

DREAMING WITH A DRAGON'S EYE



A PROVING

BY XOCHI FROST
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DEDICATION AND ACKNOWLEDGMENTS

THIS PROVING IS DEDICATED TO THOSE TEACHERS WHO REMINDED ME HOW TO DREAM AND INSPIRED IN ME COURAGE TO FLY.

WITH SPECIAL THANKS TO LINDA GWILLIM AND BILL RUMBLE, TWO OF THE MOST INSPIRATIONAL TEACHERS WHO HAVE EVER CROSSED MY PATH.

TO THOSE PROVERS WHO ANSWERED THE CALL, THANKS FOR YOUR AMAZING INSIGHTS.

THANKS ALSO TO MY SISTER LINDA, MY NIECE FARAH AND TO KATIE DAVIES WHO HELPED ALONG THE WAY.

AND TO THE DRAGONS EYE SEED WHO GUIDED THIS PROVING EVERY STEP OF THE WAY, THANKS FOR THE ADVENTURE AND FOR WORKING WITH ME, IT WAS AN HONOUR.

Introduction

In the November of 2017 we decided to go on an epic adventure to celebrate my 60th year. We planned to go to Australia but on route we stopped for a week in Cambodia. I had felt a calling for years to go and visit the Angkor Wat temple complex in Siem Reap and was excited to actually arrive.

We loved Cambodia and had many adventures; but the adventure of this project begins in a relatively small temple surrounding the main Angkor Wat complex..... It was a hot humid day, this was a temple recommended by our Taxi Driver who said it would not be busy with Chinese tourists. The temple itself consisted of a central tall stone building with a long passageway going through the centre. Surrounding the central area were four rooms one in each direction North, South, East and West.

A strange thing I remember about this temple is..... in my peripheral vision I saw a buddhist monk dressed in saffron coloured robes walking along a path in the scrubby rainforest. When we were later looking for our way back to the car park I remembered the path the monk took and decided to follow it. The energy of Buddhist monks may or may not be relevant to this project but it left a strong impression so I thought it is worth mentioning.

Because it was hot we found a quiet place to sit and contemplate in one of these rooms. It was cool and quiet. As I was contemplating I noticed on the floor in front of me something black and shiny.... I thought it looked like a gem or a stone; like obsidian, I picked it up. I looked at it closely and found that it was a berry with a hard outer skin almost like a nut. I put it in my bag, and continued our adventures.

I had forgotten all about the berry that nestled in my bag until, in February, I was in a class with Linda Gwillim who was teaching us about the remedy anacardium; she had just finished the teaching about the shiny black gloop surrounding the heart shaped nut from the marker tree, when my bag dropped open and out jumped the shiny black berry/nut.... it shot across the floor. Nothing else dropped out of my bag, we were amazed. I showed it to Linda who was interested in it, and the story of how I had found it sprung back into my mind. As this little jewel of a berry had made its presence felt so strongly I decided to find out more and to unravel its mystery.

The first mystery to solve is how the berry got to the temple, there were no plants, trees or shrubs in the vicinity. So the first thoughts were that it may have been dropped by a bird or a fruit bat. Linda asked me to first identify the berry and let her know so I got onto google. Shiny, hard, black berry nut Cambodia.

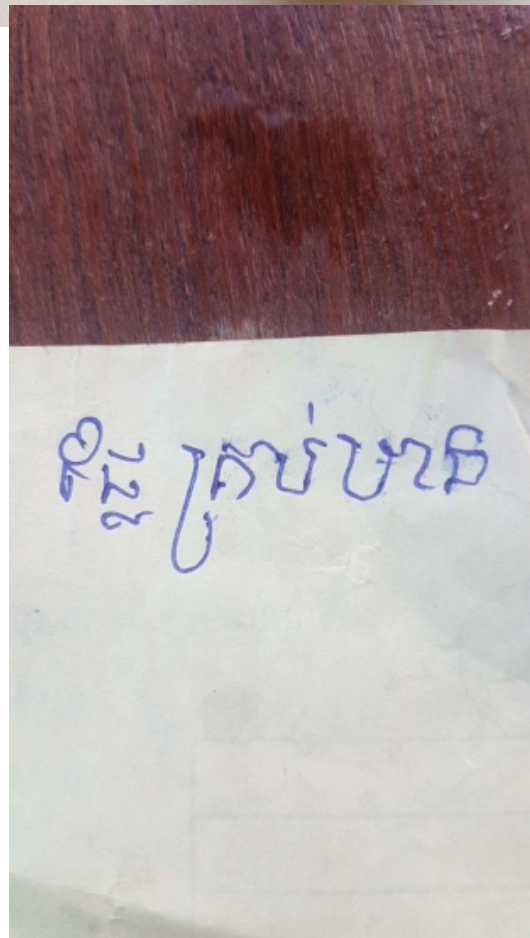
After hours of searching I came up with a few possibilities for example Indian Hawthorn, or the other favourite, Black Pearl Pepper, I liked the description of this because it invoked the magical quality of this glossy gem; like the nut lying in the temple, one description was..... "when you hear black pearl its easy for your imagination to run wild, like the infamous treasure seeking ship in Pirates of the Caribbean to rare jewels that widen the eyes of all that see them. And so it goes with the Black Pearl Pepper. It's a jewel" I thought I was in



to something but when I checked they didn't grow in the region of Cambodia.

My husband suggested we go to the botanical gardens to get an identification. I was set to do this, but I thought I would just drop my son a line who happened to be staying in Cambodia at this time.

I thought he would think I was mad but I wrote him my story and sent a photo of my special find to him. To my amazement within two minutes he sent me back a photograph of a handwritten word on a lined scrap of paper.



His friend recognised the specimen, as the seed of a fruit grown and eaten in the region. He wrote down its name in the Cambodian language but he didn't know the English equivalent. I asked if he could send me a photo of the fruit and he did almost instantly.



I was so excited, after googling for two minutes I found that my gem is the seed from a Longan fruit. Locally known as the Dragons Eye. Its botanical name is *Dimocarpus Longan*.

The synchronicity of this is astounding as this fruit is related to the lychee family and while we were in Australia we had bought and planted two lychee trees to thank the people that we stayed with

DIMOCARPUS LONGAN



According to the Horticultural Society of London Dimocarpus Longan is a small tree related to the lychee and native of South and South East Asia. It is cultivated for timber and especially for the edible fruit. The wood is tough and used for making shuttle pipes, bearings, textile weaving stands and rifle butts and sometimes for furniture and construction purposes. The seeds contain the chemical saponin and can be used as a soap substitute.

The longan from Cantonese luhng rigaahn literally means dragons eye. It is so called because the black seed which is small, round and hard and of an enamel like lacquered black shows through the translucent flesh like a pupil/iris.

Longan is an evergreen tree usually ten metres high the fruit has been used in China for its medicinal purpose as early as the Han dynasty 206 BCE-220CE.

The Longan is a member of the 'sapindaceae or soapberry family. Longan fruit resemble lychee fruit but are smaller, smoother and

yellow tan to brown in colour. Grown in warm subtropics or at elevation in the tropics.

The fruit is also known as euphoria fruit.

Longan grows in tropical areas with dry autumns and frost free winters. It is a medium sized tree that can reach 20 to 23 feet in height it has roundish leaves and corky bark. The leaves are dark green and shiny. Its leaves are composed of 6 to 9 oval leaflets with wavy margins and pointed tips, leaves are alternately arranged on the branches.

Longan produces dense clusters of small brownish yellow to yellowish green flowers, each cluster contains three types of flowers: functionally male, functionally female and hermaphroditic with both types of reproductive organs. Longan blooms in the spring male flowers open first, followed by female flowers and finally hermaphroditic which function as male flowers. Strictly organised maturation and opening of flowers prevents self pollination. The longan produces large, drooping clusters of cherry sized drupes. Fruit is oval or round in shape. It has a thin, hard, shiny black shell on the surface.

Medicinal uses

The flesh of the fruit is administered as a stomachic, febrifuge and vermifuge and is regarded as an antidote to poison. A decoction of the dried flesh is taken as a tonic and treatment for insomnia. The eye of the longan seed is pressed against a snakebite in the belief that it will absorb the venom. The seeds are also administered to counteract heavy sweating and the pulverized kernel, which contains saponin, tannin and fat serves as a styptic (a substance capable of causing bleeding to stop). It is used to treat blood deficiencies especially in women and has been shown in some studies to have anti-cancer properties - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3905590/>, http://www.academia.edu/4398907/Longan_and_cancer, http://www.scielo.br/pdf/cta/2014nahead/aop_cta_6290.pdf,

THE NEXT STEP

I spoke to Linda on 4th March 2018 and it was decided we need to do the trituration as soon as possible so that the substance still retains its vital energy.

She gave me the number of a person who was experienced in the process and will give me some advice.

Meanwhile I should note down any changes happening to me as the substance is resonating in our field at home.

My husband had an interesting dream a few days ago which I feel may be important I ll transcribe in his own words.

"I was walking through some woods and I met Les. It was a local woodland where all the trees had been cut down and not yet cleared up. I had to walk round and over these trees lying on the ground. Suddenly there was a cliff edge with a tree hanging over it. I can remember looking through the roots. It was an upturned tree and I was looking through the roots. I thought it doesn't look very good being that close to the edge so I started to step back and the cliff edge just gave way and the tree went over. I slid down on my bum and heels kind of like skiing. When I reached the bottom there was a big mound of hexagonal shaped dark dense volcanic lava. I walked up the side of it to get to the top and at that point Les had joined me again and we were discussing the mound of volcanic hexagonal shaped rocks Les said I have never seen anything like this before. As we were about to reach the top we saw temple appear about a quarter of a mile away. The temple was in ruins it was only the middle bit was intact and the rest looked as though it had fallen down years and years ago either side of the middle bit. It was like the ones we visited in Cambodia. Then the ground shook. It was like an earthquake and all the hexagonal rocks were like waves and moving about. A big

hole appeared in front of the temple which filled up with water then the temple itself from the middle outwards was making colours each colour had a different pattern to it one was had squares, one was a round one with a spider web pattern in it, one was like looking at a honeycomb pattern, and one that looked like the flower of life, they were all different vibrant colours each pattern had its own colour they weren't mixed. Then it went all very quiet and still again then me and Les looked at each other and said we've never seen anything like this before we'd better go and have a look. We waded into the water which was very hot and we climbed up onto some square rocks and made our way to get to the front of the temple. It was warm hot and very humid. I woke up before we went inside."

Interestingly today at Bills teaching weekend we were shown a film which showed a village in Cambodia which we had visited a few weeks before. It was interesting that Linda came to watch the film before we spoke about the next steps. This film linked me back to Cambodia and my meeting with Linda enthused me to continue with the project.

From now on until the day I will note down any changes I notice in myself. The thing that I have noticed for a few weeks which is worth mentioning is that I want to paint my front door a pinky, cerise colour. This isn't a colour I normally go for as usually I'm attracted by colours in the blue spectrum.

I also have a dry, tingly lower lip and dry skin on face. A strange dream on 6th March of someone making a tunnel through the tor in Glastonbury. Family conflicts also coming to the surface.

Colourful dream image of a snake gliding through some beautiful tropical bell like flowers.

For some reason I feel like getting my hair cut short above the ears and with a strong fringe. I want my hair to be dark.

My granddaughter had announced she was pregnant and is very happy about it and so is my daughter. They are excitedly planning

baby showers and nursery designs and getting ready for the new arrival. I realised that I am now going to be a great grandmother, I am struggling with the transition as I m not sure what my role will be.

Dream 15th March beautiful coloured towers of light in pinks, greens and blues breaking down.

Dream 29th March after the baby shower. I sit in a wooden chair from ikea, it is a ride as if in a fairground. The chair takes off and rises higher it goes to the side through a pink cloud and through a wall I come back holding a small black snake. It is curled up in my hand. I say when I have landed "look I have a snake. I looked at it and said "I thought that was dead but it is not"

I have been feeling lethargic, not much energy. I have pain in the right side of my neck and shoulder and my joints feel stiff making it difficult to bend my knees.

Dream 9th April I m living in a large cottage in the woods with a wooden slatted path leading to it. I m in a large room with a polished concrete floor My son is there and Kate from the homoeopathy group. I find a new room at the back of the house and say to Kate there are so many rooms in this house that I haven't seen before and don't know what to do with. Kate says this room would make an ideal laundry room. I say that's a good idea, Kelvin appears and says I m not moving the washing machine now. I reply ok I ll do it myself.

Getting Organised

I got in touch with Katie Davies who is now an expert after proving the zebra spider. She kindly sent me details on how to go about the process and some great template letters that she had sent out inviting people to the trituration process.

I got in touch with Petra Wood who immediately sent out an e mail to all students letting them know that the trituration will take place

on Sunday 15th April, 2018. Luckily I had a couple of responses right away.

Meanwhile I have ordered 1 kg of lactose powder from The Homoeopathic Supply Company and 100 small envelopes.

Katie supplied me with an excellent document explaining the trituration process which I will recount below:

The Trituration Process

The proving will be done by the Trituration method. In this process we use a pestle and mortar to slowly break down the substance in sac lac powder. As we go through a series of grinding and scraping increasingly smaller amounts of the substance mixed in with sac lac powder in our pestle and mortars – so the more dynamized the substance becomes and the more of its medicinal action is revealed to us.

The trituration process itself has long been the mechanical method by which the raw, material substance is first broken down and mixed with an inert substrate eg sac lac, before being diluted and succussed in water. It is documented that in 1812 Samuel Hahnemann triturated aurum metallicum for ten rounds. The Organon explains it like this:-

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The homoeopathic system of medicine develops for its special use, to a hitherto unheard of degree, the inner spirit like medicinal powers of the crude substances by means of a process peculiar to it and which has hitherto never been tried, whereby only they become immeasurably and penetratingly efficacious and remedial, even those that in the crude state give no evidence of the slightest medicinal power on the human body. This remarkable change in qualities of natural bodies develops in the latent, hitherto

unperceived, as if slumbering, hidden, dynamic powers which influence the life principle. This is effected by mechanical action upon their smallest particles by means of rubbing and shaking and through the addition of indifferent substances (dry or fluid) in which these particles are separated from each other. This process is called dynamizing, potentizing, (development of medicinal power).

But it has been found to be more than mere preparation of our remedies – the process of triturating actually reveals the substance to us, and much like homeopathy itself, the best way to understand it is to experience it.

As Wenda Brewster O Reilly so eloquently explains, throughout the Organon Hahnemann refers to two different kinds of knowledge Wissen and Kenntniss. Wissen is the kind of knowledge you get from studying or reading books, while Kenntniss is that deep, personal knowledge you gain through experience. Triturations give people access to this Kenntniss kind of knowledge, a deep experiential understanding of a remedy.

So through the process of Trituration we can really gain a deep inner knowledge of a remedy.

The trituration process takes place over the course of a day (although don't be surprised if the remedy calls you in beforehand and leaves an energetic imprint in its wake, sometimes a curative one, afterwards). A group of about 10 of us will form a circle and each with pestle and mortars, we will be able to explore together what the substance has to reveal to us.

The substance we will be triturating has called to me unexpectedly and I'm looking forward to revealing what healing qualities it carries.

Bombshell moment

Three weeks before the proving day I checked www.provings.info to see if anyone had proved this substance before. To my dismay the result came up that the only information they had on this substance was in a book by Jan Scholten called Sense Proving. On looking into this further the author states in his introduction that sense provings are a kind of proving that he developed in order to get good pictures of remedies in a short time. The plant or flower is picked and experienced in as many ways as possible. The experience is visual by looking at it. The smell, taste and touch of the plant are experienced. All these influences give an impression on the prover who meditates on all of them.

The advantages he says are that there is relatively little investment needed. The format gives full focus, gives a strong signal, there is little noise, a mother tincture can be made for a pharmacist to produce the potencies for use in practice.

The disadvantages he says himself are that personal aspects of the prover can distort the picture and the result is very dependant on prover quality.

In the case of dragons eye the proving was done in the bath. The author says in the book re bath proving – by accident I discovered bath proving. I once did too much of an essential oil in one of my baths. The smell and other impressions were so intense that I got all kinds of symptoms. I started doing them more regularly. But they mostly gave a kind of atmosphere, a kind of sensation and emotion and some physical symptoms. An essence was lacking. In hindsight I think it was because my lack of knowledge of the essential aspects of proving.

I have the feeling that as this book contained many plant sense provings and the fact that he felt that there was an essence lacking in the bath proving method that it will still be worth proving this remedy by trituration method involving a group of people. This should provide us with good quality information.

I wrote to my supervisor re Scholtens bath proving and she wrote back Don't worry about Scholtens bath proving – it certainly wont

hold enough material or validity! Don't get hold of the book until after the trituration has been done as it would influence your notes too much.

This put my mind at rest although I am realising that this proving is going to involve a lot of work after the trituration day to make sure that there is enough material and validity in my write up.

It is now April 4th 11 days before the proving day and I m still looking for 2 more provers. I have sent out letters to the 8 provers I have at the moment. The letter describes the trituration process and was written by Katie Davies before her proving of Zebra Spider two years ago.

Letter Sent to Provers by Katie.

I love the idea of working with the pestle and mortar – the mortar is a container, a melting pot or cauldron; we gather around it and put in the ingredients (the milk sugar powder, the substance and our intention). We, as a proving circle, are also a container – a container within which the remedy can be held and allowed to reveal itself.

Our Proving

I say "our" proving – because we, collectively, will form a proving circle on Sunday 15th April and, together, we will explore what the substance has to reveal to us through the process of Trituration.

Intention

The purpose of the proving is to discover what the substance has to reveal.

It is an unproven substance and our intention is to encounter this substance, to get to know it – through the symptoms we experience, either on the physical, emotional and mental level or even beyond this, at a spiritual/dynamic level, during the process.

Aims

The ultimate aim is that we may uncover a remedy and its healing potential. We can break this down into a series of smaller steps:-

1. As provers, we can be open to the information we receive and record this and share this with the group. We may experience physical, emotional or mental symptoms or perhaps energetic/spiritual e.g. a peculiar sensation or resonance or we might notice some synchronicity in our environment.
2. My aim as the project co-ordinator is to collate and synthesize the information revealed during the proving and to write this up – so that it could potentially become incorporated into use as a homoeopathic remedy.
3. We will be able to recognise this remedy if we encounter it again in our practice. Trituration allows us to really access the substance. We get to know it personally and will recognise it again when we meet it.

The Process

Some of us taking part may be new to the process of Trituration. As project co-ordinator I will be doing the measuring, time-keeping, collecting powders etc so you don't have to worry about the details – however, I think its helpful particularly if you are new to this process to have a basic idea of what's going on in terms of the practicalities:-

Round 1

We will form a circle and will each be provided with a pestle and mortar containing 1 part substance and 33 parts milk sugar. We grind the mixture with the pestles and mortars for 6 minutes and then scrape the mixture for 4 minutes.

Chronic Diseases § 185

Triturating [grinding] must be done with some force, but only so forcefully that the milk sugar does not remain stuck to the mortar and can be scraped clean within 4 minutes. And do not forget to scrape the head of the pestle.

We repeat this process (6 minutes grinding, 4 minutes scraping). A further 33 parts of milk sugar will be added to your mortar and we grind and scrape for a further 6 minutes and 4 minutes, then another 6 minutes and 4 minutes.

Then the last portion of 33 parts of milk sugar will be added and we will grind and scrape for another 6 minutes/4 minutes and 6 minutes/4 minutes.

This is Round 1 and will take about an hour.

The powder will be removed (leaving a small part in the mortar for the next round) and will be labelled "C1" powder. Basically, it is 1 part substance to 99 parts of milk sugar. It has been dynamized by the force of trituration (similar to succession, in liquid dilutions).

Round 2 and above

We will then progress to Round 2. Again, milk sugar will be added to the small portion remaining in your mortar and the same series of grinding and scraping will begin again (6 x 6mins/4mins). This will take us up to a 1/10,000 part substance to milk sugar mixture ("C2").

Round 3 will take us up to C3 – 1 part in 1,000,000!

If the energy of the substance and the group permits, it would be great to go up to Round 4 (C4).

Powder from the final round of trituration will be sent to Helios from which potencies will be prepared.

The Information

Taking part in Triturations helps us to get in touch with that part of ourselves that is a bit like a tuning fork. We resonate with the substance during the Trituration in a similar way to how we sometimes resonate with a remedy when we encounter it in a patient. Apart from finding out about a remedy then, Trituration is a great self-development tool for us as homeopaths.

I like the tuning fork analogy because it reminds us that we do not have to become the remedy for this sensitivity to work. The tuning fork is still a tuning fork, even when it is resonating with a particular sound.

So how might this manifest? Without trying to be prescriptive about it (and please, be open to whatever information comes up for you) triturations tend to follow a pattern.

We often tend to experience more physical symptoms in Round 1, emotional symptoms in Round 2, and mental symptoms in Round 3. Round 4 takes us beyond our usual experience of a world of polarities.

Recording the Information

Everyone will be provided with a note book. Please record your sensations, symptoms, thoughts, emotions etc as they come up.

So that I can better collate the information afterwards, please start a fresh page for each series. e.g. Round 1, Grind 1 will be page 1, Scraping 1 (page 2), Grind 2 (page 3), Scrape 2 (page 4) etc.

Please be open to whatever comes up for you. You don't need to worry about whether or not you're "getting" anything. Just allow what comes up to come up. As you become more experienced in the Trituration, you will learn to trust that information will come up. Remember, we are resonant beings, like little tuning forks. The remedy wants to be known and it will make itself known through us.

You don't need to judge the information; even if you think it's daft or doesn't make sense - record it. You can trust that the information and symptoms that come up are related to the proving.

Sharing Information

As part of the Trituration process, at the end of each round we will be able to share collectively what has come up for us. This is a wonderful part of the process as it allows us to see common themes and symptoms and also it amplifies the process or energy of the proving. Everyone will have an opportunity to speak (if they wish) and share information. I think this is important, particularly in a largish group - so that no-one feels left out. All of you are participants and valued members of the proving.

Experiencing information

Lastly on the subject of recording information, other material will also be provided e.g. drawing paper and crayons. For example, you might want to express the information you are receiving in a non-verbal way. We will be sitting in a circle on chairs with desks in front of us but please do not feel too constrained by this. For example, it may feel appropriate to you to move in some way or other or make a noise or sound or dash to the loo or the radiator or close/open the window?

It is a proving and we should be respectful of the process e.g. it would not be conducive to a proving to have our mobile phones on or to carry on everyday conversations etc. But I would like people to feel comfortable and I am interested in what goes on within that space; what information comes through, verbally or non-verbally.

House keeping

The day will begin at 10am – because, as you will see, we would like to get through at least 3 (possibly 4) rounds of Trituration. We will probably have two rounds and then break for lunch for an hour, and continue in the afternoon.

At the beginning of the process we will call the remedy in and at the end of the day we will close the proving.

My project supervisor, Linda, will be taking part in the proving and she will be overseeing the process.

This is a proving and it is a good idea to check with your homeopath before taking part. If you haven't already done so, please do so.

Follow up

Traditionally, many Trituration proving circles have a closing meeting, perhaps about two weeks after the proving. This is useful, partly again for closing the proving down and also because interesting things may have cropped up after the day relating to the proving. If enough people are interested in this I could arrange for this but alternatively, it would be great if you could arrange to email/telephone me within the weeks following the proving with anything else that has come up for you.

Thank you!

Thank you for your participation in this process. I am sure you will get a lot out of it and hopefully we will gain an understanding of a new remedy that may help someone.

I look forward to seeing you there!

More useful Synchronicity

Synchronistically our homoeopathy course the weekend before our proving was taught by John Morgan from Helios. He went through the process of measuring for the trituration with me and gave an email address for me to contact him after the day to arrange a time to make up the remedy.

The big day arrives 15th April, 2018.

One of the provers turned up the day before by mistake. I became anxious that I had got the wrong day. This prover said she may not be able to make it the following day but luckily she did make it.

On the day I decided to take white sage to smudge the room and a Buddha statue that I could put candles in. I needed a feather to smudge and chose a condor feather that had been given to me years before which I consider special. I also decided to take my drum which I hadn't used for years. Why had I not used these sacred items for such a long time?

I didn't sleep the night before because I knew I had to get up early and I was worried I would miss the alarm clock.

At 7am I set off on my journey to Carmarthen. I had picked beautiful daffodils from my garden and admired the daffodils on route and the red kite that flew overhead. The song "Love is contagious, yeah its all right" played over and over in my head and I was singing along.

I got to the Welsh School of Homoeopathy in plenty of time and unloaded my boxes of stuff. I took my time to arrange the room upstairs and was quite pleased with how it looked. Linda my

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supervisor arrived at 9 and we set about preparing the substance for trituration.



The little seed proved to be very tough. It was uncrushable and we needed to experiment with knives to cut it up into small enough pieces so that it would crush in a pestle and mortar. Eventually we got the inside of the seed to powder up nicely but the shiny black skin was a nightmare to crush. We resorted to tearing the skin up by hand and trying to cut it up into tiny pieces, eventually we got it small enough and added some sac lac to disguise the substance. I then divided the substance and powder between the 10 mortars in preparation.

I added the first amount of sac lac to each bowl. Interestingly as I opened the door to the next room a clock that Linda had just bought fell off the wall. She tried to fix it but the hands kept moving to 12 o'clock and then stopping. This is interesting because the concept of time seems to be a theme with this remedy.

