powder into a 30c for us. Thanks to Jamie for Everything, and Briar and Erin for being so patient with me. And thank you to Bramble for being so open to communicating with us.

And thanks to any fairies who I may have overlooked here, forgive me if I have, I know that you are out there!...



Obstacles, aversion to
restriction.

Rebellious.

Invasion of space.

Extension, stretching.

Movement, travel.



Endless.

Futility, pointlessness.

Work. Automaton.

Exhaustion.

Sighing.



Tall, long.
Extension, stretching.
Movement, travel.

Tall.
Up/down.





Childhood.

Insects.

Sugar, sweet.

Itchy, prickly.



Determination

Speedy growth.

Invasion of space.



Circles.



Extension,
stretching.

Up/down.



Invasion of space.

Movement, travel.

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Why Bramble?

Bramble emerged to me to be proved out of frustration at its' continual invasion into my garden. It comes in from all 4 sides, and no matter how much clearing away I seem to do, worsening all my aches and pains, it just grows back!

During the spring and summer of 2019, I was attempting to meditate for 20 minutes or so every day, in the garden, and then for varying minutes at other times of the day; I had come across the field of neuroplasticity and was attempting specifically to push the chronic pain I experience back, to clear space in my mind. Bramble was an easy visualization tool, as I had been clearing it away physically also.

Overgrown pathways was a term I was coming across in neuroplasticity; overgrown neural pathways that need clearing. I wondered at the possible relationship Bramble might have to nerves, Hypericum-style, as it has such long extending stems, in some theorizing about Doctrine of Signatures.

Clearing overgrown neural pathways and re-claiming my own clear space back – mentally, and in my garden – were where my thoughts were at as I decided to begin the process of arranging the trituration of *Rubus Fruticosus*.

Dysprosium was a remedy that helped me at this time, for a little while enabling me to be the most asthma-free I have been for 13 years; it has a theme of fighting to have space for Oneself.

The Substance

❖ Introduction

‘Bramble’ is a term which can be used for any thorny impenetrable thicket-like plant in the rose family, but it is mostly associated with the blackberry bush. *Rubus Fruticosus* is a member of the rosaceae (rose) family, and has aggregate after its name due to the fact that there are several slightly different species in the UK, over 300 microspecies according to the Woodland Trust. (woodlandtrust.org.uk/bramble). This means that bramble leaves and berries can vary depending on the area. Strictly speaking, a blackberry is not a berry but an aggregate fruit made up of 25 to 50 tiny ‘drupelets’. (bbc.co.uk/naturalhistories, 8 juicy facts about blackberries and brambles)

Bramble is extremely common in most parts of the UK, as it can grow almost anywhere, in sandy or clay soils, and in nutritionally poor soil, in very acidic or very alkaline soils. It can grow in full shade or no shade, in wet areas, or in areas that experience drought. It can also grow in sand dunes. It can be found to be widespread in most countries of Europe, in Australia, in North America, Russian and parts of Asia. It is often considered a great annoyance, a weed, a nuisance, as it can take over large areas of land if left unchecked, and it is eradicated with difficulty, having very long hardy tough roots which produce new shoots (canes) every year...it was declared a noxious weed in parts of Australia in 1894, and is on the noxious weed list in the USA. In New Zealand it is prohibited from propagation, sale, distribution and commercial display. In south Africa it is legally recognized as an invasive plant, and is listed as a category 2 Invader Plant. (cabi.org) It is listed on the CABI website, which is the Invasive Species Compendium, sub-headed “detailed coverage of invasive species threatening livelihoods and the environment worldwide”.

Bramble has numerous prickles of different sizes, which protect not only it from being eaten by grazing animals, but they also help to keep the grazing animals away from young trees. So whilst it can shade out many other forms of plant life, it can actually protect young trees from being eaten. Eventually, the emerging tree canopy overshadows the brambles, which are then at least partially shaded out. Brambles, therefore, can have a useful role to play in re-establishing woodlands, in a landscape where animals are roaming freely that is. (Static1.squarespace.com/FreyaStirling - ‘Is the most effective way to increase bio-diversity in the UK through conservation management or re-wilding?) In a small garden or park, where people are trying to grow smaller plants or just grass lawns, bramble can swamp these plants, and can also threaten fragile or sensitive eco-systems. It can quickly become the dominant species.

❖ Growth

The stems can grow usually between 3 -6 metres in its' first year, and eventually can reach as much as 10m long. (cabi.org/rubus fruticosus) Brambles can grow up to three inches in one day! (4. Speciesofuk.blogspot.com/ week 31/bramble) There is a video on Youtube from The Private Life of Plants, showing the growth of bramble –‘Fantastic nature photography of plant growth of brambles’ narrated by David Attenborough. He says; “Of all the woodland plants, bramble is the most aggressive; it waves its' shoots agitatedly from side to side, as if feeling for the best way forward. And when a shoot settles on its' course, it thrusts ahead, relentlessly. The invading stems' backward pointing spines give it the grip it needs to climb over almost anything that stands in its' way. It can advance as much as 3 inches in a day. Before long the shoot will put down rootlets and then new territory will have been annexed for the bramble empire.”

Secondary shoots grow horizontally from the crown for up to 60cm, and then grown down vertically. More roots grow from these secondary shoots. (cabi.org) The long stems arch out, in quite a grand curve, and can form vast tangles of thicket, and when the stem reaches the ground, it can put out new roots from the stem tip. There is a main root which can go down 1 and a half metres.

❖ Reproduction

In its second year, flowers appear, which turn into berries, assuming pollination occurred. Brambles can reproduce sexually –through normal cross-pollination by insects who take the pollen from the anther of the male flower to the stigma of the female flower, and bramble flowers produce lots of nectar for bees (including honey bees), and is pollinated by insects. Blackberry flowers have both male and female parts, the species is hermaphrodite. Reproduction also happens through apomixis; Apomictic means reproduction by seeds formed without sexual fusion. The plant is self-fertile, some brambles produce fruit and seeds without fertilization. (plants for a future – pfaf.org/rubus fruticosus) (woodlands.co.uk) Some brambles are also polyploid; their chromosome number has doubled or trebled. As a result of apomixis, polyploidy and crossing, many microspecies of bramble have formed. (woodlands.co.uk) Blackberries are eaten by birds, deer and foxes, who then distribute the seeds in their excrement. The way that bramble sends out secondary shoots which then anchor into the ground, and root into ‘daughter plants’, are a form of vegetative production, and the ‘daughter’ will have the same genetic make-up as the parent plant.

❖ Habitat/food for other species

Blackberry bushes can provide habitat for bees, which especially like dried hollow stems. Brambles also provide a useful food source for the larvae of several species of butterflies and moths, some exclusively feed on blackberries. Birds, especially blackbirds, feed on the fruit in the autumn.

❖ Traditional herbal uses

Plants for a Future says that the root and leaves are astringent (constricting, contracting), depurative (detoxifying), diuretic, (increases the production of urine) and vulnerary (used in the healing of wounds). They have been used traditionally for dysentery, diarrhoea, colitis, haemorrhoids and cystitis. Externally, they have been used as a gargle to treat sore throats, mouth ulcers, gum inflammations and oral thrush, and may also make a good general mouthwash. Studies have shown that blackberry plants have antimicrobial, antidiarrhoeal, antidiabetic, antidiarrheal and antioxidant properties.

(Ncbi.nlm.nih.gov/pharmacognosy reviews/rubus fruticosus) The blackberry plant contains tannins, gallic acid and iron, and the fruit contains vitamin c, vitamin k, niacin, pectin and anthocyanins. The treatment of intestinal problems using bramble roots and leaves seems to have been a common practice. Tea brewed from the leaves, roots and bark of the blackberry bush have also been used to treat whooping cough.

(gardenguides.com/the history of the blackberry fruit) Irishhedge rows.weebly.com tells us of the mythology around this; “a child with whooping cough could be cured by passing it under the arch three times before breakfast for nine consecutive days whilst saying ‘In bramble, out cough, here I leave the whooping cough.’”

Blackberry was also used to treat a variety of skin complaints (irishhedge rows.weebly.com)

In mediaeval times, blackberry was also known as ‘goutberry’ and was used to treat gout. (elliceblog.wordpress.com/ rubus fruticosus – a 14th century life)

❖ Food

The berries come from August to October, and blackberry picking has been well known throughout the centuries, and continues to be well known, as a Small Achievable Task for children, which brings many rewards, either by just eating the berry itself or in the pies, crumbles, jams, jellies or cakes some older relative will (maybe help them) make. In the latter cases, the addition of sugar is almost obligatory, and spices such as nutmeg and cinnamon have long accompanied pies and crumbles.

The consumption of blackberries has been recorded in a body preserved in a peat bog in Denmark from 2,500 years ago; the Haraldskaer Woman. (Wikipedia/blackberry) The use of blackberries to make wines and cordials was documented in the London Pharmacopoeia in 1696 (ibid.)

❖ Other uses

The fruit can be used as a dye, and the stems can be used to make baskets or twine. European villages often planted blackberry bushes around their edges to offer protection against enemies and large animals.

Mythology, Sleeping Beauty & The Ogham

❖ Mythology

There is an association with the Devil; when he was cast out of heaven, it is said that he landed in a bramble patch at the end of one September and cursed the plant. As well as the increase in tannins as the autumn draws on, making them less sweet, this is also why it is said that you should not eat blackberries after 29th September, St. Michael's Day/ Michaelmas Day. This is a religiously significant day, marking the occasion when Lucifer was cast out of heaven, allegedly for being prideful about his beauty, and/or overly ambitious - some say wanting to be equal with God, some say wanting to be greater than God, some say for planning total domination. When Lucifer was cast out, the angel Michael became the chief angel, hence St. Michaels' Day. Also, as the Autumn wears on, the leaves pick up various marks from disease or insects, and these are said to be the Devil's mark, where he handled the plant, and scorched the leaves.



In Ireland, it is said that blackberries should not be eaten after Samhain – 31st October -because the Puca – an Irish spirit - spits on them and they are then inedible. (irishhedgerows.weebly.com) Irishhedgerows.weebly.com says “an arch of bramble which had rooted at both ends was believed to have special powers, and if you wished to invoke evil spirits you could do so by crawling through the arch at Samhain while making your wish.” Alternately, going through such an arch was thought to be a treatment for a child with whooping cough. Dreaming of going through such an arch has been said to mean representing overcoming difficulties.

A piece of bramble attached to a cow's tail used to signify that someone was trying to put a spell on the milk. (ibid.) A sprig of bramble in a bouquet of flowers meant that the giver wished you ill!

-Above; one of Arthur Rackham's illustrations for the book 'The Sleeping Beauty' as told by C.S.Evans, 1972.

❖ Sleeping Beauty

Sleeping Beauty seems relevant due to the presence of an intense, prickly, almost impenetrable hedge. After the proving, it also becomes clear that there's a lot of sleepiness in its' picture! There is also the act of being pricked, and also, the 'Endless cycles' which came up in the proving has an affinity with spinning wheels, a symbol of the cycles of life. So I decided to thoroughly investigate this story.

There is in fact a condition known as 'Sleeping Beauty syndrome'. According to healthline.com, "Kleine – Levin syndrome is a rare disorder that causes recurring periods of excessive sleepiness. In some cases, this means up to 20 hours a day are spent sleeping."

Other conditions such as Chronic Fatigue syndrome, M.E. and fibromyalgia have strong elements of exhaustion and sleepiness in them. In an article by Melissa Swanson, called 'Sleeping Beauty -Fibromyalgia Fatigue', she writes; "No, I didn't prick my finger on a spinning wheel like Sleeping Beauty, but a few weeks ago I did sleep 32 out of 36 hours. I missed Wednesday and Thursday, most of Saturday and half of Sunday because I was sleeping." So here we have a story about a tall impenetrable bramble hedge containing behind it another (part of the same) story which is also relevant to Bramble, now that we know its' picture.



(Left: 'The Rose Bower' from a series of paintings 'The Legend of Briar Rose' by the Pre-Raphaelite artist Edward Burne-Jones, from 1885-1890)

Many artists have painted this scene, including John Collier, Victoria Kharchenko, John William Waterhouse, Edward Frederick Burntall, Richard Eiserman, Hans Zatzka, Nadezda Stupina, Roland Risse and many more. It is an enduring image.

The origins of Sleeping Beauty probably lie in the stories of Brunhilde/ Hild, a Valkyrie from around 1220.

According to Wikipedia, Brunhilde is a Valkyrie- a warrior maiden of Odins. She is asked by Odin to settle an argument between 2 kings, but she does not favour the king that Odin prefers, so he punishes her by putting her into an everlasting sleep. *(endless)(cruelty)*.



Sigurd receives a prophecy that he will awaken a Valkyrie who will teach him the runes. Sigurd kills the dragon Fafnir, then rides up to a house on a mountain, which is either surrounded by flames or a wall of shields. Inside, he finds a woman sleeping, wearing armour that seems to have grown into her skin. He cuts the armour from her, and she wakes up.

Later, Sigurd is given a magic potion which makes him forget his love for Brunhilde, and then brings another man, Gunnar, to Brunhildes' brother Atli to ask for Brunhilde's hand in marriage. Atli tells them that Brunhilde will only marry a man who rides through the flame. Or Brunhilde herself declares that she will only marry a man without fear. Gunnar is unable to ride through the flames, so Sigurd switches place with him, and rides through the flames. Then there is general confusion about who rode through the flames, and who married who afterwards. Brunhilde later accused Sigurd of 'taking her virginity', so raping her, and has him killed.

Right; Arthur Rackham - 'The Sleep of Brunhilde'



Left; 'Brunhilde Sleeps' by Anselm Kiefer, 1980

The story is also around in 1528, in Perceforest. In this story, a princess named Zellandine falls in love with a man named Troylus. Her father sends him away to perform tasks to prove himself worthy of her, and while he is gone, Zellandine falls into an enchanted sleep. Troylus finds her and impregnates her in her sleep (:o) ; when their child is born, the child sucks her finger and sucks out the flax that caused her to sleep. Troylus then returns and they get married.

A similar story was first published by Giambattista Basile in 1634, called Sun, Moon, and Talia. In this story, there is also a prophesy at the beginning- astrologers cast the child's horoscope as a baby, which predicts that Talia will prick her finger and go into a deep sleep. She is powerless to do anything about this fate, so Talia pricks her finger one day with a splinter of flax and goes into a deep sleep. Her father may think she is dead, but cannot bear to bury her and so puts her into one of his country estates. In this version there is no mention of flames, or shields, or a hedge of thorns, so a neighbouring king wanders into the country house one day and rapes Talia as she sleeps.

(Synchronistically, I watched Quentin Tarantino's Kill Bill 1 and 2 on the 2 nights before the proving. I have not watched them in 10 years, as I have previously found the violence too much. Raping a sleeping woman is avenged rather satisfyingly in Kill Bill 1. Interestingly, Tarantino calls one of the heroines in 'Django Unchained' Brunhilde)

Talia somehow gives birth to twins, and one of them sucks her finger, and sucks the flax right out of it, and she wakes up. Probably very confused.

There is a second part to the story too, but it may be the amalgamation of another story. The rapist king is already married. His wife finds out about Talia and wants to cook Talia's babies, but the cook substitutes animal meat. The queen serves it to the king and she wants Talia burned at the stake. The rapist king finds out about the dead babies and the queen is burned at the stake. Which is all a bit strange and unnecessary and does seem to be probably an 'add-on'.

Charles Perrault published a different version of the story about a deep-sleeping princess in 1697. Later, the Brothers Grimm use this version in their books. There are some differences though in the Grimm tale, for example there are 12 or 13 fairies, and the princess's name is Briar Rose. The Disney version calls her Aurora, has only 3 good fairies, and then introduces Maleficent as the 'bad' fairy. Interestingly, in terms of the theme 'overlooked', in the Disney animation, Maleficent says, before cursing the baby, that "oh dear, what an awkward situation...I had hoped that it was merely due to some oversight". There is a correlation between the (Disney) story of Maleficent and that of the Devil, both having had wings and being good originally – Lucifer (the 'Light' one) was an angel in heaven, and Maleficent had gigantic wings and magically protected the fairy realm - and then having something happen – jealousy, competition, betrayal, war - which leads to them being cast out and overlooked, and then becoming bitter and vengeful.

