



Ganga Ma

Jen Leighton

GANGA MA

MEDITATION AND DREAM PROVING

Personal Project by Jennifer Leighton, March 2023

River Ganges

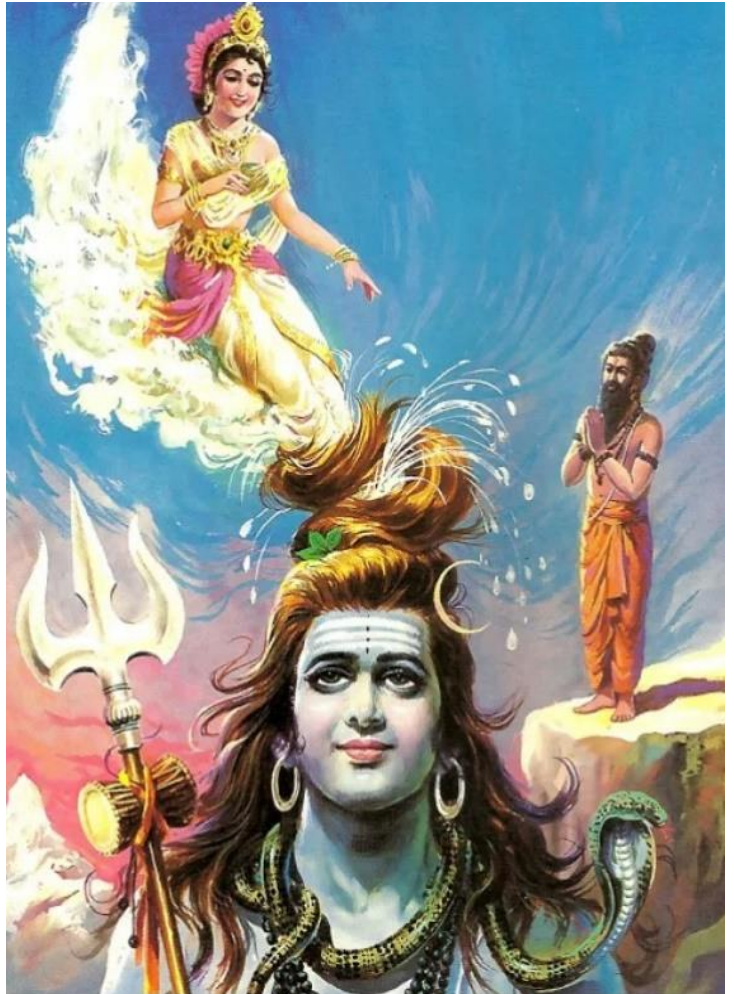
from
deep within
his tawny matted locks
adorned with
a perfect crescent moon,
her epic journey
begins

ancestors belonging
to a great lineage,
cleansed
by her whimsical flow

as millions take
soul-stirring dips
in her crystal-like
icy waters,

they worship her
with melodic hymns,
and decorated lamps
every step of the way

Govind Ramakrishnan





ACKNOWLEDGEMENTS

Firstly I want to acknowledge the part my Father has played in encouraging my interest in my ancestral roots and connection, in leading me to the sources of the Ganges River pilgrimage and the discovery of the Ganga Ma remedy through his insistence to have his ashes scattered to reach the Ganges River. His great love of travel and adventure have influenced me to live in many countries including India and now Wales.

A heartfelt thank you to Linda Gwillim who has been a source of inspiration and support and also for her thinking outside the box, which ultimately led me doing this dynamic Meditation and Dream Proving when the usual trituration process was a no-go!

Thank you to my beautiful provers for their incredible trust and generosity of time and commitment to opening themselves up to Ganga Ma. Without your support and dedication this project could not have happened.

And lastly to my incredible husband, Sam and my wonderful son Giacomo for their unconditional love and support and especially for typing and editing this great project of mine. Thank you so much from the bottom of my heart.

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GLOSSARY

Ganga: Ganges River

Ganga Jal – Ganga Water: Holy water collected from the Ganges River

Ganga Ma – Goddess Ganga: Hindu goddess associated with the Ganges River

Ganga Mata: Mother Ganges

Moksha (Hindu): Release and liberation from Samsara by enlightenment and acceptance of self (soul)

Pottu: Bindi or red dot, 3rd eye placed in the middle of forehead

Puja: Prayers

Samsara (Hindu): The cycle of birth, life, death and rebirth (reincarnation)

Vibhuti: Ash (wood or dry cow dung) usually in 3 horizontal lines across the forehead to signify the temporary nature of the physical body which will one day become ash and also the closeness to Lord Shiva

1. INTRODUCTION - GANGA MA

Immersing myself in this meditative and dream proving of Ganga Ma – the Goddess Ganges, has been part of my spiritual journey and an opportunity to delve into my Hindu roots and find meaning in my identity.

The Ganges River is the most sacred female river in Hindu tradition. The river is the literal body of the Goddess Ganga – Divine Mother – Ganga Ma or Ganga Mata, a deity who descended to Earth to purify souls on their endless Samara (cycle of death and rebirth) to eventually achieve Moksha (release and liberation from Samsara by enlightenment and acceptance of self – soul).

Ganga Ma represents purification and forgiveness of sins, rebirth and re-awakening, renewal, unconditional love to everyone, fertility and cleansing of the soul.

Being immersed in the Ganges River is thought to represent “going back to the womb”.

Ganga Ma is believed to have incredible healing powers along with the ability to wash away bad karma and remove impurities from several lifetimes. This is the motivation for Hindu’s to make pilgrimages to the banks of the Ganges River and their reverence for Ganga Water (Ganga Jal).

Ganga Ma recreates and creates family life: women give birth after pregnancy and men re-birth to their ancestors at death.

According to Hindu beliefs, when a father dies, by the sinking of flowers and the ashes of the deceased Father into the Ganges River, the first-born son recreates the family line and gives the deceased parent the opportunity to be reborn as an ancestor from the womb of Ma Ganga. After a cleansing bath in the river, the son is reborn as the new head of the family.

Death regenerates family life through these rituals. Ma Ganga is considered not only the source of life, but also an important link to the afterlife.

My brother performed these rituals for my father when he died. As requested by my father, my brother scattered my father’s ashes in the Swan River and Indian Ocean near where we lived in Perth, Australia, so that one day they would connect with the Ganges River and allow him to continue his Hindu spiritual journey to achieve Moksha.



The Ganges River – Ganga Ma, travels from high in the Himalayas at its source at the Gangotri Glacier all the way to the Bay of Bengal, 2525km away.



Aarti – prayers on the banks of the Ganges River at sunset – 6pm to 7pm every day. Saffron robes connote religious celebration.

2. SYNCHRONICITY

Synchronicity is defined as the occurrence of meaningful coincidences that seem to have no cause – there is unity in diversity (Carl Jung). Synchronistic experiences leave us with a curious sense that we should pay attention. This is very homoeopathic.

* * *

I have always been interested in my ancestral roots and identity. My heritage is very rich and diverse from having a Jamaican mother, a Sri Lankan/Malaysian father, and starting my life in London, England.

I was only 7 months old when we emigrated from England to Malaysia and met my Hindu relatives on my father's side of the family. My Father was a great favourite being the youngest son of eight children and having become a successful doctor and orthopaedic surgeon.

As my mother was Jamaican, we always spoke English at home and Malay to people helping around the house. My father's family all spoke Tamil. My cousins all learned Sanskrit and practiced Hinduism, whilst I was brought up as a Christian following the Church of England.

My sense of family and community was very strong as we gathered every weekend at my grandmother's (Achi's) house and met with all our cousins and their families and did everything together. It was a special time full of colour, rituals and pujas (prayers) which was fascinating to a young girl. I was always in trouble for sneaking into the Puja Room to rearrange the flowers and incense on all the beautiful Gods and Goddesses, and play with the red and yellow powders for Pottu, also known as Bindi (red dot in the middle of the forehead) and Vibhuti (holy ash) usually three lines horizontally across the brow.

When I was 8½ years old in 1970, my family immigrated to Perth, Australia. It was a great upheaval in my life, severing connections to our family community and my sense of identity of who I was and where I fitted in. I really felt this deep sense of loss. It was a time in Australia nearing the end of the White Australia Policy (1901 to 1975) which aimed to limit the non-white (particularly Asian) immigration to Australia and keep Australia British.

Over time we integrated into the Australian way of life, but always in the back of my mind was a pervading sense of "Who am I?" and "Where do I belong?".

In 2003, soon after the birth of our fourth child, we had the opportunity to go and live in Chennai, in south-east India. This was an adventure I embraced as it meant a reconnection and possibility to delve deeper into my Hindu roots and better understand my father's side of the family.

Before my father died, after battling cancer for 6 years, he insisted that he be cremated and his ashes be scattered in the river and sea to one day arrive at the source of the Ganges River so he could receive absolution and eventually arise to the after-life and achieve Moksha (similar to Nirvana in Buddhism) – to be released from the cycle of death and rebirth.

This insistence on my Father's part, as well as the beautiful rituals performed at and after my Father's funeral ignited my fascination to find the mystical source of the Ganges River. This galvanised me to organise a family pilgrimage to the source of the Ganges River in October 2006.

On the 20th April 2022 at the Welsh School of Homoeopathy, it was my 3rd Year's group weekend with Linda Gwillim, and she introduced the topic of our Personal Projects for our 4th Year. I had no idea what I wanted to do. I was feeling nervous as my fellow Witches, as we call ourselves, seemed to have a more positive idea of what they were going to do.

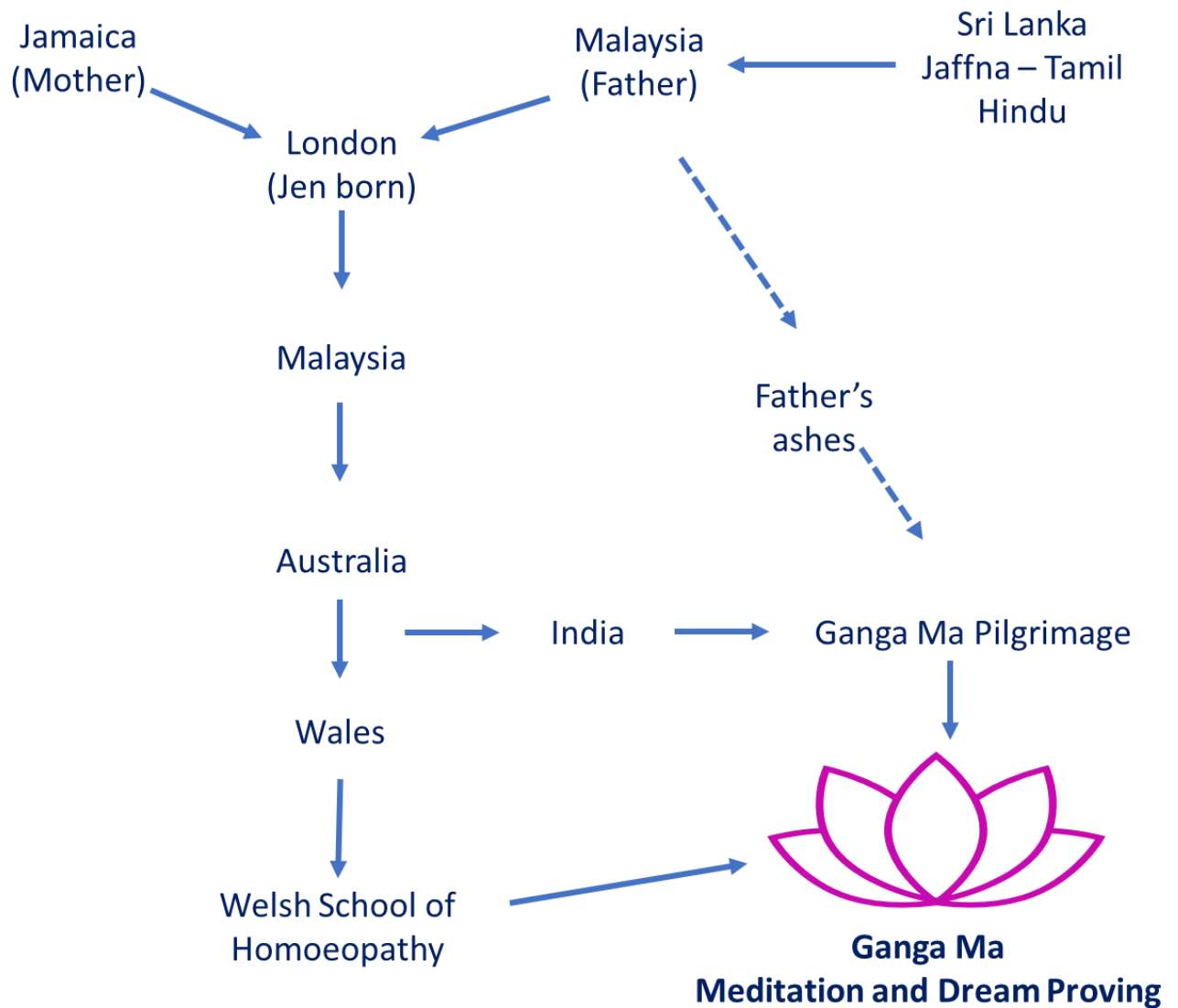
During lunch some of us raised the idea of a road trip together to Glastonbury. I asked "Why there and what is so special about Glastonbury?". Here comes the synchronicity again – the deeply meaningful coincidences which mysteriously occur in your life!