Another thing worthy of mentioning is while I was setting up the room the thought came into my mind that there was a ghost in the building. It didn't bother me but the idea caught my attention.

All the 10 provers made it on time. I used my drum and beat a very slow sound of a heart beat to call them into the room and prepare them .

After a brief introduction we called the substance into the room by contemplating it and requesting its presence. The energy in the room changed immediately and we could all sense the presence of the substance.

One of the provers saw the energy as a blue spiral which was intuited in a later drawing by another of the provers.

We followed the trituration protocol and everything went smoothly. After the round C1 we had a sharing. THE FULL TRANSCRIPT OF THE PROVING IS IN THE APPENDIX.

Themes that came up were:-

- . blurred vision
- . itchiness
- . heaviness in neck and head
- . tension in head
- . heaviness across temples
- . grinding teeth
- . irritability
- . huge polarity
- . focus and determination, alternating with loss of focus,
- . heart palpitations
 - . the feeling of being part of the cosmos
 - . thoughts of father
 - . sighing
 - . yawning
 - . coughing
 - . severe distaste of black bits in powder
 - . thoughts of Egypt
 - . dung beetles and scarabs
 - . dry warm climate
 - . A lot of worry about being tainted permanently

- . the word yuck was used a lot
- . not feeling part of the team the idea of the outcast
- . headaches
- . itchy sore eyes
- . smells of flowery perfume
- . peripheral vision crystal clear
- . a need for orderliness
- . no fuss
- . the feeling of wanting to go to a Tibetan monastery
- . no desire to talk
- . just wants to get on with it on their own
- . deep sleep each night for 10 days before
- . something about time.

We continued the process for C2 and then shared again at the end.
Themes that came up in this sharing were:

. Time – “not to rush, plenty of time”, some people finding the
. time went quickly this round, some found it dragged and
was tedious

. a feeling of being disconnected – of being the odd one out.
“In the middle of a molecule, all atoms jiggling around”

.itchiness of skin

- . dryness of skin
- . nerve twitches eyebrows
- . “thirsty work”
- . drowsiness
- . daydreaming
- . memories of being a child
- . being free
- . remembering itchy clothes from childhood, now thinking of
. comfortable clothes.

. “I left my body completely to enlightenment, transcendence,
simplicity I was on a mountaintop with clear blue sky and
birds. I need to come back down, as soon as I came back down all
the black bits have gone”

. conversely another prover was obsessed with the black bits,
thoughts of bulimia

- . self harm
- . utterly alert
- . sweaty, sticky hands
- . obsessed by the thought that the black bits would never go away.
- . Feeling of infestation and leprosy.
- . " The feeling of being at the centre of something.
- . Sense of oneness
- . The question why is everything against the shadows?
- . everything is great
- . awareness of being part of a greater whole
- . a sense of flow – much more flow.
- . A sense of timelessness
- . impatience
- . oneness and deep love conversely,
- . a sense of separation.
- . Containers and contained
- . there is a fear of doing something wrong
- . Black bits are lurking somewhere.

We broke for lunch and themes of conversation were Dome Rock Yosemite, one of the provers had won a lottery to go there a few days ago and was excited, we talked of viking runic music and one prover saying I love a good sacrifice.

Also of body consciousness with one prover saying to another "I went for a run yesterday so I can have a biscuit today."

Food was important crisps and loads of biscuits brought to share. Food and drink was longed for and desired.

Round C3 went smoothly and the sharing was as follows

- . There was a pressure change in my right ear when the window opened.
- . Grinding me down
- . Such a bind
- . Don't care I really don't

- . last man standing
- . back to basics
- . sadness at not being able to bake own food
- .tough exterior
- . a grandfather clock.
- .The substance felt it was a shield, a gem stone used to ward off, an amulet to ward off the feeling of a taint from the past
- .serene, detached, emotionless, like the buddah serene but detached.

Songs came through

Windows of your mind, never ending or beginning.

I see your true colours shining through.

I look at life from both sides now Joni Mitchell. The feeling of reunion of the soul. Joy. lots of sun mandalas drawn, golden ratio, vortex, chilled out nice, mushy stuff, just there, contained into each one of us, somewhere else in this bubble, connected in that ethereal place but on earth doing separate things. weightless and floaty feeling, hovering above the ground, now back in body with a thud, unquenchable thirst, like a worker bee on a comb, like a murmuration. One organism moving, and industriousness about it, we all have to work hard, not quite perfect. Grinding becoming more laborious, awareness of mats not being straight, its what left that counts, palpitations slight, couldn't lift arm anymore, wants to lie down in the cool grass, just the air movement would be enough to stir the substance, pain to the right of the umbilicus, nervous twitch.

Job well done

We decided at the end of C3 that there was no new information coming through so we decided to stop there.

I told the story of the substance and revealed the remedy to the group with much delight.

THEMES COMING THROUGH STRONGLY

POLARITY

Duality is a strong theme in this remedy. There is a feeling of transcendence, oneness, unconditional love and enlightenment and the polarity of disgust and contempt, a fastidiousness, hatred of contamination which can become obsessional. In this state the person cannot contain his/her disgust and makes it known to everyone in her facial expressions.

There is a sense of containment and an "at oneness" with the world and on the other hand an intolerance of impurity. A need for pureness. There is sometimes a desire for the colour pink. There is a sense of at oneness with the universe but a feeling of separation from fellow human beings. The disgust when shown to fellow humans induces a feeling of anxiety, of being judged and of being messy and unclean at a deep level. A sense of shame cuts deep. The leprosy miasm should be considered when looking at this remedy.

The remedy has extreme polarity it can have enlightenment, transcendent feelings but also feels a sense of bodily disgust of being tainted in some way. Impure. The extremes of polarity are notable so this remedy may be useful in bi polar disorders or spiritual emergence/emergency situations.

BIRDS

A modality for this remedy is better for watching birds. I felt the need to bring a condor feather to smudge and condor was mentioned by one prover specifically. "I want to retreat, not interact. In my own bubble - Like a bird of prey spiralling up high in the sky, above the Andes. Condor Isolation, alone but not lonely." There is a strong spiritual aspect, a serenity. The song of birds outside the proving room was noticed and enjoyed.

ANXIETY

there is performance anxiety, and anxiety about body, a fear of being seen, a feeling of having to do things right so as not to be judged. There is industriousness the feeling of work that must be done.

TENSION

There is tension in this remedy, tension is carried in shoulders, neck and head. Headaches feature strongly usually, heavy and pressing and affect the sinuses.

TIME

Time is fluid in this remedy. It can speed up or slow down. There is a sense of it being irrelevant. Of needing to follow our own innate sense of when the time is right rather than clock watch.

Clock fell off the wall and wouldn't recognise the right time when Linda tried to fix it. One prover got the day totally wrong and turned up the day before. There was a sense of timelessness, that of spiralling clockwise and anti clockwise (this was mentioned a number of times). The feeling that time has no place anymore, the timekeeper felt that her job felt alien to her. The need for time to be flowing with what we were doing was strong.

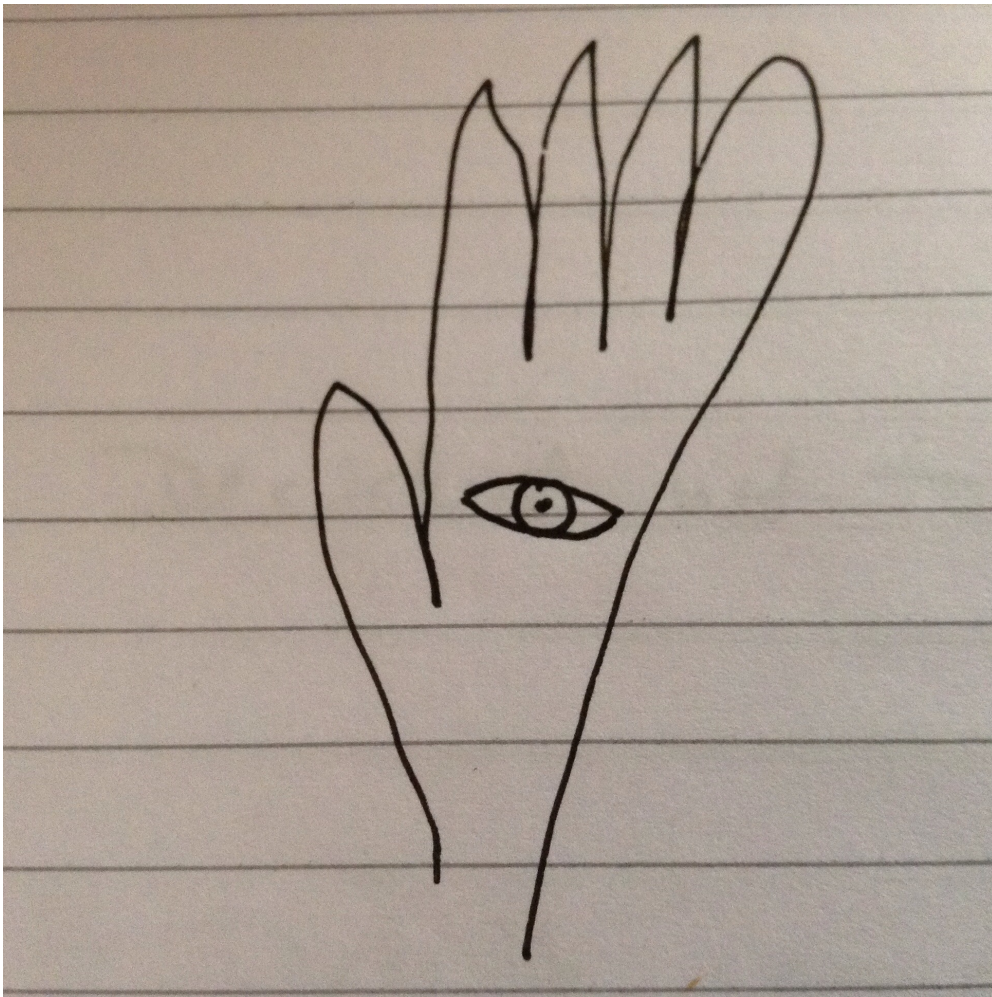
SLEEP

Feelings of sleepiness and drowsiness came up a lot during this proving. One prover mentioned that she had slept very deeply before the proving (and this was unusual). My experience after taking a *dim lon 30* after consultation with my homoeopath was that I slept more deeply than I had done for years. Not waking up at all during the night or being disturbed by sounds which was the usual case for

me. This makes sense as the Longan Seed has been used to treat insomnia in Chinese medicine.

EYES

Eyes are prominent – “there is an eye at the bottom of my bowl”
Someone drew an all seeing eye from Nepal. This remedy has a wide sense of what is going on around it and is vigilant in protecting the



purity of the sacred essence from invaders.

Itchy eyes, dry eyes, burning eyes, could close eyes, drowsiness wanting to sleep (disconnect, eyes are the windows to the soul getting close to seeing soul essence so shut down, protect the essence) don't be seen it might be dangerous. ITCHINESS

Itching skin that seemed to be random. Very common theme.

The eye is a signature of this remedy as the fruit itself resembles the eye of the golden dragon.

ONENESS

The theme of oneness with all that is was felt by many of the provers. In some there was a feeling of spaciness, of being out of the body, pictures drawn were ephemeral, pinks, cloudy, symbols. There was a need to take deep breaths inspiration and exhalation was important.

■

There was a strange, rare and peculiar sensation of loving being out of my head and not really being in my body either. A state of just being. A state of being ascended, transcended, feeling of



spirituality and a monastic feel.

DOCTRINE OF SIGNATURES

The skin of the seed is ultra tough and feels unbreakable. People found it very difficult to break it down: it was persistent, obstinate, hard and was perceived as being like a protective safety shell or an amulet. There was a sense in some of it being "a tough nut to crack" ("A little Bugger" (5) Necessary to protect the sacred essence against the taint (4) It appears very shiny though, and is attractive; it is like lacquered ebony; it has an allure to it; quite intriguing in its dragon pupil form and colour. "I called it "my precious" and was greedily guarding it like Gollum on Lord of the Rings. A feeling of not wanting to share the sacred essence you're not having my precious essence.

The flesh which surrounds the seed is translucent; it looks like an eyeball and the seed inside looks like the pupil of an eye (a golden dragons eye according to chinese mythology). Interesting that in the proving peripheral vision was improved and intensified, with an acute awareness of what was going on with everyone else in the room; a hypervigilance . The flesh has a musky, sweet taste which is pleasant.

It is interesting that the flowers of the Dimocarpus Longan tree are male, female and hermaphrodite. There is a strong sexual element to the flower it has eight stamens which ensure that it will get pollinated. The flowers come out at different times so that it takes care not to pollinate itself. There are three flower types distributed throughout a panicle which is 10-46 cm long; staminate (functionally male), pistillate (functionally female) and hermaphroditic flowers. Flowering occurs in progression so that it doesn't pollinate itself. There is a sexual and sensual quality to this

tree. This seems to reflect the general acceptance and unhidden sexual nature of the people in Cambodia. During our stay it was obvious that sex was been sold like a commodity on the streets. But this was considered normal in Cambodia, there was no stigma or shame attached, as in Western culture. (during the proving one of the provers reported that she had been liberated from a sense of shame that she had held since a teenager from the reaction from peers over a brief sexual encounter she had enjoyed.)

Provers smelt strange smells in the room during the proving. Some finding the smells pleasant and some unpleasant. I have never personally smelt a longan fruit but some people say they smell like semen. (apparently it is put under the pillow of newly weds in Southeast Asia in the hopes of producing children!!).

It is a very efficient little tree which is self contained and has learnt how to survive. (In the proving there was a sense of minimum effort, maximum efficiency) this quality is further evidenced by the fact that wild longan populations have been decimated considerably by large-scale loggings in the past and the species was placed on the vulnerable list. However, if left alone logan tree stumps will resprout.

Most people in the UK won't have heard of this tree as it only grows in the region it likes; which is sub tropical. It won't thrive in cold conditions or in the lowlands unless the lowlands are in a tropical climate. It is very sensitive to frost and prefers to live in dry sandy soil.

The peel of the fruit has a bark like shell which is tan in colour, thin and leathery with tiny hairs. The fruit hangs in drooping clusters that are spherical.

The Angkor Wat Connection

The fact that I found this seed in a Buddhist temple in the Angkor Wat complex in Cambodia may explain the experiences of enlightenment and transcendence in the room. Angkor Wat means city of temples in Khmer. The complex is 5.5 kilometers from Siem Reap. Originally the temples were built as Hindu centres of worship but in 12th century they became Buddhist.

The main temple was built as a representation of Mount Meru, the home of the gods. They would have been used as places of initiation and teaching in the past with the inner areas being only accessible to advanced initiates. According to Eleanor Mannikka the measurements of solar and lunar time cycles were built into the sacred space of Angkor Wat.

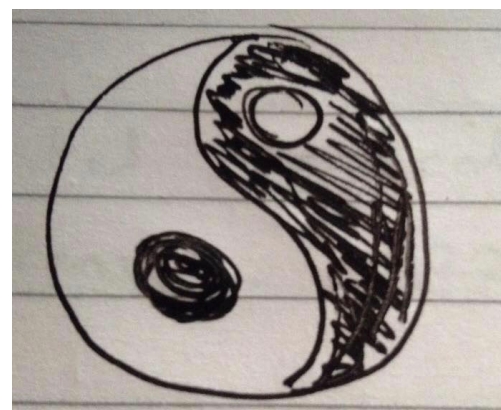
Graham Hancock asserts that Angkor Wat is part of a representation of the constellation Draco (dragon?) There is a lot online about the magic of Angkor Wat. The place had intrigued me for years. The temples are built with stunning precision and alignment to the sun and constellations using an incredible mathematical skill which has been lost today. There is wonder and mystery here and it drew me in.

ONENESS

Enlightenment in the Buddhist tradition can only be realised or experienced. It is not a quality. The word Buddha is derived from bodhi and means "the awakened one". To be enlightened is to be awake to a reality which is already present, but which most of us do not perceive. There was a sense in the proving of provers entering a different state of being, a transcendent state which took us out of our ordinary sense of reality (2,4,9,) and this feeling lasted for sometimes a couple of weeks after the proving (2). Perceptions were enhanced so that spirit beings/teachers, ghosts were sensed (1,2,4,5,10)

Golden Dragon Mythology

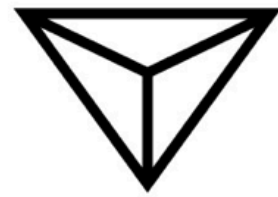
I particularly love the dragon symbolism here as I come from Wales in the UK which has a red dragon on its flag. (One proverb's attention was drawn to the dragon symbol on driving to the proving) For us it is a symbol of resistance to take over by invaders. They are, however, universal symbols which occur all over the world. The Golden Dragon is the most revered of the dragons in China because they represent The Emperor and the imperial family. Gold dragons are symbols of wealth, wisdom, compassion, and strength.



Gold symbolises the sun (one proverb actually drew a sun) and is associated with the masculine principle (yang- another proverb drew a yin yang) it is a symbol of wealth and strength. It represents the colour of the heavens and divine power. Gold is an attribute of the Greek god Apollo with whom it symbolises intuition, illumination and reason. Illumination and revelation lie at the heart of a gold dragon.

The dragon's eye is sometimes represented by a regular tetrahedron triangular pyramid. Interestingly this symbol according to Carl Jung's dictionary of symbols combines the triangle meaning threat and the Y meaning a choice between good and evil.

The dragon's eye is a well known symbol of protection, said to protect anyone who recited the incantation to it. The dragon's eye symbol stands for the balance of love, power and wisdom. Triple triangles are associated with the goddess and the nine muses.



Dragon's Eye



The 6 lines of the symbol can be seen in 6 edges of the regular [tetrahedron](#) (triangular pyramid), as viewed above one of the vertices.



Three provers felt the protective quality of the *Dimocarpus Longan* seed. Two of us decided to wear it afterwards around our necks.

MIASMIC THEMES

Sycotic Miasm

In Sankaran's schema he defines the keynotes of the sycotic miasm as:- there is a fixed weak spot within me, which I must cover up and hide. The need is to keep the fixed weak spot hidden from the view of others. There is ritualistic behaviour to keep this hidden (ocd, turning hands clockwise and anticlockwise). Hypersensitive reaction to many things, so restrictive life. When these compensated actions fail there is guilt, remorse, self reproach and a feeling of being exposed. The attitude is I cannot change but I will not let others see my weakness.

Ian Watson in his book "The Homeopathic Miasms" he looks at sycosis as an expansive energy. It is concerned with the survival of the species as a whole, therefore it has a relationship to desire, sexual

behaviour and reproduction. In human life sycosis includes the realm of sensuality as well as sexuality.

The countless religious and social taboos that have been imposed on the natural sexual impulse have given rise to all sorts of sexual health problems.

Positive and negative poles, (yin yang) masculine and feminine energies being attracted to each other. Ian Watson describes it well the attraction of opposites with a view to creation, giving birth to something entirely new.

Interestingly as well, Sycosis according to Ian Watson has a relationship with water and the watery element. (this fits in well with my spring experience described later). The sycotic influence keeps the fluids moving in the body. The capacity to absorb, use and eliminate fluids is one of the physiological aspects of the sycotic influence. Energetically this relates to the sacral chakra.

Ian Watson also has this to say about boundaries which I think fits quite well. The sycotic miasm has to do with boundaries between the self and the rest of the universe. We can get sick from being too open and taking in too many impressions. Conversely if we shut ourselves down and don't allow anything in we lose touch with our feeling function and this will create suffering also.

Leprosy Miasm

The theme according to Sankaran is "I am an outcast, there is no hope to be normal; I should isolate myself, disgust for oneself".

They feel hunted down; isolated; poisoned; destroyed; dirty, disgusting; displaced, pushed into a corner and they tend to avoid the sight of people and can be contemptuous.

When this miasm shows itself there are feelings of suicide, homicide, a sense of despair and some self harm.

In the proving there was a non acceptance of the taint and a revulsion or disgust for it and no compassion for it either. There was a feeling of feeling a bit dirty/infected by the black stuff.

Feels better in environments of purity, without taint. When the taint is removed there is much more flow, less tension, smoothness is restored and a feeling of being awake. Pressure on the substance/body is lighter there is no need to grind/work so hard now, a lighter touch is needed even just a wave of my hand would be enough now to stir the powder which feels like I'm stirring my own soul essence.

There is a feeling of if I cant get rid of the taint I will control my environment so that I can limit my contact with it. (9)

There is a hyper alertness against the taint or invaders, ghosts, feeling of a fly in hair, the prover could hear it and feel it. (she felt it may be useful in a remedy for infestations)

Could be useful in ocd conditions where in the extreme you have to have things in order to maintain clean and pure.

(There is a fear of judgement. A need to be seen as a serene buddha..)

Tubercular Miasm

Sankaran - Time is short; too much to be done in too little time.

In this miasm there is a feeling of being caught, suffocated, compressed. There is hectic activity and a lot of effort put in to change or get out.

There is a definite preference for being up in the clear pure air of the mountains which corresponds to where the tree likes to live but only in a warm climate. The idea of birds is attractive I used a condor

feather for smudging and the condor energy was picked up and mentioned by one prover. Birds were mentioned by a number of others.

Minimum effort/Maximum efficiency.

A factor in this remedy picture which relates to this miasm is of a person who is very efficient in getting jobs done that really have to be done. (8,10,4) She will find the least laborious and most enjoyable way of doing it (8,10). She doesn't like doing pointless tasks that aren't really necessary she would rather spend time following her own callings and instincts. Time is irrelevant in this place. (8,10,4) She prefers to move when the energy is right and in her own time. 10,2 People that interrupt that flow are perceived as a nuisance as the pressure builds up to do tasks she doesn't want to do the symptoms of shoulder tension, headaches arise. (roughness in bowl like a rut, not allowing me to move) Worse for intrusion. (5) (other things I want to be doing (5)

There is a coming forward and retreating quality. (5) Giggling and messing about are so mundane and annoying (9,10) Would prefer to be in her beautiful space with other people who understand.

Smells

Provers smelt strange smells in the room during the proving. Some finding the smells pleasant and some unpleasant. I have never personally smelt a longan fruit but some people say they smell like semen. (apparently it is put under the pillow of newly weds in Southeast Asia in the hopes of producing children).

Reports following the Proving.

A day after the proving I have had reports of beneficial effects. One prover (6) reported that several large spots have appeared on her face around her jaw line. She is not worried about them. She had slept

deeply for 10 days. During the proving she felt love for her daughter. And mentioned that she felt there was more a quality of unconditional love than a feeling of emotionlessness.

Another of the provers (2) has also reported a benefit from the proving. She has had a change in her mental condition from a feeling of frustration with life to feeling connected and a sense of flowing with what comes. She mentioned The Golden Ratio again. The sense was to me that she felt she was part of it rather than it be just a symbol. This prover attended a buddhist circle and decided the chanting was not for her as she felt that she was connected now to the earth. She carried the seed given as a kind of talisman and felt its protection.

Prover 3 has felt she has released a sense of long held shame since she was shamed and humiliated in school for following her natural instinct. Girls in her school ganged up on her and she felt like an outcast, somehow dirty. After all this time this feeling has left her and her life is now flowing. She is able to follow her heart and natural desires.

Prover 3 also added that she was getting the urge to urinate often during the trituration but not having very much pee at all.

Some of the provers sensed that the remedy may be useful for

Asthma

Soul healing

Depression

Suicide

Glandular congestion

Infestations eg headlice/bed bugs/tic bites/worms.

Altitude sickness

Bi polar disorder

Spiritual Emergency

Sinus congestion
Fibromyalgia
Tubercular miasm
Leprosy miasm
Neck spasms
Shoulder pain
Nausea (purging)
Self harming
Bulimia from disgust with self
Venereal disease
Girls that go for cosmetic surgery so that their genitals look right.
Obsessive compulsive disorder.
Insomnia.
Heart palpitations
Breathing difficulties
Eczema
Healing the heart chakra.
Releasing the feeling of long felt shame.
Feeling like an outcast for any reason.
Domestic Abuse victim

18th April a message from prover (3) she couldn't sleep at all on Sunday night. She slept lightly for the first hour then woke up after dreaming that her young Casanova was in her front garden looking for a way in. Also she was getting the urge to urinate often during the trituration but not having very much pee at all.

She had looked up the health benefits of Logan fruit and found a lot, skin, hair and one site said that its used as an aphrodisiac for women. Well that figures! Were her words

WISE ELDER/FATHER FIGURE

The father figure comes up a lot, wise old man, grandfather, wise teachers a worry of what we will do when the elders pass away.
(4,1,5,10) The security and holding of positive male energy is important and protective, we will be vulnerable when it leaves. One

prover sensed the presence of one of my teachers in the room, his name was Tlakaelé a much loved Toltec elder from Teotihuacán in Mexico.

There is deep unconditional love for her children. (Will protect the trust and innocence).

