

*Trituration*  
*and*  
*Dream Proving*  
*of*  
*Hedgehog*

*(Erinaceus Europaeus)*



by Chloe Foss



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# *PART ONE*

## *Hedgehogs*



*I respect only those who resist me, but cannot tolerate them.*  
*Charles de Gaulle*

*The mutual need for warmth is only very moderately satisfied;  
but then people do not get pricked.*  
*Arthur Schopenhauer*



## *Why hedgehog?*

I first became interested in making hedgehog into a possible remedy during a class on the Lac remedies in which we also covered the remedy, Chocolate. The fact that hedgehogs featured so strongly in the Chocolate proving intrigued me and, since the remedy also highlighted a strong irritability towards one's children, and hedgehogs eat their hoglets if they are disturbed during the first few weeks of life, I wondered if there might be a postnatal depression picture to it as a remedy. I originally wanted to use hedgehog milk, because I felt a 'Lac' remedy would highlight the mother/child theme, but this proved impossible as no breeder or rescue organisation were willing to risk the lives of their hoglets by disturbing the mother. Many small mammals cannibalize their young, including rats, guinea pigs, hamsters and mice, however, hedgehogs seem to be particularly sensitive to it and breeders have to be especially careful. Due to this, I decided that the spines would be easier to obtain than the milk and would still adequately convey the essence of hedgehog.

We had a hedgehog living in our woodshed and would sometimes see him snuffling under the bird feeder picking up remains of peanuts that the birds had dropped. It was from this hedgehog (*Erinaceus europaeus*) that I took my first sample: three spines snipped off the coat with sharp scissors. However, it was not from this hedgehog that I made the remedy - but that is another story.

After the proving, I discovered that hedgehogs have a psychological condition named after them known as the 'hedgehog's dilemma.' This describes the quandary a hedgehog might feel when trying to fulfil its animal-need for comfort when covered in sharp prickles. This condition illustrates people who have a history of difficult relationships, a desire to be separate from their loved ones and enjoy solitude. These are also similar to the symptoms of the remedy, Chocolate.





### *The 'hedgehog's dilemma'*

The concept originates from the German philosopher, Arthur Schopenhauer. In his work, 'Parerga und Paralipomena', Schopenhauer uses the analogy of a group of hedgehogs huddling as close as is safely possible to keep warm. They have to try to get the balance right between getting close enough to gain physical contact and warmth, yet not too close as to hurt each other with their sharp quills.

He draws parallels between the hedgehog and individuals who avoid society and intimate relationships, due to a past history of painful or unpleasant experiences. He speculated that people who isolate themselves and refrain from potentially painful relationships must already have enough internal warmth of their own.

Sigmund Freud discovered his analogy and quoted it in a footnote of his 1921 essay, 'Group Psychology and the Analysis of the Ego' and since it has been widely accepted by contemporary psychologists.

This invites the question of how hedgehogs manage to have sex! Aristotle stated that the hedgehog mates in an upright position 'on account of the sharpness of its prickles', however, they actually mate with the male mounting from behind. The female will spit, hiss, squeal and butt heads with the male before allowing him to mate. She will eventually consent by flattening herself onto the ground, lowering her spines and then pushing up her rump.

The antisocial nature of the hedgehog is noted in Shakespeare's 'The Life and Death of King Richard III', where the hedgehog is used to describe lack of consideration for the welfare of others. In Act 1, Scene 2, Anne says to Richard:

*Dost grant me, hedgehog? Then, God grant me too  
Thou mayst be damned for that wicked deed!  
O, he was gentle, mild and virtuous.*





## *Myth and folklore*

Hedgehogs have been shunned by society for many centuries, persecuted and treated as vermin. They were associated with witches and termed by the Irish as a 'graineeg', which means 'witch-animal' or 'ugly one'. The Romany name for them is 'hotchi-witchi'. Other old names for it have been 'urchin' and 'hedgепig'.

In 'A Midsummer Night's Dream', Act 2, Scene 3, Shakespeare groups hedgehogs with vile, nasty creatures and describes how they should keep themselves hidden.