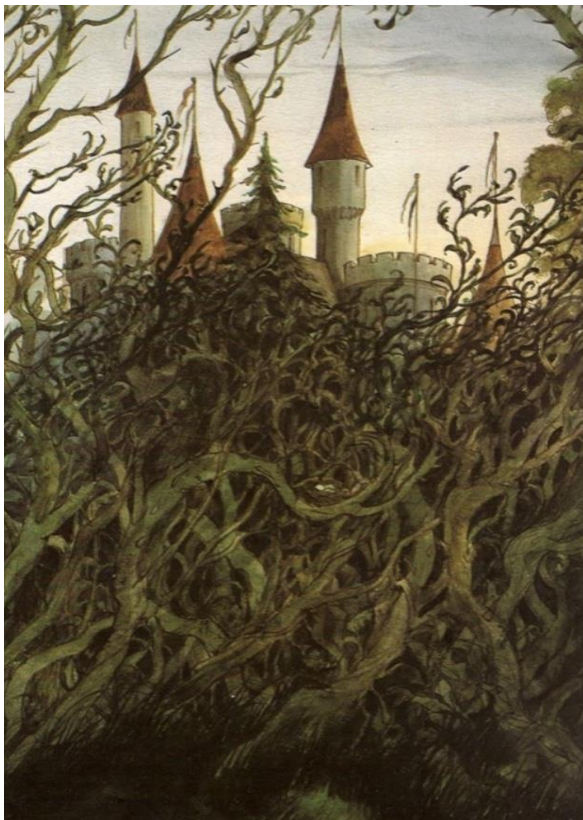
Anyway, the basic story that we are most likely to know is some amalgamated version of Perrault, Grimm and Disney, and goes something like this;

Once upon a time.....

A Queen and King longed for a child...Eventually their wish came true, and at the christening of their baby girl, they invited 7 fairies to the feast, so that they could bestow their fairy gifts upon her. Unfortunately, they overlooked the 8th fairy who everyone had thought was dead. (*Unappreciated / Overlooked*) (*Old age*) She was quite annoyed by this and (having either pushed in front of the 7th fairy, or the 7th fairy had hidden herself behind a curtain) instead of bestowing a gift of beauty or dancing or general girly loveliness, declared “When the princess is 16, she will prick her finger on a spinning wheel, and DIE!” (*Belligerent, rebellious*) (*Cruel*) Fortunately, the 7th fairy had yet to give her gift, and, although she was unable to completely reverse the curse, she lessened it somewhat by saying “the girl will indeed prick her finger on a spinning wheel, there is nothing I can do about that, but she will NOT die, but instead will sleep for 100 years, after which a prince will kiss her and wake her up.”

There has to be extremely synchronous timing where the prince needs to kiss her after exactly 100 years (*Synchronicity*)

Although the king and queen tried to have every spinning wheel burned after that, eventually the princess turned 16 and she discovered a room she'd never been to before (*overlooked*), in which was an old woman spinning flax on a spinning wheel. (*Old*) (*Endless wheels, circles, round and round*) (*Automaton*) As nobody had ever warned her of the dangers of spinning wheels, or told her of the prophecy, she wanted to have a go, and immediately pricked her finger (*prickles!*) and fell into a deep sleep. The 7th fairy also then waved her wand and everyone else in the castle also fell into a deep sleep.



Then, an enormous thorny hedge grew up, no doubt consisting of members of the thorny rose family such as Briar Rose, and almost certainly containing *Rubus Fruticosus*, as it is famous for its' fast growing tangle of impenetrable stems and thorns. It must be said, that this is a vast improvement on Basilles' version, where there was no hedge and any old king could just wander in. As in the original version with Brunhilde, Perrault puts protection around the sleeping princess again, but a thicket instead of flames or shields.

I note that a differentiation between the Briar Rose and *Rubus Fruticosus* would be useful.

Left; from 'The Sleeping Beauty' by Trina Schart Hyman, 1977

Several princes tried over the years to get through the thorny barrier, but each one failed, and became scratched and entrapped by the hedge, where they met their death.



Left: 'The Briar Wood' by Edward Burne-Jones.

At the right time however, the right prince was riding nearby, and an old man mentioned to him what his father had told him about the long sleeping princess. This prince then tried to enter the hedge, and found that the thicket parted for him, and he was able to enter the castle and kiss the sleeping princess, who then woke up. The issue of consent here is a tricky one, as the princess was asleep and could not technically consent to this kiss, but the hedge had parted voluntarily to this prince...(!)

The themes running through the story over many centuries include first and foremost a sleeping woman of high birth. (*Sleepy!*) This woman is vulnerable in this state but often has protection in the form of an almost impenetrable barrier. There is an element of invasion (*invasion, own space*) of her vulnerable state – whether Sigurd rides through the flames pretending to be someone else, or whether a neighbouring king wanders in, or the right prince, who was 'allowed' in by the hedge after exactly 100 years, but still kissed a sleeping woman in her bed chamber. Fortunately, at least Perrault put protection in place in his story. (This possibly ties in with villages of the time planting lots of bramble to protect themselves from invaders or wild animals). There is also rape or at the very least stealing a kiss in all of these stories.



'Sleeping Beauty' by Henry Meynell Rheam, 1899

So it would seem that it is a story about deep sleep as a result of (being powerlessness at) being punished by an a very powerful being, for overlooking someone. An innocent and powerless person is the one being punished. It is primarily about women's (the stories are about women) powerlessness, vulnerability, consent and protection. I wonder about the possibility of sleep and the relationship with powerlessness. (*Futility, giving up*) Brunhilde was powerless to stop all-powerful Odins' curse, Talia was powerless to stop the prophesy, Aurora/Briar Rose powerless to stop the vengeful and powerful 4th/8th/ 13th fairy, and being pricked by the spinning wheel. Gods, fairies and fate are all things people can feel powerless against. A doctor has the power to put someone under general anaesthetic, and they are then completely powerless and vulnerable... A date rapist forcing rohipnol on someone is following in an historically long line of real and mythical power abusers...One prover identified a drugged feeling during the trituration.

At least Brunhilde's / the princesses' deep-sleeping vulnerable selves were surrounded by a protective boundary in most versions of the story. But if only they had not been so powerless in the first place...

So, brambles have had an important part to play in protecting the vulnerable over the centuries. There are similarities with the way that bramble protects precious young new trees from being eaten by wild animals. Eventually the tree is old enough to out shade the bramble, tall enough to no longer be in any danger of being eaten. Perhaps Sleeping Beauty could be analogous to those young tree shoots that are growing underneath it, and still need protection. Both the later version and the earliest versions as well as Rapunzel have the dual themes of being trapped but also protected. It is a dilemma; people that sleep a lot are in a way protected from invasion by the outside world in one sense, as they don't go outside, but in another sense the fact that they are sleeping makes them vulnerable. Another duality is that bramble invades, but it also protects from outside invaders...

Note; Protection did NOT really come through very strongly as one of the proving themes, although invasion of one's space did. Protection did come up for Prover 3 however; they were extra vigilant that the door to the trituration room was closed during the trituration and during the breaks. Protecting the triturate against dog hair in this instance.

❖ Fairies

In mythology, there is reference to Blackberry being a bush which is sacred to Faeries, even to the point that I read that the berries were once recommended to *all* be left for the fairies. Mysticfamiliar.com says “brambles are sacred to the Faery realm, and it is said that drinking the wine of the bramble would help the person journey into the faery realm to be able to communicate with them. As faeries are considered *mischievous*, this was often a hazardous undertaking for those unprepared. Brambles surround the faery rings and help keep out unwanted intruders. So this is a tree considered to protect the realm of the faeries.”

Fairies/ Fairy Godmothers play a key part in the Perrault (1697), Grimm and Disney versions of Sleeping Beauty. There are good fairies who bestow wonderful gifts on the new-born girl, and a malevolent, bitter fairy who casts a terrible spell on her.



In the series of The Flower Fairies by Cecily Mary Barker, there is an accompanying poem for each illustration. For Bramble, it goes like this;



My berries cluster black and thick
for rich and poor alike to pick.

I'll tear your dress, and cling, and tease
And scratch your hands and arms and knees

I'll stain your fingers and your face
and then I'll laugh at your disgrace.

But when the bramble-jelly's made
You'll find your trouble well repaid.

There was some impishness which came through in the proving. I thought during the trituration of Puck and a Fairy's exchange from Shakespeare's A Midsummer Night's Dream. Puck, or Robin Goodfellow was found in English folklore long before Shakespeare put him as a character into his play.

Fairy;

"Either I mistake your shape and making quite/Or else you are that shrewd and knavish sprite

Called Robin Goodfellow; are not you he/That frights the maidens of the villagery

Skim milk, and sometimes labor in the quern/And bootless make the breathless housewife churn

And sometimes make the drink to bear no barm/Mislead night-wanderers, laughing at their harm?

Those that 'Hobgoblin call you, and 'sweet Puck'/You do their work, and they shall have good luck

Are you not he?"

Robin;

"Thou speakest aright./I am that merry wanderer of the night!

I jest to Oberon and make him smile/When I a fat and bean-fed horse beguile"...

Puck also says;

"Over hill, over dale, thorough bush, thorough brier

Over park, over pale, thorough flood, thorough fire.

I do wander everywhere..."

❖ The Ogham

There are 20 trees/bushes in the ancient Celtic tradition of divination/ teaching the wisdom of Nature/ secret sign language. There are inscriptions on stones in Ireland and in Pembrokeshire, which have been dated back to between 100 and 400 A.D. The 20 Ogham 'Fedha' are often recorded as follows; Birch, Rowan, Alder, Willow, Ash, Hawthorn, Oak, Holly, Hazel, Apple, Vine, Ivy, Broom, Blackthorn, Elder, Fir, Gorse, Heather, Aspen, and Yew.

Robert Graves studied the Celts and Irish Mythology in the 20th Century, and wrote 'The White Goddess' which included a Celtic Tree Calendar, which was highly influential in the 60's and 70's. However, it has been suggested that he may have possibly used some artistic license when interpreting the ancient Irish Song of Amergin and other old mythological texts. ([spiralnature.com/Robert Graves' fabrication of the Celtic tree calendar](http://spiralnature.com/Robert%20Graves%27%20fabrication%20of%20the%20Celtic%20tree%20calendar))

The Romans introduced grapes to Britain around 100 A.D., but the only archaeological remains of roman vineyards are 4 in Northamptonshire, 1 in Cambridgeshire, 1 in Lincolnshire, and 1 in Buckinghamshire. (Wikipedia) However, there is little evidence that vineyards made their way to Wales and Ireland, the homeland of the Celtic Ogham script. Many sources now suggest Bramble as an alternative to Vine as the 11th letter of the Ogham, Muin. Ecoenchantments.co.uk says "In the Celtic Ogham history, traditions of the more Northerly European countries have the bramble as the sacred wood for the 10th lunar month. In warmer places of the South, the Ogham wood is the Vine. Similar in growth habit, in the time of ripening, and even the colour of the fruit, both have strong healing properties, and fruit that can be used in wine." Speakingofwitchwands.net has an article called 'The Magickal Vine...or Blackberry Bramble?' and suggests that it was likely that it was the Blackberry vine that had captured the hearts of the ancient Celts, who called it Muin. Muin 'rules' from the 2nd of September to the 29th September – St. Michaels' Day!... Livinglibraryblog.com says "Muin, the 11th letter of the Ogham, is one of the most misunderstood and mysterious letters of the old Irish alphabet. Muin is usually associated with the vine of the grape. The Ogham originated in Ireland, however, where the grape was never successfully grown even as a cultivated species. Muin does not actually mean vine at all – but means a thicket of any thorny plant."

It may be that Robert Graves originally said that Muin is a thicket of any thorny plant, but at some point, this has been taken to mean Vine. Once again, Bramble has been overlooked... There are some versions of the Ogham online which attempt to rectify this, and they give some thoughts on the 'meaning' of Bramble. For example, oghamdivination.wordpress.com say of Bramble;

"when the Bramble card is drawn it could represent a time of great fruitfulness; reaping in the sweet-tasting harvest of a well-balanced summer season...but if you have been experiencing a period of sadness or depression then Bramble will also help to rebuild your defences, offering you protection while you take some time out to take part in the celebration of Nature's harvest. But remember not to pen yourself in for too long, for

the long restrictive branches and thorns, in the Bramble, when left to their own devices, may prevent you from joining in once again with the flow of life.”

A quick look at Glennie Kindred’s interpretation of Vine, and Dr Edward Bach’s Vine flower essence reveal some interesting thoughts, some of which may also be relevant to Bramble, considering how the two of them have become *entwined* over the years, with Vine having *dominated* Bramble in much of the literature about the Ogham.

In Glennie Kindred’s book ‘The Tree Ogham’ she says that Vine is uniting, as it entwines other trees, and that it has a determined energy, which “if used for teaching, will help encourage and guide others without controlling them”. She talks of the need to respect other’s points of view.

Dr Edward Bach’s flower essences have been guiding and helping us for a hundred years or so, all his findings have proven to be extremely reliable! Of Vine he writes that it is;

“Domineering and Inflexible. Vine is for people who dominate others. They are often very capable, even highly gifted and ambitious but they use their undoubted gifts to dominate and bully. They know better than everyone else and put other people down. Although they do not try and convert other people, they override their wishes and opinions and demand absolute obedience.

They are aggressive and proud and can be ruthlessly greedy for power, the extremes are hard, cruel and uncompassionate. Extreme examples are the parent or boss who rules with an iron rod, or the political dictator who uses any means to gain his ends, or the school bully who aggressively controls other children.”

Relevant themes related to the above, from the Bramble proving, include:

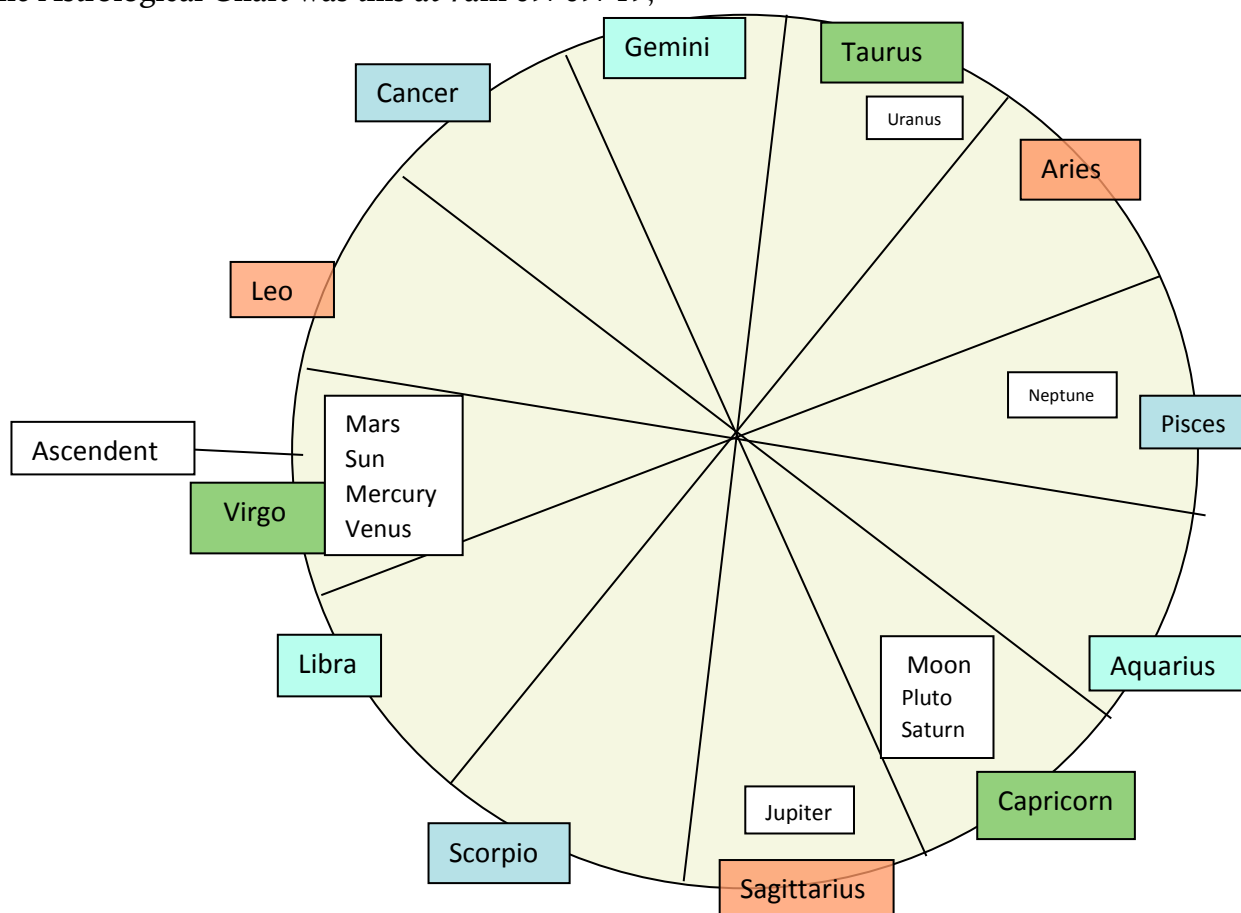
- ‘Own space/Invasion/Contamination’;
- ‘Connecting/Entwining/Oneness’;
- ‘Determination’; and
- ‘Cruelty, forced to do something against one’s will’

Preparing the Substance

The bramble used for the proving came from West Wales, picked on the 5th of September, in the middle of blackberry season, from a fairly wet field. Nearby grew young willows and alders and birches. The area is a 25 minute drive away from the sea. Birds including blackbirds, robins, pigeons, red kites, hawks, jays, magpies and different types of tits are often around. I picked a root that had recently anchored itself in the Earth, several leaves, some stem with lots of thorns, a small green blackberry, the top tufty bit of a big juicy berry, and seeds from inside it. As we were doing a trituration, I decided to give the substance the chance to dry out slightly over the weekend, before the trituration on Monday 9th. This was instead of picking them fresh first thing on the Monday morning. I had checked the astrological chart for 7am Monday 9th September, and the chart was incredibly Earth based; with the ascendant in Virgo as well as all the following planets also in the constellations Virgo, Capricorn and Taurus;

- in Virgo - Mars 14 degrees/ Sun 16 degrees/ Mercury 21 degrees/ Venus 23 degrees
- in Capricorn - Saturn 13 degrees / Moon 24 degrees/ Pluto 20 degrees
- in Taurus – Uranus 6 degrees

The Astrological Chart was this at 7am 09/09/19;



Note that in the chart there are NO planets at all in Air signs, and only 1 outer planet, Neptune, in a water sign and 1 planet, Jupiter, in a fire sign, Sagittarius (thankfully giving us some impetus to enquire and learn about a new substance!) A massive amount of Earth in a chart can make things quite immovable, which is not great for a day of grinding powder, so I deliberately picked the substance on the Thursday instead, at 7;30pm, sunset and moonrise, when the ascendant was in Pisces and the moon was in Sagittarius. I hoped that the combination of Jupiter and the Moon in Sagittarius (a fire sign) at the time of picking, and the drying above the fire all weekend would help to mitigate the worst of the intense Earth aspects present on Monday.