Apart from its fame for the Glastonbury Music Festival, Glastonbury is a mystical place for its history of spiritual pilgrimage, magical healing energies and sacred sites, it's worship of the sacred feminine and being the Heart Chakra of the planet Earth. It also has a sacred Chalice Well which has healing waters.

And just like that, I felt immediately excited and remembered my water sample from the sacred River Ganges collected from its source at the Gangotri Glacier. I felt instant excitement and vibrational energy throughout my body and this has continued ever since as I work on my Ganga Ma project. This feels right and meant to be! This is my spiritual journey with Ganga Ma.

Interestingly, once I made the decision to do a proving of Ganga Ma and allowed it into my, many coincidental things started occurring. A close friend suddenly decided to do a pilgrimage to the Source of the Ganges River. I met a man in our choir in Carmarthen, Wales who had also been to the Source of the Ganges River in Gangotri and met a Sadhu who invited him to stay for a month in his cave at Tapovan beside the Gangotri Glacier at the foot of Mount Shivaling. This is the mountain plateau where we had camped back in 2006.

SYNCHRONICITY



3. GANGA MA - THE GODDESS

The Ganga River represents the descent of Ganga Ma the Goddess down to Earth from the heavens.

The ruler of Ayodhya, King Sagara was performing the Ashvamedha Yaga sacrifice ritual of his horse.

This is an ancient Vedic ritual used by Indian Kings to prove their imperial sovereignty. A horse is released and allowed to wander unchallenged for a year accompanied by the King's warriors. After one year, if no enemy kills or capture the horse, it would be guided back to the King and sacrificed. The King would then be declared the undisputed sovereign.

King Sagara's horse had been sent around the earth 99 times and returned to his kingdom unchallenged.

Indra, the King of the Gods, in an act of jealousy, kidnapped and hid the horse in the hermitage of Kapila Mui before the 100th sacrifice could be completed.

King Sagara sent his 60,000 sons to search for the precious horse. The sons of King Sagara searched the whole Earth but could not find the horse. In the process they left a trail of destruction in their wake.

They came upon Sage Kapila (the grandson of Brahma – creator of the Universe) who was deep in meditation. When they saw the horse tethered nearby, they assumed the Sage had stolen the horse. The Princes accused and attacked the sage calling him a thief. Enraged, Sage Kapila Muni burned the 60,000 Princes to ashes with his powerful Third Eye.

When the Princes did not return, King Sagara sent his kind beloved grandson, Amsuman to find his uncles and the horse.

After some time, Amsuman found the horse standing near a meditating sage. Amsuman respectfully saluted the sage and asked if he had seen his uncles. The powerful sage explained that the 60,000 Princes has been insolent and disrespectful and so he had consumed them with the fire of his penances

“Do not grieve for them Amsuman, they met with what they deserved!”

Amsuman asked, “But do they deserve to suffer in hell (naraka) too? Is there no way for them to enter heaven (svarga loka)?”.

The sage advised him that Ganga Ma in all her purity needed to be brought down from Heaven and if she touched the ashes, all the uncles would be absolved and purified and go to Heaven.

Eventually one of Amsuman's descendants, Bhagiratha after years of penance and meditation to Lord Brahma was granted his wish to allow Ganga Ma to flow down to Earth from Heaven and deliver the souls of his ancestors.

But Lord Brahma warned that Ganga Ma (his daughter) would be too powerful a force for the earth to sustain and that only Lord Shiva could withstand her.

So Bhagiratha performed penances and prayed to Lord Shiva to help receive the force of Ganga Ma as she descended to Earth.

Lord Shiva cushioned and minimised the impact of Ganga Ma's fall in his long matted locks of hair. As he gently released Ganga Ma from his hair, she formed different tributaries with the Bhagiratha River of Ganga Ma being the main source at Gangotri, flowing from the glacier at Gaumukh all the way to the Bay of Bengal, 2,525km away.



The ashes of King Sagara's sons were all redeemed and rose to heaven.

Ganga Ma become further purified by her contact with Lord Shiva's sacred head and people came from everywhere to cleanse themselves and seek forgiveness of all their sins.

Interestingly, Bhagiratha's penance and the descent of Ganga Ma are portrayed in stone at the Pallava heritage site in Mahabalipuram near Chennai, just down the road from where we lived. It is a UNESCO World Heritage Site.

4. MYSTERY OF GANGA WATER (GANGA JAL) - PURITY AND HEALING

The waters of Ganga Ma have been revered for centuries for its self-cleansing and special healing properties. Ganga Water (Ganga Jal) is believed to possess magical properties that ensure it doesn't spoil even when stored for years.

Chandra Shekhar Nautiyal (Director of National Botanical Research Institute, Lucknow) has found that Ganga water retains its self-purification characteristics even in 16 year old samples due to its very high levels of oxygen which give it the unique property to be able to stay fresh over a very long period of time. He found that the water is soft and contains high levels of sulphur.

In 1896, Ernst Hankin, a British bacteriologist demonstrated the antibacterial properties of Ganges water against cholera. Later, in the beginning of the 20th century, D'Herelles, a French microbiologist established that the antibacterial property of the Ganges River water is due to a factor named "bacteriophage" – "bacteria eater". Ganga water has 20 types of bacteriophages that act on organic matter and bacteria and kills them. These bacteriophages have been reported to fight microorganisms that cause diseases like tuberculosis, pneumonia, cholera and urinary tract infections.

Thus Ganga Ma's reputation for not only purifying the sins and absolving worshippers, but also for her healing qualities.

5. BENEFITS OF GANGA WATER (GANGA JAL)

Ganga water has been used for time immemorial for medicinal and ritualistic purposes including:

- As an elixir for excellent digestion
- For keeping you fit and healthy
- For reducing acidity and stomach disorders
- Taking medicine with Ganga Jal speeds up your recovery
- It is excellent for diabetes, kidney disorders, arthritis, liver, stomach disorders, gastroenteritis, etc
- For treating skin diseases: fungal skin infection, bacterial infection
- It is good for eyes
- It works like an antiseptic
- Ganga water has been reported to completely destroy cholera and dysentery germs within hours
- There is no bacteria in Ganga water – bacteriophages contained in the water prevent bacterial growth

6. WOMEN AND WATER COLLECTION

Ganga Water remains pure, powerful and never spoils, even when bottled for years.

Similar to the Homoeopathy process, one drop of holy Ganga Water, when diluted with ordinary water, will turn the whole amount into pure and holy water. This is how it is easily multiplied and is the key to how women handle small amounts of river water for years. Women prefer to mix Ganga Jal with well water as it is purer and not treated with chemicals like tap water. Once Ganga Water enters pilgrims homes it becomes women's affair."⁽⁵⁾

The preciousness of the water and the exceptionality of the long journey undertaken to get it sharply contrasts with the everydayness, easiness with which women treat the water.

Ganga Water is only shared for very special rituals and events. For example: weddings, baptisms, purification rituals, goddess festivals regarding women's health (menstruation, fertility, birth), death, before religious work and after performing impure daily domestic chores.

Typical uses also include:

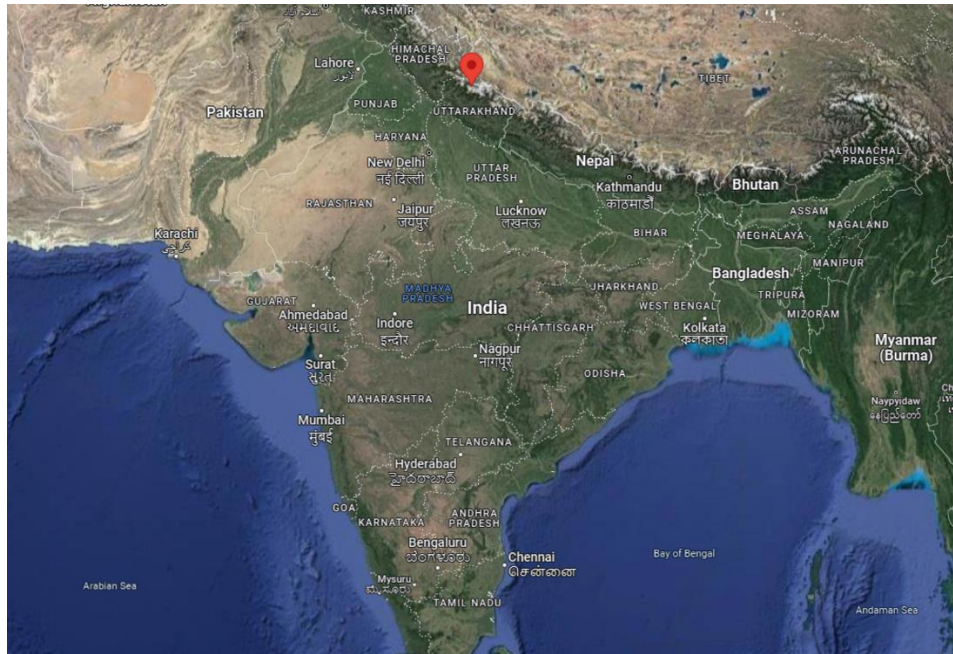
- Expelling evil spirits by sprinkling the house with Ganga Jal
- After 12 days period of grief
- After a long journey
- After any bad event when people want to start anew
- After a wedding
- When finished building a house

At rituals, men are not allowed to carry the terracotta pots of Ganga Jal because the Goddess Ganga Ma is female.



7. SOURCE OF THE GANGES PILGRIMAGE

We started our quest by flying from Chennai in Southeast India, where we were living, to Delhi in north India. We then drove to Rishikesh by car (5 hours).



It was so exciting to get our first glimpse of the Ganges River as it would its way through the Himalayas!



After overnighting in Rishikesh, we proceeded high in the Himalayan mountains to Gangotri, Uttarakhand (8 hours). Altitude 10,055 feet.

We immediately felt how thin the air was and experienced difficulty breathing. We explored around the town to help acclimatise to the high altitude.