*You spotted snakes with double tongue,  
Thorny hedgehogs, not be seen;  
Newts and blindworms, do no wrong;  
Come not near our Fairy Queen.*

In medieval times, they were sought out and killed by farmers and their workers, as it was believed that they suckled the milk from the cows' udders as they slept in the fields. Supposed evidence of this was when cows gave bloody milk or appeared to have sore udders. In 1566 the Elizabethan parliament put a reward of three-pence for every slaughtered hedgehog handed in. Churchwardens' accounts indicate that people bringing in dead hedgehogs and other 'vermin' were being rewarded with cash up until the 1740s. Thousands of hedgehogs were slaughtered, however the theory that they steal milk remains an unproven myth. They are, in fact, lactose intolerant.

Hedgehogs have been introduced to some UK islands where they are not native and since around this time, some species of birds have become more rare. It is believed today that they do steal the eggs of ground nesting birds.

Folklore says that hedgehogs can predict a change in wind direction and will alter the entrance to its nest according to the direction the wind is coming from. Aristotle wrote of the hedgehog:

*Echinus moved from one wall to another according to the direction of the wind.*  
And Albertus Magnus, a Dominican scholar of the thirteenth century, furthered Aristotle's observations with the following:  
*The hedgehog, which lives in its lair in the ground, indicates when storms of wind are coming. It makes three or four exits to its lair or dwelling and when it senses that the wind is going to blow from a certain direction, it closes the corresponding hole.*

Hedgehogs were believed to be hard working, capable animals in many parts of Europe due to the notion that they collected and stored apples, pears and mushrooms in preparation for the winter months ahead. Pliny the Elder, a

Roman naturalist and author, in his work 'Historia Naturalis', recorded how hedgehogs would climb trees to dislodge the fruit, roll on them, thereby spearing them with their spines, and carry them off into their burrows to eat in private. Curiously, Charles Darwin elaborated on this myth in the 1890s and recounts how, in the Spanish district of Sierra Morena, hedgehogs were seen to be carrying off bright red strawberries to be stored and eaten later. However, they actually only store their food in the form of body fat, foraging and building up their deposits all summer in preparation for the long months of hibernation.



*Painting of hedgehogs rolling on apples. Taken from 13<sup>th</sup> century manuscript.*



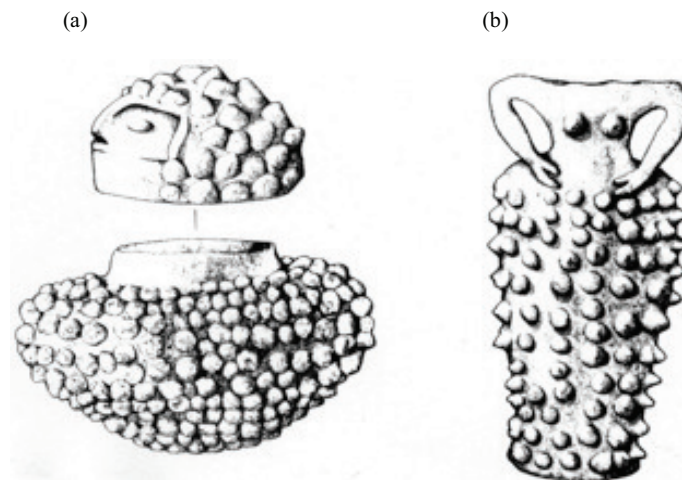


## *The Goddess, fertility and regeneration*

Way before the medieval years of persecution, hedgehogs were revered and believed to represent the Goddess.

Marija Gimbutas, a Lithuanian archaeologist known as the 'grandmother of the goddess movement' in her book, 'Living Goddesses', shows findings depicting the Minoan hedgehog goddess dating back to the Aegean Bronze age wearing a skirt made of spikes.

She writes that up until the beginning of the twentieth century, women in Alpine villages with uterine problems would bring to church spiked balls painted red that were called 'hedgehogs' to promote fertility and healing.