Some provers embraced the dark bits and made them a friend, actually were pleased to see them and missed them when they were gone, there was a compassion for the shadow, darkness, they embraced it. Why is everyone so against the dark bits (3,4) The word omēteotl came to my mind, it was the last thing I wrote a concept of the great duality everything is needed to keep the energy of this realm flowing. Interestingly again when I looked up the word omēteotl for confirmation it says "Omēteotl was thought of as being simultaneously male and female. They represented the creative energy or essence from which the power of all other gods flowed. They existed above and beyond all the cares of the world, with no interest in what actually happens. Another prover drew a yin yang which has the same connotations (10, 2)

THE ANACARDIUM CONNECTION

The main role of *Dioscorea Longan* though, in my opinion, is of healing the heart chakra. Most of the non transcendent symptoms experienced by the provers were symptoms of heart protector imbalance. Also this would make sense with its resonance with *Anacardium* which is called the marker nut and has a poisonous gloop around its centre which can be likened to a toxic barrier towards a heart connection. In traditional Chinese medicine there is a heart protector meridian. In fact in classical Chinese medicine the idea of the heart protector goes deep. I found an interesting article by an acupuncturist Neil Gumenick which I'll summarise as it makes sense to me and connects well with *Dioscorea Longan*.

All the major organs and functions are considered metaphorically to be ministers in service to the heart. The heart is the supreme

controller. "In order to rule with wisdom, love, impartiality, and to spread joy throughout the kingdom, the supreme controller must be kept safe and protected. That is the job of the heart protector" Neil Gumenick This statement captures the essence of the remedy. When the heart is open and nurtured, it connects with the earth energy and everything flows in harmony and synchronicity. It reminds me also of the holy grail story, of the quest, mentioned by prover 4, the heros journey.

"The heart protector acts as the protector to the king or queen, metaphorically standing before the monarch and saying to anyone who poses a threat, essentially "if you want to get to him, you've got to get through me" with such protection the king can be truly fair and impartial - open to give and receive love, dispense justice, set boundaries, create order, solve disputes, and fearlessly respond to the needs of all. If this internal protection were lacking the ruler would owe favours to those who support her, deny fairness to those who oppose her and thus lose impartiality. Instead of fair and enlightened rule, political corruption would arise.

When the heart is not protected there is a disconnect from the natural flow of life and these symptoms can occur. Love and joy disappear, sadness and fear arise. We lose connection to the universal spirit. We can neither love ourselves nor are we open to the love of others. We feel vulnerable, easily hurt and heartbroken. In the other extreme, we may shut down and overprotect ourselves. Instead of appropriate opening, the fear of being hurt shuts everyone out, making us feel separate and isolated. When the heart protector is doing its job, it keeps out those who would do harm and allows entry to those who are trustworthy, loving, fun and good for our fire"Neil Gumenick

Human interaction is an essential need, without interaction we would mentally and spiritually wither and die. As well, we need privacy. Innately we know what we need - who to allow entry, who to keep out, when to be social, when to be alone. The heart protector is also known as the inner frontier gate, this gate opens and closes appropriately, protecting us from harm while allowing connection to

the outside. When this gate operates properly we feel safe, secure and able to see ourselves and others with eyes of compassion and love.

This heart protector is also known as circulation/sex. It is responsible for arterial and venous blood flow, as well as internal and external sexual secretions. Without proper circulation there may be internal coldness, or excessive heat. No organ can operate in health if its environment is in either extreme. Blood is the medium by which the warmth penetrates to every corner of our being.

The fire element, associated with the summer season, manifests nature to its fullest expression - in maturity. Only in maturity do flowers spread their pollen to ultimately produce more flowers. Only in maturity do animals reproduce. Thus the act of love is one of the ultimate expressions of the fire element. In order to fully open to another, for there to be passion, trust, warmth, intimacy, joy and ultimately unity, the circulation and protection this protector provides must be strong. We intuitively know that the sharing of love at such a deep and intimate level is right.

When this gate keeper is imbalanced we tend to experience extremes of hyper sexuality or in the opposite extreme coldness and frigidity. Circulation sex is called Heavenly Spring. A spring is a place where water is located beneath the earth's surface flows out of the ground. For people who even with the right person, cannot connect on a deep level of trust and intimacy, warmth and ultimate unity, the heavenly waters accessed by this point can wash away fear, guilt, timidity, coldness and all that blocks the natural flow of warmth, joy and love between human beings. Much like sexual secretions, there is the bringing forth of the inner flow of passion where, in acts of loving, two seem as one. The boundaries of separateness dissolve in such heavenly moments.

An interesting synchronicity with the dried up spring I visited in Tunbridge Wells here after the proving. I felt so disappointed that the waters had not been honoured and left to flow

In relation to this theme, provers symptoms began only when they lost that oneness feeling. It is striking that when provers were in the state of connection, love and oneness there were no physical symptoms. Only when we were in a state, where we felt judged, tainted, or unconfident did we feel the symptoms of itchiness, tightness and other physicals.

This remedy reconnects us to the source. It brings us home to a place of connection with the natural world and therefore a natural, easy, flow with life. It will be useful in people who fear to become grounded in the corporate reality that surrounds us today, and who have protected themselves against it. This remedy will help to ground us safely into our natural home.

Some of the provers moved from states of extreme judgement, disgust, annoyance and itchiness to states of connection and transcendence in the proving. Sometimes these states alternated. One prover noticed that when she was in the beautiful connected place, the black bit in her bowl actually disappeared (4). It reappeared when she felt she needed to come back into her body. It seems that integration is needed, and this remedy helps that process.

REPERTORY (symptoms of non connection)

The prover numbers from 1 to 10 are those who experienced the symptoms.

MIND

TIME - rubrics might be

Mind time - conception of time is lost

Mind mistakes - time conception

Mind time quickly, appears shorter, passes too.

Mind time slowly, appears longer, passes too

Mind hurry

Mind impatience; busy

"urge to rush" 8

"Don't get caught up in the rush" 8

"Feeling hurried" 7
 "take my time and enjoy" 8
 "sensation of having plenty of time" 8
 "sense of rush around me" 8
 "it feels like there is all the time in the world" 8
 "clock fell off the wall, time stopped and didn't want to restart!!" 4
 "aware c had arrived a day early" 4
 "such an over awareness of time - time keeping/clock watching/
 almost obsessed with watching the numbers move - slow /fast, speed
 up/ slow down" 4
 "I just want to do it in my own time - I don't belong to the group
 anyway" 9
 "Don't forget the time L - worried I might go over time" 5
 "time is flying" 8
 "Don't worry about the time it is irrelevant. what needs to happen will
 in its own time" 8
 "Time has no place anymore so very hard to still be the time keeper -
 feels alien" 4
 "Thought about my grandfather's clock" 5
 "Timesomething about time. A long time, a million years....or is
 it a short time? Just now, the present" 3
 "Not enough time-hurried" 7

CONTAMINATION

rubrics might be
 Mind-controlling everything
 -himself
 -checking (must check)
 Mind thoughts compelling
 Mind delusions contaminated -> dirty - washing desire hands
 Mind - anxiety anticipation from
 Beside oneself with anxiety
 Mind censorious oneself of.
 Mind Irritability
 Mind despair
 Mind despondency - see sadness
 Mind dirty
 everything dirtying

sensation of being
Mind disgust
Mind discontented: Discontented every
thing.
Mind Ennui
Mind discouraged alternating with anger
Discouraged alternating with irritability
with disgust
with impatience

"If I can't get rid of the taint. I will control my environment so that
I can limit contact with it" 9
"Powder jumped out onto my finger, I want to get rid of it, yuck" 9
"Feeling of being stuck with impurities no matter what I try to do to
get rid of them" 9
"The black bits won't grind down. It's nice when they are all covered
in sugar. It's nice to cover the back bits - the blemishes. 9
"Irritated by the roughness - can't wear it down - persistent,
obstinate, hard" Protective safety shell 4
"each time a black bit pops up. I'm annoyed and frowning and
disgusted." 9
"I wish the black bits would go away they are ugly" 9
Maybe I'm not doing it right. 9
"I have to be alert and keep an eye on these black bits. 9
Disgust - like a mangy cat. It looks cute and can't help it but it's
covered in mange" 9
"concerned that this mixture may be tainted, defect" 3
"Can't do anything about it. Not a good feeling. Worried that this is
not pure" 3
"concern that there may be something diseased. Like worrying
someone might have a STD" 3
Impurity described as "A little bugger/ bastard/hard nut to crack"
"she thinks I'm messy" 10
"I need to stop the table from wobbling. I need to control my
environment because I can't control that thing" 9
"I can't relax - have to be alert"
"Infestation" 4

"My table nearly touched Ls but I managed to move it back in time. I don't want to contaminate it"⁹
"the contamination has gone - black pieces removed. Smoothness restored. relief. Previously I felt a bit dirty/infected"⁴
"Marble with impurities that need to be covered/hidden"⁹
"I don't want to touch my pestle and mortar. Touching the bowl with only two fingers, ideally not at all"⁹
"fear of contamination - what if holding my pen too close to the bowl upsets the process, by contamination"²
"I prefer scraping-it gives me more control over the substance and I can keep it hidden under the pile"⁹

Mind despising (see contemptuous)

"No concern for others in the room because I'm obsessed with my own self"⁹
"frowning and pulling a face in disgust"⁹
"No emotion other than disgust and of disgust"⁹
"Suspicion. Untrusting - disappointed in lack of others integrity"⁷
"Irritated by others precision"⁷
"This substance is like a disgusting creature - but the others don't seem to mind"⁹

Mind

Delusions

Insects

"creepy crawly"⁹
"Beetle-dung beetle - Egypt"⁹
"It is making little clicking noises like beetles wings when you crush them. But this you can't crush!!"⁹
"It's an insect - it's alive"⁹
"Now they are hiding, but I know they are there and that they will jump out again"⁹
"I hate the noise of grinding out the black bits, a crunchy noise. Stepping on cockroaches"⁹
"I try looking around but then I catch a black thing in my bowl and have to keep watching it"⁹

"Left eye itch. I carefully rub it and inspect my finger, expecting a black thing to be there. Infestation"9

"They are there to get me"9

"L's daughter came to show me her pet wood louse. Another creepy crawly"9

"Felt as if an insect in my hair-could hear it"4

Mind Irritability.

"I'm irritated with their fussing, can't we get on with it"9

"Oh no I'm hopeless at this - I'm just going to itch, yawn, feel angry and change directions all day"5

"Irritation at being here, there's other things I should be getting on with"5

"I'm beginning to feel cross with it, it won't break down"5

"The sun what a relief it lifted my mood from grumpy and irritable"5

"Irritable with the others in the room. Irritated by a little scrape sound in my grind"5

Annoyance of others being domineering 7

"want this to finish, now feel impatient"3

Impatience 7,3

Irritated by fussing of others 9

Irritated by others precision 7

"Impatient"7

Mind fear ghosts of.

"fear - ghosts, a ghost in the building"9

Mind fear

"Noises outside - invaders"9

Sensuality

Mind sensuous (see sensitive - sensual)

Mind sensual

"there feels like there is a risky element to this. Sensuality with some kind of risk"3

"something is sensual about this remedy. To do with skin, smooth, clear, sensual - but with flaws"3

Mind Detached, sensation of being.

Mind Reserved (Indifference, taciturn, company)

"not really aware of the other tritirates. Feel like we aren't really connected" 3

"we re all doing this by ourselves"3

"I feel completely separate from the others"3

"I was the only one staying behind for lunch as I brought my own along, but I didn't want to mix with them. Feeling separate"9

"I washed up all the things and put them away. A mix of duty like Cinderella as well as the need to keep control over my environment"

"feeling very detached and isolated. Don't want to talk or mix or make eye contact"9

"I dont belong to the group anyway"9

"Not wanting to look up into the room, I want to be on my own"5

No concern for others self obsessed9

Floating just above the mundane 9

"feel lacking in emotion, like a cog in a machine"3

"A part of a machine with no thoughts whatsoever"3

"Do still see a disconnection with all provers. People in their own spaces, own worlds, heads doing their own thing"3

"Everyone seems far away - I m disconnected"2

"In their own realm, detached, no vulnerability, enlightened"9

"spacey in head a bit"7

"Disconnected"7

"Indifferent"7

"I look up and no one is looking around, everyone focussed on their bowls. No eye contact, nothing. Why am I observing, aren't I part of the proving??"³

"Have to really concentrate to compute what the time keeper is saying. I hear the words but it doesn't compute."²

"I m lost in my own world"⁸

"I dont care. I really don't" ⁶

Dreams

"Last night I sat up late meditating. Dreamed of changing clothes"²

Mind Reproaching oneself

"Felt judgement. Not sure why. A feeling of embarrassment - my cheeks flushed over a thought - what if....."³

"I am a dark speck in a cloud of purity"²

"Its hopeless, I m wasting my time"⁹

"Maybe I m not doing it right"⁹

"Messy, left behind. Hurried. Uncertainty"⁷

"Afraid of being wrong/judged"⁷

"Disbelief in self"⁷

"self conscious"⁷

"Uncertain"⁷

"Cant keep up"⁷

"Uncertain - look to others for certainty"⁷

"lack precision"⁷

"I almost felt a bit nervy"²

"fright - nearly dropped bowl" ⁷

Mind ailments from being reproached (ailments reproaches)

Mind desires good opinion of others

"Really intent on squishing that bit now. Pushed down really hard, then felt I didn't want anyone to see me being harsh with it"³

"If anyone looked at me, I want to look beautiful and serene"

"Thoughts of one of the students acknowledging me - I thought she was acknowledging someone else - a low thought of myself"⁶

Nose

Odors imaginary and real.

coryza

"strong perfume smell"1

"musty unpleasant smell in the room"3

"smell acute, of a flowery perfume someone is wearing - a bit sickly"9

"smell acute-food, like a meat stew"9

"smell- of mens aftershave"9

"Nose is running < right nostril"9

"smell old flower water"7

"sensitive to smell (flowers)7

"Perfume is back"1

"sweet smell"4

"smell-strange-not very pleasant"8

"Dusty smell in air"9

Chest

Palpitation

Anxiety

"Palpitations - anxiety"9

"Heart quick flutter like the start of a palpitation"6

Stomach

Nausea

"We stopped, nausea and relief, I think I could throw up"9

Teeth, grinding

"realised clenching my jaw and teeth"4

"grinding teeth"2

"I m grinding my teeth again"2

Mind Order desire for.

Mind organised and methodical, desire to be (see fastidious)

Mind fastidious

- for cleanliness in

- order for

"became aware of my mat on the table and it wasn't lined up with the edge of the table. I wanted it lined up, had to shift it to line it up"⁵

"I want to rub my hands, maybe wash them. Though I don't think that would make it go away"⁹

"I have to apply myself more"⁹ (to control the black bits)

"All must be in order, perfect, in agreement, organised"

"productivity, efficiency, precise, dedicated."⁸

"it becomes easier to find the easiest/best way to scrape - most efficient way, least laborious"⁸

"The bit of pestle in the bowl is really annoying me. Also making me shiver. Also there is just one bit of substance left. Annoying - want to get rid of it so I can have smooth pure powder"³

"I am getting all my rounds and grinds all correct which is very unusual for me. Normally much more spacey and make more mistakes."³

"A studious feeling - like we are students working hard, very serious and focussed"³

"Precision, accuracy"³

"It's important to look after my tools-pestle and sugar"⁹

"Almost felt a bit nervy - I thought my pestle was going to fall off table. I made a sudden startled movement to catch it"²

"wow- what a shock. L dropped her pestle. She should take more care! Now the yucky powder is on the floor!"⁹

Mind delusions visions has,

"feeling of an old old man, wise, a teacher"³

"A tall Afghan man is standing in the doorway"¹

"A clown's face in the bowl-an ugly clown with big lips and nose like the one people are scared of"⁹

"A sad face in the bowl"⁹

"A vision of Ozzie Osborne top half - blade gloves"⁶

"An eye at the bottom of the bowl"⁴

"Image of a worker bee on a comb"⁵

Industrious

"Hi ho, hi ho its off to work we go.. (the seven dwarfs going mining)"²

"Industrial busyness in the room, like a construction site. Building the pyramids - people preparing rocks and stones to fit the buildings. Dust everywhere. Everyone doing their bit and it will all fit together in the end"⁹

"work hard, but what for? no reason to work, just doing it."³

"Hustling sound of scraping-like bees in the hive, busy bees/ working bees"⁸

Head

Heaviness

extending to shoulders

ear to ear

forehead

"Heaviness-head, back of neck, eyes, want to close eyes but I ve got work to do"⁹

"If only this headache would go, I d feel quite serene....but oh I m grinding my teeth again"²

"the frontal headache is a bit sickening. Dizzy with it"²

"slight headache"¹

"pressure of top of head"¹

"Headache worsening-temple to temple"⁴

Extremities

Pain shoulders

Pressing pain

"Neck and shoulder tense, heavy and stiff"⁹

"Neck stiff, feels more natural to hold my head down like an old person nodding off"²

"Neck right side tense and feels like it could go into spasm, better sitting upright"⁹

Skin

Itching

"itchy- right hand, forehead"8
 "itch right temple, top of head/scalp travels around - face head"
 "Having the need to scratch - mainly face, eye, or head. Not so much body"
 "Lots more itching"
 "itchy scalp and eyebrows"8
 "itch face under right eye, by nose"7
 "itch top left head"7
 "itch across top of back neck/ shoulders right"
 "itchiness on right shoulder and right cheek"3
 "itch jaw line"9
 "stinging itch vagina externally"9
 "itch back of neck right, and right nose inside"7
 "itch - back left neck - top scapula right"7
 "itch in left ear"6
 "itchy nose- powder as if in the nostrils"4

Skin

Perspiration

"feeling hot and clammy"4
 "hands clammy and sweaty"9
 "my hands are so sticky-yuck"9
 "I never get sweaty hands. And they are so sweaty and sticky"9

Eye

dryness

drowsiness

closing eyes amel

closing eyes desire to

rubbing the eyes desire to

"soreness in my left eye-outside corner"8

"sensation of something being in there"8

"Decided to close my eyes"6

Vision

Acute

"I am super aware, when I look up of peripheral movements" 2
"I am aware of my vision moving in and out of focus. Every movement around me seems magnified - like an atom - all the electrons are vibrating around the nucleus" 2
"peripheral vision acute - I notice everybody's movements" 9
"Overly aware of peripheral vision-right" 7

Sleep

"The last 10 days I've had deep sleeps (not fatigue)- the depth carried through each day" 7
"Feel seriously exhausted like I just climbed the mountain and came down the other side. Just want to rest in some long grass now and sleep/dream. 3
"feeling very tired now" 3
"I want to stop and go to sleep, right under a blanket" 5
"Quite strong sense of sleepiness. Soporific. Head better to droop and lean forward" 4

Vertigo

"dizziness returns" 2
"dizziness from back of head" 9
"the frontal headache is a bit sickening. Dizzy with it" 2

And now the polarity. Physical symptoms disappear.

MIND

RELIGIOUS AFFECTIONS

METAPHYSICAL CONCERNS.

"Our heads seem airy, spacey, cloudy-in a cloud all together, in one cloud" 3
"Ascended, transcended. Feels very spiritual, monastic" 4
"Its perfect, serene, all knowing just needs a bit of attention - life elixir-the philosophers stone. Ultimate eternity. Enlightenment" 9

"Stupas in Nepal with the EYE - all seeing"9
 "mountains and mountains of snowy peaks climbing so high, the powder has been leaving my bowl"9
 "Raised almost floating like a buddhist goddess. Serene impenetrable, in their own realm, detached, no vulnerability enlightened"9
 "K is drawing a mandala"9
 "up and down with the air, inhalation (up) exhalation (down). But always floating just above the ground, the mundane"9
 "For common mortals it is just the daily grind to get on with"9
 "Scraping is like coming down to earth. But it doesn't matter because it will all spiral up again. Because it goes on and on"9
 "Its my path, nobody else. Higher purpose in/of life. Going deeper in, feeling connected, none of the little details matter"8
 "collective consciousness comes to mind - it seems that we are all connected in her at this moment"8
 "Im enjoying every moment. In my own world, but feeling connected"8
 "Purity, wisdom, deep love, oneness, like a drug"7
 "spiritual quest"4
 "Enlightened, peaceful, in the moment"4
 "This remedy could be to move us forward in our time of consciousness"7
 "Etheric fullness, energy in throat"7
 "comfortable in body, relaxed"7
 "Sense as if back home in realm-in universe, oneness, infinite home, love"7
 "Connection, joy, deep out breath."7
 "sense all is well, all taken care of, no worries, abundance"7
 "This can help alleviate the suffering of the kali age"7
 "self assured, aware"7
 "reunion of the soul"1
 "much lighter in the heart centre, a new healing energy is coming from the remedy"1
 "heart centre activated"1
 "Body focussed and centred, mind scattered"4
 "split between mind and body. body heavy and still"4
 "feeling insular/inward looking < the intrusion"4

"Just 'being', empty headed, just at one with the motion and the process"4
"Love being out of my head and not really in my body either a state of just being - rare"4
"Aware of being a part of a greater whole"4
"In the moment"4
"At one with nature"4
"Need to come back down into body-itching begins/cough, head pain frontal, such a contrast"4
"Protection amulet"4
"Land, sea, sky, space, I am part of it all. I can fly between all these, go where I want to, like a swallow. Freedom"5
"China, chinese, martial arts, buddhism, temple in the centre of a busy town"5
"Now back in my body with a thud, itching, aching neck, burning eyelids"5

RESPIRATION

Deep

Desire to take deep inhalations and exhalations 6,7,4,2

"Deep inbreath, nose"7

"Need to inhale and exhale deeply"4

"Sigh, exhale nose=relief"7

"Deep inbreath -exhale through nose"4

MOUTH

Salivation

"salivate"7

"more saliva"4

Modalities

Better for (connection)

Being up in the Mountains

Warm weather

Birds

In sacred places like Nepal, monestries, ancient temples.

In nature

Breathing deeply
Light touch
Being out of body
Being in own bubble
Quiet

wearing light comfortable clothes (must be comfortable and practical)

Being with open and accepting people

Being free to follow own instincts

Better sitting upright 9,7

Better when others are silent 9

Better right to left than the other way 8

Better moving hands clockwise or anticlockwise 9,6

Birds 4,9,2,10

Hot weather dryness 9

Love and loved (7)

to close eyes

Simplicity.

Worse for

Pressure of any kind (touch or time) (9)

Routine daily grind (6)

Intrusion (unexpected guests)

Noise (9,10,

Rain and cold (5)

Uncomfortable clothing itchy restricts freedom (5)

Being forced to do anything against their own flow. 9

A DRAWING THAT WAS DONE BY ONE OF THE PROVERS

"Image of beautiful pale pink blossom-pale with darker pink long stamens. Beautiful against blue sky, warmth, tranquility."4



Compare to the
actual flower
found online!!!!



On writing this up I m feeling a sense of urgency. There is a lot of important information in my head and connections being made. There is a sense that I have all the information I need about this remedy and I need to get it down now while it is still fresh in my mind. It feels like I have a lot of energy almost too much. But I m making good use of it.

18th April I rang John Morgan from Helios to arrange a date to go and make up the remedy. We both decided on 1st May. So in a couple of weeks I will go to Tunbridge Wells, Helios Headquarters to make the substance into a remedy.

I organised an airbnb and went up to Tunbridge Wells the day before. The airbnb was run by a young couple who were planning on getting married, the house was little but well decorated and very handy for Helios. The morning came and I was a little nervous but arrived at Helios on time and greeted by everyone. John Morgan came to meet me and gave me a guided tour of the pharmacy I was well impressed.

I was feeling a little spacey and was pleased that John was there to guide me through the process of making the remedy. John said I ought to practice administering the drops first and he gave me a cork to practice with. I wasn't happy with the cork experience it felt like there was too much room for error. John said "there is no shame in using the dropper" but I got the impression that this would be copping out in his eyes. I did ask for a dropper though and I was expecting a small pipette but the dropper was about a foot long so I had to practice using that as well.

Once I got the hang of the dropper we made a start. John weighed out one sixth gram of the powder and mixed it with water as lactose doesn't dissolve in alcohol then in a test tube we added 99 drops of alcohol which was in a pre measured dispenser luckily. John put one

drop of the substance into the test tube with the alcohol, succussed it 20 times, labelled it c4 and then it was over to me. I needed a new dropper for every tube so this was provided. I added the alcohol from the dispenser and then added one drop of the c4 liquid into the alcohol, screwed on the lid, succussed it 20 times on a leather bound bible and added labels.

The awkward thing was getting the dropper over the middle of the test tube and dropping the liquid into the centre so that it plopped into the alcohol. It all went fine until I got to C9 and the drop went down the inside of the test tube, at this time I was speaking to a lovely man who had worked at Helios for a number of years, he was standing next to me working on something for a client. I was telling him the story of the Dimocarpus Longan and how the seed had flown across the room while Linda was teaching us about anacardium. At that moment a young woman behind us turned around excitedly and said "did you say anacardium? I was just getting a box of it from the shelf", she was shocked, and so were we! The man I was speaking to remarked "I m pleased to see all is well under the firmament". I realised then that all was well with my remedy making, it was a confirmation from the universe. I carried on until I got to 29c and stopped.

John and I then made up some medicated potencies of dimocarpus longan and some pillules for me to take home.

We went for lunch. Over lunch I asked John where would be a good place to spend the rest of the afternoon as I d never been to Tunbridge Wells before. He mentioned The Pantiles. That morning I had been reading on the internet about The Pantiles. I had read that there was a spring there that once held healing waters and contained enough water to supply the surrounding area for miles.