My decision was re-enforced several times by various circumstances; I had planned to pick some fresh parts of the bramble on Monday morning, as well as taking the semi-dried substance, and maybe use a bit of both. I bought kitchen roll to wrap the fresh leaves and roots etc in, but when I went out on Sunday evening to buy more cake ingredients due to TWO lots of cake mix 'splitting' (unusual), my 12 year old had used up ALL of the kitchen roll to clean up a spill. So that was a sign...then Monday morning came, and the rain was really torrential, but I went out anyway and picked some more of the bramble. I wrapped it in toilet roll, and waited for my lift to college, but my colleague was quite late, which did not give me time to chop and process the fresh leaves and roots. So semi-dried Bramble it was (there was a slight theme of 'old, dry, crumbly', and I wonder if that is related to this....)

In retrospect, considering some of the provers' experiences, I am glad I brought a little more fire to the proceedings than there would have been otherwise, and I am grateful to C.A. for suggesting to look at the astrological chart. Without having done that, there is a chance that the triturate could have become unworkable; stuck, immovable, and whilst this might have been related to the substance (*stuck/stasis/quagmire*), we might not have actually been able to get anything done. Bear in mind that the above chart is what the planets were doing on the day of the trituration, despite me having picked the substance a few days previously. The day was chosen long before I looked at the astrological chart.

For the trituration, I used the methodology as set out in the book 'The Trituration Handbook' by Anneke Hogeland & Judy Scriebman. I used 9.9g of lactose powder for each round, added in 3 separate amounts of 3.3g each. The first 3.3g for Round 1 Grind 1 was added to 0.1g of the substance, and I ground it up in each mortar so as to be unrecognizable before the participants entered the room.

After completion of the trituration, some of the C3 powder was sent to Helios, who very generously made it up to a 30c for us. Many thanks to them.

Themes

In the order of most frequently occurring.

❖ Exhausted, Sleepy, Depleted, heavy, vacant

(1,3,4,5,6,7 –6 provers multiple times)

Prover 1 - “Feeling really sleepy now, very relaxed, I could just sleep now!”

Prover 1 - “still sleepy”

Prover 1 - “prover 4 appears to be asleep – now she’s moving again – slowly.”

Prover 1 - “Ground to a stop... lost for a moment – couldn’t remember what I did yesterday – absent from myself for a moment, or is this almost sleep?”

Prover 2 - “we are all just tired. Yawning – unusual for me.”

Prover 3 - “Eyes heavy, desire to close them”

Prover 3 - “tired and heavy feeling, yet grinding circular motion feels effortless – an automatic movement done without thought”

Prover 3 - “too old. Desire to sleep/to hibernate/to go underground/ to return to the earth”

Prover 3 - “head feels heavy, hard to hold head and neck upright”

Prover 3 - “wilting, dried out”

Prover 3 - “everything more of an effort. Yawning /sighing. Feels as if I have outgrown my energy – flat battery. Anaemic /tired/lethargic.”

Prover 3 - “Depleted /fatigued. Sapped of energy...but perseverance, keep on going.”

Prover 3 - “hyperthyroid moves into hypothyroid”

Prover 3 - “fast growth -> outgrown energy”

Prover 3 - “skeleton feels depleted – bones, teeth, muscles, ligaments, tendons, sinews – all tired and fatigued. Weakness.”

Prover 3 - “exhausted”

Prover 3 - “I can’t do this! I don’t have it in me.”

Prover 4 - “slowing down grinding, coming to a halt”

Prover 4 - “yawning, sleepy, building up again, wading through mire, labouring, struggling, slowing”

Prover 4 – “things speeding up, everything speeding up – society, social media, information sending, big cars, need to rest, relax, everything too fast, too much, exhausting, everyone seems fast, wheels spinning, breathless, can’t stop this speed, need to rest, aching”

Prover 4 – “weary”

Prover 4 - “I had a little sleep.”

Prover 4 – “dripping wet, decay, woods in autumn, sleepy, shutting down, bringing to a close, yawning”

Prover 4 – “yawning again, thoughts of what’s happening in the world- will everything slow down as we reach greater awareness of how things need to be?”

Prover 4 -

“mind a bit vacant, empty. Weary of it all, just want to lie down and sleep. Feeling very heavy and hard to keep going. Bowl in lap did drop off to nap!”

Prover 4 – “feels like heaviness sitting on top pressing down”

Prover 5 – “as if bored, or drifting...”

Prover 5 - “I want time to slow down so that I can do more grinding/scraping”

Prover 5 – “Tired, physically weary”

Prover 5 – “now I feel sleepy (after lunch)...could nod off. Want to grind with my eyes closed, just aware of sounds etc”

Prover 5 – “drifting to sleep, could go to sleep”

Prover 5 – “having trouble staying awake”

Prover 5 – “is this a spice? Pepper? Needs to pep things up...feeling bored, tiresome, wanting to get to the end”

Prover 5 - “Narcolepsy. Can barely stay awake!”

Prover 5 - “A bit spaced out. Like in a space between sleeping and waking.”

Prover 6 – “slow down, doesn’t matter”

Prover 6 – “feeling tired, feeling brain dead”

Prover 6 – “the rain is soporific”

Prover 6 – “Time is standing still.”

Prover 6 – “this is painfully slow”

Prover 6 – “I want to put my head down on the table”

Prover 6 – “So tired. Just want to lie down and go to sleep”

Prover 7 – “TB hospital, it’s a lot of hanging around, not doing anything, which actually, something is happening within – gentle walking and building of strength and immunity.”

Prover 7 – “waiting to pass the time”

Prover 7 – “it’s like a numbness, flat, creeps in without noticing.”

Prover 7 – “we’re all suddenly woken up by the alarm”

Prover 7 – “when it’s time to get back, I don’t want to, my body felt really heavy, and my head feels spun out.”

Prover 7 – “heaviness, heavy head, a tiredness without feeling tired, like my head just shutting off. Eyes want to close, it’s really nice to close my eyes, and a struggle to open them again.”

Prover 7- “feeling lazy, not wanting to write stuff down”

Prover 7 - “weird stuff, is this a drug? Like cannabis indica. Vacant, my head is vacant. When I try to think I feel spun out. Drugged. Opium.”

Prover 7 – “mind less activity. no thoughts, vacancy”

Prover 7 – “I am sleep grinding”

Prover 7 – “great distraction; prover 4 just shot the top of the pen I lent her across the room like a missile. This took forever”

Prover 7 – “heavy lids, I’d just like to go to sleep”

Prover 7 – “Chronic fatigue – careful to take good breaks to recover because there is not a lot of energy. If it’s managed carefully then the energy will just suffice.”

Prover 7 – “I need to rest and sleep”

Prover 7 – “a never-ending cycle of depletion”

Prover 0 – comments – prover 6 dropped her pestle, but she reacted so slowly and made no effort to get it, I picked it up for her (unusual for her).

Prover 0 – comments – I felt the need to give encouragement at the end of round 2 grind 5, as everyone looked so depressed / fatigued, “a low energy, tired, hard” I wrote. I said “not long, you’re doing great, thanks everybody!”

❖ Endless cycles, seasons, relentless, going on and on

(3,4,5,6,7,0 – 6 provers, multiple times)

Prover 3 – “‘why bother?’ Same old cycle.

Prover 3 – “sapped of energy, but perseverance – keep on going.

Prover 3 – “too old. Desire to sleep/to hibernate/to go underground/ to return to the earth”

Prover 3 – “Tenacity got to see the process through or won’t be able to come back, to return to regrow”

Prover 3 – “feels like morning sickness, pregnancy – new life out of the old”

Prover 3 – “feelings of coming full circle – back to the beginning...itchy again”

Prover 3 – “the rollercoaster of beginnings and endings of which we have no control.”

Prover 3 – “‘stop the world I want to get off’ yet you know you can’t. Relentless cycles

Prover 3 – “song ‘And the seasons they go round and round, and the painted ponies go up and down. We’re captive on a carousel of time....’”

Prover 3 – “Relentless cycle of depletion. Chronic fatigue.”

Prover 4 – “speedy, like a race-track, bending into corners, vigorous. Robotic, rush and rest, like society; rush, rush, on a treadmill. Very quick round!”

Prover 5 - “I was sent 2 poems at lunchtime; “Year after year, without time, the wild geese return”

Prover 5 – “singing ‘there is a season, turn, turn, turn...” by the Byrds.

Prover 5 – “light and shadow are very noticeable in my bowl suddenly. The passing of the day and change of light into a darker shade or evening quickly. It looks like a half moon, dark side and light side.”

Prover 6 – “I’m going faster and faster, is this a race? Looks like a wheel going round and round.”

Prover 6 - “‘the wheels on the bus go round and round’, as I’m grinding I can see wheels turning”

Prover 6 – “my scraping reminds me of the readymix (concrete) going round and round in the lorries”

Prover 6 – “I’m just going round and round in circles”

Prover 6 - “Rhythmical”.

Prover 7 – “like a child playing with food, and just moving it around on their plate.”

Prover 7 – “we’re just doing the day -to- day stuff, but what does it all mean?”

Prover 7 – “I don’t want to go back! Total resistance.”

Prover 7 – “never ending! I’d rather do housework! At best, when you’ve done the cleaning, you know you’ve done it. This could go on forever! And who will make the decision to end it!”

Prover 7 – “a never-ending cycle of depletion”

Prover 0 – “same as it ever was”

Prover 0 – “The Daily Grind”

Prover 0 – during c4, (not read everyone else’s books yet) “I’m not a passenger, I wanna get off!”, off the world I always thought.

Prover 0 – “This again, on and on and on and on, same as it ever was”

Prover 0 – dream – “I dream that the time has come to put up all the Christmas decorations, we’re looking at an old traditional Christmas mechanized centrepiece, with something moving around in the centre, a train and/or a skating mouse; it feels like this is something that has been brought out at Christmas for decades, and I say to my partner that we should get some special old-style mechanized Christmas centrepiece that we can pass on to our children, and that they can remember about their childhood years later – ‘Do you remember that thing that mum and dad had...’”

❖ Confusion

(1,3,4,5,6,7,0 – 7 provers, in notes and in the environment)

There was lots of confusion going on, on the day of the trituration;

Prover 3 – “I was aware of lots of confusion among the group on arrival – forgetful, poor memory”

Prover 4 put the wrong number plate number into the car park machine, and had to buy a second ticket. Another prover 2 thought she had money for the car park, I even asked her if she had, and she’d said Yes, but she had forgotten her purse. Prover 4 couldn’t find her glasses.

There was confusion over what was grinding and what was scraping. Prover 0 – myself – crossed out Scrape 1 and replaced it with Grind, and then crossed out Grind then replaced it with Scrape and then again crossed out Grind but it was actually Grind but I wrote Grind 1 then had to cross that out as it was actually grind 2. After this had happened, by the 3rd grind, I numbered the grinds and scrapes on the board, and paid more attention.

At the start of Scrape 4, which I announced, prover 2 said “Grind 4” but it wasn’t, and then I wrote all of that down in an opposite way, replacing all the Grinds with Scrapes and writing “No! The opposite!”

Prover 1 – “I can’t spell suddenly!”

Prover 1 – skipped pages unintentionally; “din’t intent to leave a page!...still can’t spell”!

Prover 2 – crossed out left and put right foot instead – “slight confusion, no...not enough thought”

Prover 3 – “Confusion- went to grind with my scraper!”

Prover 4 – put the wrong number into the car park machine. Couldn't find glasses.

Prover 5 – “felt a bit confused this morning. Put 2 teabags in a cup before proving started.”

Prover 5 – “still sense of confusion. Am I grinding or scraping?” (at scrape 4)

Prover 5 – “being all of a muddle is tiresome”

Prover 6 – “everything confused; can't think of more/ wrong names/ wrong spelling. Disorientation.”

Prover 7 – “sound of a car driving by as if it's a main road outside. But it isn't! How could that be? Have they changed the road outside?”

Prover 7 – “noises outside, but I can't identify them. Sounds like a lawnmower, but there is no lawn nearby!”

Prover 7 – “is this really my body? Where am I?”

Prover 0 – prover 1 sings “we're off, we're off, we're off in a motor car, 50 robbers are after us and we don't know where we are”, and I say, “ I never understood as a child why the police were after my parents” ... is it robbers or coppers?

❖ Own space, Invasion, contamination

(1,3,5,6,7,0 -6 provers)

Prover 1 – “thought there was a twig or stick in my bowl, hindering the scraping, I knew it wasn't there but I was still looking for it”

Prover 3 – “feeling a bit ‘prickly’, defensive.

Prover 3 – “Am I the invader, or being invaded? Feels invasive, sensitive to invasion. Need to push to make my presence clear to gain my space or else I won't be recognised.”

Prover 3 - “Control issues, refuse to be controlled.”

Prover 3 – “desire peace and quiet, no disturbance, to get on and do my own thing. Independent of everything else.”

Prover 3 – “Sirens...are they coming to get me?”

Prover 3 – “prover 2 moved closer to sit on the floor; Fuck off. Too close – my space feels invaded, desire to move away, desire to escape, desire to become unimpeded, feeling of claustrophobia increased.”

Prover 3 – “really intimidated by (one provers' old dog had been downstairs all morning) dog invading the space”

Prover 3 – words to ‘my way’; “and now the end is near and now I face the final curtain... I did it my way!”

Prover 3 – “infectious laughter again”

Prover 3 - had been meticulous in making sure that the doors were shut at breaks and lunch to ensure that the dog didn't come in; “There were dog hairs everywhere!”

Prover 5 – “childhood memory, a sense of satisfaction when my new cabin bed was built. Looking forward to organizing it, tidying it, and putting my things in it.”

Prover 5 – “giggling at prover 4, she is laughing, it is infectious.”

Prover 5 – dream – “I'm on a moorland, hills, someone is telling me off”

Prover 6 – “the scratching of the bowl is grating at my nerves and ears. Very noisy, scraping is penetrative.”

Prover 7 – “prover 2 says ‘it's catching!’ I don't want to catch it!...If I don't look at them then maybe I won't catch it maybe?”