(a) Hedgehog goddess depicted on a vase. Karanovo-Gumelnita culture 4500 - 4300 B.C

(b) Clay figure of Minoan hedgehog goddess. Late Minoan III culture B.C

*Marija Gimbutas, The Living Goddesses. © 1999 by the Estate of Marija Gimbutas.  
Published by the University of California Press.*

With its belly in close proximity to the earth and its habit of curling up tightly into a foetal position when vulnerable, it is easy to imagine how the hedgehog came to be associated with fertility. In eastern Africa, the skin of the White Bellied Hedgehog is regarded as a fertility and harvest charm. The hedgehog skin is placed on seeds before planting to bring about a good harvest.

Both folklore and archaeology connect the hedgehog with regeneration and

reincarnation. This is probably rooted in their cycle of hibernation, seeming to die in the winter and come back to life in the spring.

Artemis, the Greek goddess of the hunt, wild animals, childbirth, fertility and virginity, also represents regeneration. One of her manifestations on earth was as a hedgehog, and it was in this form that she was associated with the uterus and the foetus. Hedgehog shaped urns were used by the ancient Greeks for infant burials.

The Ancient Egyptians believed the hedgehog to have many protective powers due to its ability to survive the desert and its immunity to snake venom.



### *Strange, rare and peculiar*

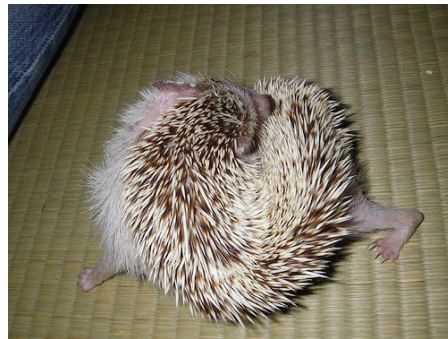
Hedgehogs are known to be resistant to many toxins: the possible root of the fallacy that their bite is poisonous. They will chew on toad skins to extract the venom from the paratoid glands, which they then use to perform a curious ritual known as 'self anointing'. This involves using their long tongues to lather up a bubbly concoction of saliva mixed with a tiny amount of the poison. They then proceed to spread this all over their quills by twisting their flexible vertebrae into impossible poses. Experiments with human volunteers have proved that spines that have been anointed with toad venom are much more painful than clean ones.

They are also resistant to the venom of adders and will prey on and kill them by provoking them to strike and then immediately rolling up into a ball. This causes the adder to wound itself on the their spines and the display will continue until eventually the hedgehog will try to sink its teeth into the neck of the weakened adder. If successful, it can eventually kill the snake by breaking its vertebrae and will begin by feasting on its head. A snake will take several hours for a hedgehog to finish, and will often be too much for it to consume. The African Pygmy Hedgehog is able to consume scorpions, poisonous snakes and spiders.

The native American Indian tribes saw the great importance of the hedgehog's resistance to snake venom, and viewed it as a symbol of life after death, regeneration and victory over evil.



*European hedgehog eating a snake*



*African pigmy hedgehog 'self anointing'*



## *Gypsy cures*

Hedgehogs are revered by the gypsies of Europe and are symbolic of Moshto, the Romany god of life. Due to their immunity to toxins, they are deemed to be a blood cleanser and eaten as a cure for poisoning. The liver is a great delicacy and the ultimate cleanser, to be eaten in circumstances where lying and deceit is to be overcome.

According to Judith Okely's book, 'Traveller-gypsies', the hedgehog represents the gypsy's ideal of their inner self and eating this sacred food is a totemic act, cleansing them of deception and trickery. The hedgehog is eaten by first being rolled in clay that is allowed to harden. This is then baked in a fire pit and cracked open whereby the spines are easily removed.