I was excited to go to see the spring but when I got there was disappointed to find that the spring had been covered with concrete and there was no sign of any water. I was also disappointed that The Pantiles was now renowned for its shopping centre. It was sad for me to see that the spring was no longer honoured, a sign of our

disconnection from our beautiful home. and a not a good sign of our times.

John had looked up the chemical constituents of the Dimocarpus Longan and had found them to be interesting he thought it had some good medicinal chemicals in it and that I should document them. So I looked it up on the internet and came across these studies on the chemical constituents and their benefits.

Gallic Acid

Gallic acid is found in almost all plants but some plants are known for their high gallic acid content. It has anti fungal and anti viral properties. Gallic acid acts as an antioxidant and helps to protect cells against oxidative damage. Gallic acid has a cytotoxicity against cancer cells, without harming healthy cells. It can also be used as a remote astringent in cases of internal haemorrhage. It has been used to treat diabetes and ointments have been used to treat psoriasis and haemorrhoids. (from webpage Phytochemicals)

Ellagic Acid

Also known for its antioxidant properties. Research suggests that ellagic acid slows the growth of tumor cells and binds with cancer molecules to make them inactive.

Ellagic Acid is also effective in treating wrinkles and inflammation and has been shown as a powerful agent against diseases such as pancreatitis. Also for treating insulin resistance and obesity.

Corilagin

Corilagin is a member of the tannin family and has been used as an anti inflammatory agent

Studies have shown that it inhibits ovarian cancer cell growth through blocking the TGF- β signalling pathways.

AND FINALLY TO FINISH THIS PART OF THE JOURNEY THE
LYRICS TO THE SONGS THAT CAME THROUGH ON THE DAY.

Both Sides Now

[Joni Mitchell](#)

Rows and flows of angel hair
And ice cream castles in the air
And feather canyons everywhere
I've looked at clouds that way
But now they only block the sun
They rain and snow on everyone
So many things I would have done
But clouds got in my way
I've looked at clouds from both sides now
From up and down and still somehow
It's cloud's illusions I recall
I really don't know clouds at all
Moons and junes and ferris wheels
The dizzy dancing way you feel
As every fairy tale comes real
I've looked at love that way
But now it's just another show
You leave 'em laughing when you go
And if you care, don't let them know
Don't give yourself away
I've looked at love from both sides now
From give and take and still somehow
It's love's illusions I recall
I really don't know love at all
Tears and fears and feeling proud,
To say "I love you" right out loud
Dreams and schemes and circus crowds
I've looked at life that way
But now old friends they're acting strange

They shake their heads, they say I've changed
Well something's lost, but something's gained
In living every day.

I've looked at life from both sides now
From win and lose and still somehow
It's life's illusions I recall
I really don't know life at all
I've looked at life from both sides now
From up and down, and still somehow
It's life's illusions I recall
I really don't know life at all

Songwriters: Joni Mitchell

Both Sides Now Lyrics © Sony/ATV Music Publishing LLC, Crazy
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The Windmills of Your Mind

Dusty Springfield

Round

Like a circle in a spiral
Like a wheel within a wheel
Never ending or beginning
On an ever-spinning reel
Like a snowball down a mountain
Or a carnival balloon
Like a carousel that's turning
Running rings around the moon
Like a clock whose hands are sweeping
Past the minutes of its face
And the world is like an apple
Whirling silently in space
Like the circles that you find
In the windmills of your mind
Like a tunnel that you follow
To a tunnel of its own
Down a hollow to a cavern
Where the sun has never shone
Like a door that keeps revolving
In a half-forgotten dream

Or the ripples from a pebble
Someone tosses in a stream
Like a clock whose hands are sweeping
Past the minutes of its face
And the world is like an apple
Whirling silently in space
Like the circles that you find
In the windmills of your mind
Keys that jingle in your pocket
Words that jangle in your head
Why did summer go so quickly?
Was it something that you said?
Lovers walk along a shore
And leave their footprints in the sand
Is the sound of distant drumming
Just the fingers of your hand?
Pictures hanging in a hallway
And the fragment of a song
Half-remembered names and faces
But to whom do they belong?
When you knew that it was over
You were suddenly aware
That the autumn leaves were turning
To the colour of her hair
Like a circle in a spiral
Like a wheel within a wheel
Never ending or beginning
On an ever-spinning reel
As the images unwind
Like the circles that you find
In the windmills of your mind
Songwriters: Alan Bergman / Marilyn Bergman / Michel Legrand

I SEE YOUR TRUE COLOURS SHINING THROUGH!

You with the sad eyes
Dont be discouraged, oh I realise,
Its hard to take courage
In a world full of people
You can lose sight of it all
The darkness inside you
Can make you feel so small

Show me a smile then
Dont be unhappy
Cant remember when
I last saw you laughing
This world makes you crazy
And you've taken all you can bear
Just call me up
Cause I'll always be there

And I see your true colours
Shining through
I see your true colours
And thats why I love you.
So don't be afraid to let them show.
Your true colours
True colours are beautiful
I see your true colours
Shining through
I see your true colours
And thats why I love you
So don't be afraid to let them show
Your true colours
True colours are beautiful
Like a rainbow.

LOVE IS CONTAGIOUS YEAH ITS ALRIGHT

was a girl in the rain
No one else could feel her pain
was a boy all alone
Nothing left to call his own
Something came along
Secrets of surprise
Force of love was far too strong
Saw it in their eyes

Love is contagious
When it`s alright
Love is contagious
Love is contagious
Yeah, it`s alright
Love is contagious, yeah

NOTES AFTER REMEDY

AFTER A CONSULTATION WITH LINDA GWILLIM MY HOMOEOPATH I TOOK MY FIRST DIMOCARPUS LONGAN 30. THE DAY AFTER, I WAS INVITED TO ATTEND A MIDWIFE APPOINTMENT WITH MY GRANDDAUGHTER WHO IS EXPECTING MY FIRST GREAT GRANDCHILD. AS I MENTIONED EARLIER I HAD BEEN FEELING LEFT OUT OF THE PROCESS AND HAD BEEN FINDING THE TRANSITION DIFFICULT FROM BEING A GRANDMOTHER TO GREAT GRANDMOTHER.

I ARRIVED AT THE MIDWIFERY UNIT ONLY TO FIND AN OLD FRIEND BEHIND THE COUNTER. THIS IS A MIDWIFE LEAD UNIT. MY OLD FRIEND WAS DELIGHTED TO BE INVOLVED IN THE PRE BIRTH TALK WITH MY GRAND DAUGHTER WHO IS 36 WEEKS PREGNANT. SHE TALKS ABOUT THE NEED FOR MY GRANDDAUGHTER TO BE IN HER OWN CAVE, TO PREPARE FOR THE BIRTH. THERE IS A BIRTHING POOL IN THIS BIRTHING ROOM WITH COLOURED SUBDUED LIGHTING MEANT TO MIMIC A CAVE. PARTNERS ARE ENCOURAGED TO BE IN THE BIRTHING POOL WITH WOMEN. AS THE CLOSENESS AND BONDING RELEASES OXYTOCIN WHICH HELPS THE BIRTHING PROCESS.

IT WAS A WONDERFUL EXPERIENCE FOR ME, I LEARNED ABOUT THE EFFACEMENT PROCESS AND THE IMPORTANCE OF MUM EATING PROPERLY FOR ENERGY, DRINKING LOTS OF WATER, WALKING A LOT FOR THE NEXT FEW WEEKS IN PREPARATION FOR THE BIRTH. AN INTERESTING LINK HERE I FEEL. WE NEED LOVE AND CLOSENESS TO SURVIVE AND TO THRIVE.

ON MY TRIP TO AUSTRALIA WE VISITED AND SWAM IN A TEA TREE LAKE WHICH WAS THE TRADITIONAL BIRTHING PLACE OF ABORIGINAL CHILDREN. I AM REMINDED OF THE SACRED PROCESS OF BIRTH AND THE ROLE OF WOMEN IN MIDWIFING THE PROCESS)

SLEEPING MORE DEEPLY THAN EVER BEFORE.

APPRECIATING MY CONNECTION AND REALISING HOW EASY IT IS TO DISCONNECT MYSELF.

IF YOU DECIDE TO USE THIS REMEDY, IT IS AVAILABLE TO BUY AT HELIOS. I WOULD BE GRATEFUL FOR ANY FEEDBACK. xochi@hotmail.co.uk

APPENDIX - TRANSCRIPTS OF THE PROVING

EVERYTHING WAS GIVEN IN THIS PROVING. HERE ARE THE TRANSCRIPTS IN FULL.

C1 ROUND 1

GRIND 1

PROVER 1

THERE IS NOW A VITALITY IN MY BODY.

NOW THERE IS CALM

PROVER 2

SLIGHTLY LIGHT HEADED, SPACEY TO START

- NOT UNPLEASANT, A BIT FLOATY

- EYES SLIGHTLY OUT OF FOCUS - WRITING LOOKS DOUBLE VISION.

- CONSCIOUS OF HEART POUNDING SLIGHTLY

- SERENITY

- GOING IN AND OUT OF FOCUS - VISUALLY : BUT AWARE OF PERIPHERY: PEOPLE AROUND ME, MOVEMENT.

- 'STARING' AHEAD, ALMOST DAYDREAMY.

- BUT CAN GRIND AND WRITE AT THE SAME TIME.

PROVER 3

I PICKED UP THE PESTLE WITH HANDLE. DIDN'T KNOW WHICH WAY.

THE COLOUR RED

IS IT A PLANT?

BITS GET STUCK. PIECES ARE VERY DIFFICULT TO BREAK UP, SMEAR AROUND THE BOWL, FEEL STUBBORN. REALLY TRYING TO BREAK THE PIECES UP. ALTHOUGH I KNOW IT

DOESN'T MATTER, THE ESSENCE IS STILL GOING INTO THE MILK SUGAR, STILL IM TRYING. SORT OF ANNOYING ME. I WANT THEM TO DISSOLVE.

PROVER 4

ISSUES WITH TIME PREDOMINATED BEFORE THE TRITURATION - SEEMED VERY LINKED TO IT.

CLOCK FELL OFF THE WALL, TIME STOPPED AND DIDN'T WANT TO RESTART!!

AWARE CHLOE HAD ARRIVED A DAY EARLY!!

ITCHY HANDS-SPREADING UPWARDS TO ELBOWS.

< RIGHT SIDE

FEELING STRANGELY 'PROTECTED' - IN A BUBBLE.

SO AWARE OF 2 BITS OF DARK SKIN IN THE BOWL - APPEAR/DISAPPEAR.

ITCHY, STICKY EYES.

RUNNY NOSE

PROVER 5

WEEK BEFORE

SPLIT

POINTS - GOOD + BAD

ALL - NOTHING

ANACARDIUM - CD - LISTENING TO THIS IN THE CAR THIS WEEK.

SEAN - MED + OTHER SPLITS COMPARED IN CLINIC DUAL.

DIRECTIONS - FORK GIVEN IN 3 DIFFERENT CASES

MORNING WALK - THIS WAY OR THAT

KIDNEY ACHE

PEEING < NIGHT

BLADDER - PAIN STABBING/STITCHING

CONSTIPATION ME AND THE DOG

HOLDING ON/HOLDING BACK

DRIVING HERE - SIGN ON ROAD DRAGON.

GRIND 1

LEFT EYE ACHE ALONG EYELASH LINE.

GRIEF/ TEARFUL

LEFT EARACHE ABOVE TRAGUS.

PROVER 6

PHLEGMY COUGH

DEEP SIGH

FEELING WARM - TOOK CARDIGAN OFF. TOOK JUMPER OFF

DECIDED TO CLOSE MY EYES

PROVER 7

TRIBAL.

TREES TALL - DENSE COVER.

SLIGHT PRESS - ABOVE LEFT EYEBROW/ON FOREHEAD

SENSATION NECK (BEHIND LEFT EAR)

SMELL OF SAGE.

PROVER 8

WHEN INVITING THE RX INTO THE ROOM - SHIVERS ALL

OVER

FEELING OF BEING "HOOKED", PULLED IN
FOCUSSED
OUT OF BODY.

PROVER 9

THERE IS A BLACK TRIANGULAR SPOT IN MY BOWL, 2MM
SIDES, QUITE BIG. I HAVE TO RESIST FISHING IT OUT.
LOTS OF BLACK BITS NOW THAT I STARTED. LIKE A
CRUSHED BEETLE.
I DON'T LIKE IT!

BURPING

THE BLACK BITS DON'T GRIND DOWN. ITS NICE WHEN THEY
ARE ALL COVERED WITH WHITE SUGAR.

I HAVE TO APPLY MYSELF MORE.
NAUSEA!

MOUTH DRY

NOSE INSIDE DRY

EYES DRY

LIKE ITS VERY DUSTY

BEETLE - DUNG BEETLE-EGYPT.

PROVER 10

LEFT SHOULDER ACHE

LEFT SCAPULA ACHE

FEELING COLD.

ROUND 1

SCRAPE 1

PROVER 1

NOTHING

PROVER 2

STILL FEEL SLIGHTLY UNFOCUSSED ALMOST DIZZINESS
GRINDING TEETH SLIGHTLY

TWINGE IN LEFT ABDOMEN SIDE
FEEL QUIET IN MYSELF

PROVER 3

THE POWDER ALL SCRAPED DOWN EASILY INTO A NICE PILE
IN MIDDLE. NOW I HAVE NOTHING LEFT TO DO. JUST
SCRAPING TO KILL TIME?
INTENT ON DOING THIS, BUT FEELS A FRUITLESS ACTIVITY.

PROVER 4

AWARE OF SWEET/PUNGENT SMELL.
HEIGHTENED SENSE OF SMELL.
ON SMELLING - DESIRE TO COUGH
DRY TICKLE SENSATION IN BACK OF NOSE AND THROAT.

PROVER 5

CATCHING SENSATION IN THROAT - OVER URULUS
SWEETNESS AT BACK OF THROAT
CHILLY, SHIVER DOWN SPINE
++ YAWNING
DIFFICULTY SETTLING - I FEEL
PROVER 6

THOUGHTS OF ONE OF THE OTHER STUDENTS
ACKNOWLEDGING ME, AND I THOUGHT SHE WAS
ACKNOWLEDGING SOMEONE ELSE - A LOW THOUGHT OF
MYSELF - TOUCHED AN EMOTIONAL CHORD WITHIN ME.

PROVER 7

SOFTNESS. LOVE. ONENESS.
CLEARING THROAT. TIMELESS. EQUALITY. BREATHE OUT
HERE (SIGH) RELIEF/PEACE. SENSATION - BOTTOM LEFT
SCAPULA (SHOULDER BONE) - PRESSING.
TINGLING RIGHT FOOT.

PROVER 8

ITCHY LEFT EYE

PROVER 9

C HAS GONE TO THE LOO - I FEEL HEAVY, HEAVY FROM ABOVE ON HEAD AND SHOULDERS, LIKE ATMOSPHERIC PRESSURE OR A CLOUD PUSHING DOWN.

EVERYBODY IS SO BUSY - BEAVERING AWAY. QUITE NOISY.

THE WHOLE MIX LOOKS GREY. ITS NICE TO COVER THE BLACK BITS - THE BLEMISHES.

SCARAB - THATS THE DUNG BEETLE!

EACH TIME A BLACK BIT POPS UP I M ANNOYED AND FROWNING AND DISGUSTED.

PROVER 10

SENSATION OF HEADACHE BACK OF HEAD TO RIGHT EAR.
EYES BLURRING RIGHT SIDE
RIGHT EAR NOTICEABLE

ROUND 1

GRIND 2

PROVER 1

DILIGENCE AUTHORITY

PROVER 2

HAZY. FUZZY.....I AM.

SENSATION IN HEAD - NOT SURE IF LIKE A RUSH OF BLOOD.

VISION STILL QUITE AFFECTED - HARD TO SEE WRITING ON PAGE CLEARLY.

SENSATION LEFT TEMPLE - LIKE A PULSATION.

I AM A MILLION MILES AWAY.

DAY DREAMING.

DEEP BREATH IN AND OUT (SEVERAL TIMES)

STILL GRINDING TEETH SLIGHTLY

STARING AHEAD.

TWINGE IN LEFT SIDE, SHARP.

PROVER 3

KEEP PICKING THE PESTLE UP THE WRONG WAY.
GETTING LOST IN MY OWN THOUGHTS - SOMEONE I M
REALLY ATTRACTED TO AT WORK, MY LUCKY LOTTERY WIN
(FOUND OUT LAST NIGHT) FEELING LOST IN MY OWN
WORLD, CANT CONCENTRATE ON SUBSTANCE.

PROVER 4

SUCH AN OVER AWARENESS OF TIME - TIME KEEPING/
CLOCK WATCHING/ ALMOST OBSESSED WITH WATCHING
THE NUMBERS MOVE - SLOW/FAST SPEED UP/SLOW DOWN

FRONTAL HEADACHE - UPPER SINUS - RIGHT ACROSS
FOREHEAD.

GRINDING BECOME ROUGH WHERE IT HAD BEEN SO
SMOOTH.

AWARE OF LOTS OF OPPOSITES AND POLARITIES.

PEN FLOW/NOT FLOW

IRRITATED BY THE ROUGHNESS - CANT WEAR IT DOWN -
PERSISTENT, OBSTINATE, HARD//PROTECTIVE, SAFETY,
SHELL.

PROVER 5

++YAWNING

LITTLE ITCHES ALL OVER - ARMS, BACK, HEAD - LITTLE PIN
PRICKS RIGHT SIDE.

FEELING TRAPPED BEHIND TABLE.

PROVER 6

SLIGHT HEART PALPITATION - JUST A FLUTTER
HEAVY/DOWN FEELING EMOTIONALLY LIKE A
DESPONDENCY.

ANOTHER SIGH

ITCH JUST ABOVE RIGHT KNEE, OUTER SIDE

SLIGHT HEART PALPITATION

DEEP BREATH IN AND OUT

YAWN

PROVER 7

BETTER FOR RAISING LEFT LEG (TO LEAN ON)

TINGLE/WARMTH RIGHT TEMPLE (SIDE OF EYE)

SLIGHT JAB/PRESSING SENSATION - LEFT ABDOMEN

PEACE AS SIGH OUT OF NOSE / BREATHE OUT - SIT BACK

PROVER 8

THE WORK "THERAPEUTIC" KEEPS POPPING UP IN MY HEAD.

DETERMINATION

FOCUS

HOLDING ON TO PESTLE AND MORTAR HARD

PROVER 9

ITCHY UPPER LIP

SMELL ACUTE - OF THE INCENSE THAT WAS BURNT
BEFORE WE ENTERED THE ROOM, OF A FLOWERY PERFUME
SOMEONE IS WEARING - A BIT SICKLY.

MAKES ME FROWN

I WISH THOSE BLACK BITS WOULD GO - THEY ARE UGLY.

ITCHY LOWER LIP, TINGLING AND UPPER LIP, ALMOST LIKE
TOUCHED BY STINGY NETTLES.

SPINNING OUT - BEING SUCKED INTO THE BOWL. SO
AWARE OF L'S DAUGHTER IN THE ROOM UNDER US - AS IF I
M BEING SUCKED THROUGH THE FLOOR.

PERIPHERAL VISION ACUTE - I NOTICE EVERYBODY'S
MOVEMENTS.

PROVER 10

TENSION IN SHOULDERS. FEELING NOT LIKING THE
RESPONSIBILITY OF BEING IN CHARGE. FEELING TENSE.

ROUND 1

SCRAPE 2

PROVER 1

ENERGY RENEWED

THOUGHTFULNESS, EMPATHY.

PROVER 2

SMALL BURP

THE WORD 'SEVEN' KEEPS COMING TO MIND

HALLUCINATORY?

I AM A WANDERER - OR IS THAT WONDERER.....? BOTH.

MOVING MY TONGUE AROUND A LOT.

SENSE OF A POSSIBLE LEFT SIDED HEADACHE IN HEAD -

NOT AN ACHE, JUST SOMETHING GOING ON THERE.

PROVER 3

NOT REALLY AWARE OF OTHER TRITURATES. FEEL LIKE WE AREN'T REALLY CONNECTED, AND THATS OK. NOT A BAD FEELING, BUT DEFINITELY FEEL WE'RE ALL DOING THIS BY OURSELVES.

DON'T FEEL THE NEED TO DO THIS EXCEPTIONALLY WELL, SORT OF KILLING TIME WHEN SCRAPING.

PROVER 4

HARD PIECE OF FORMED SAC LAC SHOT OUT OF THE BOWL - WHERE FROM?

LOOKS LIKE A TOOTH

HARD, YET DELICATE

LOTS MORE ITCHING

HEAD FEELS FULL AND TENDER, NECK STIFF

PROVER 5

OH NO!! I M HOPELESS AT THIS - I'M JUST GOING TO ITCH, YAWN, FEEL ANGRY AND CHANGE DIRECTIONS ALL DAY!!

FEELING HOT - UPPER BACK, BACK OF NECK, CHEEKS

NEED A POO, BUT FEELING ACHY IN BUTTOCKS AND
CONSTIPATED.

ITCHES MORE ON RIGHT THAN LEFT.

PROVER 6

EYES CLOSED

QUICK HEART FLUTTER - LIKE THE START OF A
PALPITATION.

FELT I WAS IN THE MIDDLE OF THE COSMOS AND THE
GALAXIES MOVING ALL IN FRONT AND SIDE OF ME.

- I WAS ROTATING MY BOWL ANTI-CLOCKWISE AT THAT
TIME.

PROVER 7

HURRIED. SALIVATION IN MOUTH. SUBTLE SENSATION -
PRESSING - RIGHT TOP FOREHEAD

SALIVATION - SOMBRE - CIRCLE

PROVER 8

TAKE YOUR TIME

RUSH SLOWLY

PLENTY OF TIME

PROVER 9

BURPING

BUSY NOISES

X IS GRINDING WITH HER SCRAPER - BACK TO FRONT

SLIGHT NAUSEA IN STOMACH

SKIN FACE DRY AND TIGHT

STINGY ITCH VAGINA EXTERNALLY.

PROVER 10

SHOOTING SENSATION LEFT SIDE.

SAC LAC ADDED

C1

ROUND 2

GRIND 1

PROVER 1

HAD A RELEASE FROM MY SOLAR PLEXUS

STRONG FEELING OF PAST LIVES (GIVEN CONFIRMATION)

PROVER 2

ITCHY EYE (RIGHT)

I AM CONFUSED BY THE NUMBERING OF THE ROUNDS.

THINKING I WOULD HAVE DONE IT DIFFERENTLY.

HEAD - STILL FEEL SLIGHTLY "OUT OF IT" BUT PRESENT AT THE SAME TIME.

DRIFTING

FEEL :- A LONER

DIZZY STILL

STARING SOFTLY AHEAD. I AM AWARE OF EVERYTHING AROUND ME, ALL MOVEMENTS, SIMULTANEOUSLY GOING ON.

PROVER 3

DON'T REALLY CARE IF I CAN'T BREAK UP THESE PIECES
NOW. HOWEVER, ONE REMINDED ME OF A BIG ZIT!

LOOK LIKE BLEMISHES ON A SMOOTH, CLEAR,
COMPLEXION.

NOW THINKING OF ACNE AND TEENAGERS.

STILL UNAWARE OF OTHERS AROUND ME.

THE WORD 'SELFISHNESS' COMES UP.

PROVER 4

NO EASING OF THE ROUGHNESS DESPITE THE EXTRA SAC
LAC.

SO JUST + IT TO BE SMOOTH

REALISED CLENCHING MY JAW AND TEETH -
STOP TO RELAX AND BREATHE -
TRY LIGHTNESS OF TOUCH - SO MUCH BETTER.

< FIRM PRESSURE

> LIGHT TOUCH

HEADACHE WORSENING - TEMPLE TO TEMPLE
FEELING HOT AND CLAMMY
HEART RATE INCREASED

+ TO CLOSE MY EYES

GLANDS - LEFT SIDE OF NECK FEEL SWOLLEN.
JAW STILL QUITE TIGHT
MORE SALIVA.

PROVER 5

NEEDED TO TURN MY TABLE AROUND TO FEEL MORE COMFORTABLE.

ITCHES AND TICKLES

FEELING IRRITATION AT BEING HERE, THERES OTHER THINGS I SHOULD BE GETTING ON WITH.

- THROAT BURNING SENSATION + BACK OF TONGUE
- WANTING TO KEEP CHANGING DIRECTION AND CHANGE HANDS.

PROVER 6

LIGHT MUCOUSY COUGH (BECAUSE I KNEW THE RAW MATERIAL)

"HARD NUT TO CRACK" CAME TO MIND AS I FOUND IT A HARD SUBSTANCE.

IT FELT LIKE LUMPS OF CHIPPINGS.

"ITS A TOUGH NUT, A LITTLE BUGGER"

PROVER 7

UNCERTAIN. BURN/TINGLE - BOTTOM RIGHT LIP.

GOES BOTH WAYS - MORE BOTH DIRECTIONS.

PEACE - AS SIGH OUT OF NOSE

SENSATION BACK - RIGHT NECK/SHOULDER (PRESSING)

QUICKENING/FASTER/HURRIED

PROVER 8

FEELING OF HAPPINESS, SATISFACTION.