Prover 7 – “it's like a numbness that creeps in without noticing, insidious, miasmatic.”

Prover 7 “Tingling top lip again, that's where you kiss someone and catch it. Like catching a cold sore”

Prover 7– “the bloody dog has taken the freedom of the building, lying in the middle of the room. I call the dog ‘obnoxious’ (comments; dictionary = abhorrent, disgusting, disagreeable, extremely unpleasant, hateful, insufferable, loathsome, offensive, but also blatantly disrespectful) and its' owner seemingly takes real offence.”

Prover 7 – “I shouldn't be here. This is not for me. I've been asked to do this, it's not a calling.”

Prover 0 – dream – “We – my family and I – are parked up in a van at a beach. A group of possibly scouts or Urdd members come along and camp right next to us, practically touching our van. We then collaborate somehow, we re-position our marquee to cover an area of beach/ clear flat nice grassy area so that everyone can use that area to possibly play rounders in / be in.”

Prover 0 – dream – “I see a woman in some stocks! I can't see the front of her, just the back (I am identifying with her) Are people throwing rotten tomatoes? Has she done anything wrong? If she has it's not serious, it's almost like people just want some amusement for the slightest reason. Is she doing it for charity? Is it a game? But it's not funny to me.”

Prover 0 – my partner and I organize a party at our place, but then we go out just as the party is getting started. I worry about all those people in our house and what sort of mess they are making.

Prover 0 – the pen incident...I laughed it off, but a part of me felt attacked, it landed cms away from my foot. “a weapon you've got there! I say...‘Ow!’ I think, ‘Attacked!’ I think”

Prover 0 – comments – it emerged that prover 7 was not all that happy to be taking part, despite the fact that she is usually very clear and professional on her boundaries. She felt

a bit that she had ended up taking part somehow without actually saying that she had agreed to do it. Did I invade her space? Did she let me?

Prover 0 – comments – from a few weeks before we did the trituration, I have become much more allergic than I have been for years. And currently very aware of a seeming increase in the shedding of my own dog's hairs (mid September)....

❖ Futility, Pointless, Bored, Ennui

(3,4,5,6,7,0 – 6 provers, multiple times)

Prover 3 – “hard to get back into the process. Feel a bit disinterested. ‘What’s the point?’ ‘Why bother?’ Same old cycle. Give up?”

Prover 3 – “feels like nothing else to say.”

Prover 4 - “What use is this now, you who have lost a child?”

Prover 5 – “want to lift eyes to the ceiling, look up quite a lot, as if bored, or drifting...”

Prover 5 – “sometimes can be quiet, taciturn, what’s the point of talking?”

Prover 5 – “creaky rusty, rope fraying. Why bother to hang on?”

Prover 5 – “feeling bored / tiresome. Wanting to get to the end.”

Prover 6 – “slow down, doesn’t matter, what the fuck”

Prover 6 – “I’ve had enough”

Prover 7 – “not much happening, looking forward to the break, I don’t know why I’m here!”

Prover 7 – “there is no information, it’s not getting through”

Prover 7 – “I prefer the scrapes – they serve a purpose!”

Prover 7 – “Queen song, ‘nothing really matters, anyone can see, nothing really matters to me’”

Prover 7 – “I’m not scraping, but just playing with the powder, like a child playing with food and just moving it around on their plate.”

Prover 7 – “the futility of life- we’re just doing our day-to-day stuff, but what does it really mean?”

Prover 7 – “I’d like to just sit and watch the rain. None of this pointless grinding.”

Prover 0 – “The Daily Grind”

❖ Automaton, routine, rhythmical work

(3,4,5,6,7,0 -6 provers, multiple times)

Prover 3 – “tired and heavy feeling, yet grinding circular motion feels effortless – an automatic movement done without thought”

Prover 3 – “better if I don’t think, just do.”

Prover 3 – “I can’t do this! I don’t have it in me. Yet a compulsion to continue – feels like unfinished business. Actually, better for grinding”

Prover 4 – “speedy, like a race track, bending into corners, vigorous. Robotic, rush and rest, like society; rush, rush, on a treadmill. Very quick round!”

Prover 4 – “still speed, feeling though now is of continuing on oiled axles, it’s all happening as it should, there’s order to it”

Prover 5 – “I want time to slow down so that I can do more grinding/scraping; don’t want to stop grinding whilst writing”

Prover 5 – “the wheels on the bus go round and round, round and round...”

Prover 5 - “grinding away, intent on my task, like a washer woman”

Prover 5 – “thinking of the Irish American folk song ‘Working on the Railway’

Prover 5 – “There is a rhythm to the remedy. Like iambic pentameter.”

Prover 6 – “my scraping reminded me of readymix concrete going round and round in the lorries”

Prover 7 – “I have a routine of doing the scraping, and it helps to not get lost in it or think too much. A routine to focus the mind on. To get through the job.”

Prover 0 – “The Daily Grind”

Prover 0 – on the way to meet my lift, in the car, on the morning of the proving, I was repetitively singing ‘I got the poison, I got the remedy, I got the perfectly rhythmical remedy’ by The Prodigy.

Prover 0 – at the very end of C4, I couldn’t stop immediately, I carried on for 6 or 7 seconds.

❖ (Songs/references from) Childhood

(1,3,5,6,7,0 – 6 provers)

Prover 1 – “remembering obscure song lyrics from childhood”

Prover 1 – “vague images of little children, mainly laughing.”

Prover 1 – “can’t get ‘we’re off, we’re off on a motor car...’ out of my head.”

Prover 3 – “awareness of all 4 limbs feeling long, it reminded me of a children’s TV programme ‘Twizzle’ where the character had extendable arms and legs!”

Prover 5 – “a school child, like at primary school”

Prover 5 – “Tipperary”

Prover 6 – “swing low sweet chariot, coming for to carry me home”

Prover 6 – “sweet child of mine”

Prover 6 – “wondering what the substance is. Excited! ‘If you’re happy and you know it clap your hands!’”

Prover 6 – “image of the child catcher from ‘Chitty Chitty Bang Bang’ calling out ‘lollipops!’”

Prover 7 – “I’m not scraping but just playing with the powder. Like a child playing with food and just pushing it round on their plate.”

Prover 0 – dream – “I am in the guides, with 2 friends from childhood, somewhere between age 10 and age 14, we are singing the English National Anthem. Someone leads us into the second verse!!!! LOL! We are making a lot of the words up, some of them a bit rude, and laughing a lot.”

Prover 0 – “remembering the song mares-eat-oats-and-doe’s-eat-oats-and-little-lambs-eat-ivy”

❖ Meticulousness # chaos

(1,3,4,5,6,7 - 6 provers, multiple times)

Prover 1 – “aware of my untidy writing, it didn’t matter before but now it does”

Prover 3 – “odd perfectionist feel of having to scrape really well -→ that’s enough!”

Prover 4 – “everyone very diligent, very fast scraping, quick to get it done before the time runs out, don’t leave any behind, don’t miss anyone out”

Prover 4 – “still speed, feeling though now is of continuing on oiled axles, it’s all happening as it should, there’s order in it”

Prover 5- “I feel confident and precise in my grinding. Methodical, precise, keen to do a good job of grinding all the material”

Prover 5 – “childhood memory, a sense of satisfaction when my new cabin bed was built. Looking forward to organizing it/tidying it and putting my things in it.”

Prover 5 – “must life be so orderly?”

Prover 5 – “I like to make order out of chaos, to build up construct, yes. Order? Like bricks or an old stone well, but the old well is falling apart, bits coming off, crumbling. Anarchy, dangerous threat to old order → chaos”

Prover 5 – “I like to make order out of chaos”

Prover 5 – “etiquette, a gentleman offers his hand? Manners are important, ‘well, at least a sense of propriety dear’. Order, to be properly understood.”

Prover 5 – “I feel I shouldn’t slouch”

Prover 6 – “feel very precise in my grinding”

Prover 6 – “feeling cavalier with my grinding, some powder has escaped the bowl. I’m getting powder all over me. Being very haphazard.”

Prover 7 - “I need to sit more symmetrically, all in the middle, and straight. ORDER”, but then later - “I feel a kind of carelessness about it all- what the heck!”

❖ Impishness, rebelliousness, humour

(1,2,3,4,5,0 -6 provers)

Prover 1 – “considered tipping my water into the powder! Would it bubble up? – probably not!”

Prover 1 – “more giggling, and then the pen interlude!”

Prover 0 comments – The ‘Pen Interlude’;

- ❖ the top of the pen that prover 4 had borrowed from prover 7 shot off by its’ spring “all by itself!” and landed in quite a nice curved trajectory at prover 0’s feet. Much giggling ensued! It was an odd thing to happen! It was unexpected, it was fast, it was going from above to the ground. The pen was then passed around for people ostensibly to see if they could fix it. Prover 7 said that her mother gave it to her, and prover 0 laughed, as she thought prover 7 was joking. But she wasn’t! Which prover 0 also found amusing. Later, prover 7 is to say that it wasn’t amusing really, it was just a welcome distraction from the other themes. Others disagreed, and thought that it had been actually funny.

Prover 2 – “spilt a bit, laughed at its’ cheekiness.”

Prover 2 – “laughter and would have lost it with laughing, but didn’t due to the severity of the ‘must not talk’ clause!... He he!”

Prover 2 – “impersonator, imposter, IMPishness”

Prover 2 – “any chance to have a laugh. Prover 4 and her pen, she feels better! (Draws smiley face) Impish.”

Prover 3 – “infectious laughter again, prover 4”

Prover 4 – “top shot off my pen borrowed from prover 7! Much giggling, me and prover 3.”

Prover 5 – “giggling at prover 4, she is laughing. It is infectious. A sense of humour has returned.”

Prover 5- “there is a sense of the ridiculous with the remedy, a sense of humour...as I write this one prover just said ‘oops! Was grinding instead of scraping’”

Prover 5 – “like having a laugh at other’s expense. Cheeky sense of humour.”

Prover 5 - “hills, moorland, I am rolling down the hill”

Prover 0 – dream – “I am in the guides, with 2 friends from childhood, somewhere between age 10 and age 14, we are singing the English National Anthem. Someone leads us into the second verse!!!! LOL! We are making a lot of the words up, some of them a bit rude, and laughing a lot.”

Prover 0- after the pen incident “I wanted to make a catapult to send something back to prover 4. Hee hee hee. I am reminded of Puck in a Midsummer night’s Dream; ‘Thorough bush, thorough brier...I am the merry wanderer of the night’”

Prover 0 – comments – round 2 started with giggling and prover 1 said “it’s like a game! Like tennis or something.” And prover 2 said “Umpire! Umpire!”

❖ Stuck, stasis, treacle, quagmire, bubble, mud

(1,4,5,6,7 -5 provers, multiple times)

Prover 1 – “Grinding at a snail’s pace...grinding to a stop!”

Prover 1 – “Grind...ground... ground down”

Prover 4 – “it feels thick and cluggy, like I do!”

Prover 4 - “yawning, sleepy, building up again, wading through mire, labouring, struggling, slowing”

Prover 4 – “everyone will be caught up in the reckoning.”

Prover 4 - “wading in mud and shedding our blood” (song)

Prover 5 – “I am in a quandary, in a quagmire?”

Prover 6 – “this feels like hard work, feels like stirring treacle”

Prover 6 – “The powder feels so sticky”

Prover 6 – “nothing new, going nowhere. A black hole. The rabbit falling down the hole”

Prover 7- “it’s not a major or a life-threatening disease, more like a niggly thing that you can’t quite shift. Psoric or maybe syphilitic if it really gets going.”

Prover 7 – “I’m not scraping but just playing with the powder. Like a child playing with food and just moving it around on their plate.”

Prover 7 – “a life sentence! Once you’ve got it, you’ve got it – no getting away. Chronic disease”

Prover 0 - dream – “All the provers and I are waiting at a station, the train arrives but it is so full we can’t get on it, so we’re stuck at the station.”

Prover 0 – dream – “On a bus journey, time to get off, so I’m waiting in the isle to get off, it takes ages. At some point I am lying in a doorway with my stuff, looking homeless, trying not to cry and draw my attention to this”.

Prover 0 – dream – “I see a woman in some stocks! I can’t see the front of her, just the back (I am identifying with her) Are people throwing rotten tomatoes? Has she done anything wrong? If she has it’s not serious, it’s almost like people just want some amusement for the slightest reason. Is she doing it for charity? Is it a game? But it’s not funny to me.”

❖ Obstacles, resistance, restriction # free flowing, get away

(1,2,3,4,7- 5 provers multiple times)

Prover 1 – “powder climbing up the sides of the bowl – none at the base, and difficult to stop it (spilling crossed out) spilling out”

Prover 1 – “thought there was a twig or stick in my bowl, hindering the scraping, I knew it wasn’t there but I was still looking for it”

Prover 1 – “there’s a big resistance in the room to continuing to C4.”

Prover 2 – “the substance seems to be less resistant now, flowing.”

Prover 3 – “Aware of the friction created at the bottom of the bowl; I wanted it to be smooth and free flowing, no obstacles in the desire for the powder not to stick but to move freely from the sides of the bowl...slight irritation if it sticks, ‘Get out of my way! Don’t impede my progress!’”

Prover 3 – “feeling really constricted, desire to expand”

Prover 3 – “desire to take my shoes off, have to do it.”

Prover 3 - “aversion to feeling restricted, desire to push through and expand”

Prover 3 - “feel thwarted, curtailed, unappreciated.”

Prover 3 - “feeling thwarted – just getting somewhere and then stopped.”

Prover 3 - “control issues, refuse to be controlled. Determined, won’t give in easily. Say words ‘Moving on up, moving on up, nothing can stop me’.

Prover 3 - “Sirens, are they coming to get me?... Will I be found out? Will I be restrained?”

Prover 3 - “claustrophobia, fight or flight??”

Prover 4 - “it feels thick and claggy” but then the next grind “feeling silky and smooth”

Prover 4 - “everyone will be caught up in the reckoning”

Prover 4 - “yawning, sleepy, building up again, wading through mire, labouring, struggling, slowing” then the next grind is “light and loose and easy”

Prover 4 - “‘wading in mud and shedding our blood’ (song)”

Prover 5 - dream – “ I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it’s not fair, I’m like a mermaid”

Prover 7 - “I don’t want to go back! Total resistance.”

Prover 7 - “I’ve been grinding counter-clockwise all along. If I do it the other way, then the pestle almost spins in my hand to turn itself counter clockwise again. Resistance”

Prover 7 - “prover 3 is looking at her watch – anything to get away from this! A life sentence! Once you’ve got it, you’ve got it – no getting away.”

Prover 0 - singing alternately between ‘cos I’m coming out of the kitchen, cos I’ve got something I forgot to say to you!’ and ‘chain chain chain, chain chain chain, chain chain chain, chain of fools’.

Prover 0 - dream – “I see a woman in some stocks! I can’t see the front of her, just the back (I am identifying with her) Are people throwing rotten tomatoes? Has she done anything wrong? If she has it’s not serious, it’s almost like people just want some amusement for the slightest reason. Is she doing it for charity? Is it a game? But it’s not funny to me.”

❖ Speed (3,4,5,6,7 – 5 provers)

Prover 3 - “Time speeded up again – going really quickly.”

Prover 4 - “speeding up, taking off”

Prover 4 – “speedy, like a race-track, bending into corners, vigorous. Robotic, rush and rest, like society; rush, rush, on a treadmill. Very quick round!”

Prover 4 – “things speeding up, everything speeding up – society, social media, information sending, big cars, need to rest, relax, everything too fast, too much, exhausting, everyone seems fast, wheels spinning, breathless, can’t stop this speed, need to rest, aching”

Prover 4 “just keeps getting faster, everyone very diligent and very fast scraping, quick to get it done before the time runs out.”

Prover 5 - “a plain, flat, but also hills, moorland, I am rolling down the hill”

Prover 6 – “grinding very quickly, it’s like I’m racing prover 7. Going faster and faster. I’m going the fastest! Is this a race? Looks like a wheel going round and round.”

Prover 7 – “That (the round) went quickly!”

Prover 7 – “I want to rush on to the next grind – get it done”

❖ Up, down (1,3,4,5,7 – 5 provers, and in the environment)

Prover 1 – “powder climbing up the sides of the bowl – none at the base, and difficult to stop it spilling out”

Prover 1 – “considered tipping my water into the powder! Would it bubble up? -probably not!”

Prover 3 – “desire to sit up really straight in order to expand lungs and take deep breaths”

Prover 3 – “saying word ‘moving on up, moving on up, nothing can stop me’”

Prover 4 – “feels like heaviness sitting on top pressing down”

Prover 5 – “balance precariously on the edge of something... a cliff or a precipice?,,, it’s not frightening, I might jump in.”