*Group of gypsies sharing a roasted hedgehog, near Snow Hill, Birmingham.  
Courtesy of The Museum of English Rural Life.*

Konrad of Megenberg, a fourteenth century German Catholic scholar and author wrote: *...The flesh of the hedgehog is wholesome for the stomach and strengthens the same. Likewise it hath a power of drying and relieving the stomach. It deals with the water of dropsy and is of great help to such as are inclined to the sickness called elephantiasis.*

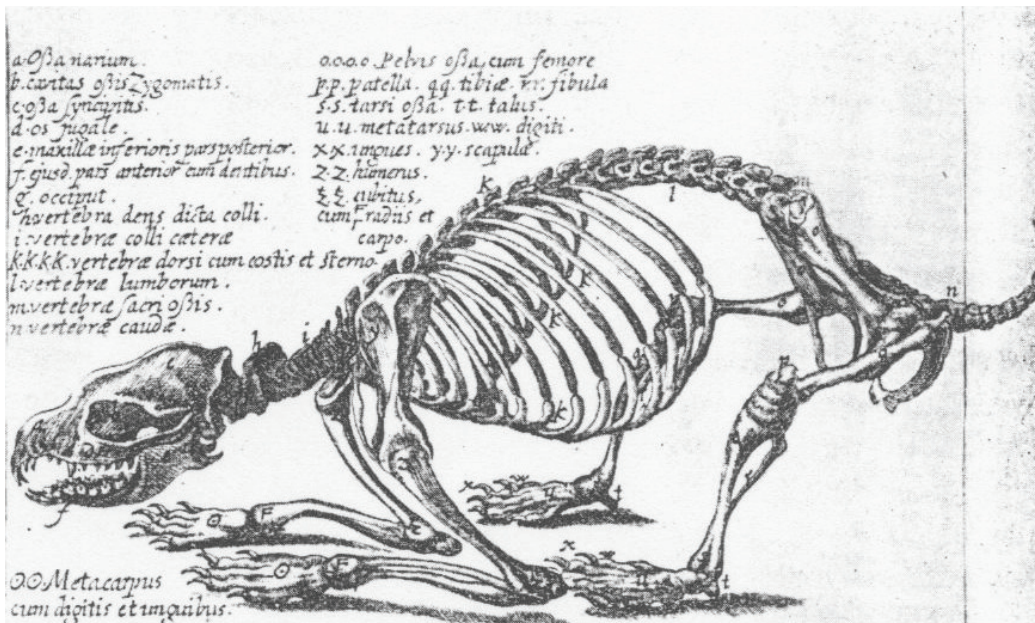
Other Romany medicinal uses of hedgehog include carrying a hedgehog's foot for toothache and using a preparation of the bristles to cure sore throats. There is also evidence that hedgehog was used as a Romany cure for baldness by way of its doctrine of signatures. This also has its roots in Ancient Egyptian tradition.





# PART TWO

## C4 homoeopathy



Drawing of a European hedgehog skeleton. Murlat 1692



## *About C4 triturations*

Triturations are a relatively modern way of proving a remedy, whereby a group of between four to eight people grind an insoluble substance into lactose (milk sugar) while noting the various symptoms that manifest during the process. A pestle and mortar is used to grind the substance down, to render it soluble so it can be made into a potentised remedy. The Organon specifies three rounds of trituration, but there are later accounts in pharmaceutical guidelines that specify taking it to a fourth round. Anneke Hogeland and Judy Schriebman have written an excellent book on this subject called 'The Trituration Handbook - into the heart of homeopathy' which I referred to when preparing for the trituration and writing this chapter.

In C4 homoeopathy a substance is ground with lactose in four stages, and the physical, mental, emotional and spiritual symptoms that emerge during each stage are recorded. Each level of trituration has its own energetic picture that starts in the physical realm at C1 and moves on to the spiritual level by C4. Although homoeopathic pharmacists have kept records of symptoms arising during triturations for many years, it was Withold Ehrler, a German born metaphysicist, who first recognised the different shifts in energy at each round of trituration.

Born in 1962 in Berlin, Ehrler, a remarkable pioneer in his field, became fascinated with the idea that material substances could have psychological profiles that could be released through trituration. He invented a 'cosmology of eight dimensions', and from this information homoeopaths have a deeper understanding of the energetic properties of each level of trituration. He went on to work at a homoeopathic pharmacy in Berlin triturating, diluting and succussing all their remedies by hand and using his findings to record how substances fit into his theory. His work has been standardised for homoeopathic use by Feiburg Becker, the German homoeopath he first shared his discoveries with, and then popularised by Karin Degkwitz, Alize Timmerman and others.