IN THE BODY - PRESENT

ITCH - LEFT TEMPLE

RHYTHM

PROVER 9

THE NEW POWDER IS NICE AND WHITE, NOT AS GRIMY AS
THE STUFF I'VE BEEN WORKING WITH.

LOST IN THOUGHT

WHAT IF A TEAR FELL IN? EYES ARE DRY THOUGH

DIZZINESS FROM BACK OF HEAD.

A CLOWNS FACE IN THE BOWL - AN UGLY CLOWN WITH BIG
LIPS AND NOSE LIKE THE ONE PEOPLE ARE SCARED OF.

THE PESTLE IS NOT GOING ROUND SMOOTHLY IN A CIRCLE.
EVERY SO OFTEN IT LEAVES THE EDGE AND THEN CRASHES
INTO THE WALL AGAIN.

ITCH JAW LINE (RIGHT)

PROVER 10

TWO PEOPLE COUGHED IN THE ROOM. TENSION PAIN LEFT
SHOULDER. DAYDREAMING.

C1

ROUND 2

SCRAPE 1

PROVER 1

PHYSICAL TINGLING AND SLOWING DOWN.

PROVER 2

THINKING ABOUT A CIGARETTE, LUNCH.

SLIGHTLY PECKISH

SMILING.....NOT SURE WHY

HEART - SLIGHT PAIN - LEFT SIDE....

ANOTHER DEEP BREATH

THE GRINDING AND SCRAPING SOUNDS LIKE TINKLING

BELLS, SUDDENLY VERY AWARE OF ITBELLS.

IM THINKING OF A TIBETAN MONASTERY

I WOULD LIKE TO BE A TIBETAN MONK - LIVE THAT KIND OF
LIFE, ORDERED, CEREMONIOUS, MEDITATIVE.

I FEEL MEDITATIVE

PROVER 3

PUSHED IT ALL DOWN. THEN WHAT TO DO WITH IT? PLAYED
WITH THE PILE OF POWDER, FELT SENSUAL AND SMOOTH
THEN NOTICED THAT A BIT OF THE SCRAPER HAS BROKEN
OFF INTO THE MIXTURE. NOW IT IS TAINTED?!

PROVER 4

AGAIN NOTICED THE CLEARING OF THE BOWL EASIER WITH
A LIGHTER TOUCH.

PROVER 5

WHICH DIRECTION TO SCRAPE? ANTI CLOCKWISE OR
CLOCKWISE?

"DON'T FORGET THE TIME LINDA!" - WORRIED I MIGHT GO
OVER TIME.

PROVER 6

FEELING MY BLADDER FILL UP

BIG BREATH

KEPT SAYING IN MY HEAD "TELL ME MORE" - ASKING THE
REMEDY TO OPEN UP TO ME.

LAUGH

PROVER 7

COVERED - MASK. UNSEEN WITNESS. AFRAID OF BEING
WRONG/JUDGED. BETTER FOR STRONG, STRAIGHT
POSTURE. THINKING. INDIGESTION. UNCERTAINTY. ITCH -
FACE UNDER RIGHT EYE (BY NOSE) AND TOP OF SPINE.
SENSATION LEFT INNER ELBOW PRESSING.

PROVER 8

ITCH, TOP OF MY HEAD/SCALP. TRAVELS AROUND FACE,
HEAD

PROVER 9

INDUSTRIAL BUSYNESS IN THE ROOM LIKE A
CONSTRUCTION SITE. BUILDING THE PYRAMIDS - PEOPLE
PREPARING ROCKS AND STONES TO FIT THE BUILDINGS.
DUST EVERYWHERE.

EVERYONE DOING THEIR BIT AND IT WILL ALL FIT
TOGETHER IN THE END.

STONE MASONS.

PROVER 10

FEELING SELF CONTAINED

WONDERING HOW CATH GOT A GREEN PENCIL WHEN I GAVE
EVERYONE PENS.

ANXIETY ABOUT OPENING UP TO EVERYONE IN THE GROUP
NOT BEING PART OF THE CIRCLE.

C1

ROUND 2

GRIND 2

PROVER 1

THE GRINDING HAS BECOME HEAVIER

REACH OUT FOR HELP

PEACEFUL FEELING

PROVER 2

ITCHY NECK

- AN ORDERED, SECLUDED LIFE, WHERE YOU NEED NOT
TALK TO ANYONE IF YOU DON'T WANT TO.

- OOH, BIT OF A HEAD RUSH AGAIN

- THE LADY NEXT TO ME - THE GRINDING NOISE SOUNDS
LIKE A DISTANT VIBRATION

- THE HUM OF THE UNIVERSE.

I FEEL SMALL

I SEE BLACK BITS IN MY MORTAR. I WANT TO GRIND AT
THEM. IM GRINDING MY TEETH AS I DO SO

PROVER 3

CONCERNED NOW.

CONCERNED THAT THIS MIXTURE MAYBE TAINTED, DEFECT.
PUT THE PIECES ON THE SIDE OF THE BOWL.

CAN FEEL A PIECE OF THE SCRAPER BUMPING ABOUT IN THE
MORTAR.

CANT DO ANYTHING ABOUT IT. HAVE TO GRIND THIS INTO
THE MIXTURE. NOT A GOOD FEELING. WORRIED THAT THIS
IS NOT PURE.

BEING CAREFUL NOT TO BUMP INTO THE PIECE INSIDE THE
BOWL OR I MAY MAKE IT WORSE.

PROVER 4

ANTI CLOCKWISE/CLOCKWISE
ACHE LEFT ANKLE - OUTER SIDE - NEED TO STRAIGHTEN
NEED TO INHALE AND EXHALE DEEPLY
AWARE OF KATE SIGHING NEXT TO ME
QUITE A SENSE OF SLEEPINESS, SOPORIFIC.
HEAD + TO DROOP AND LEAN FORWARD.

PROVER 5

THE MATERIAL BLACK BITS LOOKED LIKE AN INSECT WITH
AN IMPENETRABLE SHELL.

I AM BEGINNING TO FEEL CROSS WITH IT, IT WONT BREAK
DOWN!

DRY THROAT + BACK OF MOUTH

PROVER 6

CLOSED MY EYES

OLD PULLED MUSCLE UNDER RIGHT RIB CAGE - MUSCLE
TWITCHING. MATERIAL STILL HARD "YOU LITTLE
BASTARD"

VISION OF OZZIE OSBORNE TOP HALF - BLADE GLOVES.

PROVER 7

MESSY. LEFT BEHIND. HURRIED. UNCERTAINTY. ITCH TOP
LEFT HEAD. SALIVATION. PRESS LEFT MID BACK. ITCH
BACK RIGHT NECK AND TOP LEFT SHOULDER. ITCH
ACROSS TOP OF BACK OF NECK/SHOULDERS (ESP. RIGHT) -
STRONG CENTRE (ABDOMEN)

TURNING ANTI CLOCKWISE

SENSATION LEFT THROAT TINGLE

DEEP BREATH IN.

SIGH OUT OF NOSE

PEACE

TWITCH NOSE RIGHT

SELF CONSCIOUS

DEEP WOODS.

ITCH BACK OF NECK RIGHT.

AND RIGHT NOSE INSIDE.

STRENGTH

HEART

ITCH - BACK LEFT NECK, TOP SCAPULA RIGHT.

PROVER 8

HAVING THE NEED TO SCRATCH

- MAINLY FACE, EYE OR HEAD. NOT SO MUCH BODY.

PROVER 9

ITCH VAGINA EXTERNAL CONTINUES
TRAVELLING - EGYPT, MESOPOTAMIA, GOING BY CAMEL
THROUGH THE DESERT.

BRIGHT LIGHT AND DRYNESS AND HEAT.

OPPOSITE: KLONDIKE - GOLD DIGGING OR TRYING TO FISH IT
OUT OF COLD WET RIVERS - DAMP AND CLAMMY.

PROVER 10

SLIGHT FEELING OF NAUSEA.
OUTSIDER FEELING
HEAT GOING TO HEAD
ENERGY IN HEAD
WORRIED ABOUT WHERE WE ARE.
LOST TRACK
LOOKING BACK OVER WHAT I HAVE DONE.

C1

ROUND 2

SCRAPE 2

PROVER 1

FEELING OF TIREDNESS

PROVER 2

I FEEL LIKE IVE GOT PEPPER UP MY NOSE

FEEL DESPONDENT AND MISUNDERSTOOD
CONSTANTLY FRUSTRATED BY LIFE

EVERYONE IS VERY QUIET

PULLING SENSATION IN RIGHT CALF

-LIKE SCIATICA - BUT HAVE HAD THIS GOING ON FOR THE
LAST WEEK

(MIGHT BE UNCONNECTED WITH THE PROVING)

PROVER 3

THERE FEELS LIKE THERE IS A RISKY ELEMENT TO THIS.
SENSUALITY WITH SOME KIND OF RISK.

PROVER 4

ITCHING SCALP AND EYEBROWS.

FEELING DISTRACTED - ODD THOUGHTS POPPING IN

DISTRACTED/FOCUSED ANOTHER ALTERNATING STATE.

PROVER 5

OH NO!! IM HOPELESS AT THIS - IM JUST GOING TO ITCH,
YAWN, FEEL ANGRY AND CHANGE DIRECTION ALL DAY.

FEELING HOT - UPPER BACK, BACK OF NECK, AND CHEEKS.

NEED A POO, BUT FEELING ACHY IN BUTTOCKS AND
CONSTIPATED

ITCHES MORE ON THE RIGHT THAN LEFT.

PROVER 6

EYES CLOSED. QUICK HEART FLUTTER - LIKE THE START OF
A PALPITATION. FELT I WAS IN THE MIDDLE OF THE

COSMOS AND THE GALAXIES MOVING ALL IN FRONT AND
SIDE OF ME - I WAS ROTATING MY BOWL ANTI CLOCKWISE
AT THAT TIME.

PROVER 7

HURRIED - LAST

- PRESSING BOTTOM RIGHT SCAPULA
- DISBELIEF IN SELF.
- ITCH BACK OF NECK.
- TINGLE RIGHT 4/5 TOES
- + TO PLEASE/BE LOVED
- PRESSING/PIERCING BOTTOM RIGHT SCAPULA
- CAR HORN. BONE.
- BREAK OUT NOSE - PEACE
- ITCH FRONT UP TO NECK
- PRESSING BOTTOM RIGHT SCAPULA.

PROVER 8

FOCUS

VIGOROUS

SORENESS IN MY LEFT EYE - OUTSIDE CORNER

NOW, IT COMES TO MY MIND THAT THE LAST FEW DAYS I
HAD A SORE EYE - RIGHT EYE
FEELING SOMETHING BEING IN THERE (SENSATION)

PROVER 9

IT IS IMPORTANT TO LOOK AFTER MY TOOLS PESTLE AND
SCRAPER

MARBLE WITH IMPURITIES THAT NEED TO BE COVERED/
HIDDEN

SYCOTIC

SMELL ACUTE - FOOD, LIKE A MEAT STEW.

HEAVINESS - HEAD, BACK OF NECK, EYES, WANT TO CLOSE
EYES BUT IVE GOT WORK TO DO.

VERY NEAT WITH FOLDING MY BOOK TOO.

PROVER 10

DON'T WANT TO MAKE A MESS WITH THE POWDER.
COLD SHIVERS GOING UP BACK TO HEAD.

C1

ROUND 3

GRIND 1

PROVER 1

FEELING TIRED AGAIN.

PROVER 2

FEELING SLEEPY - COULD CLOSE EYES AND NOD OFF. TOOK
A WHILE TO GO TO SLEEP LAST NIGHT THOUGH. BODY FELT
TIRED, ACHY - ARMS ESPECIALLY.

I REALLY WANT TO GRIND HARD AT THOSE LITTLE BLACK
THINGS IN THE SAC LAC. WHY IS IT SO HARD?
SO HARD TO BE GROUND DOWN?

LIFE GRINDS YOU DOWN. RESISTING "WHICH IS" SEEMS
DAFT.

SLOWLY - NO HURRY
OW MY BACK IS HURTING.

PROVER 3

THE PIECES WILL NOT BREAK UP. LIKE BIG BLACKHEADS
THAT WON'T SQUEEZE. THEN SUDDENLY THEY'RE ALL
GONE - LIKE A SMOOTH CLEAR COMPLEXION.
SOMETHING IS SENSUAL ABOUT THIS REMEDY. TO DO WITH
SKIN, SMOOTH, CLEAR, SENSUAL.

- BUT WITH FLAWS
AND A CONCERN THAT THERE MAY BE SOMETHING
DISEASED? JUST POPPED INTO HEAD. LIKE WORRYING THAT
SOMEONE MIGHT HAVE A STD.

PROVER 4

TENSE/RELAXED

SUCH EXTREME STATES - FLITTING BETWEEN THEM ALL -
ALMOST MOMENTARY.

MEDITATIVE, BRAIN EMPTY/FULL OF UNRELATED
THOUGHTS.

FELT AS IF AN INSECT IN MY HAIR
- COULD HEAR IT!

PROVER 5

BURNING EYE RIMS

DISTRACTED - IM LOSING MY SENSE OF DIRECTION AND
FEEL LOST SOMEWHERE IN THE MIDDLE OF THIS PROCESS

KEEP FORGETTING I HAVE A WHOLE BODY HERE, JUST
FOCUSED ON THE ARM WORK.

THIRSTY

SORE THROAT.

PROVER 6

IM ROTATING THE BOWL CLOCKWISE WHILST GRINDING
(IM HOLDING THE BOWL IN MY LAP SINCE THE BEGINNING
OF THE TRITURATION)

DEEP BREATH IN AND OUT.

IN MY MIND I KEPT ASKING THE REMEDY TO OPEN UP TO ME.

THOUGHTS OF MY FATHER AND HIS BIKES TRIGGERED AN
EMOTIONAL RESPONSE IN ME - TEARS!! (ONE OF MY MANY
HOBBIES)

PROVER 7

SPACEY IN HEAD

CONFUSED. CONNECTION. ITCH RIGHT BOTTOM SCAPULA
AND INNER BOTTOM RIGHT NOSE.

ITCH LEFT ELBOW.

DISCONNECTED

ITCH RIGHT NOSE.

SELF - CONSCIOUS

ITCH TOP RIGHT HEAD.

VORTEX.

PASSING THROUGH TIME

ITCH RIGHT EAR.

PROVER 8

ITCHY HEAD - HALF WAY THROUGH

ITCH TOP OF RIGHT SHOULDER

PROVER 9

NECK AND SHOULDER TENSE, HEAVY AND STIFF.

THE SUN IS COMING OUT AND I NOTICE THE DAFFODILS ON
THE WINDOW SILL - 2-TONED.

I FEEL I'M WASTING MY TIME.
NOTHING IS HAPPENING.

PROVER 10

PEOPLE SMILING MORE. FEELING MORE CONNECTION.
BELCHING.

C1

ROUND 3

SCRAPE 1

PROVER 1

STRONG PERFUME SMELL.
ANXIETY HAS EASED.

PROVER 2

SENSATION IN VERTEX, TINGLING

NOW BACK TO BEING VERY AWARE OF NOISES - ITS LIKE
BELLS RINGING. OR A STREAM - A TINKLING STREAM

I FEEL LIKE I AM A PEBBLE IN A RIVER, LIFE WASHING OVER
ME.

PROVER 3

THE SCRAPER IS SERIOUSLY CHIPPED!
BUT HAVE TO GO ON
THE POWDER FELT VERY SMOOTH AND JUST WANTED TO
PLAY IN IT.

PROVER 4

ITCHY NOSE - POWDER AS IF IN THE NOSTRILS -
TIGHTENING AS IF NEED TO SNEEZE.

LEFT NECK STILL VERY STIFF WITH LIMITED MOVEMENT.

AN EYE AT THE BOTTOM OF THE BOWL.

PROVER 5

NOTHING WRITTEN

PROVER 6

TEARS AGAIN FOR NO KNOWN REASON?

PROVER 7

SIGH EXHALE NOSE = RELIEF/PEACE

PRESSING RIGHT SCAPULA.

LONGER CIRCULAR MOVEMENTS

BURP

ITCH TOP RIGHT SHOULDER

FEEL NEED TO SNEEZE IN LEFT NOSTRIL - BURNING

HAPPY - ONENESS. ITCH TOP LEFT ARM. DEEP IN BREATH
NOSTRILS!

LOVE - ONENESS.

ITCH TOP RIGHT HEAD.

PROVER 8

DEDICATED

MORE INTENSE

FOCUSED

PROVER 9

I REALLY DON'T WANT TO TOUCH THE STUFF - YUCK

I'M LICKING AND MOVING MY LIPS

SO MUCH DUST IN THE AIR
I WANT TO SNEEZE.

PROVER 10

DON'T WANT TO MAKE A MESS - MESS=SHAME - FEELING
ASHAMED

C1

ROUND 3

GRIND 2

PROVER 1

THIS REMEDY IS FOR THE HEART.

PROVER 2

STILL AWARE OF WHAT IS GOING ON AROUND, STARING
AHEAD UNFOCUSED.

VERY INTENT ON GRINDING AWAY THIS SUBSTANCE

VISION STILL A BIT UNFOCUSED

UTTERLY FRUSTRATED BY LIFE
BY MISUNDERSTANDINGS.

PROVER 3

NOW I FEEL ALL THE BITS OF PESTLE HAVE GONE. JUST
ENJOYING THE NICE RYTHM OF THE GRINDING (SOUNDS

RUDE) "FORGET ABOUT IT, ENJOY YOURSELF" SMILEY FACE.
PURE PLEASURE JUST IGNORING THE TAINTED BITS.

WONDERING IF OTHERS ARE PICKING UP ON WHAT I AM
PICKING UP ON. IT LOOKS LIKE EVERYONE IS INDEPENDENT
OF EACH OTHER, WORKING ALONE, (ALTHOUGH WE ARE
PART OF A TEAM - FEELS MORE LIKE WE ARE ALONE),

PROVER 4

BODILY FOCUSSED AND CENTRED
MIND SCATTERED

SPLIT BETWEEN MIND AND BODY
BODY, HEAVY AND STILL

+ TO STRETCH NECK
HEAD FEELS HEAVY TO SUPPORT IT
SIGHING

PROVER 5

SORE THROAT SPREADING TO A BURNING FEELING IN MY
GLANDS UNDER EAR AT BACK OF JAW.
STILL YAWNING
WORRIED
AM I BEING DISTRACTED FROM THE EFFECTS OF THE
MATERIAL BY MY OWN SYMPTOMS??

TIGHTNESS AND FULL SINUS FEELING WITH HEADACHE
ABOVE EYES ON FOREHEAD AND AROUND NOSE.

PROVER 6

BLADDER FEELING FULL - NEED TO WEE
DEEP BREATH IN AND OUT
AWARE OF MY HEART BEATING AND FILLING UP

ITCH IN LEFT EAR
BIG BURP
DEEP BREATH IN AND OUT

PROVER 7

BURP UNCERTAIN - LOOK TO OTHERS FOR CERTAINTY
FASTER, QUICKER. DEEP IN BREATH. SENSATION RIGHT
BOTTOM/BONE: PRESS.
SNEEZE FEELING LEFT NOSTRIL - BURNING
PRESS/PIERCE RIGHT SCAPULA - CENTRE OF BACK.
PRESSING TOP LEFT FOREHEAD.
IMPATIENT. FEEL OUT OF PLACE.
WANT TO LOVE AND BE LOVED
PRESSING TOP LEFT FOREHEAD :- LEFT INNER ARM AND
FOREHEAD ABOVE EYEBROW.

PROVER 8

SENSATION OF HAVING "PLENTY OF TIME" NO NEED TO
RUSH.
TAKE MY TIME AND ENJOY.

PROVER 9

DISGUSTING WHEN IT JUMPS OUT!

THE BLACK BITS ARE NEVER GOING TO GO. THEY ARE
DISGUSTING BUT I AM STUCK WITH THEM, WANT TO HIDE
THEM BUT THEY POP OUT AGAIN.

ITS HOPELESS. IM WASTING MY TIME.

SMELL OF MENS AFTERSHAVE.

EVERYBODY SEEMS SO FOCUSED.
MAYBE I AM NOT DOING IT RIGHT?

I HOLD MY PESTLE DIFFERENTLY TO THE OTHERS. BUT I'VE
ALWAYS DONE IT THIS WAY.
DEFIANT.

PROVER 10

PAIN OVER RIGHT EYE.
EYES GOING BLURRY
COLD SHIVERY UP BACK AND DOWN ARMS
NAUSEA
DRIFTING
C1
ROUND 3
SCRAPE 2

PROVER 1
FEEL VERY TIRED

PROVER 3

THOUGHT!
"THERES NO POINT IN MAKING THINGS A SECRET - BE
PROUD OF WHAT YOU DO" SECRETS ALWAYS GET OUT.

PROVER 4
NOISES TOO LOUD.
BANGING THE BOWLS/COUGHING
TOO FRANTIC AN ENERGY
+ STILL, DARK, CALM
FEELING INSULAR/INWARD LOOKING
- WORSE THE INTRUSION

PROVER 5
CONGESTED NOSE, WANT TO SNEEZE, RUNNY NOSE.
ROUND AND ROUND, BACK AND FORTH
COUGH - CATCHING IN MY THROAT.

PROVER 6

HARD COUGH

BURP

YAWN

PROVER 7

SNEEZE BURN SENSATION LEFT NOSTRIL

ITCH LEFT TOP SCAPULA

DEEP IN AND EXHALE - PEACE

BETTER FOR STRETCHING BACK OF NECK - LEANING HEAD
FORWARD

ITCH LEFT HEAD OVER EAR

ERRATIC SCRAPING MOVEMENTS - NOW IRREGULAR

+ LIFT SPOONING SUBSTANCE

HUNGRY

PROVER 8

TAKE YOUR TIME

RUSH SLOWLY

PLENTY OF TIME

PROVER 9

ITS WARM IN HERE - WARM AIR

SCRATCHY THROAT WITH TICKLING, MAKES ME COUGH

WE EACH HAVE TO KNOW OUR OWN STUFF AND FIND OUR
OWN WAY

WOW - WHAT A SHOCK. I DROPPED HER PESTLE. SHE
SHOULD TAKE MORE CARE! NOW THE YUCKY POWDER IS
ON THE FLOOR.

PROVER 10

WORRIED ABOUT WHERE MY SPOON IS. THINKING AHEAD.
BACKGROUND FEELING OF NOT BEING UP TO THE JOB.
CHILD LIKE FEELING OF BEING REPRIMANDED. DEFENSIVE.
I TAKE OUT TWO THIRDS OF SAC LAC AND ADD MORE.
ON WRITING THIS UP AS THIS HAS SO FAR BEEN A
JOURNEY OF SYNCHRONICITY. I FEEL I M TRYING TOO HARD
TO PUT THIS IN ORDER OF 1, 2, 3 ETC SO IN THE NEXT
ROUND IM GOING TO RANDOMLY PICK UP BOOKS AND SEE
WHAT THAT BRINGS.

I HAD THIS FEELING THIS MORNING AS I CARRIED OUT MY
MORNING ROUTINE. WHY DO WE NOT TRUST THE
UNIVERSAL FLOW ALL OF THE TIME. WHY DO WE IMPOSE
OUR OWN STRUCTURES ON WHAT IS A BEAUTIFUL FLOW.

C2

ROUND 1

GRIND 1

PROVER 8

CURIOSITY

ITCHINESS

OPPOSITE OF UNIFORM (cant think of the word) CHAOTIC?

SLIGHTLY DISTRACTED

PROVER 5

WANTING TO SNEEZE

ITCHING STARTED STRAIGHT AWAY RIGHT FIRST HEAD
AND FACE.

MUM, YOUNGER, REMEMBERING HER, AND REMEMBERING
HOW I LOVED HER AND SHE MADE ME FEEL SAFE.

BURNING EYELIDS

THE SUN! WHAT A RELIEF - LIFTED MY MOOD FROM
GRUMPY AND IRRITABLE.

PROVER 6

THREE COUGHS IN SUCCESSION
ITCH TO RIGHT SIDE OF HEAD - NEAR CROWN
DEEP BREATH IN AND OUT.

PROVER 1

PINS AND NEEDLES IN LEFT FOOT.

PROVER 3

FOOD TASTED EITHER DISGUSTING OR DELICIOUS DURING
BREAK.

MUSTY UNPLEASANT SMELL IN THE ROOM.
NEEDING TO GO TO THE TOILET A LOT.
FEELING THE NEED TO PEE BUT WITH NOTHING/VERY
LITTLE THERE.

THE LITTLE BIT OF PESTLE IN THE BOWL IS REALLY
ANNOYING ME. ALSO MAKING ME SHIVER. ALSO THERE IS
JUST ONE BIT OF SUBSTANCE LEFT. ANNOYING - WANT TO
GET RID OF IT SO I CAN HAVE SMOOTH, PURE, POWDER.
REALLY INTENT ON SQUASHING THAT BIT NOW. PUSHED
DOWN REALLY HARD, THEN FELT LIKE I DIDN'T WANT
ANYONE TO SEE ME BEING HARSH WITH IT!
FOCUSSSED ON SQUASHING THIS BIT OF SUBSTANCE. FEEL
I'M BEING MEAN TO IT.
CHASING IT, PURSUING IT.
FEEL QUITE ALERT ACTUALLY ALL WAY THROUGH, FEEL
ALERT.