Prover 5 – dream – “I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it’s not fair, I’m like a mermaid”

Prover 7 – “sigh and sitting more upright. Stretching upwards trying to straighten my spine. Pulling shoulders backwards and rotating the blades.”

Prover 7 – “when I close my eyes and take a deep breath in, I can really feel my lungs expanding. And it’s like they don’t want to stop expanding, expanding upwards”

Prover 7 – “like I’m being pulled out of myself, through the back of my head, upwards.”

Prover 7 – “the powder has spread so high up the sides, it’s hard to get it back down!”

Prover 0 – in round 3 grind 3 is the Pen Incident;

“prover 4’s pen just broke and the top bit shot off down to my feet. ‘a weapon you’ve got there!’ I say ... ‘Ow!’ I think, ‘Attacked’ I think. Thorny, from above, aiming downwards, Gravity I write, as prover 5 spills her tea and it falls down the wall, and her pestle falls off the desk.”

❖ Extension, long, tall (1,3,6,7,0 -5 provers)

Prover 1 – “thinking about plants, how extensive their roots are stretching into the earth.”

Prover 3 – “awareness of all 4 limbs feeling long, it reminded me of a children’s TV programme ‘Twizzle’ where the character had extendable arms and legs!”

Prover 3 – “Image of being able to reach across to every person in the circle – to entwine and connect, and yet feel quite disconnected”

Prover 3 – “Pain in left hip as over-extended my leg back behind the chair”

Prover 3 – “Stiffness with desire to stretch”

Prover 3 – “feeling really constricted, desire to expand”

Prover 3 – “aversion to feeling restricted, desire to push through and expand”

Prover 3 – “desire to sit up really straight in order to expand lungs and take deep breaths”

Prover 6 – “want to stretch out my back”

Prover 7 – “sigh and sitting more upright. Stretching upwards trying to straighten my spine. Pulling shoulders backwards and rotating the blades.”

Prover 7 – “like I’m being pulled out of myself, through the back of my head, upwards. It’s a long way to my hands, and the mortar. Not usually a long way but energetically. It’s a long way for the nerve impulses to travel from the brain that initiates it to the hands.”

Prover 7 – “when I close my eyes and take a deep breath in, I can really feel my lungs expanding. And it’s like they don’t want to stop expanding, expanding upwards”

Prover 0 – Comments- before lunch, someone mentioned that a few people had mentioned that they felt taller.

Prover 0 – thoughts of the painting of clasped arms by the Eiffel Tower, Beyond Walls by Saype.

Prover 0 – dream; a greenhouse consisting of an original greenhouse and then other square greenhouse extensions had been added on to it lengthways.

Prover 0 – dream – going on a long walk down a country lane.

❖ Connecting, entwining, oneness (3,4,5,6,7 – 5 provers)

Prover 3 – Image of being able to reach across to every person in the circle- to entwine and connect, and yet feel disconnected.

Prover 3 – Need to clear throat, followed straight away by prover 4 and 5 – connection.

Prover 4 – “oneness, everyone will be caught up in the reckoning, we will all be there”

Prover 5 - “at lunchtime, we were walking in formation”

Prover 5 – “I work in conjunction with others, but I can take the lead”

Prover 5 – dream – “I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it’s not fair, I’m like a mermaid”

Prover 6 – “looking out the window, feeling a bit disconnected”

Prover 7 – “body and mind (or consciousness) are separated.”

Prover 0 – dream “We – my family and I – are parked up in a van at a beach. A group of possibly scouts or Urdd members come along and camp right next to us, practically touching our van. We then collaborate somehow, we re-position our marquee to cover an area of beach/ clear flat nice grassy area so that everyone can use that area to possibly play rounders in / be in.”

❖ Floating off, lost, just “hanging around”

(1,2,5,6,7 – 5 provers, multiple times)

Prover 1 – “Ground to a stop... lost for a moment – couldn’t remember what I did yesterday – absent from myself for a moment, or is this almost sleep?”

Prover 2 – “feel floaty”

Prover 5 - “want to lift eyes to the ceiling, look up quite a lot, as if bored, or drifting...”

Prover 5 – “could drift off, float away a bit”

Prover 5 – after lunch – “I’m not quite with it, now I feel sleepy, could nod off”

Prover 5 – “am I alone? Lost in the wilderness.”

Prover 6 – “looking out the window, watching the rain, feeling a bit disconnected”

Prover 6 – “spaced out”

Prover 6 – “really tired and spaced out”

Prover 6 – “drifting off, struggling to concentrate. Such an effort to stay awake. Is this a remedy for chronic fatigue?”

Prover 7 – “Zoning out, then I have to call myself back to reality by thinking about lunch, something real. Not this just waiting to pass the time.”

Prover 7 – “I should be doing something else / somewhere else, but have no idea what or where. Like teenagers hanging around in the park. No purpose.”

Prover 7 – “I thought prover 3 had gone! It’s like there is an empty seat opposite me. What if they all go and just disappear like souls leaving the body and going into the ether?”

Prover 7- “sighing to call me back into my body, to ground. It’s not like an out of body sensation, because I’m inside my body and looking out. But body and mind (or consciousness) are separated. Is this really my body? Am I really doing this?”

Prover 7 – “like I’m being pulled out of myself, through the back of my head upwards. “

Prover 7 – “I’m back in the room -Relief! I hope it lasts!”

Prover 7 – mindless activity, no thoughts, vacancy”

Prover 7 – “I’d like to just sit and watch the rain, none of this pointless grinding”

Prover 7 – “seems everyone is just looking around.”

Prover 0 – “I’m not where I was, lost track of time”

❖ Slow (1,4,5,6 -4 provers)

Prover 0 – comments – prover 6 dropped her mortar, but she reacted so slowly and made no effort to get it, I picked it up for her (unusual for her).

Prover 3 – dream – “Just came out of a barn when it exploded in fire – I was unusually slow to call the emergency services – miraculously no one was injured.”

Prover 1 – “prover 4 appears to be asleep – now she’s moving again – slowly.”

Prover 4 – “yawning again, thoughts of what’s happening in the world- will everything slow down as we reach greater awareness of how things need to be?”

Prover 5- “I want time to slow down so that I can do more grinding/scraping”

Prover 6 – “slow down, doesn’t matter”

❖ Determination, tenacity, carrying on

(3,4,7,0 - 4 provers, one very strongly)

Prover 3 – “Need to push to make my presence clear to gain my space or else I won’t be recognized. I want to be seen / appreciated, so have to jostle for position.

Prover 3 – “aversion to feeling restricted, desire to push through and expand”

Prover 3 – “control issues, refuse to be controlled. Determined, won’t give in easily. Say words ‘Moving on up, moving on up, nothing can stop me’.

Prover 3 – words to ‘my way’; “and now the end is near and now I face the final curtain... I did it my way!”

Prover 3 – “I can’t do this! I don’t have it in me. Yet a compulsion to continue – feels like unfinished business.”

Prover 3 – “Tenacity got to see the process through or won’t be able to come back, to return to regrow”

Prover 3 – “Sapped of energy, but perseverance -keep on going.”

Prover 4 – “hot and sweaty pressing through jungle”

Prover 7 – “I want to rush on to the next grind – get it done”

Prover 0 – 5 days after the trituration day - staying up late to keep writing this, relentlessly on at it, 10 hours or more today, so I can stop being ‘in it’ and finally be out of it, with an overview... Ahh Freedom, Air!

❖ Landscape: marshland, wide open spaces, plains

(0,1,4,5,6 -5 provers)

Prover 1 – “Images of marshy ground, patches of rush and open water”

Prover 1 – “Big sky, wilderness”

Prover 1 – “Oxwich beach on the Gower”

Prover 1 – “Back to the marshy place, birds shooting across the sky, calling, sense of wide open space.”

Prover 4 – “pressing through jungle”

Prover 4 – “oneness, opening onto the great plain of consciousness (actually spelt ‘consciessess’)

Prover 5 – “Am I alone? Lost in the wilderness, A plain, flat, but also hills, moorland? I am rolling down the hill”

Prover 5 – “Balanced precariously on the edge of something... a cliff or a precipice, it’s not frightening, I might jump in”

Prover 5 – “bird in flight over a plain”

Prover 5 – “Dave, davy Crocket, king of the wild frontier”

Prover 5 – dream – “I’m on a moorland, hills. Someone is telling me off.”

Prover 6 – “butterflies pop into my head, and a bee buzzing over a wildflower meadow”

Prover 0 – dream – “We – my family and I – are parked up in a van at a beach. A group of possibly scouts or Urdd members come along and camp right next to us, practically touching our van. We then collaborate somehow, we re-position our marquee to cover an area of beach/ clear flat nice grassy area so that everyone can use that area to possibly play rounders in / be in.”

Prover 0 – image of being in the sand dunes overlooking a long spacious beach.

❖ Birds (1,4,5 – 3 provers)

Prover 1 – “I can hear seagulls calling, they really do!”

Prover 1 – “birds shooting across the sky, calling”

Prover 3 – “animal imagery – birds, snails, butterflies”

Prover 4 – “little beaks waiting to be fed, some sort of threatening presence- birds of prey circling in?”

Prover 5 – “there’ll be bluebirds over the white cliffs of Dover, but will there?”

Prover 5 – “singing ‘to charm the birds from the trees, to engage them, entertain them’”

Prover 5 – “image of bird in flight over a plain.”

Prover 5 was sent a poem at lunchtime - “Year after year, without time, the wild geese return”

❖ Insects (2,3,6,7 – 4 provers)

Prover 2 – “a fly with a compound eye”

Prover 2 – “wasp stings on hand returning itch, after I’ve not felt it for 2 days”

Prover 3 – “animal imagery – birds, snails, butterflies

Prover 6 – “butterflies pop into my head and a bee buzzing over a wildflower meadow”

Prover 7 – itchy top lip “almost like an ant bite”

Prover 7 – “the meme I shared on facebook today; ‘why don’t ants get sick often? Because they have little anty bodies!’”

❖ Movement, travel

(3,4,5,7 – 4 provers, and in the environment)

Prover 0 – comment - The top of prover 4's pen shot fast out of it's spring, and flew down, to land at my feet.

Prover 3 – “saying ‘moving on up, moving on up, nothing can stop me’”

Prover 4 – “hot and sweaty pressing through jungle”

Prover 5 – “Davy, Davy Crocket, king of the wild frontier”

Prover 5 - dream – “I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it's not fair, I'm like a mermaid”

Prover 7 – “when I close my eyes and take a deep breath in, I can really feel my lungs expanding. And it's like they don't want to stop expanding – expanding upward. Where would I go???”

❖ Circles, curves

(4,5,6,7 -4 provers, a few times)

Prover 4 – “speedy, like a race track, bending into corners, vigorous. Robotic, rush and rest, like society; rush, rush, on a treadmill. Very quick round!”

Prover 5 – drawing of the pattern in bowl “flower of life”

Prover 5 – “hills, moorland, I am rolling down the hill”

Prover 6 – “Singing ‘swing low sweet chariot coming for to carry me home’”

Prover 6 – “I'm going faster and faster, is this a race? Looks like a wheel going round and round.”

Prover 6- “‘the wheels on the bus go round and round’, as I'm grinding I can see wheels turning”

Prover 6 – “my scraping reminds me of the readymix (concrete) going round and round in the lorries”

Prover 6 – “images of tornadoes and sandstorms, and a whirlpool. Windmills, song ‘windmills of my mind’”

Prover 7– “when I try to think I feel spun out”

Prover 7 – “I've been grinding counter-clockwise all along. If I do it the other way, then the pestle almost spins in my hand to turn itself counter-clockwise”

❖ Belligerent, haughty, irritable, rebellious

(3,5,7 - 3 provers, but strongly)

Prover 3 – “Aware of the friction created at the bottom of the bowl; I wanted it to be smooth and free flowing, no obstacles in the desire for the powder not to stick but to move freely from the sides of the bowl...slight irritation if it sticks, ‘Get out of my way! Don’t impede my progress!’”

Prover 3 – “feeling a bit ‘prickly’, defensive.”

Prover 3 – “prover 2 moved closer to sit on the floor - Fuck off. Too close”

Prover 3 – “words to ‘My Way’; ‘and now the end is near and now I face the final curtain.....i did it my way!’”

Prover 5 – “a bit haughty, I will take my leave of you now!”

Prover 7 – “slightly irritated by them chatting and laughing”

Prover 7 – “thinking that people are quite obnoxious, (unpleasant and blatantly disrespectful) listening to the chat at breaktime”

Prover 7 – “I feel a kind of carelessness about it all – what the heck!”

Prover 7 – “irritable, someone’s mobile is vibrating. Fuck!”

Prover 7 – “I can do whatever I want!”

Prover 7 – “feeling lazy, not wanting to write stuff down. Rebellious”

Prover 7 – “I really don’t want to do this, hard work!!”

Prover 7 – “I feel like a sulky teenage, roped in to do stuff they don’t want to do. I don’t want to write anything down. I should be doing something else/ be somewhere else, but I have no idea where. Like teenagers hanging around in the park.”

Prover 7 – “the bloody dog has taken the freedom of the building, lying in the middle of the room. I call the dog ‘obnoxious’ (dictionary = abhorrent, disgusting, disagreeable, extremely unpleasant, hateful, insufferable, loathsome, offensive) and its’ owner seemingly takes real offence.”

❖ Ground (1,3,6,0 – 4 provers)

Prover 1 – “ground to a stop”

Prover 3 – “too old. Desire to sleep/to hibernate/to go underground/ to return to the earth”

Prover 3 – “ground down”

Prover 6 – wrote Ground 3 instead of Round 3.

Prover 0 – “The Daily Grind”

❖ Underneath /black

(3,5,0 – 3 provers)

Prover 3 – “fear of being obliterated, would need to go underground in order to survive.”

Prover 3 – “too old. Desire to sleep/to hibernate/to go underground/ to return to the earth”

Prover 5 - “something about ‘double act’, what double act? Black and white. Spotless and clean / dirty and dishevelled underneath. ‘Keep up appearances dear’”

Prover 5 – “what’s underneath? You wouldn’t want to know.”

Prover 5 – “what’s in the volcano? A black hole, consuming, destroying, excess.”

Prover 5 – dream – “I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it’s not fair, I’m like a mermaid.”

Prover 0 – “take me under, underneath, in the dark depths, dank, who knows what’s in there?”

❖ Work (6,7,0)

Prover 6 – “this feels like hard work!”

Prover 7 – “I really don’t want to do this! Hard work!!

Prover 7 – “I want to rush on to the next grind – get it done”

Prover 0 – comments – I continued triturating up to C4 the next day with one other prover, and although I’m wary of putting my thoughts into this write up, I felt that one thing came through strongly for me the next day during the C4 grind, and that is about work. I wrote;

“Keep on working! Slave driver, so you have no time to stop and look deep or to dig up the whole thing. Work harder! AS A DISTRACTION Distracted by work and routine. The Daily Grind SLOG. Fucking fed up of it, same old, same old. Producing things that mostly go to waste. Futile. Keep on making them, uniformity production line, work Sunday’s now too.”

❖ Distraction

(6,7,0 – 3 provers, one of them very strongly)

Prover 6 – “desire to look out the window”

Prover 7 – “I like to distract myself, give my mind some kind of focus. Really longing for noises from the street -there is a world out there! I don’t want to be in this bubble”

Prover 7 – “I can entertain myself with moving it around and making shapes. That’s a lot better than what is going on in my head!”

Prover 7 – “I’d like to just sit and watch the rain. None of this pointless grinding”

Prover 7 – “great distraction; prover 4 just shot the top of the pen I lent her across the room like a missile.”

Prover 7 – “prover 3 is getting distracted by her watch – anything to get away from this!”

Prover 0 – in the C4 round, I got the idea of distractions a lot, as ways to keep people working, as ways to keep people from looking deeper.

Prover 0 – dream – “I see a woman in some stocks! I can’t see the front of her, just the back (I am identifying with her) Are people throwing rotten tomatoes? Has she done anything wrong? If she has it’s not serious, it’s almost like people just want some amusement for the slightest reason. Is she doing it for charity? Is it a game? But it’s not funny to me.”