In Ehler's cosmology, he describes 'eight dimensions of being' and names them from C0 to C8. The 'C' here does not indicate the centesimal scale but indicates the presence of carbon in some form in the first 5 levels. The last three levels, C6, C7 and C8, are 'beyond carbon' and are named by him as the 'higher dimensions'. We took hedgehog to the C4 stage, but it is possible to gain more information by triturating eight times or more.



Standard practice for a homoeopathic pharmacy is to use the powder from the C3 level to potentise into a centesimal scale of 30c, 200c or 1M etc. The alternative way to write 30c is c30/3. The c stands for the centesimal scale, the 30 for how many times it was succussed, and the /3 for the fact that it came from the C3 powder. The /3 is usually left off because it is the standard way adopted by pharmacies.

Using his recipe that makes use of the number 6, a weighty number in alchemy and numerology and an important number in the Kaballah, Ehrler created a potency that is said to go beyond the mental level of C3, into the realm of spirituality of C4. Homoeopaths that prescribe using C4 potencies claim that their patients are better able to look at their old patterns with perspective and can find the tools to move beyond them.

In C4 homoeopathy, the potencies come in c10/4 (the equivalent to a 12c), c40/4 (the equivalent to a 30c), c220/4 (the equivalent to a 200c), and c1300/4 (the equivalent to a 1M).

This sequence of dilutions is determined by Ehrler's unique method that dilutes in powers of six. This method starts by calculating the C4 powder as already being diluted four times. A pinch of the powder is then diluted and succussed in the powers of six using 99 drops of ethanol or distilled water each time. Therefore, a c10/4 is the C4 powder diluted six times ( $4+6=10$ ). A c40/4 is the C4 powder diluted 36 ( $6 \times 6$ ) times ( $4+36=40$ ). A c220/4 is the C4 powder diluted 216 ( $6 \times 6 \times 6$ ) times ( $4+216=220$ ) etc.

### *Withhold Ehrler's cosmology*

Ehrler's first level, C0, he calls 'non vital'. It is the material substance in its raw unchanged state as nature made it.

The next level is C1, known as the 'vital body'. During this stage of a trituration, Ehrler noted that mainly physical symptoms surface. It is the level of survival, our physical needs, nourishment and animal instincts.

Next comes C2 which is known as the 'emotional body'. This is the level that brings out our feelings about our symptoms, the level of our emotions.

C3 is described by Ehrler as the 'mental body'. It is seen to be more in the intellectual sphere and is about our thinking, reasoning and rationality. It is about the person's intellectualisation of their symptoms. This is the stage where opinions emerge, the polarity of judging right vs. wrong, good vs. bad. It is the logical mind that rationalises why we have the symptoms we have.

The C4 level is the spiritual realm where we can contact the remedy's inner self and soul. At this point there is no judgement, no attachment to right or wrong. Ehrler named it the 'spiritual body'.

The stages of Ehrler's schema are to be seen as guidelines, as in reality a variety of experiences and symptoms will manifest during each stage throughout the whole trituration. It could restrict us to only look for the 'right' kinds of symptoms when doing triturations.

I found it difficult to determine clear shifts in the stages going from physical to spiritual while doing the Hedgehog trituration, however, while organising the information for this project, I began to see patterns develop. The more superficial symptoms such as tiredness, desire for sleep, droopy itchy eyes, clumsiness, desire for speed etc., were much more apparent in C1 and C2. Emotions were running higher in C2; there was nostalgia, grief, laughter, and irritation. In C3 and C4 there were images, distortions of reality, feelings of polarity and delusions. The deeper energy of the remedy, such as its hidden nature, desire to be alone and sense of guilt began to emerge from C3, seeming to come to a head at C4. At this stage, triturator 6, the more experienced of us all, was able to see more of an over view of the remedy.