PROVER 10

SENSATION BOTH EARS

BLURRY EYES

THINKING ABOUT C SAYING "WHY IS SHE SORRY, NOT HER FAULT"

THOUGHT I WAS RIDGID BECAUSE OF A LETTER I WROTE.

C LATE YESTERDAY

SIRENS OUTSIDE, BANGING INSIDE, FEELING ALERT.

LEFT SHOULDER PAIN.

WHY IS MY BOWL MESSIER THAN THE OTHERS?

PROVER 9

BREAK

C AND L BOTH SAYING HOW BITS OF THEIR PESTLES HAVE SPLINTERED OFF.

IMPURITIES.

I HOPE XOCHI DIDN'T LEAVE ANY BLACK BITS IN MY BOWL!

AS I THOUGHT - BLACK BITS LEFT.

CANT GET RID OF THEM!

FINGERS RIGHT HAND CRAMPING ON RING FINGER

NOISES OUTSIDE - INVADERS?

THE BACK OF MY PESTLE HAS A HOLE IN IT. LOOKS LIKE A CYST IN THE SKIN, OR A BIG PORE TO GATHER A FAT BLACKHEAD.

ANOTHER FUTILE ATTEMPT AT DESTROYING THE LITTLE BUGGER.

A SAD FACE IN THE BOWL.

PROVER 2

DIZZY AS SOON AS I WALK BACK IN ROOM.

LEFT SIDED TEMPLE - HEAD ACHY
GRINDING TEETH AGAIN
LIGHT HEADEDNESS RETURNS
COUGH
A NOISE OUTSIDE ROOM. SOMETHING FALLEN OVER?
SPOOKY?
OWCH. A PAIN NOW IN LEFT TEMPLE.
LADY NEXT TO ME SHOWED ME A PATTERN IN HER BOWL. IT
LOOKED LIKE TWO BALD MONKS TO ME.

OH GOOD, I VE FOUND ANOTHER BLACK BIT IN BOWL. NOW I
CAN GRIND AWAY AT THAT

PROVER 7

CONFUSED - DOING OPPOSITE TO OTHERS (SCRAPE NOT
GRIND)
THOUGHTS OF LOVE FOR CHILD - DAUGHTER.
SPINNING (BOWL) CLEARING THROAT. USE OTHER HAND
TO GRIND
DEEP IN BREATH - EXHALE THROUGH NOSE.
ITCH RIGHT NECK.
USE RIGHT HAND AGAIN. SENSATION RIGHT TOP
FOREHEAD.
CLEAR THROAT AND DEEP IN BREATH NOSE. PEACE.
BLACKNESS - ONE COSMOS - UNIVERSE
CONNECT ALL
CLEAR THROAT

PROVER 4

THE CONTAMINATION HAS GONE - BLACK PIECES REMOVED.
SMOOTHNESS RESTORED. RELIEF.
PREVIOUSLY FELT A BIT DIRTY/INFECTED

FEELING LAKE A "WELL OILED MACHINE"
MUCH MORE FLOW

MORE AWAKE
HEAD CONNECTED MORE TO BODY -
LESS DISCONNECTION

LESS SLOW AND HEAVY

AUTHORS NOTE. TODAY I MET AN OLD FRIEND THAT I
HADN'T SEEN FOR A COUPLE OF YEARS. AT CHRISTMAS
SHE'D HAD A HEART ATTACK AND HADN'T TOLD ANYONE
BECAUSE SHE FELT ASHAMED.

HER LEFT KIDNEY HAD ALSO DISINTEGRATED. SHE LOOKED
WELL IN HERSELF THOUGH AND WAS GOING TO EGYPT FOR
A HOLIDAY AT THE END OF THE WEEK.

C2
ROUND1
SCRAPE 1

PROVER 5

DRY EYE RIGHT
EXPANDING INTO THE ROOM AND FOCUSSING INTO THE
MINUTI OF THE SCRAPE

(SPIRALS DRAWN FROM CENTRE OUT AND FROM OUTSIDE
IN)

PROVER 2

THE SCRAPING SOUNDS LIKE TIBETAN SINGING BOWLS
TIME.....SOMETHING ABOUT TIME.
A LONG TIME, A MILLION YEARS.. OR
IS IT A SHORT TIME?
JUST NOW, THE PRESENT.

I LOOK UP AND SEE WHAT EVERYONE IS DOING - NO ONE
SEEMS TO NOTICE, EVERYONE SO ABSORBED IN WHAT
THEY ARE DOING

PROVER 10

WANT TO SCRAPE BETTER SO THAT THE POWDER MAKES A
NEAT PILE

PROVER 3

THIS MUST BE A PLANT
NO STRUCTURE TO THIS TRITURATION.
KIND OF SLOPPY?
FEELS LIKE A PLANT WITH A WORK ETHIC
-SINGULAR INDEPENDENT WORKING FEELING.
FOCUSSSED ON THE BOWL, LOOK INSIDE DEEPLY.
WORK HARD, BUT WHAT FOR?
NO REASON TO WORK, JUST DOING IT.

PROVER 6

ITCH ON BACK RIGHT SIDE NEAR BOTTOM RIBS
SUBTLE SHAPE OF A VORTEX, THEN A NARROW CAVE BUT I
WAS STOOD ON THE TOP, THEN - RED, DARK PURPLE/BLACK
COLOUR IN MY VISION
DEEP BREATH IN AND OUT
ITCH RIGHT FOREHEAD
COUGH-SLIGHTLY PHLEGMY.

PROVER 4

PEOPLE TALKED OF FATHER
I FELT ALONE ORPHANED BUT SELF CONTAINED/STAND
ALONE - ITS FINE
LIFE PURPOSE FEELS CLEAR

PROVER 7

HOMELINESS. DEEP LOVE. ITCH LEFT NOSE TOP OUTER
EDGE.

ITCHY NOSE. CLEAR THROAT. ITCH TOP RIGHT HEEL.

HUMOUR - FUNNY - AS IF TAKEN A DRUG.

ERRATIC SCRAPE DIFFERENT DIRECTIONS : TURN
ANTICLOCKWISE.

INDIGESTION - NEED TO BURP BUT DON'T

CLEAR THROAT - DEEP IN BREATH NOSE. PEACE

SCRATCH TOP RIGHT BACK/SHOULDER. DEEP IN BREATH -
PEACE

LIFTING/AND PUSHING SUBSTANCE.

(AUTHORS NOTE. THIS ITCHING IN RANDOM PLACES
EXPERIENCED BY MANY PEOPLE IS A SYMPTOM PEOPLE
EXPERIENCE WHEN THEY MEDITATE IN SILENCE AND
STILLNESS FOR A LONG PERIOD. IT IS CONSIDERED THAT
THE BODY IS TRYING TO DISTRACT YOU FROM GOING INTO
A DEEPER EXPERIENCE).

PROVER 1

SENSATIONS IN MY RIGHT EAR AND HEAD.

PROVER 8

PROCESS

PROVER 9

DUSTY SMELL IN AIR

NOSE IS RUNNING <RIGHT

METHODICAL, WORKING AWAY

ITCH VAGINA EXTERNALLY, HAD BEEN RIGHT BEFORE NOW
LEFT.

THERE IS A DARK STAIN IN MY BOWL WHERE I TRIED TO
SQUASH THE BLACK BIT EARLIER - I WISH I HADN'T!
IT'S YUCK!

C2

ROUND 1

GRIND 2

PROVER 9

SIGH

I DON'T WANT TO DO THIS ANY MORE. IT IS DISGUSTING!
WHAT IF IT (THE BLACK BIT) JUMPS OUT? I'D SCREAM!
I DON'T WANT TO TOUCH MY PESTLE AND MORTAR. SIGH.
I CAN'T GET RID OF IT
TOUCHING THE BOWL WITH ONLY 2 FINGERS, IDEALLY NOT
AT ALL.

CREEPY CRAWLY.

I'M TRYING TO KEEP AN EYE ON THE BLACK BIT (FROM AS
FAR AWAY AS POSSIBLE). I DON'T WANT IT TO JUMP AT ME.

I'M OBSESSED WITH IT

ALL ALONG, AND STILL NOW, IT IS MAKING LITTLE
CLICKING NOISES, LIKE BEETLES WINGS WHEN YOU
CRUSH THEM. BUT THIS YOU CAN'T CRUSH!!!

THE BACK OF MY PESTLE HAS NOT JUST GOT A HOLE BUT
ALSO ANOTHER IMPURITY. (AUTHOR - IT LOOKS LIKE SHE
HAS WRITTEN I am PURITY)

IT'S SO LUDICROUS, MY OBSESSION, I SHOULD LAUGH
ABOUT IT.

HANDS CLAMMY AND SWEATY
PALPITATIONS - ANXIETY.

PROVER 8

GIVE MYSELF TIME
PROCESS - DON'T RUSH IT
LIGHTNESS
ITCHY CALF LEG
CANT FOCUS/THOUGHTS ALL OVER THE PLACE
MESSY
DISTRACTED
TIME PASSES SLOWLY

PROVER 1

SENSATIONS IN MY THROAT

PROVER 7

+ COFFEE
+ NOT TO JUDGE/BE JUDGED
COMPASSION
SALIVATION. CLEAR THROAT
QUICKENED MOVEMENT
DEEP NASAL INBREATH
ITCH BACK LEFT NECK, TINGLE NUMB LEFT FOOT.
AS IF MASKED - INNER JOY HIDDEN
ITCHY LEFT HEEL (FOOT) AND TOPS OF TOES

DEEP OUT BREATH
CLEAR THROAT
ITCH LEFT NECK

NOT ENOUGH TIME - HURRIED
NUMBNESS, TINGLY LEFT TOES

FRIGHT - NEARLY DROPPED BOWL
MESSY - SUBSTANCE ON FINGER (AND PESTLE ALREADY)
ITCHY - LEFT NECK AND TOP RIGHT SIDE OF THIGH
CLEAR THROAT

PROVER 4

BLACK BITS CAME BACK!!!
THAT CONTRAST OF BLACK/WHITE, CONTAMINATED/PURE
REINFORCING THE POLARITY

(AUTHOR AT THE TIME OF WRITING THIS PEACEFUL
PROTESTERS IN GAZA HAVE BEEN KILLED BY THE ISRAELI
ARMY. FOR PROTESTING JERUSALEM BECOMING THE NEW
CAPITOL CITY OF ISRAEL THE PROTESTERS ARE SEEN AS
SUB HUMAN, JUST ARABS. THEREFORE THEIR LIVES DON'T
MATTER)

STRONG SENSE OF SELF
SELF CONTAINED
CLEAR BOUNDARIES
STRONG MEMBRANE

JUST "BEING"
HEAD THOUGHTS CALM
EMPTY HEADED.
JUST AT ONE WITH THE MOTION AND THE PROCESS

PROVER 6

SLIGHT HEART PALPITATION - JUST A FLUTTER
HEAVY/DOWN FEELING EMOTIONALLY - LIKE A
DESPONDENCY
ANOTHER SIGH
ITCH JUST ABOVE RIGHT KNEE, OUTER SIDE
SLIGHT HEART PALPITATION
DEEP BREATH IN AND OUT
YAWN

PROVER 3

FEEL LACKING EMOTION, LIKE A COG IN A MACHINE
A PART OF A MACHINE WITH NO THOUGHTS WHATSOEVER
FACE FEELS HOT, CHEEKS FEEL PINK, (THEY WERE PINK AT
BREAK)

"I AM THE WAY I AM AND THATS THE WAY IT IS"
THE PIECE WILL NOT BREAK UP, NOT BUDGE AN INCH
THIS REMEDY HAS CONFIDENCE.

PROVER 10

OTHER PEOPLES POWDER IS BETTER THAN MINE.
(OTHER MANS GRASS IS ALWAYS GREENER)
KATMANDU BROUGHT UP. PEOPLE IN OUR STONE BARN
WERE FROM KATMANDU. THEY LEFT SAYING WE FELT LIKE
FAMILY.

CONFUSION ABOUT ROUNDS, SHOULD I BE GRINDING OR
SCRAPING. NEED TO CHECK WITH EVERYONE ELSE TO
MAKE SURE I M DOING IT RIGHT
WORRY ABOUT MESSING IT UP
SENSATION RIGHT NOSTRIL
HEAD FEELS HEAVY
PAIN IN HEAD RIGHT SIDE
THOUGHT "IS THIS ALL ABOUT ME"?

PROVER 2

CLEARING THROAT

I AM SUPER AWARE, WHEN I LOOK UP AT PERIPHERAL
MOVEMENTS
FOCUSING GENTLY AHEAD - I SEE EVERYONE....BUT
EVERYONE IS ABSORBED
I AM 'OBSERVING' - THE 'OBSERVER'
AM I REALLY HERE?

I WANT TO FIND A BLACK BIT IN THE WHITE POWDER AGAIN.
WHY IS EVERYONE AFRAID OF THE SHADOW, OF 'IMPURITY'?

OOH, NOW THE PAIN HAS MOVED TO RIGHT TEMPLE.
<WHEN I LOOK UP
THIS STUFF IS HARD LIKE COAL.
A BLACK DIAMOND

PROVER 5

JOY - OF SPRING TIME
SPRING COLOURS - GREEN, SKY BLUE, YELLOW (EYES
CLOSED) WALKING THROUGH BLUE BELL WOODS.

BACK OF NECK ACHING.

PRESSURE TWO OCCIPUT AND UP BACK OF HEAD

CONTAINERS - BECAME CONSCIOUS OF THE BOWL
OF CRADLING THE BOWL
IMAGE OF BASKET FOR SHOPPING

INTO MIND AND IMAGES, BACK INTO BODY, BELLY, FEET ON
THE FLOOR

C2

ROUND 1

SCRAPE 2

PROVER 9

CONTAMINATION!

I PREFER SCRAPING-IT GIVES ME MORE CONTROL OVER THE
SUBSTANCE AND I CAN KEEP IT HIDDEN UNDER THE PILE.

THROAT REALLY DRY AND BACK OF MOUTH
THE SUBSTANCE IS LIKE A DISGUSTING CREATURE - BUT
THE OTHERS DONT SEEM TO MIND.
CAN ANYONE LOVE THIS STUFF????
BURPING, NOT QUITE
TENSION RISING FROM STOMACH

ITS AN INSECT - ITS ALIVE

SWEATY, STICKY, PALMS OF HANDS

PROVER 6

FOCUSSED ON THE MUNDANE, ENJOYABLE WANTED TO BE
THOROUGH. LEAVES MIND FREE TO THINK.

IMAGE HURTLING DOWN A SNOWY HILLSIDE, SITTING ON A
TRAY - LAUGHING EXCITED.

SUNSHINE
FREEDOM
PROVER 2

NOW LEFT SIDED - FRONT / TEMPLE
SHARP PAIN AGAIN

THINKING OF NUMBER 7 AGAIN WHY?
7 DAYS OF THE WEEK
TALKING ABOUT 7 MAGPIES
YESTERDAY - 7 FOR A SECRET NEVER TO BE TOLD.

FEEL LIKE I M GOING TO SNEEZE

PROVER 10

FOUND BLACK BITS. LOOK LIKE FLEAS SPOILING MY WHITE
POWDER. TINGLING HEAD RIGHT BACK.

PROVER 3

SAW FEATHERS AROUND THE BOWL

THIS IS AMAZINGLY INTERESTING FINDING THE SCRAPING
FASCINATING. THE PATTERNS. GETTING IT ALL OFF -
LOVING IT!

PROVER 6

YAWN

FUZZY/COLOURS/PICTURE

FEELING RELAXED/DROWSY

PROVER 4

LOVE BEING OUT OF MY HEAD AND NOT REALLY IN MY BODY
EITHER A STATE OF JUST BEING - RARE!! (STRANGE/RARE
AND PECULIAR)

AWARE OF BEING PART OF A GREATER WHOLE

IN THE MOMENT.

PROVER 7

ITCHY BACK OF NECK/SHOULDERS

CONFINED - TRYING TO ADHERE TO OTHERS

LIMITED SELF CONSCIOUS

QUICKENING

CLEAR THROAT, ITCHY, LEFT ARM OUTER BELOW ELBOW

MIXING SUBSTANCE INSTEAD OF SCRAPING

ITCHY ARM AGAIN AND TOP OF RIGHT FOOT MIDDLE OF
TOES.

COLD

REPRESS A YAWN

CLEAR THROAT
ITCHY LEFT NOSTRIL

PROVER 1

A FEELING OF RELIEF

PROVER 8

PLENTY OF TIME TO SCRAPE - NO NEED TO RUSH
SCRAPE ALL THE SIDES PROPERLY
ORDER

C2

ROUND 2

GRIND 1

AND SCRAPE 1

PROVER 4

STILLNESS RATHER THAN HEAVINESS.

NATURE/BIRDSONG/BLUE SKY/BLOSSOM/SWEET SMELL

VERY AWARE OF BIRDS

AT ONE WITH NATURE

+ UP IN THE MOUNTAINS NOT IN THE LOWLAND

ASCENDED TRANSCENDED

FEELS VERY SPIRITUAL.

MONASTIC

VERY AWARE OF THE RHYTHM OF THE MOVEMENT -
EFFORTLESS LIGHT TOUCH.

SCRAPE 1

ENLIGHTENED

PEACEFUL

IN THE MOMENT

TIME HAS NO PLACE ANY MORE SO VERY HARD TO STILL BE
THE TIME KEEPER, FEELS ALIEN

SPIRITUAL QUEST

(AUTHOR. THIS LUNCHTIME IN OUR LOCAL CAFE I FOUND A
LEAFLET ON MINDFULNESS. THE FOUR FOUNDATIONS OF
MINDFULNESS BODY AND BREATH, MIND, FEELINGS,
SURROUNDINGS. POSTURE - ALIGNMENT OF THE SPINE, IN
SITTING, STANDING, WALKING AND LYING. ALLOWING THE
MIND TO SETTLE)

PROVER 7

GRIND 1

SALIVATION. ANNOYED AT OTHERS FOR BEING
DOMINEERING.

PRESSING - LEFT TEMPLE. DEEP IN BREATH.

REPRESS YAWN - CLEAR LEFT EAR PRESSING LEFT
TEMPLE.

DESIRE STAY AT A TEMPLE IN SWITZERLAND THAT I KNOW
OF.

CONFUSED

SALIVATION

PRESSING LEFT TEMPLE

FEELING OF OXYTOCIN RELEASE, INNER CHEST/LOWER
THROAT

DEEP IN BREATH

PRESSING - TOP LEFT TEMPLE

DEEP IN BREATH.

SMELL OLD FLOWER WATER

ITCH RIGHT EYEBROW

PRESSING BACK RIGHT NECK

SCRAPE 1

BURP/INDIGESTION

YAWN

SENSATION COSMOS. ONENESS - CLOSENESS:

FAMILIARITY. HOME

ITCH RIGHT UPPER, OUTER ARM AND LEFT TOP OF WRIST.

TIGHTNESS BEHIND LEFT ANKLE

PEACE. ONENESS. LOVE.

+COFFEE

AGITATED AT BEING INFLUENCED BY OTHERS -

SALIVATE

TURN ANTI CLOCKWISE

TIGHT LEFT WRIST

ITCH BEHIND LEFT EAR

PROVER 1

ENERGY RISING IN MY HANDS.

SCRAPE

SLIGHT HEADACHE.

PROVER 8

FOCUS

EMPTY MIND

CONSISTENCY

FLUIDITY

TENDENCY TO SLOUCH

IN MY OWN WORLD

STAMINA - KEEP GOING

LOTS OF TIME

SCRAPE

FOCUSSED, PRESENT

QUESTION KEEPS POPPING UP IN MY HEAD - HOW DO WE
KNOW ITS THE SUBSTANCE (THE FEELING, SENSATIONS
ETC.)

AND NOT OUR "OWN STUFF"?

ITCHY FOOT (LEFT) - NOT TOO INTENSE

PROVER 2

THIS HEADACHE IS NOW LIKE A NAIL BEING DRIVEN IN
FRONT; LEFT SIDE HEAD. A SLIGHTLY SICKENING
HEADACHE, ALMOST LIKE CAR SICKNESS.

DEEP SIGH

GRINDING TEETH

EVERYONE SEEMS FAR AWAY. I'M DISCONNECTED

DIZZINESS RETURNS

ITS SO WEIRD. SITTING BACK, WATCHING, GAZING AT THE
CANDLE FLAME IN MIDDLE OF ROOM, I AM AWARE OF MY
VISION MOVING IN AND OUT OF FOCUS. EVERY MOVEMENT
AROUND ME SEEMS MAGNIFIED - LIKE IN AN ATOM - ALL
THE ELECTRONS ARE VIBRATING AROUND THE NUCLEUS.

A FULL OUTER SHELL OF ELECTRONS.

SCRAPE

I AM A DARK SPECK IN A CLOUD OF PURITY.

I AM OLD. I CAN GO SLOWLY,
AT MY OWN PACE
I AM CONTEMPLATIVE

IF ONLY THIS HEAD ACHE WOULD GO,
I'D FEEL QUITE SERENE.....
BUT OH, I M GRINDING MY TEETH AGAIN.
I LOOK UP AND NO ONE IS LOOKING AROUND - EVERYONE
FOCUSSSED ON THEIR BOWLS. NO EYE CONTACT, NOTHING.
WHY AM I OBSERVING, ARENT I PART OF THE PROVING??

PROVER 6

SAW RED COLOUR WITH PURPLY GREY AROUND THE
EDGES. SLIGHT CONGESTION IN HEAD, LIKE START OF A
HEADACHE - JUST A FLASH AND IT WAS GONE.

A FEELING OF LOW BLOOD SUGAR-NEEDING CARBS. ITCH
ON LEFT BACK, UNDER NECK.

SCRAPE

FEEL TIRED AND SLEEPY. DROWSY.

PROVER 3

I AM GETTING MY ROUNDS AND GRINDS ALL CORRECT
WHICH IS VERY WEIRD FOR ME . NORMALLY MUCH MORE
SPACEY AND MAKE MORE MISTAKES

A STUDIOUS FEELING TO THIS REMEDY - LIKE WE ARE
STUDENTS WORKING HARD, VERY SERIOUS AND
FOCUSSED.

FEELING OF AN OLD OLD MAN, WISE - A TEACHER.

SCRAPE

PRECISION, ACCURACY (USUALLY I HATE THE FACT THAT I
CANT SPELL, BUT I FEEL VERY ACCEPTING OF IT TODAY)
FOUND THAT THE BIT OF SUBSTANCE HAS GONE.

PROVER 10

.
WORRIED MY MESSINESS IS BEING JUDGED BY (ANOTHER
PROVER). LEFT SHOULDER TENSION. PAIN NECK RIGHT
SIDE. TENSION MIDDLE BACK - RIGHT SIDE OF HEAD. PAIN
BACK OF HEAD.

SCRAPE

RUNNING BACK THROUGH WHAT I VE DONE. NOT IN THE
NOW. LOOKING BACK - WORRY OVER LITTLE THINGS.
RIGHT SIDE HEAD PAIN TEMPLE.
LEFT EYE TWITCHING
HOT FLUSH - FROM HEART TO HEAD.

PROVER 5

FLOW OF COLOURS IN THE ROOM WHERE WE ARE SAT.

WINTER-SPRING-SUMMER-AUTUMN

TURQUOISE 10

ORANGES

BLACK

TURQUOISE

BEIGES

YELLOW

PINK/RED

FIRE

PINK

GREEN

GREEN GREEN

AND

PINK

HEADACHE OVER TOP OF HEAD AND OVER RIGHT EYE

SCRAPE

FEAR - GHOSTS, A GHOST IN THE BUILDING

- TO MUCH TO CARRY/TO HOLD

C2

ROUND 2

GRIND 2

SCRAPE 2

PROVER 10

HEARING VERY ACUTE SOUNDS GOING THROUGH HEAD OF
BANGING BOWLS.

SHOOTING PAIN BACK HEAD TO RIGHT EYE

CONNECTIONS - FRIENDSHIP BACK TO KATMANDU - TO
DICHOTOMY FEELING ALONE.

TIME BACKWARDS AND FORWARDS. CIRCLES OF TIME

SCRAPE

PAIN RIGHT EAR TO RIGHT JAW

HYPER VIGILANCE - WANT TO KEEP EVERYTHING SMOOTH
AND FLOWING SO AS NOT TO UPSET ANYONE ESPECIALLY
AUTHORITY FIGURES

PROVER 5

LOST SENSE OF BEING IN THE ROOM AND IN THE TASK
FELT FAR AWAY WITH MY THOUGHTS.

WANT TO BE ALONE, TIME AND SPACE TO STOP AND THINK,
AND DREAM AND BE

THE IMAGES OF SPRING/SUMMER SUNNY MORNINGS IN A
FIELD, DONT WANT THE AFTERNOON OR EVENING TO COME.

HEAT UP BACK OF NECK.

THIRSTY

IMAGES OF A RAINY AFTERNOON - GLOOMY SAD AND
FEARFUL - MIGHT NEVER SEE THE SUN AGAIN.

CHILDHOOD MEMORIES OF FUN, SWIMMING, JOYFUL.

SCRAPE

WISHING I WAS ABLE TO CONTINUE WITH THE CHILDHOOD
DAYDREAM, BUT THIS SCRAPING NEEDS FOCUS - NOT FREE,
NEED TO WORK!

HOT FLUSH ON CHEEKS.