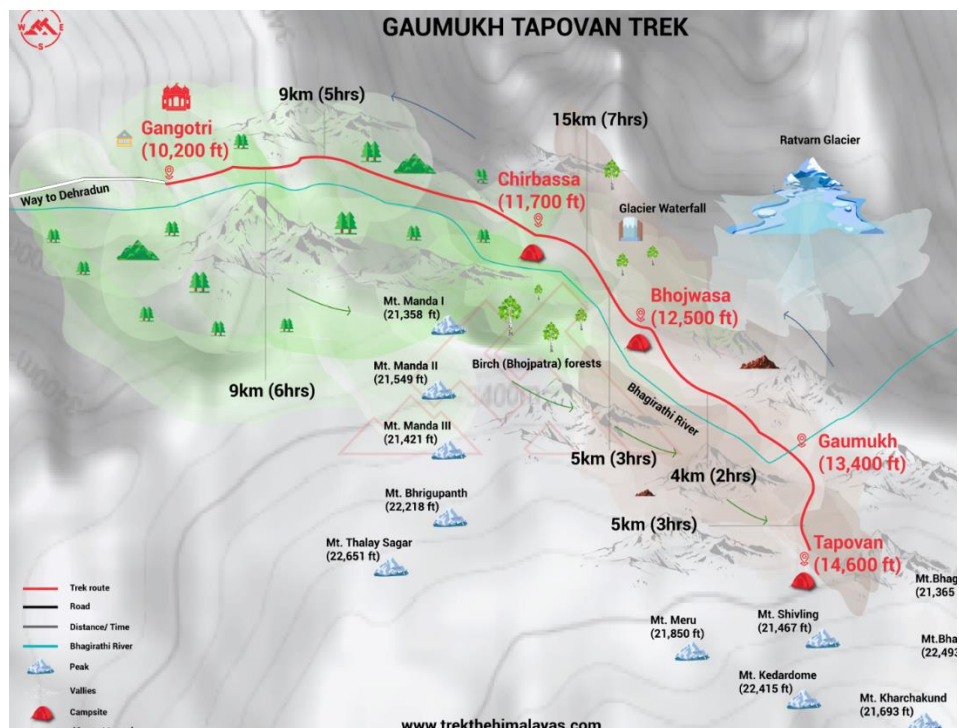
You could feel a strong spiritual energy.



Surya Kund, Gangotri. This historical waterfall landmark was where the Goddess Ganga's sister, Parvanthi, used to take a bath and pay homage to the Sun God. A rainbow is created when the sun shines.



Pilgrimage Route from Gangotri to Tapovan. This is one of the most mystical and beautiful treks in India following the holy Ganges River to its source at the Gangotri Glacier at Gaumukh.



Day 1: Gangotri Temple to Chirbasa (6 hours)

We started our pilgrimage trek at the Gangotri Temple where King Bhagarathi prayed to Lord Shiva to bear the powerful descent of Goddess Ganga. Pilgrims pray here before the start of their pilgrimage.

It was so fascinating to see all the Hindu pilgrims in all their beautiful saris and finery making the pilgrimage. We were dressed in our trekking clothes and boots. The girls and I wore salwar kameez which is a long tunic and trousers with a long shawl. We did not want to offend anyone.

There was a sense of connection, as pilgrims from all over the world come to Ganga Ma and the pilgrimage sites to pray and make homage and collect the sacred water to take back to their hometowns and places of residence to share with their families and friends.



We trekked along the roaring Ganga River passing through dense deodar cedar forests before arriving in Chirbasa where we set up camp. Altitude 11, 761 feet.

Day 2: Chirbasa to Bhojbasa

A short but challenging day comprising steep climbs over landslide prone slips and bends.



We arrived in Bhojbasa in a wide part of the valley to camp with amazing views of Mount Shivling. Altitude 12,450 feet





Day 3: Bhojpasa to Tapovan

Long day with gradual ascents, descents and jagged pathways surrounded by magnificent views of the Bhagarathi Mountains and Mount Shivling. Trail becomes steeper and full of rock boulders. The glaciers rock moraines make the trek challenging.

Difficult steep ascent of scree to reach our magnificent campsite on a large meadow at Tapovan below Mount Shivling. Camp altitude: 14,200 feet.

When we finally clambered up to Tapovan, we were rooted to our spots as we witnessed the incredible sight of Mount Shivling's entirety from its base to its summit.

Majestic and powerful!





Photo: Tapovan camp: Meditational place of the ascetics (Sadhus)

The Sanskrit word Tapovan comes from “tapas” meaning penance, religious mortification, austerity and spiritual practice; and “vana” meaning forest. Tapovan then translates as “forest of austerities or spiritual practice”.

It is so difficult to breath here. Heart racing and the most incredible dreams due to the lack of oxygen. We are really in the realms of the Gods here and you can feel the awesome power and spiritual energy clearly.

There are Sadhus (Jesus like bearded men) who have renounced the world and meditate at Tapovan all year round.

Sadhus are revered by Hindus as representatives of the Gods. They have renounced the worldly life and live for the welfare of all spreading peace and love and live in simplicity and purity.

- Sadhus cover themselves in ash to keep warm
- They are barefoot
- They rely on offerings of food left by pilgrims
- They have a great knowledge of ayurvedic herbs
- They can live to a very old age





Photo: Mount Shivling. 21,466 feet. Named after Lord Shiva

Mount Shivling is the most distinguished mountain situated at the southern bank of the Gangotri Glacier. It is regarded as the largest Shivalinga (symbol of Lord Shiva) and therefore is considered extremely sacred.



Photo: View from Tapovan across the Gangotri Glacier of the Bhagarathi Sisters – three summits in one massif, Bhagarati I, II and III.

Day 4: Tapovan to Gaumukh to Chirbasa (14km, 8½ hours)

We rose early to savour the early sun's rays bathing the surrounding mountains.

We descended back the way we had come across the glaciers rugged terrain and moraine. Gangotri Glacier is nearly 24km long and 6 – 8km wide in the upper reaches. It has retreated some 21km from where the Gangotri Temple lies.



We descended steeply down to Gaumukh, which means “Cow’s Mouth”, which is the terminus or pout of the Gangotri Glacier. This is the source of the Gangotri River! 13, 200 feet.

Gaumukh is huge. It is as high as a 10 story building. Below the opening of the glacier is a cavern where Ganga Ma flows from under the glacier. Absolutely beautiful!



Even as we descended we could feel the excitement and power! You can feel an invisible force pulsing in the river. It is a powerful spiritual energy.



Photo: You can see me in the picture to give you an idea of the immense size of the glacier



Photo: This is where I collected the holy Ganga Ma water (Ganga Jal).

Huge ice floats near Gaumukh as the Gangotri Glacier is constantly creeping forward, calving, with loud cracks and thunderous crashes of huge big chunks of ice. You feel the reverberations of every fall.

It was dangerous but I wanted to collect the water at its most pure, straight out of the Cow's Mouth, so I leapt across rocks to get as close as I could.

Ganga Jal (Ganga water) is often compared to cows milk on account of its purity and cleansing qualities. It is actually more of a green grey viscous colour as it contains glacial rock flour. Only during winter when the glacier stops melting and the river is reduced to a narrow stream does it become absolutely clear.

I collected the holy water in a plastic 1 litre water bottle as it would be safer and easier to carry on our return journey and could be decanted into a more precious and fitting vessel when we got back to Chennai.



I washed my face in the freezing holy water. Bathing the five facial features gives you the façade of wisdom in Garwhalli. The water is absolutely freezing and takes your breath away. Exhilarating! Mesmerising!

So magical. My daughter instinctively and naturally prayed and meditated.



Photo: We made it! Departing Gangotri Glacier with the Bhagarathi Sisters in the background.

We didn't want to leave, but we had a long trek back. Reluctantly from Gaumukh we returned to Chirbasa.

Day 5: Chirbasa to Gangotri (9km, 5 hours)

The last day of our pilgrimage. We say goodbye as the Bhagirathi Mountains fade from view.

It was very humbling and mind blowing to witness the source of the Ganga River, Ganga Ma at Gaumukh. I gained a deeper appreciation of its significance in Indian culture and religion, and my Father's wish to be here on his journey to enter Swarg (Hindu heavenly realm).



Photo: Sun setting on the Bhagarathi Sisters as we depart.

8. MEDITATIVE AND DREAM PROVING PROCESS

Once I had decided to conduct a proving of the Ganga River water that I had collected from the source, at Gaumukh at the terminus of the Gangotri Glacier, the realities set in.

Firstly, how to get my Ganga Jal to Wales from Australia? The Ganga Jal was buried right at the back of our dark medicine cabinet at our farm in Keysbrook, Western Australia.

On our return from our pilgrimage to the Source of the Ganges in 2006, I had carefully decanted the sacred water into a beautiful glass bottle. A month later it was packed into a crate to be transported across the sea by ship to Australia – incidentally it had to cross the Bay of Bengal, where the Ganges River flows into the sea!

Since its arrival to Western Australia in 2006, the sacred water has resided at our farm.

After much deliberation, my eldest son decanted a sample of my Ganga Jal into a medicinal dark brown 250ml bottle. This was for protection against light thereby keeping the Ganga Jal safe if it was photosensitive. A friend of ours then packed it into his suitcase and brought it to Wales by aeroplane.

Secondly, my idea of wanting to do a proper classified Hahnemannian proving was dashed to pieces when Linda Gwillam, my excellent personal project supervisor, pointed out the realities. A trituration was not possible because the substance is a liquid, it is too old (over 17 years since it was collected) and it was not stored properly from the outset meaning it could have been compromised. It could have been contaminated by the initial plastic container used to transport it from the source of the Ganges, to by the rubber stopper or the glass bottle where it has resided all these years.

I felt terribly disappointed and dejected and I thought I would have to rethink my project again!

Then, Linda to the rescue! She mentioned the idea of doing a meditation and dream proving! Immediate excitement was felt! This felt right! An energetic proving!! Yes!

I resonated with this energetic form of proving – “a group consciousness” – to invite the sacred substance into a group of people called to volunteer and experience directly and energetically with this “homoeopathic medicine”.



Again synchronicity played a part. I was worrying and questioning how authentic and respected my proving would be, given it was going to be a meditation and dream proving instead of a well recognised trituration process. I had to travel to London, and I decided to take a book to read. Subconsciously I was drawn to a thin little book that wouldn't take up much room – "Melissa Assilem – Matrimonial Remedies – "Gifts from the Mother". I randomly opened the page, intuitively to page 72 and my answer was there!! Melissa's positive experiences of meditational and dream provings! Was this a gift from Ganga Ma? I had tears in my eyes from the magic of the answer to my deep questioning and anxiety!!

So it was only natural and fitting that I decided to name my special water "Ganga Ma" (Mother Ganges or Goddess Ganga). A Goddess and a Mother at the same time – considered in India to be the perfect Mother, embracing, nourishing, forgiving and offering unconditional love to everyone. I collected this precious water at the very point where Goddess Ganga descended from the realms of the Gods, through Lord Shiva's hair and flowed from the glacier at the foot of Mount Shivaling (which represents and is named after Lord Shiva).

Meditation and Dream Proving Process

I resonated with this energetic and intuitive form of proving which is particularly valuable when, as in my case, the substance is difficult to obtain, or has been potentially contaminated or aged. In this case the container that the water was stored in was potentially inappropriate. In addition the temperature, distances and conditions it was collected or portaged were unacceptable.

Melissa Assilem shared *Matrional Remedies of the Human Family*, page 72, “how much richer the information is from the provers when working as a group”. Or as Sankaran refers: “a group or collective consciousness approach to help understand the sphere of action of a substance – effects of the substance seem to multiply when it is given to a group, rather than to a set of individuals having no contact with each other”. It is the intention of the group that is important.

This is a “dynamic proving” – Jeremy Sherr, “Dynamic Proving – The Dynamics and Methodology of Homoeopathic Provings”.

Melissa Assilem also shared that there was no need to ingest the remedy, it could be proved in a quicker time frame, especially when running a busy practice and that the results are on point and sometimes even clearer and better. Also, sometimes the remedy is not attainable or can't be used or it is inconvenient to ingest.

Madeline Evan introduced this meditation and dream proving form of proving and I was guided by her process and with the supervision and help of Linda Gwillim.