THE PEN INTERLUDE (see above)

❖ Synchronicity (1,5,0 – 3 provers)

Prover 1 – “synchronization. 3 people drinking at exactly same moment, with exactly same movements”

Prover 5- “events in time connecting up. Past, present. Synchronicity”

Prover 5 - received a poem “Year after year without time, the wild geese return”

Prover 5- “I felt like at times, we were walking in formation (at lunchtime)”

Prover 5 – “I noticed that everyone around me has glasses/ spectacles on their desks, at least 4 provers”

Prover 0 – at lunchtime, I arrived back to college at exactly the time that prover 2 was phoning me as she needed to leave and someone else needed to be there instead of locking up. “Good timing!”

Prover 0 – dream; “I went to town, there was a big big plant there but what was odd was that it was there at exactly the same time that I was”

Prover 0 – went to (another) meeting 4 days after the proving. We were asked to shout out suggestions, and twice I shouted out exactly the same thing at exactly the same time as someone else.

❖ Old/ancient # young (3,5,7 – 3 provers)

Prover 3 – “too old. Desire to sleep / to hibernate”

Prover 3 – words to ‘my way’; “and now the end is near and now I face the final curtain... I did it my way!”

Prover 3 – “feels like morning sickness, pregnancy – new life out of the old. Death -> fertility”

Prover 5 – “sucking/licking my teeth with tongue- like an old person, geriatric feel. Georgian/ Victorian times”

Prover 5 – “creaky rusty, rope fraying”

Prover 5 – “A sanatorium”

Prover 7 – “old people’s home, and a thought of a smell of urine”

Prover 7 – “I just remembered the old TB hospital outside of Berlin”

Prover 7- “thinking how old we all are.” (!)

Prover 7- “causing problems in old age”

Prover 7 – “Chatting about tennis now! Like old ladies! I’m not an old lady!”

Prover 7 – “singing ‘we are young, we are free!’” by Supergrass

❖ Crumbling, dry, old, broken down, decay (3,4,5_ - 3 provers)

Prover 3 – “turning towards death/decay. Ripeness. Grinding slowly down”

Prover 3 – “earth to earth, dust to dust ashes to ashes”

Prover 3 – “dried up. Desiccated.”

Prover 4 - “destruction”

Prover 4 – “is all ok, or is all crumbling?”

Prover 5 – “I like wine, spiritous liquors, brandy; I feel old, broken down with it. Old alcoholic. But keep it quiet.

Prover 5 – “order, like bricks or an old stone well. But the old well is falling apart, bits coming off. Crumbling.”

Prover 5 – “dry, sober, cracked dry mud”

Prover 0 – comment – I provided semi-dried bramble leaves etc for the trituration. I had hung them up above the (only on for 3 or 4 hours of an evening) fire for 4 nights.

❖ Death (3,4,5 - 3 provers)

Prover 3 – “turning towards death / decay. Ripeness.”

Prover 3 “earth to earth, dust to dust, ashes to ashes”

Prover 4 – “what use is this now, you who have lost a child?”

Prover 5 – “does anyone take death seriously? No one really has the answers.”

❖ Sighing (3,6,7 - 3 provers)

Prover 3 – need to sigh

Prover 6 – sighing inwardly, after much itching.

Prover 6 noticed that “somebody sighed really loudly”

Prover 7 – “I am sighing heavily”

❖ Cruelty, forced to do something against one's will

(5,6,7,0 -4 provers)

Prover 5- “a sense of unease in my gut, like someone/something is taunting me. Cruelty.”

Prover 5 – “my lungs hurt, I cannot breathe. No one cares.”

Prover 5 – dream – “I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it's not fair, I'm like a mermaid”

Prover 0 – dream – “I am in the guides, with 2 friends from childhood, somewhere between age 10 and age 14, we are singing the English National Anthem. Someone leads us into the second verse!!!! LOL! We are making a lot of the words up, some of them a bit rude, and laughing a lot.”

Prover 0 – dream – “I see a woman in some stocks! I can't see the front of her, just the back (I am identifying with her) Are people throwing rotten tomatoes? Has she done

anything wrong? If she has it's not serious, it's almost like people just want some amusement for the slightest reason. Is she doing it for charity? Is it a game? But it's not funny to me."

Prover 0 – comments – "I ask them "please grind" as otherwise I feel like a cruel taskmaster, I don't want to think about it, but 'slavery drudgery work'" comes to mind. Some seem to hate doing it at one point.

Prover 6 and prover 7 both wrote that they didn't want to be here. I feel like a terrible presence, forcing people to be here and do this. Prover 7 calls prover 2's dog "Obnoxious" which was quite hurtful for prover 2.

❖ Bubbles (1,7 – 2 provers)

Prover 1 – "considered tipping my water into the powder! Would it bubble up? -probably not!"

Prover 7 – "feels like being in a bubble."

Prover 7 – "I don't want to be in this bubble."

❖ Eyes

ALL the provers mentioned eye issues.

Prover 6 – "seeing eyes in the bowl"

Prover 2 – "image of an insect with a compound eye"

❖ Vulnerable, sensitive (3,6 – 2 provers)

Prover 3 – "sensitive to noise outside. Vulnerable around people"

Prover 6 – "the scratching of the bowl is grating at my nerves and ears. Very noisy, scraping is penetrative."

❖ Pursued, paranoia (1,3 – 2 provers)

Prover 1 – "song; 'we're off we're off in a motor car, 50 robbers are after us and we don't know where we are'"

Prover 3 – "Sirens...are they coming to get me?"

Prover 3 – “Bit of paranoia, have I done something wrong? Will I be found out? Will I be restrained? Fear of being obliterated, would need to go underground in order to survive.”

Prover 5 – dream - “I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it’s not fair, I’m like a mermaid.”

❖ Giving Up (6,7- 2 provers)

Prover 6 – “I’ve had enough”

Prover 7 – in round 3, scrape 3 “Maybe we should just call it a day?”

❖ Unappreciated, overlooked (1 prover, and in the history)

Prover 3 – “feel thwarted, curtailed, unappreciated.”

Prover 3 – “Need to push to make my presence clear to gain my space or else I won’t be recognized. I want to be seen / appreciated so have to jostle for position.

Prover 0 – comments – there’s already a meditative proving of blackberry but neither I nor the clinical director noticed it. Blackberry has largely been replaced by Vine in the Celtic Ogham.

❖ Insidious (1 prover)

Prover 7 – “it’s like a numbness that creeps in without noticing, insidious, miasmatic.

Prover 7 - “Tingling top lip again, that’s where you kiss someone and catch it. Like catching a cold sore”

❖ Drugged (6,7 – 2 provers)

Prover 6 – “the rain is soporific

Prover 7- “weird stuff, is this a drug? Like cannabis indica. Vacant, my head is vacant. When I try to think I feel spun out. Drugged. Opium.”

❖ Time (0,2,6 – 3 provers)

Prover 2 – “that was a long 3 minutes”

Prover 0 – “I’m not where I was, lost track of time”

Prover 6 – “slow down, doesn’t matter”

Prover 6 – “time is standing still. This is painfully slow”

❖ Souls - not on earth (4,7 – 2 provers, but quite unusual)

Prover 4 – “Everyone will be caught up in the reckoning, we will all be there, no soul left behind.”

Prover 7 – “I thought prover 3 had gone! It’s like there is an empty seat opposite me. What if they all go and just disappear like souls leaving the body and going into the ether?”

Production (2,5,0 – 3 provers)

Prover 2 – “unnecessary wealth”

Prover 5 – “consuming, destroying, excess. Ubiquitous in the environment?”

Prover 5 – “I like to make order out of chaos. To build up. Construct.”

Prover 0 – in C4 – “producing things that mostly go to waste.”

❖ Double/ Black and white (2,5 – 2 provers)

Prover 2 – “when dressing for the day, I put down all colours, and strong feeling only to wear black...I have no white, but white entered, I never wear white, but white pattern on my top”

Prover 5 - “something about ‘double act’, what double act? Black and white. Spotless and clean / dirty and dishevelled underneath. ‘Keep up appearances dear, but what’s underneath? You wouldn’t want to know”

Prover 5 – “light and shadow very noticeable suddenly in my bowl, the passing of the day and change of light into a darker shade or evening.”

❖ Zig zags (0,2 – 2 provers)

Prover 2 – “zigzags”

Prover 0 – distributed the packets of powder for one round zig zagging across the room instead of the usual going round the circle.

❖ Missile

Prover 7 – “great distraction; prover 4 just shot the top of the pen I lent her across the room like a missile.”

Prover 0 – “I wanted to make a catapult to send back to prover 4”. “Paper planes. Spitting”

❖ Sugar, sweets

Prover 6 – “image of the child catcher in chitty chitty bang bang, calling out ‘Lollipops’”

Prover 6 - “swing low, sweet chariot”

Prover 6 - “sweet child of mine

❖ Oneness

Prover 4 – “oneness, opening onto the great plain of consciousness”

Prover 4 – “everyone will be caught up in the reckoning, we will all be there, no soul will be left behind”

❖ Anxiety

Prover 3 – “slightly anxious feeling”

Prover 3 – claustrophobia”

Prover 3 – “fight or flight??”

❖ Colours

Prover 2 – “had the desire to wear black, and some white, this morning”

Prover 5- “the colour purple may be important”

Prover 6 – “Red”

Prover 7 - “the powder is very grey”

❖ Songs

“I’m not a passenger, I wanna get off” by Elton John (00)

“keep it off my wave” by Soundgarden (00)

“turn, turn, turn, to every season turn” by The Byrds (05)

“and the seasons go round and round” by Joni Mitchel (03)

“moving on up, moving on up, nothing can stop me” by M People (03)

“and now, the end is near, and so I face the final curtain...I did it my way!” by Paul Anke (03)

“there’ll be bluebirds over the white cliffs of Dover” by Walter Kent and Nat Burton (05)

“Amazing grace” - traditional

“Davy, Davy Crocket, king of the wild frontier” from the TV series Disneyland (05)

“wading in mud, shedding our blood” by ? (04)

“we’re off we’re off we’re off in a motor car” (02)

“if you’re happy and you know it clap your hands”(06)

“and the beat goes on” by The Whisperers (00)

“sweet child of mine” by Guns and Roses (06)

“swing low sweet chariot” -traditional (06)

“Tipperary” by Harry Williams and Jack Judge

“same as it ever was” (Once in a lifetime) by Talking Heads (00)

The second verse of the English national anthem! (00)

C4 Extension

It was felt during the trituration day, that all the information had been received and that there was no point in doing any more. By the end of round 3, many people were tired and sleepy. However, just to be sure, and out of our own curiosity, I continued triturating up to C4 the next day with one other prover. I had revealed the remedy to the others, apart from one, and there had been some discussion, although I had not looked at anyone's books yet. Although I'm wary of putting my thoughts into the above write up, I feel that I want to include them here, as some themes came through very strongly for me. I wrote;

"Desire to get to the bottom of things. (*underneath*) Old things crumbling away. (*old things, crumbling*) Work(*work*) to do, fast busy (*speed*) to keep things covered up. Distraction, (*Distraction*) you won't look deeper (*underneath*) ha ha ha I'm fooling you! (*cruelty*)

Keep on working! Slave driver (*cruelty, work*) so you have no time to stop (*speed*) and look deep or to dig up the whole thing (*underneath*) Work harder! AS A DISTRACTION Distracted (*distraction*) by work and routine. The Daily Grind SLOG. (*boredom, work, automaton*)

Fucking fed up of it, same old, same old. (*endless cycles*) Producing things that mostly go to waste. Futile. (*Futility*) Keep on making them, uniformity production line, (*automaton*) work Sunday's now too.

'you don't want to know these things! (*underneath, automaton*) I am protecting you! I will work you endlessly', (*exhaustion*) to make things that mostly go to waste (*futility*) so that you don't look at what is hidden by millennia. 60's factory production line, not creative work (*automaton*)

'I'm not a passenger, I wanna get off!' conveyer belt mentality fuck this shit, (*rebellious, aversion to restriction, desires movement, travel*)

I throw paper planes at you, I spit in your food before serving it (*missiles*) (*impish*) (*rebellious*) kitchen production line, little tiny grudges, thorns/prickles/barbs, (*lots of itching*) (*resentment*) but keep on doing it. I make prank calls in an office. (*amusing/ not amusing*) Distraction, underlying resentment at the institutions. Going through the motions, (*automaton, cycles*) but still producing endlessly (*endless cycles*) (*meticulous, excess production*)

Sports day, races, team building, (*industrious???*) as pointless distractions, year after year 'and the beat goes on' 'We got fooled again' (*distractions, endless cycles*)

Meticulous labour, (*meticulous*) - forced in a way. To distract them, to keep their focus elsewhere. Intense focus on pointless things. (*Futility*) It never stops. Get off the wheel, when will it ever end? (*Endless cycles*) Slowing down, teary (*exhaustion*). Nausea, churning stomach, intestinal cramps. Sick at all the marching and the slave mentality. There must be something else. (*Determined*) (*aversion to restriction*) (*desire travel, movement*) I could do this work in my sleep. (*exhaustion, sleepiness, boredom*) 'You could uncover my secrets but I'll just grow over again before anyone can see.' (*paranoia, underneath, futility*)

.....when I had finally finished C4, I wanted to carry on doing it, and it took several seconds for me to completely stop. The rhythm of it carried me on, the monotony and purpose of it was like a trance.

Prover 1 during the C4 round wrote;

“procrastination and more confusion.

Realization that if I did a trituration I could always say that the substance was different from what it really was – to begin with only...Giggles!

Truth and lies, looseness and liberation?

Aware of the sky, the big picture.

There’s an edge to this, lots of banter and laughter but I also remember the anger yesterday and hurt too.

Resistance too. Tension and release, elastic, boomerang!

Thought provoking, just stopped to think, mundane too, just remembered the laundry.

Maybe this is a remedy which helps provide self-realization – sorting out the strata of memories and consciousness in our minds, from the deep painful places which we’d prefer not to probe to the very mundane, via some trivia and general light-heartedness.”

Additional experiences from other people

I had someone read over all the first draft of this, someone who had not been involved in the trituration day. Whilst reading it they yawned 2 or 3 times. An hour later they looked very lost and confused and when asked, they said “I don’t know what I’m doing, I feel a bit lost.” Later, at dinner, they tried to use the pepper grinder upside down, which is very unusual for them!

Also an extremely fascinating thing happened with a colleague who had volunteered to do a dream proving. I sent some of the triturate C3 + C4 powder out to her a couple of days after the trituration day. She took it about 2 weeks later. The next day, she emailed me the following;

“I slept with the remedy under my sheet last night. I didn’t have any long dreams, all I have are short postcard type shots in my head that came throughout the night. Before I dropped off to sleep, blackberries were in my head.

1. Long splinters of wood- these were in my fingers of my left hand, on the inside. The splinters were long and smooth like needles. I was pulling them out.
2. A bandaged finger – with way too much bandage on it.
3. Black and white image of an American looking convertible car in a busy street.”

Physicals

Vertigo

Prover 0 – “it feels like motion sickness”

Prover 3 – “didn’t feel well on returning to the building; nausea and spinning”

Prover 7 – “When I try to think I feel spun out”

Prover 4 – “feeling dizzy”

Head

Prover 3 – heavy muzzy head. A heavy head. Also yesterday I had a headache, which is unusual.”

Prover 3 - “Headache moved quickly to the vertex”

Prover 3 – “Stiffness in neck, desire to lean head forward to release and stretch it out”

Prover 3 – “sweaty heat – head”

Prover 3 – “didn’t feel well on returning to the building; nausea and spinning”

Prover 3 – “itchy scalp” also notices “prover 5 has itchy scalp”

Prover 3 – “headache, a tension/ pressure inside the brain”

Prover 5- “a sense of headache, top left vertex”

Prover 6 - “side of head itchy”

Prover 6 – “top of head really itchy > scratch”

Prover 7 - “it’s all in/ around the head, there’s no sensation in the rest of the body other than an occasional itch, like from an insect bite (and I have plenty of them)

Prover 0 – “a slight headache feeling of pressing into my temples”

Eyes

Prover 1 – “right eye slightly itchy”

Prover 2 – “eyes actually got better doing the grinding, suddenly really clear. Normally I have 2 misty patches of floaters in my eye, if they join, I can’t see, and my eyes feel under pressure.” It did not feel so bad the next day still, “a bit lighter, with no mistiness”

Prover 3 – “Eyes heavy, desire to close them”

Prover 3 – “very itchy inner right eye”

Prover 3 – “eyes watering from laughing. Sore.”