A dream proving, led by Linda Gwillim, was held one week after the trituration. Fascinatingly many of the dreams from this proving match the themes that came through on the C3 and C4 levels. Contrastingly, some of the dream provers, while awake, had symptoms that corresponded to the C1 and C2 stages such as irritability, clumsiness, confusion and eye problems. Most of the dream provers slept very restlessly and woke often, while all the tritulators became very sleepy, suggesting the nocturnal habits of the hedgehog.



*PART THREE*  
*Trituration and dream*  
*proving*  
*(the raw information)*





## *Triturators' Journals*

*These are the triturators' journals, with the information recorded its raw, un-edited state. These might be useful to refer to in order to get the context of the information in 'The Themes of Hedgehog' in Part 4. I have replaced people's names with 'T1' for triturator 1, 'T2' for triturator 2 etc. To skip this chapter, please click on the link above.*

*Triturator 2 and 6 had prior knowledge of what the remedy was.*

### *C1 stage*

#### Triturator 1

##### Grind 1

I noticed the colours everyone was wearing – brown, green, red – earthy colours. My book fell on the floor.

My right arm is tired. I seem to be feeling very forceful with my grinding. I need to relax. God my right arm aches when writing.

##### Scrape 1

Very aware of power of circle - the power of healing. Respect. I felt as though I would knock my bowl and its contents over. I felt as if I would cry.

##### Grind 2

Very aware of what others were doing – three cradling the remedy in hands. Some grinding very fast, others slowly. T5 looking spaced out. Saw face in remedy, saw another face with smiling mouth and only one eye. Looking for patterns or pictures in bottom of bowl.

##### Scrape 2

Hold bowl carefully – don't loose it, don't let it fall. I feel a recklessness and speed with the remedy, but also a need not to loose the contents. T5 is doing this very delicately I must say!

I feel connected to this remedy. In what way I don't know yet. Respect!!

##### Grind 3

T5 is looking pale and tired. I have a fixation with T5!! Losing powder all over me. Must keep bowl on the table. Speed, speed. Close my eyes. Lovely.

Having trouble writing and spelling. God my right shoulder hurts

##### Scrape 3

Still making a mess on my clothes. Am feeling relaxed, not so fast – spaced out. Yes, I like this. It's like the way I feel after a glass of wine – beginning to numb me. Feeling tired and lovely.

## Triturator 2

### Grind 1

Very fast grinding, feeling very busy, rushing, rushing, rushing. Like a whirlpool. Feeling hyper. Machine-like sounds – treadmill – grind – going round and round.

T1 is going very, very fast – going like the clappers.

### Scrape 1

Focused and intent on getting it all off the sides. T4 was clumsy! Feeling manic and enjoying it.

### Grind 2

Sighed, my stomach relaxed after each grind or scrape – sigh – relaxed as if I've been doing something strenuous. Feel slower, more grounded. T1 is still going like the clappers. Inquiring – 'who are you?' Wet, moist, ground, earth, damp leaves, slowing down, relaxing.

Feel tired in my eyes, sleepy. Grinding ended – I feel like I've just woken up – come out of my sleep.

### Scrape 2

Am making patterns with the powder – playing with it – fluffing it up. I should scrape properly, don't play – be serious. Feel tired, but must keep going.

### Grind 3

Finger joints feel painful (but I sometimes get this anyway), eyes tired. T1 seems very busy. Right middle finger feels achy. 'This feels like a hard slog'. I keep seeing little bits in my powder, although it's all gone.

T1's mortar sounds like a machine, a factory, a mill, a cotton mill, a weaving factory, weaving looms. Worry if what I'm writing makes no sense. How does that relate to the substance – seems it can't. Grind, grinding me down, down to the ground, grinding the ground down. Eyelids feel really heavy, heavy sleepy, sinking feeling. Heavy sinky sleepy feeling with anxiety. Must go fast, hurry hurry. More pain in finger joints. Right arm aches.

### Scrape 3

Making the powder light and fluffy, like a cake. Musical sounds from the mortars to my right.

I feel like I'm half asleep.