Meditation Proving

Firstly, I put out a request for 12 people to be called to volunteer. At no point was the substance identity revealed to the group. I received many positive responses but due to various personal and health reasons, I ended up with a group of 9 females including myself and Linda Gwillim.

The date of 29th October 2022 was set for the Meditation Proving at the Welsh School of Homoeopathy in Carmarthen.

The room was prepared for warmth, comfort and peacefulness. Cushions, blankets and beanbags were provided. The room was prepared by smudging with white sages and every participant was also smudged to have a clean and positive energy in the room.

We all gathered and sat in a meditative circle. The substance was placed serendipitously in the middle of the circle hidden in a little bag and a lamp with a candle burning was placed in the centre as well.

We started by sharing what had drawn us individually to participate in the proving and any symptoms, physical or mental, that had come up as well as what they were feeling right at that moment.

Symptoms and Themes Before Proving

- Time/ day confusion	1,2,3,4,5,6,7,8
- Heart racing	1,2,4,5,6,7,11
- Hot/ Hot flushes/ sweaty	1,2,4,5,6
- Menstruation/ heavy	1,2,3,4,11
- White sage	1,3,4,5,8
- Excited	1,2,5,7
- Dreams (non-dreamers were also having dreams)	2,3,7,8
- Emotional (crying)	3,5,8
- Love/ connected	1,8
- Sweaty palms	2
- Menopausal sensation	1,11
- Warmth chest upper	4
- Heaviness	8
- Disturbed sleep	8
- Good sleep	5
- Fragile	6
- Grateful	1
- Vagina throbbing	1
- Bee/ Wasp sting	8
- Song (Total Eclipse of The Heart)	11
- Pulsating and vibrating	1

I then introduced what the meditation proving would entail. Linda then invited the substance into the room and led us into the meditation by relaxing our bodies and increasing our awareness of our breathing. The meditation lasted approximately 1 hour.

Madeline Evans – the resulting remedy pictures that are elucidated by this meditation method are as clear and as accurate as those arrived at by conventional provings.

Each prover had been provided with a little book to record all their findings and a collection of pens and colour pencils, crayons and paints were provided.

Interestingly 6 out of the 9 provers chose purple pens to write their findings. Purple is the colour of the crown chakra and in the traditional Hindu sense, purple symbolises future, dreams, inspiration, compassion, spiritual enlightenment and psychic ability.

After the meditation proving, findings were discussed as well as how individual provers were feeling in themselves. The substance was still not revealed.

Symptoms and Themes After Meditation Proving

- Purple colour pens	6 out of 9
- Glistening/ Light darkness	3,5,7,11
- Throat – constriction/ tingling	3,4,5,7
- Darkness	3,4,7,11
- Throbbing/ pulsating	1,5,7,11
- Image of mother	3,4,7
- Breath shortness	3,5,7
- Pelvic sensations	1,7,7
- Size distortion	4,11
- Heart	4,11
- Ritual	3,11
- High/ Mountain/ Snow	3,7
- Cave	3,11
- Colours	3,11
- Animals	3, 6
- Saliva – excess	2,6
- Drowsy/ sleepy	1,3
- Man with beard/ Jesus	3,6
- Touch – Irritation fabric	4,5
- Blood	3,4
- Wind	4,5
- Time/ matter	4,11
- Nausea	4,5
- Sceptre	6,3
- Temperature - Icy cold	5
- Menstruation	3
- Bladder – Pressure	5
- Chest – crushing	5
- Drum beat/ Heartbeat	11
- Flow – rivers of blood	3
- Desert	5
- Womb	3

Conclusion of Meditation Proving

- General Feeling of calm, peaceful, tired, relaxed, healed, heavy

Dream Proving

Before each prover left they were given a little brown 5ml bottle containing the mystery substance, that I had prepared beforehand, to accompany their booklet to record their findings. The provers were told to place the little bottle under their pillows and invite the remedy into their dreams. They were warned that sharing their bed could effect anyone else sleeping with them and it would be encouraged to their findings as well at the back of the booklet. The booklet should be placed next to the bed for ease of jotting down findings if the provers awoke in the night.

Two nights before the provings, I had a very insistent dream that my provers and I should not eat beef or red meat before the proving or during the meditation and dream proving. It was a very strong and insistent intuition. So all my provers ate only vegetarian. My provers were also advised not to drink alcohol or watch television or listen to heavy music that might disrupt their calm energy flow to the substance.

At no time was the substance to be ingested and it was to be put in a safe place until the “reveal” at a later date. All findings were to be recorded in the booklet and then posted to me at the end of the week.

At the end of the week provers were recommended to thank the substance and ask it to leave.

Each prover was allocated a number so that their findings would remain anonymous and confidential.



9. MEDITATION PROVING - THEMES AND FINDINGS

MIND

Delusions

Peaceful, contented	2,2,8,11
Free, open welcoming	2,7,8,8,8,11
Lightness, lightening of heavy load	1,2,7,8
Floating	1,2
Rocked	1,
Flowing	1,
borne along in fast flow	1,
Happy, at ease, in sync	4,8,8
Cosy	1,
Not waiting to move	1,
Relaxed, comfortable in body	1,8
Weightiness, heaviness	1,11,11

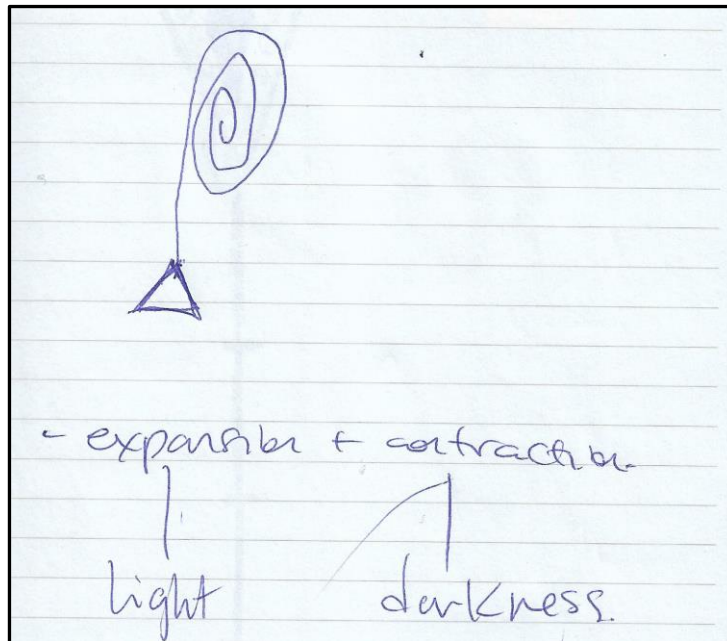
Spiritual

Ancient people	11,
Ancestral resonance	2,2,3,11
Absolution of sin	2,
Wholeness	2,
Visions of priest, religious people	2,
Connection, roots	3,
Medicine woman	3,
Spiritual quest	2,2
Sacred	2,
Purification	2,
New beginning	2,
Elevated, physical body irrelevant	8,
Oneness	2,8
Openness	2,8,11
Sharing	2,11
Generosity, you must give and receive (both)	2,11
Ritual taking place	11,
Feel safe, confident in self	8,11
Path - walk the path	3,
Path - clear the path	3,
Healing hands	3,
Feel bound to Earth and body, but want to journey out spiritually	4,

Contrasts

Expansion and contraction - light and darkness

3,



Alternating light and dark as though a cloud passing creating a shadow in light

7,

Voice - come into the darkness

3,

Darkness

11,11,11

Mother, grandmother, daughter

Image of Mum

4,7

Emotional feelings of my late Mum

7,

Grandmother

11,11,11

Lessons passed from older women to younger ones

11,

Elders

11,

Daughter (who just died) dream recollection

2,

Healing

Healing hands

3,

Bones/minerals broken but then healed

3,

Death

Peaceful transition to death

2,

Feel safe and confident in self

8,11

Failing

Fear of failing - not got anything to write down

4,

No matter what difficulties lie ahead, you can do this

2,

Don't give up

2,

Grief, absolution

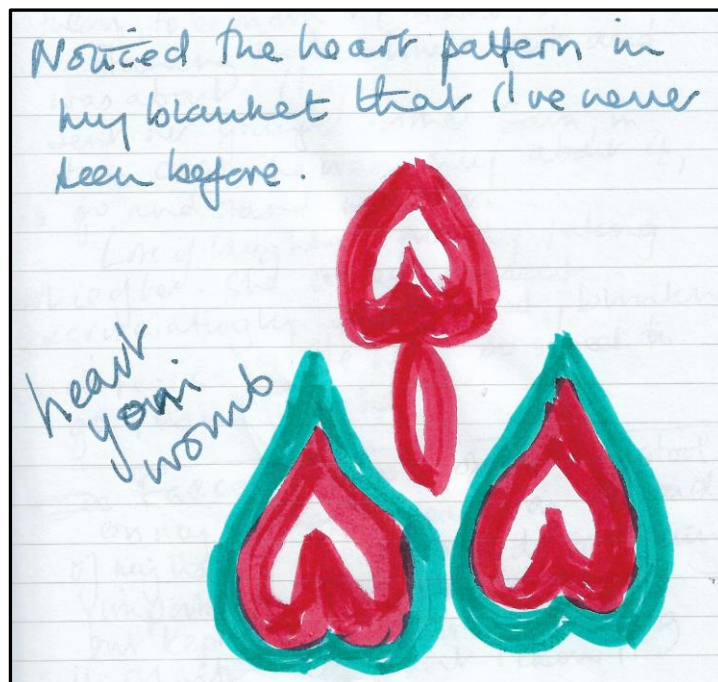
Washing away old grief, shame, guilt, responsibility	2,11
Trapped grief, old grief	2,11
Emotions that are hard to move on	11,
Needing to let go	7,8
Loosening up	7,
Letting go of inhibitions	8,

Excitement

Excitement	2,
Anticipatory anxiety	2,
Writing faster, no control	5,
Panicked, desire to run away	5,
Desire to escape followed by calming	5,

Heart

Opening in the dark with fire	2,4
"All is well" opening to the remedy	4,
Heart your womb (image below)	4,



Feeling grateful in my heart	8,
Lightness and space in heart	11,11
Awareness of heart beat, like a drum, drumskin, animal skin	11,11
Heart pulled from fire and held aloft	11,
People eating the heart, passing it around, blood, meat, iron	11,
People worshipping heart	11,
Red heart	11,11
Be courageous in your heart	2,
The heart is the teacher	11,
Hard heart melted in fire becomes beautiful like jewellery melted in heat	11,

Mountain

Mountain

3,3,2

Image of pine trees, river running through valley, mountains with cave at top, sun shining behind

3,

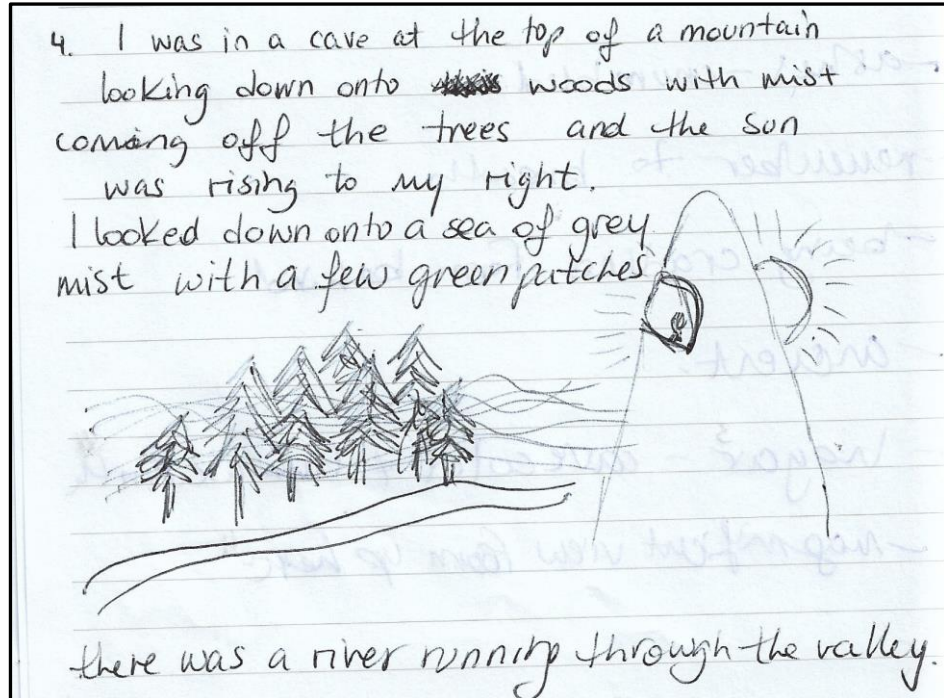


Image of mountain



3,

Snow clad mountains

2,

Snow covered mountains and bright sunlight

7,

High - Clouds

Playfulness of mind, flying out and up high in the grey clouds

4,

High - magnificent view from up here

2,2,3,3,4,4

Become part of the sky

2,

Cave

In a cave - crystals and shards

3,

In a cave - white light inside

3,

A "safe" in wall of cave

11,

Water in the cave

11,

Wind

Excited by windows rattling

1,2

Noticed the wind picking up, playful, swirling around me, beckoning me out of the window and out of my body

4,

Swirling cool breeze around head and chest (figure 8 - infinity shape)

5,



Photo: Strong similarities between the image drawn by Prover 3 and the actual Ganga River valley we hiked up to reach Gaumukh.