Prover 4 – “eyes blurry” Then later “Eyes which were scratchy and blurry have cleared”

Prover 5 - “upper eyelid twitching/tickling”

Prover 5 - “want to lift eyes to the ceiling, look up quite a lot”

Prover 6 – “Right eye itching, have to rub the lid, now left eye too”

Prover 6 – “Eyelid itchy again, scratching it >”

Prover 6 – “Left eye itchy >scratch”

Prover 6 – “eye feels tired and scratchy and irritated”

Prover 6 – “eyelid very heavy”

Prover 6 – “eyes not so gritty and irritated”

Prover 6 – “itchy lower right eyelid”

Prover 7 – “eyes dry and itchy. Left eye like a biting itch on lower lid and below eye”

Prover 7 – “I squeeze my eyes and they jet watery, but watering outwards, not towards the nose.”

Prover 7 – “eyes want to close.”

Prover 7 – “very dry eyes”

Prover 4 – “eyes blurry”

Prover 0 – I had extremely itchy and dry but watery eyes for weeks before the proving, but it was especially bad in the week before. During round 2 grind 6, I found that I could open my eyes WIDE! And my lids were opening. They had felt like they were a bit stuck together all week. “I can’t open them wide enough now!! WIDE eyes!! Look! See!! Wow! Up there! Over there!” I wrote. I had watery eyes, but they felt dry, often with a sensation of something under the lids, like a hair or dirt or some grit of some kind, Silica like.

Vision

Prover 2 – eyes usually “misty” but they cleared

Prover 4 - “blurry”

Ears

Prover 6 - itching ear

Prover 7 – Itching left ear

Hearing

Prover 3 – sudden sensitivity to noise, shrill sound of scraping too much.

Prover 3 – “sensitive to noise outside.”

Nose

Prover 3 – “itching inside right nostril”

Prover 3 – “sneeze, runny/itchy nose”

Prover 3 – “irritated nose”

Prover 6 – “itching nose, scratch >”

Prover 6 – “a bit sniffy”

Prover 7 – “itchy nose”

Prover 7 – “tingling in right nostril, as if a cold sore might pop up there”

Prover 7 – “Finally, a sneeze!”

Prover 7 – “nose slightly runny”

Prover 0 – after having not really had any hayfever for the past 3 years now (thanks homoeopathy!) all I usually get is maybe twice in the summer something that can be sorted out fairly instantly with one or at most 2 x Allium Cepa 200's. I have had intense sneezing, watery nasal discharge and general nasal irritation along with itchy eyes and general facial itching for the past 2 weeks (becoming much worse one week before the proving). At first I thought maybe it was a cold, but it's still here 2 weeks later, more or less the same. I have cleaned intensely in case it was an allergy. Allium Cepa 200's didn't help, neither did Nux Vomica 30 nor Dulcamara (considering the time of year) 30 x3 doses. Together with the eye symptoms, it seems unclear as to whether it is 'hayfever', a cold, or allergies. I tried Allium Cepa 200 again x 2 doses, and it has taken the edge off only by about 20%, but it is unusual for it not to have totally sorted it. 2 weeks after the proving, thanks to Helios, I was able to take Rubus Fruticosus 30 x 4 doses, and the extent of the sneezing and eye itching does seem to have eased; as of 3 days after taking it, the sneezing by about 80% and the nose and eye itching by about 50%.

Smells

Prover 1 – smell of sage, not culinary sage, smudging sage.

Face

Prover 3 – “itchy eyebrows < right”

Prover 5- “heat around the face, rising”

Prover 6 – “Right Cheeks itching, > scratch. Side of face itchy > scratch”

Prover 6 – “Left side now itchy, left cheek.”

Prover 6 – “Eyebrow itchy > scratch”

Prover 7 – “itchy right top lip, almost like an insect bite, an ant bite?”

Prover 7 – “upper lip dry and tingly, symmetrical, towards the sides.”

Prover 7 – “my upper lip feels as if it should be bright red”

Prover 7 – itchy left cheek

Prover 7 – “rubbing my lower left jaw joint”

Prover 7 – “my face was really red, even though it didn’t feel hot.”

Mouth

Prover 3 – “Gritted teeth”

Prover 3 – “Increased Saliva, having to keep swallowing the extra saliva”

Prover 3 – “saliva, but mouth feels dry”.

Prover 3 – “lips dry and sore too. Dryness”

Prover 5 – “grinding my teeth slightly”

Prover 6 – “running tongue around inside of mouth”

Prover 7 – “a bit of toothache in the left lower molars, or maybe in the joint before the ear?”

Teeth

Prover 3 – “gritted teeth”

Prover 5 – “grinding my teeth slightly”

Throat

Prover 3 – “need to clear throat, followed straight away by prover 4 and 5 – connection”

Prover 3 – “need to cough on deep breathing – dry, tickle, irritated”

Prover 6 – “feel a bit sick in my throat”

Prover 6 – “tickle at back of throat, want to cough but manage to swallow it.”

Throat, external

Prover 3 – “glands in neck feel knotted and tender < right side”

Prover 3 – “tender glands, all around the thyroid, hyperthyroid moves into hypothyroid?”

Stomach, Nausea

Prover 3 – “didn’t feel well on returning to the building; nausea and spinning”

Prover 3 – “feels like morning sickness”

Prover 4- “feeling quite ill, nauseous”

Prover 6 – feel a bit sick in my throat, keep swallowing.

Prover 7 – Nausea looking at the movement of the pestle. Tabaccum. Like travel sickness.

Prover 0 – “nausea from motion sickness of watching the circular motions of the pestle and a feeling of an anti-clockwise motion round the room”

Prover 0 – “waves of upward nausea”

Prover 0 – “nausea from disorientation”

Stomach, appetite

Prover 5 – “wanted to eat a lot at lunchtime”

Prover 7 - “food – I’m going through it!”

Prover 0 – appetite increased

Stool

Prover 0 – for 3 days following the trituration; hot, soft stool.

Bladder

Prover 5 – “bladder feeling less irritated (has been feeling over -sensitive last 10 days or so, eg. excessive urge to urinate)

Respiration

Prover 2 – “yawning – unusual”

Prover 3 – “desire to sit up really straight in order to expand lungs and take deep breaths

Prover 3 – “Need to yawn and stretch”

Prover 3 – “sudden feeling of heat and lack of air”

Prover 3 – “need for air again, need to cough and deep breathing, dry tickle irritated”

Prover 4 – “yawning, sleepy”

Prover 5 – “my cough has eased off a bit since starting”

Prover 5 – “my lungs hurt, I cannot breathe.”

Prover 5 – “yawning”

Prover 6 – “yawning” several times.

Prover 6 – tickle at back of throat, want to cough, but manage to swallow it.

Prover 0 – “felt very hot, humid and sweaty preparing the powders into the mortars.”

Sighing

Prover 3 – need to sigh

Prover 6 – sighing inwardly, after much itching.

Prover 6 noticed that “somebody sighed really loudly”

Prover 7 – “I am sighing heavily”

Chest

Prover 2 – “heart fluttering, which isn’t unusual for me, but this was without any precursor”

Prover 3 – “Tickle in upper chest”

Prover 5 – “Pain in lungs, back of chest”

Back

Prover 3 - “stiffness in neck, desire to lean head forward to release and stretch it out.

Prover 3 - “sweaty heat; neck”

Prover 3 – “real stiffness in my neck, desires firm pressure”

Prover 4 – “neck aching”

Prover 7 – “lower back pain, it’s my usual ache, but I don’t usually get it when I just sat down.”

Prover 7 - “stretching upwards, trying to straighten my spine. Pulling shoulders backwards and rotating them backwards.”

Tendon, ligaments, muscles

Prover 3 – “aware of all the long Sinews in my body”

Prover 3 – “Tension in sinews, and tendons of grinding hand, tightness, pulling”

Prover 3 – “muscles ache / tendons sinewy and tight

Extremities

Prover 1 - “Unusually painful left thumb

Prover 2 – “right foot again, pins and needles”

Prover 2 - "Right hand itching little finger"

Prover 2 - "right hand no pain now"

Prover 2 - "slight pain right knee"

Prover 3 - "Pulling in right calf muscle"

Prover 3 - "Tension – tight shoulders"

Prover 3 - "Tension in sinews, and tendons of grinding hand – tightness, pulling"

Prover 3 - "Pain in my left hip as over-extended my leg back behind the chair, < movement"

Prover 3 - "sweaty heat – palms"

Prover 3 - "itchy in creases of arms"

Prover 4 - "left finger hurting around nail"

Prover 4 - "Sharp pain in right thumb"

Prover 6 - "Right arm muscles sore, so using left hand"

Prover 7 - "right arm is already tired, swapping to left"

Prover 3 - "cramp in right arm"

Sleep

Prover 3 - "Need to yawn and stretch"

Prover 4 - "yawning, sleepy"

Prover 5 - "yawning"

Prover 6 - "yawning" several times.

Prover 6 - both her and her partner were both wide awake at 4am the night before the proving, which is unusual for them.

Prover 3 - slept really heavily all through the night, the night after the proving.

Prover 0 - I took Rubus Fruticosus 30 and slept all the way through from 11pm to 8am that night, which is extremely unusual for me, I normally wake up at around 3 or 4am only very briefly, but recently – just after the proving, I have needed a cup of chamomile tea at 4am, and I've been awake for over half an hour instead of the usual 5 minutes. 5 days after the Rubus fruticosus 30's, I have total insomnia which is really really unusual for me.

Dreams

Prover 2 - "2 trees growing in a chapel like room with 3 different kinds of wallpaper, all with bridal stuff on them. The sea is just outside which is unusual, and a tractor is almost fully submerged apart from its' bright red roof."

Prover 3 -

1. Grandson decided to leave home and go and live with his Dad (who wasn't his dad) – huge grief.

2. Just came out of a barn when it exploded in fire – I was unusually slow to call the emergency services – miraculously no one was injured.

Prover 5 –

1. I am in Los Angeles with people. Diving into a pool/sea, going deep. Someone catches hold of me, to get a ride down, it's not fair, I'm like a mermaid.
2. Then I'm on a moorland/ hills, someone is telling me off.

Prover 0 –

1. I am in the guides, with 2 friends from childhood, somewhere between age 10 and age 14, we are singing the English National Anthem. Someone leads us into the second verse!!!! LOL! We are making a lot of the words up, some of them a bit rude, and laughing a lot.
2. We – my family and I – are parked up in a van at a beach. A group of possibly scouts or Urdd members come along and camp right next to us, practically touching our van. We then collaborate somehow, we re-position our marquee to cover an area of beach/ clear flat nice grassy area so that everyone can use that area to possibly play rounders in / be in.
3. All the provers and I are waiting at a station, the train arrives but it is so full we can't get on it, so we're stuck at the station.
4. On a bus journey, time to get off, so I'm waiting in the aisle to get off, it takes ages. At some point I am lying in a doorway with my stuff, looking homeless, trying not to cry and draw my attention to this.
5. I see a woman in some stocks! I can't see the front of her, just the back (I am identifying with her) Are people throwing rotten tomatoes? Has she done anything wrong? If she has it's not serious, it's almost like people just want some amusement for the slightest reason. Is she doing it for charity? Is it a game? But it's not funny to me.
6. There's a greenhouse, and it has been extended lengthways with lots of other square greenhouses.
7. I am going for a long walk down a country lane.
8. I am back at college, and prover 7 says that she feels very 'floaty'.
9. I dream that the time has come to put up all the Christmas decorations, we're looking at an old traditional Christmas mechanized centrepiece, it feels like this is something that has been brought out at Christmas for decades, and I say to my partner that we should get some special old-style mechanized Christmas centrepiece that we can pass on to our children, and that they can remember about their childhood years later – 'Do you remember that thing that mum and dad had?...'
10. My partner and I organize a party at our place, but then we go out when the party is getting going. I worry about all those people in our house and what sort of mess they are making.

Chill

Prover 6 – “feeling really cold, wrapped up in poncho”

Heat and Perspiration

Prover2 – “feeling hot”

Prover 3 – sudden feeling of heat, and lack of air.

Prover 3 – sweaty heat – upper body, head, palms, and neck.

Prover 3 – heat again / sweaty, face feels very hot and damp”

Prover 4 – “warm, very warm, a bit sweaty”

Prover 4 – “very hot, hot and sweaty”

Prover 5- “heat around the face, rising”

Prover 6 – “suddenly very hot”

Prover 6 - - “Hot now, take poncho off”

Skin, Itching

Prover 1 “Right eye feels slightly itchy, right ear itchy, then I notice someone scratching their head, then I’, rubbing my nose!”

Prover 2 – “right hand itching, little finger”

Prover 2 – “wasp sting itching returned”

Prover 3 – “Itchy face/ neck”

Prover 3 – was bitten very badly on ankles recently which is unusual for me. The bites are now very itchy and I want to scratch them until they bleed. < right ankle

Prover 3 – “itchy eyebrows, < right”

Prover 3 – “itchy scalp” also notices “prover 5 has itchy scalp”

Prover 3 – “itching inside right nostril”

Prover 3 – “itchy in creases of arms”

Prover 4 – “generally feeling itchy”

Prover 6 – “side of back of neck itching”

Prover 6 “Right eye itching, have to rub the lid, now left eye too”

Prover 6 – “Eyelid itchy again, scratching it >”

Prover 6 - Left eye itchy >scratch”

Prover 6 – “Right Cheeks itching, > scratch. Side of face itchy > scratch”

Prover 6 – “Left side now itchy, left cheek.”

Prover 6 – “Eyebrow itchy > scratch”

Prover 6 – top of ear itching, nose itching again >

Prover 7 – “very pointy itchy bit on left ear and on left cheek”

GENERALS

Air

Prover 3 – desires window wide open. Desires door open.

Prover 3 – “sudden feeling of heat and lack of air”

Prover 3 – desires air again, air hunger

Prover 0 – air hunger, fanning myself with hand.

Food and drink

Prover 1 – bought 3 bags of coffee this morning

Prover 5 – I like wine, spiritous liquors, brandy.

Prover 5 – thought of almonds and spices

Prover 5 – desired sweet biscuits

Prover 7 – “I wanted more coffee!”

Prover 6 – desires soup, nourishing and comforting

There was general talk of sugar’s ups and downs.

Prover 0 – extremely into turmeric at the moment; been drinking turmeric chai since end of July. 3 days after the proving I made turmeric chai *and* turmeric scones for a meeting. The week of the proving I bought *actual* pieces of turmeric to use instead of just the powder, and have had it every single day for a week in dhal or a curry or stew or chai or even scones. I have it in something 3 or 4 times a day.

Heat and Perspiration

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Prover 6 - “Hot now, take poncho off”

Cold

Prover 6 – “feeling really cold, wrapped up in poncho”

Seasons

Prover 0 – I think that there is an affinity with the transition from summer to autumn, when the nights become slightly cooler and there is often a dampness in the air. This year I found it very difficult to ‘get used to Autumn’. The proving occurred on the 9th September, at this transition time.

Prover 3 – “Singing ‘and the seasons, they go round and round’”

Prover 6 – “Singing ‘turn, turn, turn, for every season, turn, turn, turn.’”

Stiffness

Prover 3 – “Stiffness in neck, with desire to lean head forward to release and stretch it out”

Stretching

Prover 3 – Stiffness, with desire to stretch”

Prover 3 – “stiffness in neck with desire to lean head forward to release it and stretch it out”

Prover 3 - “need to yawn and stretch”

Prover 4 – “need to stretch”

Prover 7 – “sigh and sitting more upright. Stretching upwards, trying to straighten my spine. Pulling shoulders backwards and rotating them backwards.”

Tension

Prover 3 – gritted teeth

Prover 3 – tight shoulders

Prover 7 – “tension, back of head, neck and shoulders”

Trembling

Prover 7 – “I feel very shaky, trembling.”

Weariness/ weakness

Prover 3 – “skeleton feels depleted – bones, teeth, muscles, ligaments, tendons, sinews, - all tired and fatigued. Weakness”

Prover 6 – “I just want to lie down and go to sleep.”

Prover 6 – “I want to put my head down on the table”

Prover 7 – “when it’s time to get back, I don’t want to. My body felt really heavy. A heavy head.”

Weather /Rain –

Prover 0 -walking in the rain at lunchtime, chose not to put my hood up nor walk under the covered area.

Prover 3 – “like the idea of cold/ damp, but know the stiffness would be worse”

Prover 3 – “love the sound of the rain outside, soft and gentle”

Prover 5 – it’s raining, I quite like it”

Prover 0 – I think that there is an affinity with the transition from summer to autumn, when the nights become slightly colder and there is often a dampness in the air. This year I found it very difficult to ‘get used to Autumn’. The proving occurred on the 9th September, at this transition time.