THINKING ABOUT LOVED ONES DYING - ELDERS
LOSS - FEAR OF BEING WITHOUT GUIDANCE
FEAR OF BEING ALONE

(AUTHOR - AN IMPORTANT THEME I FEEL, I HAD LOST MY
STEP FATHER THE WEEK BEFORE THIS TRITURATION. HE
WAS A STRONG, GENEROUS AND KIND MAN. THERE IS A
SENSE OF DEEP LOSS OF HIS ENERGY AND SUPPORT)

PROVER 3

FOUND IT AGAIN (THE BLACK BIT) - AFTER A FEW MINUTES
OF GRINDING. WHERE DID IT GO? ODD.

FELT JUDGEMENT. NOT SURE WHY. A FEELING OF
EMBARRASSMENT - MY CHEEKS FLUSHED - OVER A
THOUGHT WHAT IF

SCRAPE

ITCHINESS ON RIGHT SHOULDER AND RIGHT CHEEK

WANT TO FINISH THIS NOW. FEEL IMPATIENT.

TRIED TO MAKE A PERFECT PYRAMID WITH THE POWDER IN
THE BOTTOM OF THE BOWL

PROVER 6

YAWN. ITCH TOP OF HEAD, TO THE RIGHT. SLIGHT
PALPITATION IN THE HEART.
ITCH LEFT ARM, NEAR ARMPIT, THEN ON TOP OF HEAD X2

SCRAPE

HEAVY, DEEP FEELING
LEFT EYE AND EYEBROW LIFTED UP DURING NERVE TWITCH

ITCH LEFT SIDE OF HEAD
ITCH RIGHT INSIDE KNEE
ITCH LEFT SCAPULA
NERVE TWITCH LEFT EYEBROW AND ABOVE.

PROVER 2

NECK STIFF. FEELS MORE NATURAL TO HOLD MY HEAD
DOWN..... LIKE AN OLD PERSON NODDING OFF

DRAWING OF YIN YANG

THINKING OF MY STEP MOTHER WHO DIED RECENTLY. I AM
WEARING A JUMPER OF HERS TODAY.

SCRAPE

ALMOST FELT A BIT NERVY - I THOUGHT MY PESTLE WAS
GOING TO FALL OFF TABLE - I MADE A SUDDEN STARTLED
MOVEMENT TO CATCH IT.

THE FRONTAL HEADACHE IS A BIT SICKENING.
DIZZY WITH IT.

PROVER 8

COLLECTIVE HAPPINESS
SMELL - STRANGE - NOT VERY PLEASANT

SLIGHT HEAVINESS/AROUND HEAD
HEADACHE CREEPING UP
SENSE OF UNDERSTANDING HOW TO GRIND.
- ENJOYMENT

SCRAPE

IDEAS - ON MY DRIVE IN HAD AN IDEA ABOUT A TREE (FOR OUR WEDDING)

(AUTHOR - JUST AN HOUR AGO I PHOTOGRAPHED AN ORCHARD WE PLANTED FOR OUR WEDDING IN 2012. MY STEP FATHER HAD BOUGHT US THE TREES. I SENT THE PHOTO TO MY MUM WHO IS GRIEVING).

NOW AN IDEA CAME UP IN REGARDS TO FINDING PATIENTS FOR HOMOEOPATHY.

PLENTY OF TIME TO SCRAPE AND WRITE (SMILEY FACE)

PROVER 1

PINS AND NEEDLES IN LEFT FOOT!

SCRAPE

FEELING OF WARMTH AND PEACE IN THE ROOM.

PROVER 7

CAN'T KEEP UP. DEEP IN BREATH (NOSE) PEACE

> SITTING WITH LEFT LEG UP

PURITY

RIVER NILE AFRICA

SOUTH AMERICA

DIVISION + UNITY

ILLUSION OF WORLD DIVIDED

ITCHY ABOVE TOP LIP

DEEP NASAL IN BREATH - PEACE

DOWNWARD MOTION

IMPATIENT

ITCHY UNDER BOTTOM LIP

TURNING ANTI CLOCKWISE

IRRITATED BY OTHERS JUDGEMENTS/THEIR DELUSION

ITCHY BEHIND LEFT EAR

IMPATIENT
TURNING THE OTHER WAY
DEEP IN BREATH NOSE
SALIVATION
TUMMY BLOATED.

SCRAPE
ITCHY, LEFT ELBOW AND HEAD (ABOVE LEFT EAR)
LOOKING BEHIND LEFT SHOULDER
ITCHY UPPER RIGHT ARM (INNER)
LONG CIRCLING MOVEMENTS - LIFT AND MIXING
ITCHY BACK OF NECK
SUSPICION
UNTRUSTING - DISAPPOINTED IN LACK OF OTHERS
INTEGRITY
UNCERTAIN IF DOING THE RIGHT THING.
ITCH - BURNING INNER LEFT NOSTRIL
IMPATIENT
YAWN.

PROVER 4
+ SIMPLICITY
JUST BEING

SCRAPE
DONT WANT TO STOP BUT DO I NEED TO DO ANYMORE??
DONT WANT IT TO CHANGE.

C2
ROUND 3
GRIND 1
SCAPE 1
PROVER 4
IMAGE OF A BEAUTIFUL PALE PINK BLOSSOM - PALE WITH
DARKER PINK LONG STAMENS.

BEAUTIFUL AGAINST BLUE SKY, WARMTH, TRANQUILITY

(AUTHOR - I HAVE THIS DRAWING AND IT MATCHES
PERFECTLY THE FLOWER OF THE DIMOCARPUS LONGAN) I
WILL ADD IT IF POSSIBLE)

SCRAPE

AS BEFORE

PROVER 1

TIRED

SCRAPE

FEELING OF WARMTH AND PEACE IN THE ROOM
PROVER 7

PROVER 8

SENSE OF PEACEFULNESS
INWARD LOOKING
TRUSTING THE UNIVERSE

SCRAPE
INDIVIDUALITY FOCUS ON MYSELF NOT MUCH INTEREST ON
WHAT IS GOING ON OUTSIDE MY BUBBLE

PRECISE, DEDICATED

HUSTLING SOUND OF SCRAPING
- LIKE BEES IN THE HIVE
- BUSY BEES/WORKING BEES

PROVER 3

YAWNING AGAIN

FEEL I NOW WANT TO CONNECT WITH PEOPLE.
PEOPLE SMILING AND SOME LAUGHTER, BEFORE STARTING
GRINDING

SIGHING AGAIN

FEAR OF CONTAMINATION - WHAT IF HOLDING MY PEN TOO
CLOSE TO THE BOWL UPSETS THE PROCESS BY
CONTAMINATION?

HI HO, HI HO ITS OFF TO WORK WE GO.....

(THE SEVEN DWARFS, GOING MINING)

(AUTHOR NUMBER 7 AGAIN!)

SCRAPE

SEE A FLOWER SHAPE IN MY BOWL. NOW AND THEN I
SNEAK A LOOK UP. NO ONE IS LOOKING UP, ALL FOCUSSED
ON THEIR BOWLS

I FEEL SLIGHTLY HUMOROUS. SEEING THE FUNNY SIDE IN
THIS.

PROVER 7

YAWN + CLEAR EARS
ITCHY LEFT LEG CALVE
YAWN REPRESSED
MESSY
SPINNING
VORTEX
THROUGH TIME
ITCHY NECK RIGHT
YAWN
SALIVATE
IRRITATED BY OTHERS PRECISION

ITCHY NECK FRONT, AND RIGHT EAR
SMELLY FLOWER H2O IN VASE BEHIND ME
REPPRESSED YAWN. COLD.

IMPATIENT ITCHY NECK, FRONT LEFT
FORWARD/BACKWARD MOVEMENT
YAWN
SALIVATION
KEEP CHECKIN G CLOCK - AWARE OF TIME
ITCHY RIGHT EYELID.

SCRAPE
YAWN + TEA
> SITTING BACK, SLOUCHED
YAWN
SALIVATE
+CURRY WITH APPLE IN IT
ITCHY ABOVE LEFT EAR
SEE OTHERS SERIOUS = SELF - IMMERSED
PAIN UPPER MID BACK
DEEP IN BREATH
QUICKENED ATMOSPHERE - ERRATIC FEELING - NOT
RELAXED
PEOPLE CLOSED/SWITCHED OFF
YAWN
SALIVATE
ITCHY RIGHT TOP HEAD
PRESSING TOP LEFT FOREHEAD
IRRITATED WITH WRITING
LONG SIDEWARD SCRAPE
AM I DOING ENOUGH?

PROVER 6

DEEP BREATH IN AND OUT
THINKING ABOUT THE HUG I D GIVEN MY DAUGHTER
YESTERDAY ON HER BIRTHDAY-SLIGHTLY EMOTIONAL.
- I COULD RELIVE THH HOLD, PRESSURE AND TIGHTNESS

SCRAPE

THIRSTY WORK - TOOK SOME WATER
FEELING WARM TOOK JUMPER OFF
KEPT TURNING BOWL ANTI CLOCKWISE AND VISION OF A
GALAXY SWIRLING IN SAME DIRECTION

PROVER 3

RED FLUSHED FACE - FEET FEEL SERIOUSLY COLD
ROOM FEELS HOT AND STUFFY. WANT A WINDOW OPEN

SCRAPE

THIS DID FEEL VERY INTERESTING NOW I FEEL LIKE ITS
REALLY BORING

PROVER 6

IRRITABLE WITH OTHERS IN THE ROOM. IRRITATED BY A
LITTLE SCRAPE SOUND IN MY GRIND.
FRONTAL HEADACHE
IMAGE - A BLACK BEAR.

SCRAPE

CHILDHOOD MEMORIES OF ITCHY, UNCOMFORTABLE
CLOTHES.

GRIND 2

THINKING OF SOFT COMFORTABLE CLOTHES! SOCKS,
SLIPPERS, ELASTIC WAISTS!!

SCRAPE 2

GRANDMA - THINKING OF.
FEAR AND SADNESS - LOSING ELDERS, TEACHERS - HOW
CAN THEY EVER BE REPLACED, HOW CAN I EVER BE
ENOUGH, ON MY OWN?

BELLS RINGING, CLOCKS CHIMING

PROVER 10

P THINKS I M MESSY. CAN FEEL THE PRESSURE NOT THE
SPILL THE SAC LAC. FEEL UNCOMFORTABLE BUT LAUGH
DEFENSIVELY. SHAPE LIKE A BUTTERFLY IN BOTTOM OF
MORTAR. COLD SHIVERS. NECK ACHY. SHIFTING PAIN
NECK AND EARS FLEETING. LEFT SHOULDER TENSION

SCRAPE

K MOVED BY DRUM. I FELT INSECURE PLAYING IT - LIKE TO
STICK WITHIN NORMS EVEN THOUGH I LOVE DRUMMING
(SIRENS OUTSIDE). FEAR OF RIDICULE AND BEING CAST
OUT.

BREAKING THROUGH BARRIERS OF CONDITIONING

ROUND 3

GRIND 2

SCRAPE 2

PROVER 7

UNCERTAIN - LOOK TO OTHERS FOR CERTAINTY

TIRED

> SITTING UPRIGHT. ITCHY RIGHT HEAD, TURNING ANTI
CLOCKWISE

SALIVATE

USE LEFT NON DOMINANT HAND

+ TO BE LIKED

+ CHILD

REPRESS YAWN SWAPPING HAND

ITCHY LEG TOP ON

WARM BOTTOM LEFT SHOULDER
ITCHY RIGHT EYELID AND LEFT HAIRLINE
BACK/FORTH QUICK MOVEMENTS
ITCHY TOP LEFT ARM
SPORADIC MOVEMENTS UP DOWN/BACK FRONT
MISSING ONENESS/CONNECTION
+ MY SPIRIT FAMILY/COMMUNITY.

PROVER 2

WAS CONFUSED BY WHAT NUMBER ROUND WE WERE ON
THEN. HAVE TO REALLY CONCENTRATE TO COMPUTE WHAT
THE TIME KEEPER IS SAYING. I HEAR THE WORDS - BUT
BRAIN DOESNT COMPUTE. I HAVE TO FLICK BACK THROUGH
THE BOOK TO CHECK WHICH ROUND WE ARE ON.

A MOLECULE IN SPACE WITH JIGGLING ATOMS/ELECTRONS
DANCING AROUND ME

FEEL SLIGHTLY JITTERY IF I PICK UP BOWL I MIGHT DROP IT.
I FEEL AS IF I AM IN THE CENTRE OF SOMETHING,
CONNECTED WITH A CENTRE, BUT AWARE OF A MOVING
WORLD AROUND ME - ENLIGHTENMENT?

SCRAPE 2

IM GLAD ITS NEARLY LUNCH TIME, FEEL HUNGRY
I FEEL THE ODD ONE OUT.
I KEEP LOOKING UP, EVERYONE IS BUSY, FOCUSED. ITS
FUNNY, TOO.

LAST NIGHT I SAT UP LATE MEDITATING.
DREAMED OF CHANGING CLOTHES.....

C3. FOR THIS ROUND I WILL WRITE EVERY PROVERBS
JOURNEY WITHOUT BREAKING UP THE ROUNDS SO THAT IT
FLOWS BETTER.

C3

PROVER 10

WORRIED DRUM NOT AS TUNED AS THIS MORNING
NEEDING SOME COLOUR, WANTING COLOURS
TENSION UPPER BODY
WANT TO GET PEOPLE TO CHOSE A COLOUR BUT DONT
WANT TO DISTURB THEM

SCRAPE 1

FEELING THE NEED TO GIVE OUT COLOURS AND PAPER
(I HANDED COLOURED PENCILS TO THE OTHERS FOR
DRAWING)
LIKE PLAYTIME.

GRIND 2

REMINDING OF L SAYING "SHE LIKES A GOOD SACRIFICE" AT
LUNCHTIME TALK OF BLACK MAGIC. SOMEONE EATING
BIRDS, BLACKBIRDS

DRIVING THROUGH VAST EXPANSE OF COUNTRYSIDE

ME SINGING "LOVE IS CONTAGIOUS" DAFFODILS, RED KITES.

SCRAPE 2

SNIFFY NOSE. ANXIOUS ABOUT BIG ENVELOPES C4
FEELING A BIT SPACEY
DUALITY CAN SEE THE LIGHT AND THE DARK
FEELING ANXIOUS. HANDS SHAKING PASSING SAC LAC
EYES BLURRED

ROUND 2

GRIND 1

DREADING FILLING P'S MORTAR
SNIFFLY NOSE - ALSO NOTICE K'S NOSE SNIFFLY
NOTICED K S HAIRBAND MATCHED THE LUMINOUS YELLOW
COLOUR SHE CHOSE TO WEAR.

NOTICED THE COLOURS IN THE ROOM. SEASONS OF THE
YEAR. K NOTICED 2 WEARING PINK, DARK PINK, BEIGE/
WHITE, GREY TURQUOISE, YELLOWS AND GREEN

SCRAPE

DRIFTING OFF

ROUND 2

GRIND 2

HOW MUCH CONDITIONING WE HAVE TO BREAK THROUGH
TO GET TO THE STILL POINT. LIKE J M - HOLDS HIMSELF
STEADILY EVEN IN ADVERSITY. DOESN'T GO TO PIECES.
REMINDS ME OF P (MY FRIEND) DYING WELL. AND R (MY
STEP FATHER WHO DIED ON THURSDAY. GRIEF FEELING.
BLOCKING FEELING OF DEATH OF GRIEF.
FEELING LIKE TURNING MY BACK ON P. MISINTERPRETING
HER FEELINGS. TAKING STUFF PERSONALLY.
QUIET IN ROOM
RHYTHMIC SOUND - SOOTHING
REMINDS OF MY MOTHERS ROW WITH HER PARTNERS
SISTER WHILE THEY WERE AT HIS DEATHBED. SHE WAS

DISGUSTED MY MUM WAS CRYING. DONT SHOW YOUR
TEARS. BE STRONG.

SCRAPE

REMINDED TO WRITE DOWN WORRY ABOUT
CONTAMINATION! SCRAPING SEEMS TO BE GOING ON A
LONG TIME. WINDOW NEEDS TO BE OPEN.

ROUND 3 Q1

NOTICED P WAS WEARING PINK AND L'S PINK SHOES.
FEELING MORE CONNECTED AS DOING ROUND
EVERYONE IN OWN SPACE
SIGHING
NECK PAIN
SHOULDER TENSION
ENERGY MOVING IN HEAD
DONT LIKE THE DRAB COLOURS ON MY DESK

SCRAPE

THEORISING ON WHAT LIGHT AND DARK SUBSTANCE
MIGHT HOLD. ANAC-BUT NOT THE SAME

GRIND 2

HUNCHING SHOULDERS
WANTING TO CONNECT WITH P
BIRDS OUTSIDE - SEAGULLS
FELT I HAD TURNED MY BACK
WOOD PIGEONS
FEELS BRIGHTER HEARING BIRDS
EYES OPENING WIDER - FEEL CONNECTED MORE AFTER
HEARING BIRDS.

SCRAPE

LEFT SHOULDER HUNCH

THINKING ABOUT HOW THIS REMEDY IS NOT LIKE ANAC -
DREAMING OMETATOTLE - EMBRACING DUALITY. DUALITY
IS THE FUEL THAT KEEPS THINGS GOING. NO ENERGY
WITHOUT THE DUALITY.

FEEL ALONE. EVERYONE LOOKS ALONE BUT ARE
TOGETHER IN CIRCLE

PROVER 5

UNDERGROUND

IMAGE - CORRIDOR WITH DOORS./ DOOR OPENING -
DARKNESS BEYOND IT - AN INVITATION TO GO THROUGH

ANGRY - ABOUT AN ISSUE WHERE I WAS MISUNDERSTOOD
AND JUDGED UNFAIRLY - THIS MEMORY CAME TO MIND.

STEPPING THROUGH THE DOOR - DESCENDING INTO A
COMPLETE DARKNESS - FLOATING AS IF IN SPACE, BUT
STILL UNDERGROUND. PEACEFUL.

THE ONLY SOLID THING IS THE PESTLE AND MORTAR.
SCRAPE 1

LESS INDUSTRIOUS THIS SCRAPING - TAKING MY TIME
FEELING PRESENT AND CURIOUS. LOOKING AT WHAT WAS
LEFT BY THE GRINDING

IMAGE - PALE PINK TUTU AS AT THE BALLET

GRIND 2

FRONTAL HEADACHE RETURNS
LOW ENERGY, SLEEPY, + FRESH AIR
SHARP HEADACHE LEFT TEMPLE
SCRAPE 2

NOT WANTING TO LOOK UP INTO THE ROOM, I WANT TO BE
ON MY OWN

ROUND 2

GRIND 1

I WANT TO STOP AND GO TO SLEEP, RIGHT UNDER A
BLANKET.

SNEEZING, NOSE CONGESTING

LAND, SEA, SKY, SPACE, I AM PART OF IT ALL.

I AM PART OF IT ALL

I CAN FLY BETWEEN ALL THESE,

GO WHERE I WANT TO,

LIKE A SWALLOW

FREEDOM

BECAME AWARE OF MY MAT ON THE TABLE AND IT WASNT
LINED UP WITH THE EDGE OF THE TABLE. I WANTED IT TO
LINE UP, HAD TO SHIFT IT TO LINE IT UP!

(AUTHOR. THE GLASS IN MY GLASSES FELL OUT AS IM
TYPING THIS)

ROUND 2

SCRAPE

NECK STIFFNESS, BACK OF NECK > TURNING IT AND
STRETCHING.

DISTRACTED AND DISCONNECTED. ENJOYING THE PRETTY
PATTERNS OF THE SCRAPING

A BROKEN THUMB NAIL IS ANNOYING ME. I WANT TO GO
AND SORT IT OUT

ROUND 3 GRIND 1

CHINA, CHINESE, MARTIAL ARTS. BUDDHISM TEMPLE -
QUIET IN THE CENTRE OF A BUSY TOWN

NOW BACK IN MY BODY WITH A THUD
ITCHING, ACHING NECK, BURNING EYELIDS

THIRSTY, UNQUENCHABLE

DEEPLY TIRED

IMAGE OF A WORKER BE ON THE COMB

L EARACHE, THIS TIME DEEPER. TOWARDS THE EAR DRUM

PROVER 3

ON WAY BACK THOUGHT OF MY (POSSIBLE) TRIP TO CA -
THE POSSIBILITY OF GOING TO THE HALF DOME - SEEMS
LIKE A DREAM - BUT WON THOSE TICKETS YESTERDAY.
LOOKS LIKE IT WILL HAPPEN - GOING TO THE HEIGHTS
REALLY HIGH.

THEN THE OPPOSITE - BASE DESIRE!

THE OTHER THING GOING ON FOR ME RIGHT NOW
MY LAST LITTLE BIT HAS NEARLY GONE - SO TINY NOW

SCRAPE 1

DRAWING

GRIND 2

KEEP GETTING THE PESTLE MIXED AROUND. THINKING THE
BOTTOM IS THE TOP AND PICKING IT UP THE WRONG WAY.

-SAW MY FRIEND - THE BIT OF SUBSTANCE AGAIN. FELT
PLEASED TO SEE HIM. LOOKS LIKE A TINY SEED.

SCRAPE 2

DRAWING

GRIND

SOFT, RELAXING, PEACEFUL IN MY THOUGHTS, RHYTHMIC,
PLEASANT.

SCRAPE

IS THIS A TREE? SENSUAL, PASSIONATE. BECAUSE I DREW
SOMETHING THAT LOOKS LIKE A FEW TREES JOINED
TOGETHER AT THERE TOPS - LIKE A BIG, BLUE SKY AND
CLOUDS WITH 5 RED TRUNKS COMING OUT OF IT IN A
CIRCLE.

DO STILL SEE A DISCONNECTION WITH ALL PROVERS,
PEOPLE IN THEIR OWN SPACES, OWN WORLDS/HEADS
DOING THEIR OWN THINGS.

MY LITTLE SEED CAME BACK AGAIN , FEEL PLEASED TO SEE
HIM.

OUR HEADS SEEM AIRY, SPACEY, CLOUDY - IN A CLOUD ALL
TOGETHER, IN ONE CLOUD.

OUR BODIES SEPARATE DOING THEIR OWN THINGS,
INDEPENDENT OF EACH OTHER.

SCRAPE

FAR LESS CONFUSION ABOUT GRINDS AND SCRAPES IN
THIS PROVING - ALL GOING VERY SMOOTHLY.

ROUND 3

GRIND 1

FEELING VERY TIRED NOW. AND HOT. FACE IS FLUSHED.
WANT WINDOW OPEN.

SAW THE SEED AGAIN. LOOKED LIKE IT WAS BURIED IN THE SNOW - COULD IT GROW INTO A MASSIVE TALL TREE ONE DAY?

SUDDENLY I FEEL VERY VERY TIRED. SEE THE SEED LIKE A BIRD. FLYING AWAY.

SCAPE

MY POWDER LOOKS LIKE A BIG MOUNTAIN AT THE BOTTOM OF MY BOWL.

DECIDED TO FASHION MY POWDER INTO THE SHAPE OF HALF DOME.

GRIND 2

FEEL SERIOUSLY EXHAUSTED. LIKE I JUST CLIMBED THE MOUNTAIN AND CAME DOWN THE OTHER SIDE. JUST WANT TO REST IN SOME LONG GRASS NOW AND SLEEP/DREAM.

IMAGES OF COOL LONG SWAYING GRASS AND A SOFT COOL BREEZE ON MY FACE. COOLING IT DOWN. FEELS SO HOT AND RED.

FEELING OF LOVELY WATER SPLASHING DOWN MY FACE. A THIN WATER FALL. COOLING ME DOWN.

SCRAPE

MADE A MOUNTAIN AGAIN, PUT A CRATER IN IT.
A VOLCANO

PROVER 6

THOUGHT OF MY GREAT GRANDFATHERS CLOCK

DEEP SIGH

SCRAPE

LAUGH

GRIND 2

DEEP SIGH

"ITS GRINDING ME DOWN" "ITS SUCH A BIND" ITCH LEFT
NECK.

SCRAPE 2

NERVE TWITCH ON LEFT SIDE OF TEMPLE STARTED A
DREAM STATE. "I DONT CARE, I REALLY DONT CARE"
YAWN

C3 ROUND 2 GRIND 1

LOOKED AT THE WOODEN BEAMS AND THOUGHT OF "LAST
MAN STANDING"

DEEP SIGH

A SADNESS ABOUT NOT BEING ABLE TO COOK, BAKE ALL
MY OWN FOOD.

SCRAPE 1

ITCH NEAR SHOULDER BLADES TO THE RIGHT

GRIND 2

VISIONS OF COLOUR GREEN WHEN I CLOSED MY EYES.
SLOWING DOWN PHYSICALLY.

SHARING OF IDEAS, SHARING OF TASKS, SLEEPY/DROWSY

TIRED

ITCH IN LEFT EAR

YAWN ITCH ON RIGHT SIDE OF THROAT NEAR COLLAR
BONE

"TOUGH EXTERIOR"
TIRED AND DROWSY

YAWN

PROVER 2

FEEL MEDITATIVE.....SOUND OF THE DRUM.

THE LIGHT IN THE ROOM FEELS DARKER NOW, AS IF THE IS
DRAWING IN.....ITS DISMAL OUTSIDE....