Time - Confusion and Distortion

Image of white rabbit in Alice in Wonderland	4,
Time doesn't matter	2,4,4
Out of time	4,
Here and now	8,
The material is solidified time	11,
Long time condensed into matter everlasting	11,

Size distortion

Sensation like Alice in Wonderland - enormous and squashed into a doll sized room	4,
Image of Mum - regular sized head, but tiny body, compressed about 1 foot tall	4,
Legs - very long, like noodles, soft	11,

Body position

Changing position to left side - all pains stopped	5,
Restless and fidgety	3,3,5
Desire to stretch out	1,3,4,5
Desire to lay back, sleepy	1,4,6,11
Openness within sacral and solar plexus region	8,
Comfortableness in whole centre of body	8,
Need to sit with legs open - lotus pose - as if need to receive special energy	8,
Good positive energy within the sacral region and vagina	8,
Fluidity within the body	8,

Connection - Roots - Earth

Connection, roots	3,
Mushroom life connection - image of mushroom pulsating and all these white/ shiny veins (like) coming from it and into the ground and expanding though everything	3,
Kidney bean shape from within the ground or earth	3,
Going down into the earth	4,11
Feel bound to earth and body wanting to journey out spiritually	4,

Outside - Nature

Nature, elements	2,
Wild and free	2,
Adventure waiting	2,
Want to be outside in Nature	2,
Removed top to feel air on naked arms	8,
Air feels refreshing and invigorating	8,
Outside Spring, open air	11,

Fire

Ashes, crumbled	3,
Word "hogar" (hearth in Spanish)	3,
Fire - warmth	3,11
People gathered around fire	11,
Heart - fire	11,11
Desire to smoke	3,
Inner fire	8,

Sacrifice

Lamb having its throat cut	4,
Sacrificial lamb	4,
Ritual taking place	11,
A heart pulled from the fire and held aloft	11,
Crowd of people	11,
Red heart	11,
People worshipping heart	11,

Colour

Red	
Urine, blood being splattered	4,
Sacrificial lamb	4,
Spots of red wine splashing, fun	4,
Leather belt with silver buckle	11,
Heart	11,11
Very red menstrual bleeding in proving rivers of blood	3,
Violet and purple	1,6
Blue	11,11
Green	6,

Animals

Birds of prey	3,
Bear	3,
Wolf (snout of wolf)	3,
Black panther	6,
Own	6,
Bees	8,
Bird of Paradise (jungle)	11,
Snake on a path	11,

Space

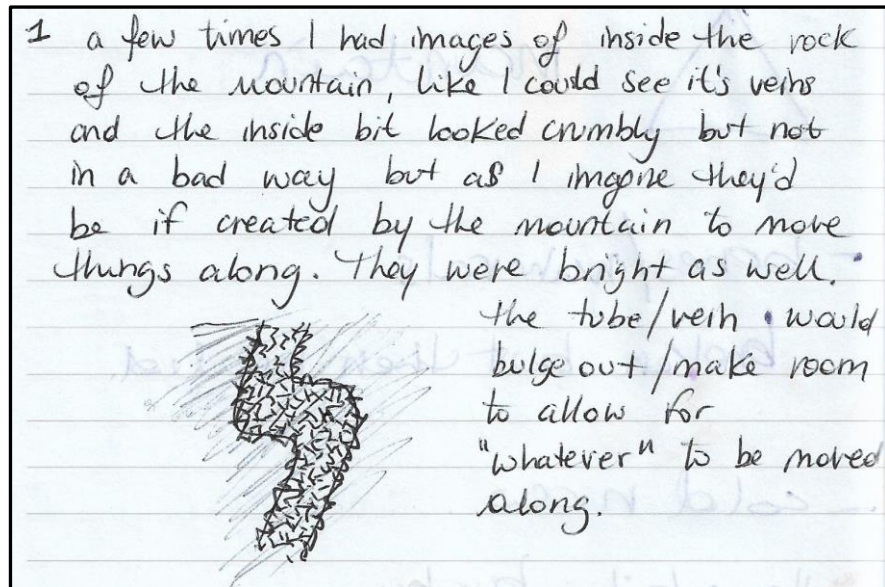
My body is light, almost not here at all (no thing)	11,
Space opens up by going deep into the pain	11,
My body is light, almost not here at all	11,

Water

Island	11,
River flooding	2,
The sea in my lower belly, washing, little eddies	11,
Swirling water	11,

Stone

Precious stones	11,
Grey and white stone	3,
Crumbled stone	3,
Veins inside rock, tube	3,



Mountain - veins, bit crumbly, as if created by mountain to move things along	3,
Flutter of birds wings - very fast (Parkinson's Disease)	11,
Bones,/minerals, broken but then healed	3,

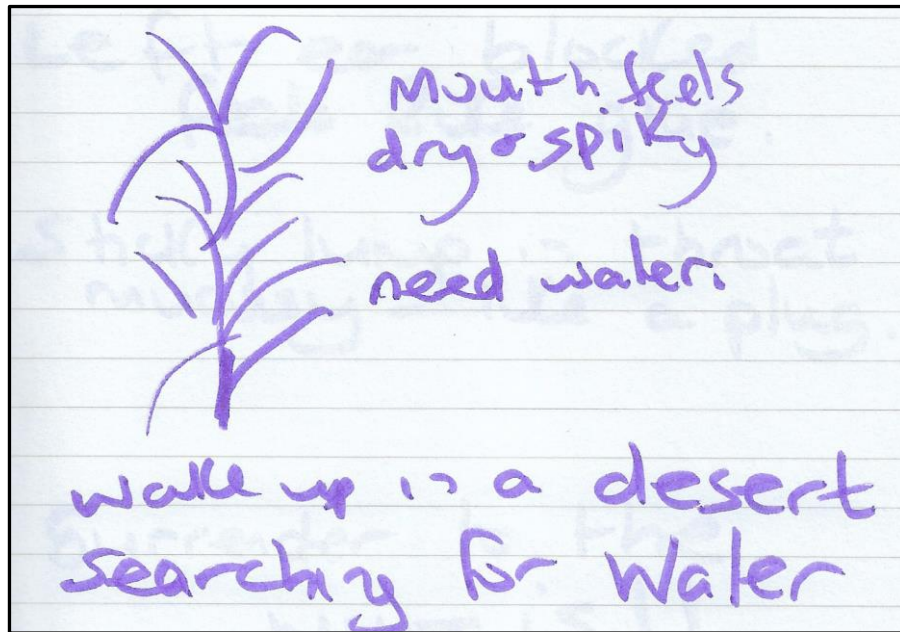


Photo: The veins within the rock described by the prover are reminiscent of the veins seen here in the Gangotri Glacier. These veins are created as the glacier flows and winds its way down the valley.

Desert

Wake up in the desert searching for water

5,



Dry, hot arid

11,

Sulphur

Smell of sulphur (bad)

6, 11

Pumice stone

6,

Volcano

6,

Music

Drums

11,

Singing

11,

Rhythm

11,

Heartbeat

11,

Song

The river is flowing, flowing and growing, The river is flowing down to the sea,
Mother earth carry me, A chill will always be, Mother Earth carry me back to the
sea

2,

I cant stand the rain, beating against my window pane

1,

Lullaby - Sleep my move and Dream of a perfect day ahead, Embrace your life,
make it your own, And even though your eyes are closed, Mine are shining,

Moonlight on your soul

4,

I Want to Break free

5,

You don't own me

5,

Green, green grass, blue, blue sky

5,

The Rattlin Bog song

11,

Girl in Amber (Nick Cave)

11,

Jewellery - Gems

Sparkling gem surrounded by blackness

11,

Precious stones

11,

Jewel - third eye

3,8

Man

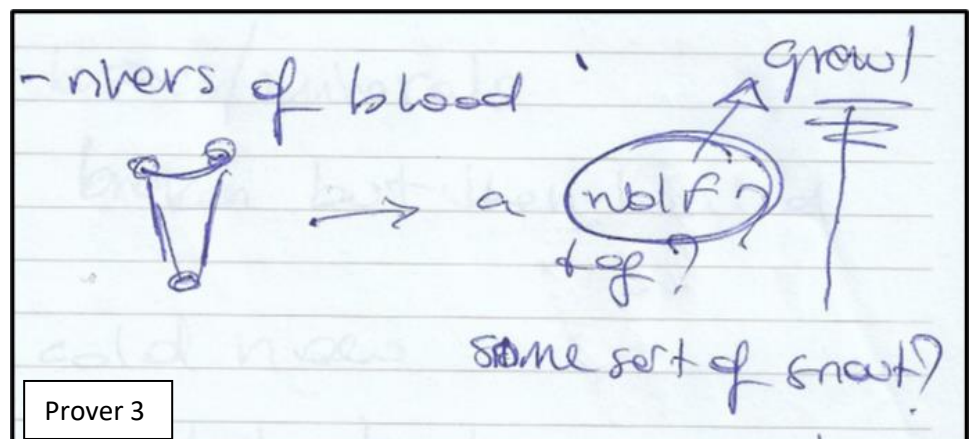
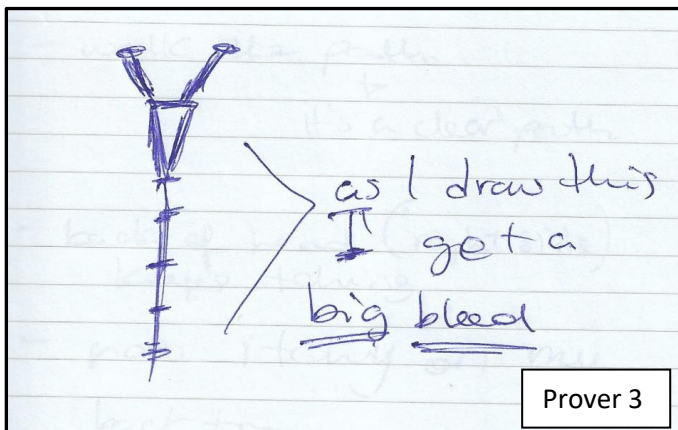
Man with beard, Jesus face (Sadhu?)	3,6,
Young John Lennon	6,
Man's face that became an animal	6,
Bald head, bald man	6,11

Bones

Bones / Minerals – broken but then healed	3,
Bone soup	11,
Image of broken tooth	11,