Modalities

Better for;

Motion – repetitive motion

Stretching

Itchy face/nose/eyes > being outside in soft rain

Worse for:

< sitting still

Stiffness < cold and damp

Rubrics

‘Mind, abstraction of mind’

‘Mind, amusement desires’

‘Mind, amusement, aversion to’

‘Mind, anger from interruption’

‘Mind, antics, playing’

‘Mind, anxiety’

‘Mind, censorious’

‘Mind, change, desire for change, in life’

‘Mind, childish behaviour’

‘Mind, closing eyes amel.’

‘Mind, colours, black/red/purple’

‘Mind, concentration difficult’

‘Mind, confusion of mind’

‘Mind, confusion of mind, lost feeling’

‘Mind, confusion of mind, with sleepiness’

‘Mind, confusion, time, as to’

‘Mind, conscientious about trifles’

‘Mind, contemptuous’

‘Mind, cruelty’

‘Mind, cursing’

‘Mind, death, thoughts of’

‘Mind, defiant’

‘Mind, delusions, appreciated, she is not’

‘Mind, delusions, connected, being’

‘Mind, delusions, contaminated’

‘Mind, delusions, drugged, as if’

‘Mind, delusions, enlarged, parts of body’

‘Mind, delusions, floating off’

‘Mind, delusion, grow, larger and longer’

'Mind, delusions, hindered, he is'

'Mind, delusions, sees insects'

'Mind, delusions, invaded, ones' space is being'

'Mind, delusions, lifted'

'Mind, delusions, longer, things seem'

'Mind, delusions, lost, she is'

'Mind, delusions, meaningless, everything is'

'Mind, delusions, old, feels old'

'Mind, delusions, opiate, influence of an opiate, he were under the'

'Mind, delusions, persecuted'

'Mind, delusions, pursued'

'Mind, delusions, pursued, by police'

'Mind, delusions, room, turning in a circle'

'Mind, delusions, round and round, everything went'

'Mind, delusions, separated, body and mind'

'Mind, delusions, separated, world from the'

'Mind, delusions, body, soul, body is separated from'

'Mind, delusions, tall'

'Mind , delusions, time, exaggeration of time'

'Mind, delusions, turn, everything turned in a circle'

'Mind, delusions, turn, everything turned round and round'

'Mind, despair'

'Mind, determination'

'Mind, discouraged'

'Mind, disorder, sensitive to'

'Mind, dissociation from environment'

'Mind, distances are exaggerated'

'Mind, disturbed, averse to being disturbed'

'Mind, drugs, taken drugs, as if one had'

'Mind, dullness'

'Mind, dullness, as if intoxicated'

'Mind, dullness, with sleepiness'

‘Mind, dullness, unable to think long’

‘MIND, ENNUI’

‘Mind, escape’

‘Mind, fastidious’

‘Mind, fear, contagion’

‘Mind, fear, restrained, being’

‘Mind, gestures, automatic’

‘Mind, giggling’

‘Mind, haughty’

‘Mind, hindered, intolerance of being’

‘Mind, hurry, haste’

‘Mind, ideas, deficiency of, in brain fog’

‘Mind, impertinence’

‘Mind, inactivity’

‘Mind, indignation’

‘Mind, industrious, mania for work’

‘Mind, insolence’

‘Mind, intolerance’

‘Mind, irritability’

‘Mind, irritability, disturbed, when’

‘Mind, irritability, weakness, with’

‘Mind, irritability, weariness, during’

‘Mind, jesting’

‘Mind, jesting, joke, cannot take a’

‘Mind, laughing, childish’

‘Mind, laziness, sleepiness with’

‘Mind, loathing, life’

‘Mind, loathing, work’

‘Mind, memory, weakness’

‘Mind, memory, weakness, mental exertion, for; fatigue, from’

‘Mind, mental exertion, agg, fatigues’

‘Mind, mischievous’

'Mind, mistakes, making'

'Mind, mistakes, making, in spelling'

'Mind, mistakes, differentiating of objects'

'Mind, obstinate, headstrong'

'Mind, offended, easily'

'Mind, pessimist'

'MIND, PROSTRATION OF MIND'

'MIND, PROSTRATION OF MIND, SLEEPINESS, WITH'

'Mind, sensitive, noise, to'

'Mind, sighing'

'Mind, singing'

'Mind, slowness'

'Mind, spaced-out feeling'

'Mind, speed'

'Mind, stupefaction'

'Mind, stupefaction, with sleepiness'

'Mind, time, quickly, appears shorter, passes too'

'Mind, time, slowly, appears longer, passes too'

'Mind, torpor'

'Mind, travelling, desire for'

'Mind, unconsciousness, conduct, automatic'

'Mind, wandering, desire'

'Mind, weary of life'

'Mind, weather, rain, soft, loves'

'Vertigo, vertigo'

'Vertigo, nausea'

'Vertigo, reeling'

'Vertigo, with sleepiness'

'Vertigo, spin, world seems to spin'

'Vertigo, turning, everything were turning in a circle, as if'

'Vertigo, turning, head, whirling in'

'Head, pain, vertex'

‘Head, pain, pressing’

‘Head, perspiration of scalp’

‘Head, heaviness’

‘Head, itching of scalp’

‘Head, itching of scalp, scratching, must scratch’

‘Eye, close, desire’

‘Eye, complaints of eye’

‘Eye, discharges, watery’

‘Eye, dryness’

‘Eye, heaviness’

‘Eye, irritation’

‘EYE, ITCHING’

‘Eye, lachrymation’

‘Eye, opening the eyelids, difficult’

‘Eye, opening the eyelids, difficult, keep the eyes open, hard to’

‘Eye, pain, sand, as from’

‘Eye, rub, desires to’

‘Eye, sleepy feeling of eyes’

‘Eye, twitching’

‘Vision, blurred’

‘Ear, itching’

‘Nose, blow the nose, inclination’

‘Nose, discharge, watery’

‘Nose, itching’

‘Nose, itching, inside, right’

‘Nose, sneezing’

‘Face, discolouration, red’

‘Face, heat’

‘Face, itching’

‘Face, itching, scratching’

‘Face, itching, cheeks’

‘Face, itching, eyebrows’

‘Face, itching, lips, upper’

‘Face, tingling’

‘Mouth, dryness, sensation of, moist mouth, with’

‘Mouth, salivation, dryness, sensation of, with’

‘Teeth, clenching’

‘Throat, hawk, disposition to, tickle, from’

‘Throat, tickling’

‘Throat, External, induration of glands’

‘Throat, External, induration of glands, knotted cords, like’

‘Throat, external, pain, Thyroid glands’

‘Stomach, appetite, increased’

‘Stomach, nausea’

‘Stomach, nausea, looking, moving objects at’

‘Stomach, nausea, motion of eyes agg.’

‘Stomach, nausea, pregnant, as if’

‘Stomach, nausea, Throat in’

‘Stomach, nausea, Mouth in’

‘Stomach, pain, cramping’

‘Abdomen, pain, cramping’

‘Stool, hot’

‘Stool, soft’

‘Bladder, urging to urinate, frequent’

‘Respiration, difficult’

‘Respiration, difficult, breathing deep’

‘Respiration, difficult, open, window’

‘Respiration, sighing’

‘Respiration, deep, desire for’

‘Cough, tickling, throat in’

‘Cough, dryness, from, in throat’

‘Cough, inspiration’

‘Chest, tickling in’

‘Back, stiffness’

'Back, stiffness, cervical region'
 'Back, stiffness, cervical region, stretching amel.'
 'Back, perspiration, cervical region'
 'Back, stretching, desires'
 'Extremities, cramp, forearm'
 'Extremities, pain, sore, arm'
 'Extremities, pain, sore, hand'
 'Extremities, pain, sore, thumb'
 'Extremities, tension'
 'Extremities, tension, shoulder'
 'Extremities, tension, hand'
 'Extremities, tension, ligaments/tendons'
 'Extremities, weakness, forearm'
 'Extremities, weakness, hand'
 'Sleep, deep'
 'Sleep, eyes, opening difficult'
'SLEEP, SLEEPINESS'
'Sleep, sleepiness, heaviness, with'
 'Sleep, sleepiness, lying, inclination to'
'Sleep, sleepiness, weariness, with'
'Sleep, sleepiness, overpowering'
'Sleep, yawning'
 'Dreams, fire, slow reaction in a'
 'Dreams, caught, of being'
 'Dreams, diving, deep'
 'Dreams, childhood, laughing with'
 'Dreams, children, mischievous'
 'Dreams, beach, long, spacious'
 'Dreams, invaders'
 'Dreams, pursued, being'
 'Dreams, birds'
 'Dreams, beach'

'Dreams, countryside'

'Dreams, ill-treatment'

'Dreams, difficulties on journeys'

'Dreams, stuck'

'Dreams, restricted, being'

'Dreams, people, crowd, impeding'

'Dreams, people, crowd, invading'

'Dreams, cruelty'

'Dreams, Christmas, traditions at'

'Dreams, trap, being trapped'

'Skin, bitten, as if, by an ant'

'Skin, biting, insects, as if insects were biting'

'SKIN, ITCHING'

'Skin, itching, eruptions, without'

'Skin, itching, insect, after bite of'

'Skin, itching, scratching'

'Skin, itching, scratching, must scratch'

'Skin, itching, scratching, changing places on scratching'

'Skin, itching, wandering'

'Generals, air, open air, desire for'

'Generals, allergic constitution'

'Generals, breathing, deep, desires'

'Generals, chronic fatigue syndrome'

'Generals, cold, air amel.'

'Generals, connective tissue, affections of'

'General, fanned, desire to be'

'Generals, coffee, desire'

'Generals, spices, desire'

'Generals, heat, flushes of'

'Generals, heat, flushes of, perspiration with'

'Generals, heated, becoming'

'Generals, heaviness'

‘Generals, lassitude’

‘Generals, lie down, desire to’

‘Generals, motion, automatic’

‘Generals, pain, tendons, in’

‘Generals, room, close room agg.’

‘Generals, season, autumn in, agg.’

‘Generals, stretching’

‘Generals, weakness’

‘Generals, weakness, sleepiness, from’

‘Generals, weariness’

‘Generals, weather, warm weather, wet agg.’

Remedy Comparisons/ Differential Diagnosis

Plumbum – sleepy, heavy, powerlessness.

Carcinosin – chronic fatigue, re-claiming ones' Self space.

Opium – sleepy, drugged, spaced out, slowed down.

Phos-Ac – sighing, pointlessness, futility.

Staphysagria – having one's space invaded.

Sepia – ground down, tired, heavy, sleepy, bored.

Cann-Ind. – time slowed down, spaced out, confusion, things seem slightly out of place.

Dysprosium – Defending one's own space.

Euphrasia – eye symptoms.

Allium Cepa – dripping, watery nose and copious sneezing, itchy eyes.

Nux Vomica – belligerent, irritable.

Tabaccum – motion sickness.

Rhus Tox – pains in extremities, with a desire to stretch.

Arsenicum – initial meticulousness, but with Rubus Fruticosus there is also an element of this meticulousness not lasting, somehow it either doesn't matter anymore, or they can't be bothered. Things may turn chaotic and confused in Rubus Fruticosus.

Falcon – aversion to restrictions and the desire to break away, travel, and speed. But Rubus Fruticosus also has a lot of slowness and sleepiness. They both have an element of cruelty and being forced to do something against their will. Rubus is much more Earth based than Falcon however, with drudgery and routine.

Miasmatic Analysis

Psora – itching, lack of energy. There is a feeling of constant work, this work has a quality of automated motion about it.

Tubercular – desire to expand and travel, aversion to restriction, rebelliousness, impishness, and a determination to keep going. Where does the exhaustion and slowness fit in? is it a psoric lack of energy or is it the other side of the tubercular desire for fast expansion and exploration? The eventual outcome of being too speedy?

Cancer – the need to defend one's own space.

Sycotic – the excessive growth, the speed of growth, the desire to take over more space. There is a slightly 'drugged' feeling, a 'spacing out' common in many drug remedies.

Remedy Summary / Keynotes

Before the excessive tiredness, there is over-production and meticulous industriousness, speed and expansion, but with a degree of confusion. Distraction, rhythmical motion and impishness help take one's mind off the non-creative (possibly, seemingly forced?) hard work and endlessness. There is aversion to restriction, and aversion to having one's space invaded, leading to belligerence and irritability. There is then a feeling of exhaustion with yawning, and a sense of futility with sighing. The meticulousness doesn't seem to matter any more... Time slows down and there is a feeling of spacing out, floating off, being 'lost', confused, stuck and overwhelmingly tired, maybe even chronic fatigue. The overview is that this just all keeps going on and on, round and round, endless cycles.

Going up to C4 led me to think about the power imbalance of many areas of life, especially work and production, in an almost Marxist way. There is possibly something in here about power imbalances, and being overlooked. But that is my own speculation now.

There is much itching, especially of the eyes, nose and face. Many provers experienced feelings of heat, and nausea.

Comparison with the Meditative Proving from 2009

Colin Griffiths details Rubus Fruticosus in his book 'The New Materia Medica part II.

Both myself and the clinical director had overlooked this proving when considering doing a Bramble trituration.

I want to pick out any similarities and obvious omissions of these 2 provings; if something is mentioned in both provings, then that symptom becomes more striking.

Mental and Emotional states

Griffiths mentions a lot of anxiety, fearfulness and panic. These symptoms were not strong in the trituration. However, the following may resonate;

“fear of participating in life...anticipation of saying something wrong...failure to speak up for oneself...poor motivation, lack of joyfulness. Defensive attitude with prickly lack of humour. Mood swings between feeling that one must be defended and guarded and feeling indifferent and needing comfort and solace...poor concentration, poor memory and poor focus on a given task...feelings of being rushed and hurried. Sensitive people who have difficulty with the pace and noise of modern living. Has a feeling of wanting more space; room to move or to stretch.”

“Blackberry is a remedy for the fear of change when the necessary change for the sake of well-being requires the patient to alter their way of life; to undergo a revolution of purpose within. Long-standing stagnation... Anxious about making changes that would mean departing from all that he or she has been in the habit of doing.”

A provers' dream from the meditative proving; “my husband had been making a wetland centre. There was a lot of marshy water about. Then I was looking around some stalls which had a Moroccan feel; I felt that the goods were not ‘fit for purpose’...evening came on; it was damp and misty. There was a driveway with roses like espaliered fruit trees. I looked closer and they were all blackberry bushes covered in mildew.”

This prover also says “on the day of the proving I had to stop car twice on the way home due to exhaustion. >> after taking the dog out; felt re-energized. Was awake between 1:30 am and 5am with mind churning over all the things needed to be done.

Dream; needed to catch a flight but there were lots of obstacles that made it impossible.

Awake 11pm – 4am

Awake between 11:30pm and 2:30am

Woke every hour. Woke 2am with intense itching.

There has been a general sense of being pressured and rushed – no time to get everything done. The sense of time has been distorted in the last three weeks.”

Physical and General Symptoms - comparison between the 2 provings:

In the meditative proving, Griffiths mentions blackberry being a drainage remedy, clearing the kidneys, intestines, liver and spleen. "Physical and mental toxicity". As our trituration day was just one day, I cannot substantiate that yet, apart from the mental/emotional theme of being stuck and stagnating. This theme is something that the 2 provings seem to share. Prover 5 experienced an easing of cystitis symptoms during the trituration day...

There is a lot more mentioning of heart and chest symptoms in the meditative proving than in our trituration. Prover 2 had some heart symptoms, but this is not unusual for her. However, she felt that there was no immediate cause for the heart fluttering that she experienced on the trituration day...no one else mentioned anything about their hearts.

The main things that came through in just the one single day of our trituration was a lot of itching, a lot of eye symptoms, nausea and stomach pains, some feelings in the 'sinews' of the body/various pains in the extremities, and lots of sighing and yawning and some coughing. The Guilds' meditative proving shares the feelings of stomach pains. Bramble has been used in traditional herbal medicine to treat dysentery and diarrhoea. Our trituration also revealed a desire to stretch, to extend, which is also shared by the meditative proving.

However, the theme which comes through so strongly in our trituration is that of overwhelming sleepiness and exhaustion, and this is not mentioned much in the meditative proving, except for one prover. They experienced exhaustion and also insomnia.

I hope I have been instrumental in bringing this theme of excessive sleepiness and exhaustion to the fore, as well as the other themes.

Now I can only wait for clinical confirmation.

However, I feel that I have explored *Rubus Fruticosus* quite thoroughly. If anyone has anything to add, please email me at joannecamlin@yahoo.co.uk