THE DRAWING/PULLING PAIN IN MY RIGHT CALF SEEMS TO
HAVE EASED.

OF GOOD, I VE FOUND ANOTHER BLACK BIT IN POWDER. I
WANT TO GRIND IT DOWN

I LOOK UP AND GET THE SAME WEIRD SENSATION OF
JIGGLING MOVEMENT AROUND ME.....VIBRATORY.

A SENSE OF BEING ON THE 'INSIDE' OF SOME MYSTICAL
EXPERIENCE.....

SARTORI

SCRAPE

BIRDS.....YESTERDAY, WITH A FRIEND,
REMARKING ON THE FREEDOM OF
A LITTLE BLUEBIRD
WATCHING TWO DUCKS,
A MALE AND A FEMALE, IN COURTSHIP.

LAST NIGHT, A SENSE OF BEING UTTERLY FRUSTRATED BY
LIFE AND THE ONLY SOLUTION IS TO MAKE IT NOT MATTER
- BY DISSOLVING THE EGO

- OOH A HEAVY FEELING RETURNS TO FRONT OF HEAD.

GRIND 2

SOMETIMES ITS EASIER TO JUST SIT BACK AND LISTEN TO
WHAT OTHER PEOPLE ARE SAYING

SEVENTH SEAL? ANCIENT?

SEVEN COLOURS OF THE RAINBOW
ABIDING IN PEACE, TIMELESSNESS

SCRAPE 2

FRANCE AQUITAINE? ROMAN...

CHAKRA - I THINK I'VE DRAWN A CHAKRA WHEEL.

- I STILL FIND IT ODD THAT NO ONE IS LOOKING AT EACH
OTHER, WE SEEM SO WRAPPED UP IN WHAT WE ARE
DOING.

ROUND 2 GRIND 1

GRINDING TEETH AGAIN

FLY ME TO THE MOON - LET ME SING AMONG THE STARS

GRINDING - NO HURRY, SLOWLY, RELAXED

"I AM SAILING, I AM SAILING,
ACROSS THE WATERS, ACROSS THE SEA.....
I AM SAILING
TO BE NEAR YOU, TO BE FREE"

SOUNDS SEEM DISTANT, FAR OFF.

DAY DREAMING AGAIN
LOTS OF SONGS COMING TO MIND

"I CAN SEE YOUR TRUE COLOURS SHINING THROUGH"

DISAPPOINTED LOVE?
DRIFTING OFF A BIT.....
STARING AHEAD, UNFOCUSSED
DIZZY? THINGS SEEN SURREAL.

ITS LIKE WE RE ALL CONNECTED, UNDERNEATH, BUT
SUPERFICIALLY ON THE SURFACE WE APPEAR AS
SEPARATE INDIVIDUALS..

SUDDENLY FEEL AT AN IMPASSE,
LIKE I CANT LIFT MY HAND TO GRIND ANYMORE.
ALMOST LIKE A DEAD WEIGHT. I JUST WANT TO FLOAT.
IT WOULD BE SUCH A HUGE EFFORT TO LIFT THE PESTLE...
- I FEEL LIKE I'M HIGH ON SOMETHING

SCRAPE 2

NOW I HAVE TO MOVE AGAIN
BUT SCRAPING IS OK.....NOT SO MUCH EFFORT
ITS NOT 'LAZY' MORE LIKE A BIT SPACED OUT, COULD JUST
DRIFT OFF.

ROUND 3 GRIND 1

I FEEL QUITE RELAXED. I COULD DROP OF SLEEP.

SUDDEN TWINGE IN LEFT INNER EAR
EAR ACHY, WHEN WINDOW WAS OPENED TO LET IN FRESH
AIR.

SENSITIVE TO PRESSURE CHANGES?
LEFT EAR - TWINGES

LIGHT HEADED AGAIN

VERY SLEEPY WITH THE DIMMER LIGHT OF THE
AFTERNOON.

I M AWARE OF EVERY SINGLE MOVEMENT AROUND ME,
SIMULTANEOUSLY.
ALL INDIVIDUAL MOVEMENTS SEEMED LINKED, AS IF WE'RE
REALLY JUST ONE 'ORGANISM'. LIKE A CORAL REEF OR A
FLOCK OF BIRDS
WANT TO RELAX EYES, UN FOCUS....
HARD TO MAKE EYES FOCUS
I EXPERIENCED THIS LAST NIGHT MEDITATING

SHALLOW BREATHING.....NOT GETTING VERY DEEP
BREATHS. CHEST FEELS FULL
DREW A PICTURE AND WANTED TO INCLUDE GOLDEN RATIO
IN IT.
YESTERDAY A FRIEND HAD TAKEN ME ON A WALK
THROUGH HIS NEWLY PLANTED WOODLAND
HE SAID THE PATH THROUGH THE WOODS RESEMBLED THE
GOLDEN RATIO. ALTHOUGH IT WASNT PLANNED THAT WAY.

.....WHY AM I GRINDING MY TEETH AGAIN?

NOT BEING ABLE TO SAY WHAT YOU MEAN, TO
COMMUNICATE CLEARLY.....FRUSTRATING NOT TO BE ABLE
TO SAY WHAT YOU MEAN. IT WOULD BE SO MUCH EASIER
IF WE WERE ALL TELEPATHIC. LESS MISUNDERSTANDING.

A BIG SIGH

FEEL SLEEPY, BUT AS IF I COULD EASILY BE JERKED
AWAKE.... THAT SENSE OF FALLING WHEN YOU GO TO
SLEEP.

IGNEOUS ROCK THAT WAS HARD, UNDER PRESSURE.

SINGING.....SOUNDS OF BOWLS ARE SINGING.

PROVER 9

LUNCH BREAK

L'S DAUGHTER CAME TO SHOW ME HER PET WOOD LOUSE.
ANOTHER CREEPY CRAWLY!!!

I WAS THE ONLY ONE STAYING BEHIND FOR LUNCH, AS I
HAD BROUGHT MY OWN ALONG. BUT I DIDN'T WANT TO MIX
WITH THEM. RELIEF SEPARATE.

I WASHED UP ALL THE THINGS AND PUT THEM AWAY. A MIX
OF FEELING LIKE CINDERELLA AS WELL AS THE NEED TO
KEEP CONTROL OVER MY ENVIRONMENT.

ROUND 3

GRIND

I THINK THE BITS HAVE GONE! WHAT WAS THAT ALL
ABOUT?

FEELING VERY DETACHED AND ISOLATED. DONT WANT TO
TALK OR MIX OR MAKE EYE CONTACT.

ON THE EDGE OF COMMUNITY, NOT BEING PART OF IT.

QUIET IS NICE.

FEELING DOPEY, CLOSING EYES, COULD FLOAT OFF/DOZY.

NOT WANTING TO SEE THE OTHERS. LIKE TO BE ALONE, IN
MY OWN WORLD.

RIGHT EYE ITCHY.

SCRAPE

RIGHT EYE FEELS A BIT STICKY CANT SEE CLEARLY.

I FEEL COMPLETELY SEPARATE FROM THE OTHERS - THEY ARE ALL GOING FOR COLOURS NOW. WHATS THAT ABOUT? I M IRRITATED WITH THEIR FUSSING. CANT WE JUST GET ON WITH IT?

THE BLACK BITS HAVE DEFINITELY GONE AND I CAN RELAX AND BE GENTLE. MORE LOVING TOWARDS THE POWDER IN MY BOWL.

NOSE ITCHY - AIR IS SO DRY.

GRIND 2

I JUST START, DO IT IN MY OWN TIME. I DONT BELONG TO THE GROUP ANYWAY. STIRRING THE POWDER WITH CLOSED EYES. ITS AS IF I'M STIRRING MY OWN SPIRITUAL ESSENCE, RISING UP.

WHEN I STOP TO WRITE THIS DOWN, MY HAND KEEPS GOING ROUND AND ROUND.

SPIRALLING UPWARDS.

I FEEL I COULD STIR/GRIND IT WITHOUT USING A GRINDER. JUST BY MOVING MY HAND OVER THE BOWL.

>GOING CLOCKWISE

<ANTI-CLOCKWISE - NAUSEA

QUIET, SLOWLY, SLOWER AND SLOWER. EYES CLOSED, ON MY OWN, CONTAINED. STIRRING THE BOWL AND MY OWN ESSENCE AT THE SAME TIME.

SOOTHING

SCRAPE 2

NOSE DRY

SENSITIVE TO THE NOISE + QUIET.

A GEM STONE FROM WITHIN THE EARTH, SELF CONTAINED,
SOMETHING USED TO WARD OFF EVIL SPIRITS, LEPROSY
ETC.

SELF - CONTAINED
PROTECTED

TIME IS UP BUT I WANT TO KEEP GOING, BECAUSE THE
SUBSTANCE IS A SHIELD BETWEEN MYSELF AND THE
OTHERS. SOMETHING TO HIDE BEHIND AND CONTAIN ME.

BLUE

ROUND 2 GRIND 1

I WANT TO RETREAT, NOT INTERACT. IN MY OWN BUBBLE

LIKE A BIRD OF PREY SPIRALLING UP
HIGH INTO THE SKY, ABOVE
THE ANDES. CONDOR
ISOLATION, ALONE BUT NOT LONELY.

I STILL DON'T WANT TO TOUCH IT, BUT NOW BECAUSE IT
WANTS TO BE SEPARATE AND UNTOUCHED - ITS OWN
THING. IT'S DOING ITS OWN THING. AM I NEEDED IN THE
PROCESS? OR AM I INTERFERING?

MORE AWARE OF THE OTHERS BUT IT'S BETTER WHEN
THEY ARE ALL SILENT - GIGGLING IS SO MUNDANE AND
PROFANE.

SPIRALLING UP AND DOWN AND UP AND DOWN, ON AND ON.
WHEN IT GETS TO THE EDGE DIRECTION IS REVERSED UNTIL
IT GETS TO THE OTHER EDGE AGAIN.

UP AND DOWN

SCRAPE

SCRAPING IS LIKE COMING DOWN, DOWN TO EARTH. BUT IT
DOESN'T MATTER BECAUSE IT WILL ALL SPIRAL UP AGAIN.
BECAUSE IT GOES ON AND ON

GRIND2

IF ANYONE LOOKED AT ME. I WANT TO LOOK BEAUTIFUL
AND SERENE. RAISED ALMOST FLOATING, LIKE A
BUDDHIST GODDESS. SERENE, IMPENETRABLE.
IN THEIR OWN REALM
DETACHED
NO VULNERABILITY
ENLIGHTENED

K IS DRAWING A MANDALA

UP AND DOWN WITH THE AIR, INHALATION (UP)
EXHALATION (DOWN) BUT ALWAYS FLOATING JUST ABOVE
THE GROUND/THE MUNDANE.

FOR COMMON MORTALS IT IS JUST THE DAILY GRIND TO
GET ON WITH.

SCRAPE 2

MOUNTAINS AND MOUNTAINS OF SNOWY PEAKS CLIMBING
SO HIGH, THE POWDER HAS BEEN LEAVING MY BOWL.

I WANT TO MOULD THE POWDER. SNOW-COCAINE - HIGH UP.

ROUND 3

GRIND

RELAXED, CHILLED OUT

SOFT, GENTLE, GENTLE

BIG YAWN

PERFECTLY WHITE

SOFT LIKE A SOFT WARM BED IN A QUIET ROOM

THE BLACK BITS ARE ALL IN MY PAST - A MIASMATIC
TAINT.

MESMERISED

SELF-HYPNOTISED

BY THE MOVEMENT ROUND AND ROUND

SUDDEN NEEDLE LIKE PAIN JUST TO THE RIGHT OF THE
UMBILICUS.

UMBILICUS FEELS TENDER TOO.

SCRAPE

THERE ARE BITS YOU CAN'T GET - THEY FLOAT HIGHER
THAN THE REST
ON TOP OF THE WORLD

GRIND 2

MINIMUM IMPACT. ITS GONE REALLY QUIET IN THE ROOM
NOW.

ITS PERFECT, SERENE, ALL KNOWING, JUST NEEDS A BIT OF
ATTENTION.

LIFE ELIXIR - THE PHILOSOPHERS STONE ULTIMATE
ETERNITY.
ENLIGHTENMENT

DRAWING OF HAND WITH AN EYE IN THE PALM

STUPAS IN NEPAL WITH THE "EYE" - ALL SEEING. BUT
DETACHED AND UNMOVED, EMOTIONLESS.

SCRAPE 2

TASK ACCOMPLISHED
JOB WELL DONE

NB I DON'T NORMALLY HAVE FEELINGS OF SELF DISGUST.

PROVER 8

GRIND 1

SENSE OF PEACEFULNESS
INWARD LOOKING
TRUSTING IN THE UNIVERSE

SCRAPE 1

INDIVIDUALITY - FOCUS ON MYSELF NOT MUCH INTEREST
ON WHAT IS GOING ON OUTSIDE MY "BUBBLE"

PRECISE, DEDICATED

HUSTLING SOUND OF SCRAPING - LIKE BEES IN THE HIVE/
BUSY BEES/ WORKING BEES

GRIND 2

ODD SMELL AGAIN - I CANT QUITE DESCRIBE IT, BUT ITS NOT
PLEASANT.

HARDSHIP-GRINDING IS BECOMING MORE LABORIOUS.
INWARD LOOKING - AT MY OWN LIFE. ITS ALL ABOUT ME.

THE LITTLE BLACK DOT AMONGST PURE WHITE POWDER/
REPRESENTATION ME IN THE BIG OCEAN, BEING EATEN BY
THE WAVES.

BATTERED

RESURFACING EVERY NOW AND THEN FOR BREATH

SCRAPE 2

IT BECOMES EASIER TO FIND THE EASIEST/BEST WAY TO
SCRAPE - MOST EFFICIENT WAY AND LEAST LABORIOUS.
JUST LIKE IN THE OCEAN, SURFING THE WAVES - THE MORE
PRACTICE YOU PUT IN THE BETTER JOY YOU 'LL GET. IS IT
BEING TOO/OVERLY CONFIDENT? THERE IS A FINE LINE

CONFIDENT/COCKY

BE CONFIDENT AND HUMBLE.

ROUND 2

GRIND 1

DON'T TRY TO DO IT PERFECT, JUST LET IT FLOW/DO ITS
THING (WHEN START GRINDING-POWDER GOES
EVERYWHERE AND NOT IN A SPECIFIC WAY -JUST ALWAYS

IN THE GROOVE/CORNERS AND UP THE TOP, NOTHING STAYS IN THE MIDDLE

BE PATIENT

DONT WORRY ABOUT THE DETAIL. LOOK AT THE BIGGER PICTURE

BUT - THE DETAIL IS IMPORTANT (ESP IN HOMOEOPATHY!!!!)

I THINK THIS IS MY OWN PROCESS, STILL FINDING MYSELF - THE AUTHENTIC TRUE SELF, ON A JOURNEY OF DISCOVERY. AM I WRITING TOO MUCH AND NOT GRINDING ENOUGH. IS THERE ENOUGH TIME FOR BOTH.

SCRAPE 1

I CAN BECOME VERY EFFICIENT WHEN NOT PROCRASTINATING OR TAKING TOO LONG.

ITCH - EVERY NOW AND AGAIN. NOWHERE NEAR ENOUGH AS PREVIOUS ROUNDS

GRIND 2

IM STARTING TO GET IT - AT FIRST I THOUGHT ITS ALL ABOUT GRINDING - GRINDING ACTION IS SO IMPORTANT FOR THE SUBSTANCE TO SHOW ITSELF - BUT THAT ALONE ISNT IT. ITS THE COMBINATION OF GRINDING, NOTICING, NOTING DOWN. BEING AWARE.

IT FEELS LIKE THERE IS ALL THE TIME IN THE WORLD.

I M LOST IN MY OWN WORLD.

SCRAPE 2

DISTRACTED - IN MY OWN WORLD REALISING HOW IN THE MOMENT TO BE PRESENT IS IMPORTANT.

BE PRESENT

ROUND 3

IM IN THIS ON MY OWN. ITS MY PATH, NOBODY ELSE'S.
HIGHER PURPOSE IN/OF LIFE. GOING DEEPER IN, FEELING
CONNECTED. NONE OF THE LITTLE DETAILS MATTER. IF A
LITTLE BIT OF POWDER SPILLS -ITS NOT A MAJOR ISSUE
NO NEED TO SCALE DOWN. ITS WHATS LEFT THAT
COUNTS!

SCRAPE1

COLLECTIVE CONSCIOUSNESS COMES TO MIND - IT SEEMS
THAT WE ARE ALL CONNECTED IN HERE AT THIS MOMENT.

GRIND 2

TIME DOESN'T SEEM IMPORTANT ANYMORE.....ITS
IRRELEVANT . IT S LIKE EVERYTHING IS WHERE IT IS
MEANT TO BE, AT THIS POINT, IN THIS MOMENT.
QUIETNESS - CONNECTEDNESS-ONENESS.

FOCUS ON GRINDING NOTHING ELSE

SCRAPE 2

TIME IS FLYING!
DOES IT MATTER? NO
MAYBE THERE IS A MESSAGE HERE.....
DONT WORRY ABOUT THE TIME
IT IS IRRELEVANT
WHAT NEEDS TO HAPPEN WILL.....
IN ITS OWN TIME

I'M ENJOYING EVERY MOMENT

IN MY OWN WORLD, BUT FEELING CONNECTED.

THINKING OF OTHER SUBSTANCES- WHETHER THEY HAVE BEEN PROVEN. HOW INCREDIBLE THIS EXPERIENCE IS AND HOW I DONT WANT IT TO END. SO TO FIND SOMETHING THAT HASNT BEEN TRITURATED YET THAT WOULD BE AMAZING - TO REPEAT THIS PROCESS.

PROVER 7

JOY. WARMTH-HEAT

ITCHY SCALP FRONT

BACK FORTH MOVEMENT

BAD POSTURE

ENERGY FEELS CLOSER.

HARD PRESSURE CENTRE RIGHT BROW FOREHEAD.

ITCH - RIGHT WRIST/ TOP OF ARM

DESIRE TO DRAW

DOWNWARD, PRESSING, LONG MOVEMENTS , MORE PLEASING. ITCH TOP (LEFT, FRONT) HEAD. TIGHTNESS LEFT KNEE.

+ ONENESS - UNITY

THIS REMEDY COULD BE TO MOVE US FORWARD IN OUT TIME OF CONSCIOUSNESS.

PURITY
WISDOM

DEEP LOVE, ONENESS, LIKE A DRUG

CERTAINTY - GLAD TO BE OFFERED COLOURS BLUE/PINK/
YELLOW

SCRAPE 1

UNCERTAINTY

SELF CONSCIOUS - NEEDS PEACE AND PRIVACY TO DRAW.

ETHERIC FULLNESS ENERGY IN THROAT. ONENESS.

CLEAR THROAT.

TIGHTNESS LEFT KNEE AND TOP LEFT SHOULDER.

GRIND 2

DROPPING PEN

TIGHTNESS LEFT JAW

+ DRAW/COLOUR BUT SELF CONSCIOUS

ITCH RIGHT NECK

HEADACHE RIGHT TOP FOREHEAD. SELF CONSCIOUS OF
NOISE OF FELT PEN

PICTURE NOT AT ALL WHAT I WANTED TO DO - SELF
CONSCIOUS

PARANOID

SCRAPE 2

CLEAR THROAT

ITCHY UNDER RIGHT EYE

DEEP BREATHE OUT NOSE

TIGHT RIGHT SCAPULA > BENDING RIGHT TWIST

TIGHTNESS UPPER LEFT ARM

ITCHY BOTTOM

ROOM SEEMS DARK. DESK SEEMS BRIGHT

ROTATING SCAPULA - BEST FORWARD/BACKWARD
MOVEMENT

TIGHT LEFT KNEE

SENSITIVE TO SMELL (FLOWERS)

ITCHY LEFT CHEEK.

COMFORTABLE IN BODY.

TIGHT LEFT KNEE.

ITCHY RIGHT NECK AND INNER BROW.

SEEMS AS IF BACK HOME IN REALM - IN UNIVERSE.

ONENESS

INFINITE HOME

LOVE

ALLOWING L TURNS OF BOWL

TONGUE OUT RIGHT

CONNECTION - JOY-DEEP OUT BREATH

ITCHY NOSE

IMPATIENCE

SLOUCHED

LACK PRECISION

DEEP OUT BREATH

ERRATIC IMPRECISE MOVEMENTS

+COFFEE

+LAUGHTER

+NO MASKS

SICK OF SOCIETY OF MASKS

ITCHY TOP RIGHT HEAD/NOSE

DEEP OUT BREATH - NOSE

PEACE

SENSE OF ALL IS WELL/ ALL TAKEN CARE OF

NO WORRIES

ABUNDANCE

THIS CAN HELP ALLEVIATE THE SUFFERING OF THE KALI
AGE
+COFFEE
ITCHY HEAD
> RIGHT HAND ON ABDOMEN AND SITTING SLUMPED BACK
IN CHAIR
MESSY CANT GET SUBSTANCE OFF SPATCHULA
ITCHY BACK OF NECK
LOVE, LIFE IS AN ILLUSION
FEARLESS/INTROSPECTIVE
> LEANING FORWARD
CIRCULAR PATTERN IS PLEASING
DOWNWARD MOTIONS. SLOW - DOSY-PEACE
QUIETNESS
PAIN/ACHE-BACK OF NECK
CHECK CLOCK
IMPATIENT
BITE LOWER LEFT LIP
INDIFFERENT
ITCHY LEFT CHEEK
STRETCH /MOVE HEAD SIDE TO SIDE
REPRESSED YAWN CLEARS EARS
R2 SCRAPE 2
LAST ONE TO START
HURRIED
LONG SIDEWAYS SCRAPES
ITCHY BACK OF HEAD
+PAT/FLATTEN THE SUBSTANCE
SELF CONSCIOUS - SUN (DRAWN IN YELLOW)
IMPATIENT, DON'T WANT TO BE PRECISE
R3 GRIND1
DYNAMIC. LIGHT.
TIGHT RIGHT UPPER SIDE ABDOMEN
LEFT ITCH EYELID AND NECK SIDE
SENSE OF SELF ASSUREDNESS
CHANGE HANDS L BETTER ON NON DOMINANT SIDE.
SENSE OF PEACE AND DEPTH
AWARE IF PERIPHERAL VISION RIGHT

R3 SCRAPE1

> DEEP INBREATH

PUT THE COLOURS BACK - NOTICED PINK ONE STAINED THE
SCRAPER. I DON'T MIND.

WHITE REMAINS - POT, PAPER, THE SUBSTANCE
INCARNATING GROUNDING INTO BODY.

LEFT INNER KNEE ITCH

I DONT LIKE THE SCRAPE MARKS ON BOWL - WORK IT
AROUND TO SMOOTH SURFACE

R3 GRIND 2

ITCHY INNER RIGHT KNEE

HANDS SWAP RIGHT TO LEFT. ANTICLOCKWISE BOWL
MOVEMENT

ROOM QUIET, OVERLY AWARE - PERIPHERAL VISION RIGHT
TONGUE ITCHY AT POINT R >BITING IT

SELF ASSURED/AWARE

IRRITATED AT THOUGHT OF SOMEONE INFLUENCING MY
DAUGHTER.

R3 SCRAPE 2

>USING NON DOMINANT SIDE

SENSE OF DEPTH AND PEACE

FORMATION OF MOUND

PAINTING CIRCULAR SHAPES

NOTE THE LAST 10 DAYS I'VE HAD DEEP SLEEPS. (NOT
FATIGUE) - THE DEPTH CARRIED THROUGH EACH DAY)

PROVER 4

ROUND 1 GRIND 1

PROTECTION AMULET

USEFUL FOR

ASTHMA, BREATHING DIFFICULTIES, ECZEMA, HEALING
THE SOUL, DEPRESSION, SUICIDE, GLANDULAR
CONGESTION.

INFESTATIONS EQ HEAD LICE/BED BUGS/TIC BITES/
WORMS/ALTITUDE SICKNESS, BIPOLAR, SINUS
CONGESTION, FIBROMYALGIA

TUBERCULAR MIASM, LEPROSY MIASM

ROUND 1 GRIND 2

FEELS OLD AND ANCIENT WISDOM

WINDMILLS OF YOUR MIND
ROUND LIKE A CIRCLE IN A SPIRAL
LIKE A WHEEL WITHIN A WHEEL
NEVER ENDING OR BEGINNING.....
IN AN EVER SPINNING WHEEL

SCRAPE 2

DRAWING

JUST DOING IT FOR THE SAKE OF IT NOW BUT AT PEACE
WITH IT TOO.

GRIND 2

NOTHING COMING THROUGH NOW. NO LONGER GOING TO
ASK FOR INFORMATION. WILL JUST PERFORM THE NEXT
SCRAPE AND STOP

PROVER 1

REUNION OF THE SOUL

PRESSURE ON TOP OF HEAD

THE SONG "I LOOK AT LIFE FROM BOTH SIDES NOW"

PEACE OF MIND

ANSWERS TO QUESTIONS ARE COMING SHORTLY!

JOY THE WORD

MUCH LIGHTER IN THE HEART CENTRE. A NEW HEALING
ENERGY IS COMING FROM THE REMEDY.

HELP IS ONLY A QUESTION AWAY.

PERFUME IS BACK

RED ROSES

HEART CENTRE ACTIVATED