Images / Visions

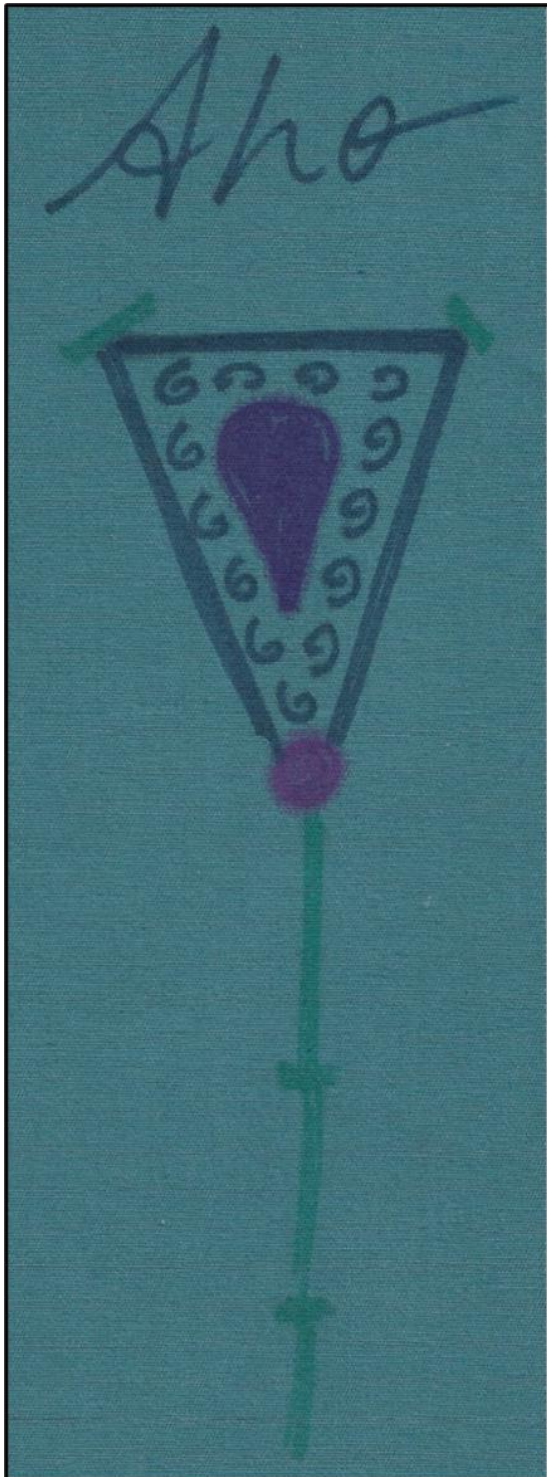
Large red heart drawn	11,
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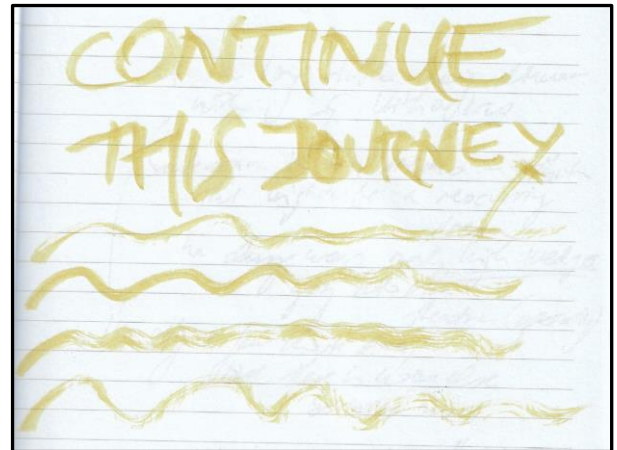
Staff (Vajra?)

3

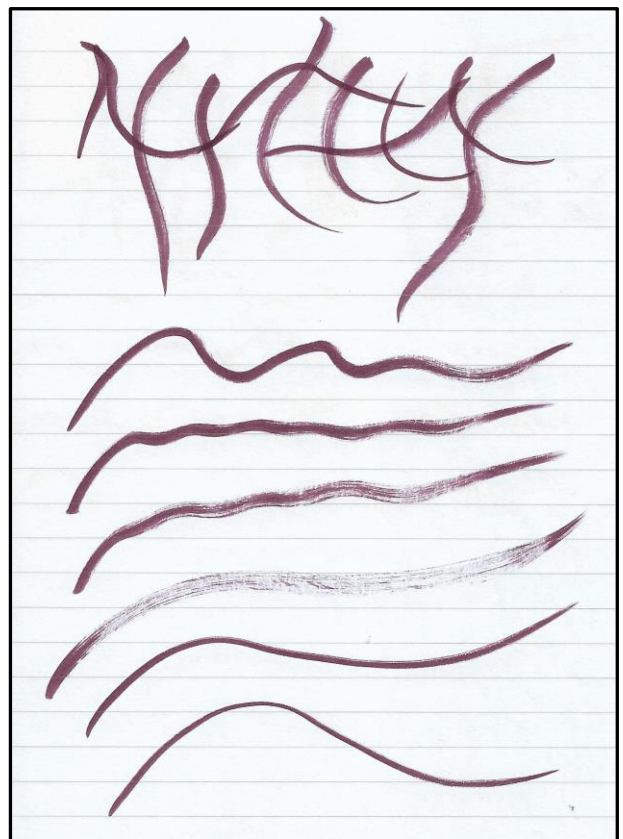
Note: During the Reveal, Prover 5 and 6 also mentioned seeing this image in the meditation proving



Prover 3



Prover 8



Prover 8



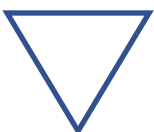
Interpretations:

1. This is the closest image I could find that resembled the image that Prover 3 drew. It is a Vajra – a symbolic and ritual tool considered to be one of the most powerful weapons in the Universe. It represents firmness of spirit and spiritual power. Vajra means “thunderbolt” (irresistible force, cleaves through ignorance, symbol of the rain god Indra), “diamond” (indestructability).
2. Another interpretation is the upside down/inverted triangle, a symbol of feminine power, the creative essence of the Universe (Shakti).

Trikona is a Sanskrit word signifying “triangle”. A trikona pointing downwards indicates water, yoni (nature's gateway to all births – WOMB, also vagina, vulva and uterus) and prakriti.



Fire element – Shiva, masculine energy



Water element – Shakti, feminine energy

Together - creation



HEAD

Sensation

Light	1,7
Empty	1,
Top of head	
Floating	1,
Tingling	1,1,7
Hollow	1, 1
Open at the top to air	1,
Pulling back	8,
Heavy	8, 3
Don't want to open eyes	3,
Drowsy, sleepy	3,

Pain

Dull, mild headache	4,6,11
Dull mild, vertex	4,
Mild, roof of nose extending to back	4,
Sharp twinge, right side temple	7,
Vice around head, not painful, just aware it is there	6,
Across bridge of nose	4,
Ache extending to top of forehead	4,
Left temple extending over crown to right temple	4,
Vertex and bridge of nose	4,
Occiput	4,
Above left eye	2,

Itch

Vertex - like insect crawling in a single spot	4,
Left side occiput	4,
Left side face under bottom lip	4,
Back of head	3,3,3
Left side of head	7,

Pressure

Pressure downwards	4,
Pressing down on vertex - keeping me here	4,
Sudden heavy pressure	2,
Better for light pressure	2,
Worse for hard pressure	2,

FACE

Sensation

Sensation of breeze of face 7,

Itch

Right side chin 6,

Left side of face under bottom lip 4,

Tingling

Left side chin 6,

Lower jaw, left side 1,

Pain

Left side jaw and left ear 6,

EYES, VISION

Sensation

Watering eyes 2,

Unconscious tears 2,

Heaviness, don't want to open eyes 3,

Twitching eyes 7,

Tic under right eye 7,

Itch

Eyes 3,

Left side eyebrow 2,

Pressure

Pressure above and behind left eye 6,

Vision

Lights 7,

Flickering white lights - left eye 5,

HEARING, EAR

Sensation

Silence almost too loud	2,
Blocked left ear	5,
Blocked left ear - feels like glue	5,

Pain

Left ear	6,
Left side of jaw and ear	6,

SMELL, NOSE, RESPIRATION

Sensation

Smell - sweet, sickly	6,
Smell - freshly baked bread	3,
Tingling - left nostril	6,
Whistling sound - left nostril	5,
Whistling sound - like wind	5,
Mucous - need to sniff up mucous from nose	2,

Breath

Need to take deep breaths	1,2
Remember to breathe	1,7,3
Slow breathing	7,
After each exhale feel heart beating through body	8,
Breathing through nose never been easier, feels amazing	8,
Gasping for breath	5,
Hard to catch breath	5,

Itch

Left side nostril	7,
Left side nose	6,
Nose	3,

MOUTH, THROAT

Sensation

Saliva - increased	6,6
Saliva - having to swallow saliva and sniff mucous from nose	2,6
Mucous - sticky lump, like a plug	1,5
Mouth	
Mouth – dry	5,
Mouth – spikey	5,
Mouth - need water	1,5
Mouth moist but inside lips dry	7,
Mouth - clicking when open mouth, in jaw	1,
Lips	
Lips - numb sensation	7,
Lips - dry inner lips	7,
Throat	
Throat - Left side of throat sore on swallowing	2,6
Throat - excess saliva	2,
Throat - tingles like getting a sore throat	3,7
Throat - constriction - tightness around throat	5,11
Throat - constriction - difficulty swallowing	1,5
Throat - constriction - dry	1,
Throat – scratchy	11,

Tingling

Lips - tingling	11,
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Pain

Throat - pain	2,6
Tongue - Pain at tip of tongue	11,

STOMACH - ABDOMEN - NAUSEA

Stomach

Stomach - empty feeling	7,
Stomach - rumbling loudly	5,
Stomach - very thirsty	1,

Abdomen

Cramp in right side	1,
Sporadic pulsation in right side	7,
Twitch	7,
Full	1,

Nausea

Mild burning, SE top of stomach extending to right side or larynx internally	4,
Over TCM, heart diagnostic area - just below bottom of sternum in abdomen	4,
Sudden hunger once nausea passed	4,
Nausea	6,6
Feel sick	6,
Anxiety, pit of stomach	5,
Feel need to vomit	5,
Increased intensity	5,

BLADDER - URINE

Bladder - support and kidney support	2,
Urine - urge to urinate	5,7,8
Urine - pressure	5,

FEMALE GENITALIA - SEX

Pain

Pelvic aching accompanied by lower back pain 1,6

Bleeding - Menstruation

Big bleed during proving 3,

Menstruation bleeding a lot physically 3,

Very red 3,

Rivers of blood 3,

Ovaries

Real affinity 2,

Enabling of creativity 2,

Consciousness

Increased awareness of womb, lower abdomen 2,3,11

Delusion

Went to toilet, wiped and for a split second saw blood on tissue, but nothing there 11,

Womb, belly - desire to hold 3,

Blood, menstruation 11,

Heat

Core of body super warm 8,

Not feeling cold - normally feel the cold 8,

Inner fire within keeping me warm 8,

Hot flushes

Flush 2,11,11

Fire 11,

Sudden - chest, head 2,

Chest, hands 3,

Back of neck, top of shoulders 4,

Warm glow all over 6,

Right side burning hot 6,

Throbbing, pulsating

Vagina 1,

Vagina - deep within and entrance 1,

Clitoris 1,

Right side pelvis, slightly sharp pulsating pain 1,

Pulsating - right groin 5,6

Throbbing - left side vagina 7,

Tightening, loosening

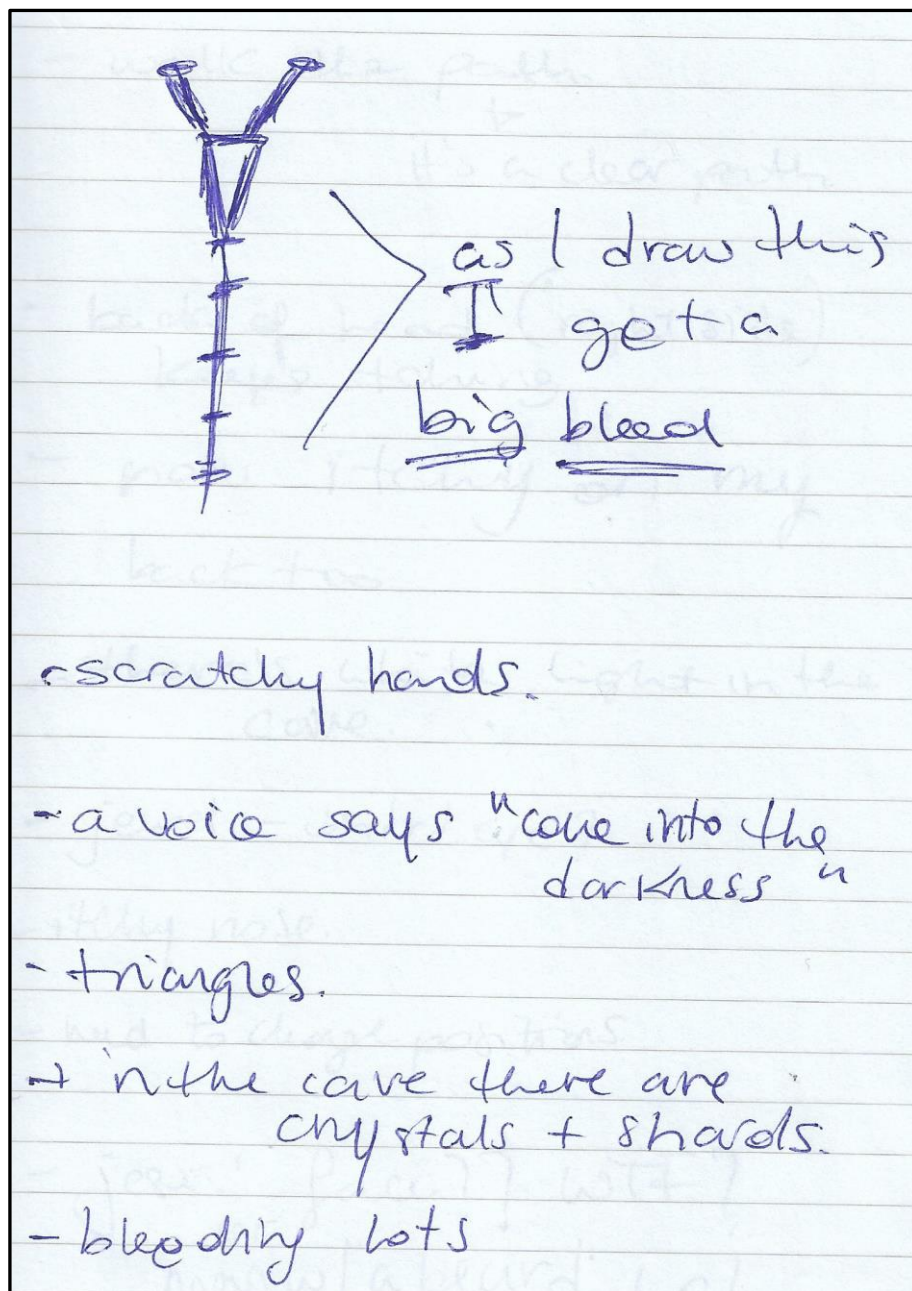
Pelvic tightening sensation to left hip	1,
Pelvic floor muscles contracting	7,
Deep pelvic pulling, tugging sensation	1,
Vagina - "loosened" sensation	7,

Tingling

Clitoris	1,
----------	----

Rectum

Anus - burning stinging entrance	5,
Bottom - heavy and leaden	1,
Bottom numbness	1,



CHEST, HEART

Physical

Chest

Anxiety in chest	
Crushing feeling, centre as if someone pressing firmly with thumb	5,
Need to place right middle finger on centre of chest and apply hard pressure, releases breathing	5,
Heaviness	6,
Warm sensation in chest	7,
Warm sensation in chest rising up to throat	7,
Twitch	7,
Overwhelming sensation	7,
Claustrophobic sensation	6,
Heat	3,

Heart

Heart - aware of pulse	11
Heart - heart beat in chest, abdomen	7,11,11
Heart – throbbing	7,

Palpitation

Trembling all over body	11,11
Nervous	11,
Hot palpitations	11,
After sage cleansing	6,
Mild palpitation of heart	4,
Heart	6,11,11
Trembling - uncontrollable, vibrational, very small	11,
Trembling - Parkinson's Disease	11,
Shakiness	11,11
Shakiness - right leg wants to shake and sway	1,
Unsteadiness	11,
Tremors	11,

Ache

Chest - slightly dull achy cramp	7,
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Tingling and quivering

Chest - tingling	3,
Quivering - tingling calve	6,
Quivering - body	11,
Quivering - through abdomen, chest and neck	6,

Itchy

Chest – itchy	3,7
Chest - itchy left and right breast	

Pain

Chest - pain on right side	6,
Chest - pain on left side	6,
Heart – pain	11,

NECK - BACK

Neck

Twitch	7,
Itch on right side	7,7
Itch on left side	7,7
Itchy at back of neck	7,
Itching, burning relieved by cold hands	5,
Intense heat in neck	5,

Back

Itching	
Lower back itchy	3,
Back itchy	7,11
Right side of spine itchy	11,11,11
Pain	
Pain across back like carrying a load, stoop shouldered, wanting to stand up	2,
Stoop shouldered	2,
Wanting to sit up, stand tall	2,
Lower back pain	3,
Lower back lumbar pain - dull ache	1,
Lower back ache accompanying pelvic acting	1,

Shoulder blades

Sharp ache on right side top ridge	4,
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SKIN

Itch

Like an insect crawling in single spots 4,

EXTEMITIES

Shoulder

Left side twitching 7,

Right side itch 7,

Arms

Itchy 3,

Itchy right arm 7,

Itchy left arm 7,7,7

Tingling - from shoulder blade of right arm 1,11

Upper arms heavy, leaden 1,

Right upper arm - sore, sharp pain 1,

Elbow

Right inner side tingly 1,

Wrist

Right wrist - band like sensation, difficult to write 1,

Aching right wrist (where heart median passes through ulnar aspect)
4,

Hands

Blocks of ice - feel like 5,

Tingling 11,

Right hand shaky 11,

Right arm shaky 1,

Healing 3,

Palm

Sharp pains right middle 1,

Fingers

Right tingling 1,

Thumbs

Right thumb, tightness, sharp feeling, affecting writing, radiating down from forearm 1,

Hip

Left hip tight 1,

Left hip throbbing, traveling down left leg 1,

Thigh

Twitch right thigh	7,
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Legs

Tension	2,
Holding muscles tight - need to consciously relax them	2,
Itch behind left leg	7,
Pins and needles	11,
Long X3 - like noodles, soft	11,
Heavy, leaden	1,
Right legs want to shake and sway	1,

Calves

Tingling left calf	6
Very painful left calf	6,6

Ankle

Sharp stabbing pain left lateral malleolus as if being stabbed with a knife

Feet

Awareness of soles	2,
Pins and needles	11,
Feet planted firmly on ground	2
Warmth	7,
Feeling heavy, leaden	1,8
Right foot twitching	5,

GENERALS

Adventure	2,
Nature, elements	2,
Wind	1,2,4,5
Windows rattling, excited	1,2
Outside	2,11
High	2,3,4
Open air	8,11
Mountains	2,3,7
Heat	
Becoming heated	2,6,8,11
Chest	2,3
Hands	3,
Head	2,
Back of neck	4,
Flushes	2,3,4,6,8,11
Music - songs	1,2,4,5,11
Drums	11,
Heart beat	11,
Colour	
Red	3,4,11
Blue	11,
Green	6,
Violet/Blue	1,6
Time – confusion	2,4,8,11
Position	
Desire to stretch out	1,3,4,5
Desire to lie back	1,4,6,11
Desire to sit with legs open	8,
Fidgety	3,5
Hunger	
Empty feeling	7,
Stomach rumbling loudly	5,
Desire warm savoury food	11,
Thirst	
Very thirsty	1,
For water	5,

ON-GOING SYMPTOMS – THEMES AND FINDINGS IN THE WEEK FOLLOWING THE PROVING

Hot flush	1,1,1,1,5,5,6,6,7,11,11,11
Time confusion and distortion	1,1,2,4,11,11
Tiredness, fatigue, lethargy on waking	1,1,1,5,5,6
Sweaty body	1,1,5,11,11
Thirst	1,1,5,5,8
Time going slowly, spaciouly	1,4,11,11
Sleep - long sleep	1,5,6,7
Headache	3,6,7,11
Uterine pain - period pain	1,4,6,6
Mouth - dry	5,8,11
Heart - racing, excitement, palpitations	1,1,6
Jaw pain - left side, severe pain	1,6,6
Itchiness	3,4,6
Nausea	6,7,11
Awakening in the pelvic region since menopause	1,6,11
Tongue - ulcer on top of tongue - right side (end of heart meridian)	5,11
Confusion with dates and days	4,11
Sleep early - 8:30/9:00pm suddenly	1,1,7
Bowel motion on waking	1,1
Desire vegetarian (aversion to meat)	1,5
Throbbing vagina, clitoris	1,1
Heartbeat - pulsing in right ear	5,6
Coughing - feel like getting a cold	6,11
Chest - warm sensations, heartburn	7

10. DREAM PROVING - THEMES AND FINDINGS

Night of 29 October 2022. Note: Clocks changing – 1 hour longer sleep

Mother, reconnections, past loved ones, ancestral connections, women connections

3,3,7,11

High

1,5,7

Mountains

1,5

Crystals, ,sparkling, glistening

1,

Wind, surfing wind

5,

Floating, rocking in water , not sea

1,5

Innocence, new born babies, underage marriage 11 years old

4

Family, friends, happy gatherings

7,7

Absolution, forgiveness of self and others, no judgement, associations with guilt 2,

Trusting in self, confidence in self, believe in yourself

2,2

Confrontation, standing up for yourself, others, unfairness - bus driver, dog owner, cleaner

2,4,4,4

Past unpleasant events - sexual nature, rape, incest, violations, miasmatic connections

3,3

Journeys, boat, bus, bicycle, don't get to destination

2,6

Bees

1,6

Hindu gods associated with bees (Madhava), the nectar born ones and symbol is the bee. Bees are the divine assistants to humans earthly life and keep nature in harmony



ON-GOING DREAMS – THEMES AND FINDINGS

Week following the 29 October 2022.

Ancestral, women connection

Family, gatherings

Mothers or daughters who have passed

Forgiveness and absolution from events in the past that have associated guilt

First love – heart broken

Mountains

High, woods, climbing high – never ending, birds – flying high

Floating, rafting

Journey, car, boat

Jewellery

Bees

Death, accidents

11. MEDITATION AND DREAM PROVING REVEAL

The “reveal” of the substance took place on the evening of the 21st January 2023 at the Welsh School of Homoeopathy in the same room where the meditation proving had been held.

We met in a meditative circle and individuals related any physical and mental symptoms that they had experienced since the provings.

I then presented a slide show with the pilgrimage route leading to the source of the Ganges River and the substance Ganga Ma was revealed. An interesting part of the reveal was when I placed the USB in the school computer the title of Ganga Ma refused to be revealed! It came up on the screen as thick black line through the middle of the title page

It was interesting that the provers were asked before the reveal what they thought the substance was. The dominant response was that it was something to do with “ancestral connections”.

The following symptom themes were experienced by the provers following the completion of the proving and leading up to the “Reveal”:

Time confusion, place confusion	1,4,5,6,7,8,11
Period, ovulation pains – regular	1,3,4,5,6,7,11
Post menopause	1,4,6,11
Left jaw, lymph, inflammation and pain, sinus	1,4,6,7
Inner body heat	1,4,5,6
Hot flushes	1,5,6
Itchiness, head, sensation of lice	3,4,6
Connection to feminine, universe, moon, nature	1,3,5
Sweating running down back	1,5
Respiration, need deep breaths, gasping	1,5
Loss of substance (but on return from reveal substance was found)	2,7
Ancestral knowledge	1,3
Identity	1,8
Delusions of menstrual blood	1
Excitement	1
Throbbing clitoris, pelvic tightening	1
Tired early (8:30pm)	1
Sleep – waking 2:30/3:30am	5
Wake early (5:15am)	1
Bowel motion on waking	1
Eczema – left eyelid	1
Dry, rough top lip	1
Urge to urinate	1
Vibration sensation, internally	1
Substance thrown away, regret	6
Anxiety	11
Claustrophobia	6
Nose running	6
Thrush – oral	6
Breasts ache – sensation of milk let down	6
Vaginal discharge	6
Left sided symptoms	11
Hands frozen	5
Chest infection	5
Chest palpitations	5
Throat, sore, swallowing	5
Nausea	5
Stomach knot	5

The following dream themes were experienced by the provers following the completion of the proving and leading up to the “reveal”:

Mother	1,3
Connection	1,3
Ancestral knowledge	1,3
Absolution of burden, forgiveness	1,3
Pains women have needed to carry	1,3
Things from past that have not been dealt with, guilt	1
Snakes	11
More dreams	7

After the reveal of the substance, we made a tight close circle and Linda led a special closing down ceremony, thanking the substance and releasing the substance. I felt an instant and sharp pain on the left side and back of my head. A wave of pain came up over the back of my head to the front of my forehead. This continued until the next day, and I had a stiff left side of my neck for the next 3 weeks. A shiatsu treatment finally released this pain.

I experienced more intense symptoms since the beginning of the proving proves and have continued to have an inner vibrational excitement the whole time I have been working on this project.

Another interesting thing during the reveal was that 2 of the provers admitted that they had either lost or the remedy has disappeared from the spot they had placed it. After the reveal on return to their homes, the remedy Ganga Ma suddenly revealed herself in the very place that she had been left. One prover had thrown her remedy away because of aggravations to her health and it was a great regret and a feeling of great loss when the remedy was finally revealed to be the very special Ganga Ma all the way from the source of the Ganges River high in the Himalayas.

12. REFLECTIONS

When I decided to prove this precious holy Ganges River Water, I was not aware of the significance of Ganga Ma and her story. Nor was I prepared for the huge impact and strong affinity to the female, the reproductive organs and the re-awakening of the womb including menopausal symptoms.

As soon as I started working with Ganga Ma and doing any work on this Personal project I felt an instant and very strong connection. I experienced symptoms of thrumming, vibrational energy and excitement which are still with me even as I am writing now.

I fell in love with Ganga Ma who is the epitome of beauty and purity and is famous for her indomitable spirit and boundless charm. Ganga is most often depicted as a beautiful woman with a white crown riding on a makara – a creature with the head of a crocodile and the tail of a dolphin.

The night of deciding to do my project on 25th June 2022 brought vivid dreams of ancestral migrations of my Hindu side of the family from India to Jaffna, Sri Lanka, and then eventually to Malaysia. I had hallucinogenic dreams similar to the ones when I was at Tapovan at the feet of Mount Shivaling.

One of the dreams interestingly was of God's hair with snakes writhing and rainbow colours. At the time I did not know the story of Ganga being caught in Lord Shiva's hair to cushion her descent to Earth. I then dreamt of my Father meeting my Mother in London, my birth, meeting my father for the first time and travelling to Malaysia. I was dreaming about "identity and travel". I woke up dancing, hands and arms writhing, shoulders shaking, throbbing erotic vagina, pulsating, vibrating and my solar plexus alive and thrumming. This is the effect Ganga has on me. I feel energized and excited.

The fact that the Ganges River is seen as female and is the living entity of the Goddess Ganga, who is a mother, sister and daughter, is all important and definitely had an impact on this proving. The two men who considered being provers had to withdraw for health reasons resulting in an all-female cast of provers. Synchronicity?

Hindus strongly associate Ganga Ma with fertility, creation and rebirth. The Ganga Ma remedy appears to naturally embrace being a female remedy.

Before Proving

Even before the Meditation proving commenced, my provers and I were experiencing a strong connection to Ganga Ma and were already feeling strong symptoms. Heart racing, excitement, time and day confusion, sweating, hot flushes and heavy menstrual and pelvic pain feelings as well as emotional feelings of fragility and crying.

Provers experienced dreams about “birth” and reconnection to loved ones before the actual proving. This was experienced by provers who don’t usually dream! Prover 7 recounted having had the “most amazing natural birth and new beginnings dream” which “she would treasure” as in reality she had experienced two caesarean births out of her control.

Meditation Proving

The Meditation proving had a beautiful feeling of women coming together like in a sacred female clan gathering. There was an omnipresent spiritual energy in the room.

Despite it being 16 years since the Ganga Ma remedy was collected from Gaumukh deep in the Himalayas, its force and presence was still deeply felt.

The findings that emanated from the Meditation Proving were mind blowing!

Ganga Ma Source – Pilgrimage

Though the provers had no idea of the substance at the time, they were able to describe Ganga Ma at her source, high in the Himalayas at the Gangotri Glacier. There was a clear feeling of being outdoors in nature, the air feeling refreshing and invigorating, high up in snow clad mountains, bright sun shining, with the element of water or river flowing, borne along in a fast flow through a valley.

The visions of bearded “Jesus” like men and caves evoked the images of Sadhu’s meditating high in the mountains at Tapovan.

Prover 3 described and sketched veins or tubes within the ice or rock on a mountain, accurately describing the Gangotri Glacier where Ganga Ma starts her journey.

The physical symptoms of breathlessness, needing to take deep breaths, heart palpitating and pulsating rapidly, watering eyes, unconscious tears, feeling light headed and drowsy, heavy pressure, and headaches on the vertex all paint the picture of being at high altitude and a lack of oxygen.

There were visions of fire, people gathering around, sacrifices of lambs and hearts, and ashes crumbled. This is reminiscent of Shakti, the sacrifice of animals was an ancient Vedic custom but is still practiced in parts of India to revere their Mother Goddess and ask for good health and fertility. This is also reminiscent of Ashvamedha, where the King sacrificed the horse to the Gods to entice Ganga to Earth to purify and redeem the souls of the King’s ancestors.

The mention of fire and ashes is one of the essences of Ganga Ma. The flames of the cremation fires are the means by which the human form or body is presented to the Gods, the deceased’s ashes are laid in the Ganga for the soul to be transported to heaven to escape the cycle of rebirth and achieve Moksha.

Female Reproduction / Menopause

The striking symptoms of Ganga Ma all have an affinity with the female reproduction cycle and menopause.

From the beginning, the provers complained of experiencing inner heat in their bodies and hot flushes that left some of them soaking wet with sweat trickling down their backs.

There was a strong physical symptom of throbbing, pulsating vaginas and a definite increased awareness of the womb. There seemed to be marked re-awakening of symptoms in the womb, particularly pelvic pains and discomfort which would normally be felt during ovulation or menstruation. These were experienced by both fertile and menopausal provers. A striking symptom was a delusion of menstruating and expecting to see blood in a menopausal woman! There was heavy bleeding in menstruating provers.

Interestingly at the Reveal the menstruating provers that normally suffered heavy periods reported that their bleeding was less and a kinder process now!

I feel Ganga Ma could be a good remedy for females suffering from peri-menopausal and menopausal symptoms. I also feel that this would be a good remedy for improving uncomfortable and heavy menstruation.

Strikingly, one of the symptoms experienced in the proving was an awareness or consciousness of the womb and there was a feeling of being “sexually charged”. This indicates that this remedy could be of assistance with fertility and low libido issues which for Hindus is a forte of Ganga Ma – fertility and rebirth!

There seems to be a relationship between “women ripening through menopause” (as Melissa Assilem would have said) and passing on their deep and wise knowledge, from Elder to younger, and Mothers to daughters.

Time Confusion and Disorientation

Another big symptom which was experienced by the majority of provers was confusion of time, days and the routes to places that were normally well known. Quite a few provers are still experiencing this symptom even after the reveal. This is another menopausal type symptom.

Itchiness

There were symptoms of itchiness felt in all different parts of the body by the majority of provers, especially with a sensation of formication on the skin and the feeling of lice on the head.

Itchiness is a symptom of menopause which is caused from the body producing less oestrogen which results in a lower production of both collagen and natural oils and leads to excessive dryness of the skin.

Spiritual, Ancestral, Mother, Connection, Identity

The Mind and Mental symptoms in this proving were particularly large. These symptoms that came up in the Meditation Proving were mirrored in the Dream Proving.

Ancestral resonance and reconnections with loved ones who have passed: Grandmother, Mother, daughter.

Interspersed with this were lessons and rituals of knowledge passed down.

There was a marked theme of connection to roots and Earth as well as “identity”.

For some provers this was a very valuable and beautiful healing re-connection with their loved ones, who imparted advice and helped them to self-realisation which was very healing. “Only person judging me is myself”.

Grief, Absolution, Forgiveness

Leading on from the reconnections with loved ones who had passed, was the release of grief and guilt which was absolved in the Proving and brought forgiveness. A lot of the dreams also related to this theme and were very healing.

This theme of Absolution and Forgiveness are strongly associated with Ganga Ma, and for Hindus occurs when the deceased ashes are returned to the Ganga.

The dreams particularly brought up past guilts and unpleasant situations that were uncomfortable and had been buried deep and forgotten. The proving process provided the opportunity to wash away old or trapped grief, shame, guilt or responsibility.

Emotions that were had to let go, or needed to move on, were also brought up in the provings.

Heart

Another striking theme was the “heart”. It was mentioned many times and in various scenarios from the “heart opening”, especially in relation to fire, sacrifice and the worshipping of the heart, “heart your womb”, feeling grateful in my heart, and the “heart is the teacher”.

Left Sided Symptoms

There was a strong affinity for symptoms to be on the left side with this remedy. Particularly noted was a left sided jaw, sinus and inflammation pain that was experienced during the Meditation Proving.

This affected many other provers and their family members that came into contact with Ganga Ma leading up to the Reveal. The symptoms mentioned by the provers were all left sided.

Openness, Lightness, Peacefulness, Oneness

During the Meditation Proving and afterwards, provers felt a welcoming openness and oneness. A feeling of lightness and being at ease and safe.

Free! New Beginnings! Purification! The Third Eye reaching out and open!

A lovely feeling of sharing and generosity. Feeling healed. I feel this is Ganga Ma's purity of spirit coming through.

* * *

There were many other symptoms that came up but the themes summarised above were the most striking.

I feel Ganga Ma has proved herself to be a powerful remedy.

Through Ganga Ma, I have managed to lay to rest many past guilts and deep buried emotions. I have also achieved connection and identity by delving deeply into Ganga Ma through both my Pilgrimage to the Source of the Ganges, and through the Meditation and Dream Proving.

So many wonderful deep conversations and stories have been evoked with various relative and new knowledge learned.

I think Ganga Ma is a beautiful remedy that brings out the Goddess in us all, especially emulating love, forgiveness and gratitude.

* * *

The process of conducting a Meditation and Dream Proving has been invaluable to me. The striking results accurately reflected the reasons Ganga Ma is revered by Hindus the world over.

I felt that conducting the proving as a group was a powerful tool and the increased energy raised by the group enhanced and made the results more potent and striking. This is definitely a dynamic way of proving.

Ganga Ma took all the provers on a journey and awoke something deep within us all.

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“Om Shuddhi Daata Ganga Mata Namo Namo”

This mantra is a salutation to the Mother Ganga to help us get pure and healed