## Triturator 3

### Grind/scrape 1

Nothing's left in the middle, coming up the sides, will it spill? Will I be fast enough to scrape it all down? Enjoying. Not much stamina. Want to change direction and hand a lot. Eyes? Nose tickles. Am I inhaling it?

### Grind/scrape 2

Seem to find it difficult to keep it in bowl. Little stitches in abdomen, middle (stomach) (disappointed) Smell. Heat. Strain in arms and hands (only when scraping).

Feel as if I'm enduring. Funny vision, bit dizzy, as if travel sick. Smell. I cannot make out what. Bit – stale.

Grind/scrape 3

Speed - started slow, then heard business of others. Made me wish, 'you've got to move faster.' On first scraping. 'There won't be enough time to scrape it all down in 3 mins'. Tiredness in eyes, desire to close eyes. Difficulty containing remedy in mortar. Alive sensation around heart area. Awareness of my clumsiness (not unusual).

Triturator 4

Had vivid dreams up to a week before proving. Excited about it the night before. My period hasn't started. It should have. Been premenstrual, had the headache, had the cramps, but no period.

Feel tired this morning. Disorganised morning, got up early, but didn't seem to do things as needed. Didn't say goodbye to husband. Troubled by it.

Grind 1

Group bonds between us, like we are in a bubble together. 'I can carry this' – feeling as substance is placed in bowl. Feeling of enthusiasm.

Brain fuzz. Want to get things out the way so I can think clearly and experience clearly. Eyelids feel only half open. Contentment with meditation. Reverence for substance. Swirling it into patterns.

Scrape 1

Unable to scrape substance off pestle. Drop pen. Drop pestle. Drop paper. It's funny.

Grind 2

Can't get it off scraper. Dissatisfied about this. I'm not good enough. Difficult to do the grinding. It sticks to side.

I think I must say that small things matter! I'm criticised at home by husband for complaining about things...but small things – like cold feet, or a house falling down - do matter. Later she wrote – I wanted the scraping to be perfect – it's small but it really matters.

I see snow falling. Snow settling. Heath land pictured with snow falling. Feel pretty dreamy.

Scrape 2

Feeling a bit spaced out, intoxicated.

Grind 3

Seeing flower patterns. Aware of vulnerability. I need to be protected.

Thought of going outside makes me feel panicky. I want to stay in this meditative, cocooned place. Don't want to stop grinding now, it seems too soon.

Scrape 3

Needs to be done very systematically. Mesmerised by the task. Want it to be perfect.

Nose has been itching. Curling over the task, head bend over, eyelids closing. Slight soreness of throat. Slight headache?

Don't want my powder to be taken away. This lovely warmth! Feel clumsy



about scraping it out to put in envelope. I need a third hand – will I drop it? Don't manage to scrape it all out. Have to keep scraping, annoyingly, but it won't all come out.

Feeling of tightness in my chest as after too many ciggies.

Laughter bubbling around the room. Itching around upper lip, under nose, face generally. Still feeling tired.

## Triturator 5

### Grind/scrape 1

Initially all seemed really smooth – kind of 'tidy'. Rx in bowl, stirring round and round etc – a sense of peace. Gradually aware of minor irritations, itch on left leg, slight prickling on back etc. – then wondered when 7 minutes would be up – impatience? But very mild. Mainly a detached feeling.

### Grind/scrape 2

More detached. Sitting back in chair, some deepish sighs. Almost asleep....

Maybe I brought the tiredness with me, but usually wouldn't feel it, not yet anyway.

Yawning. Considering going downstairs and taking over the small room, wrapping myself in my coat and sleeping – good idea? Don't feel I've done much grinding or scraping this time.

### Grind/scrape 3

More engaged with what I'm doing, but still sleepy. Realised I'm rubbing left side of my face – then spilt some over right thigh. Still yawning a lot. Eyes watering when I yawn. Later – coughing. Noticed mistakes in writing and spelling.

## Triturator 6

### Grind 1

Sensitive to noise, want it to be continuous circular movement. Irritated by banging of pestle and mortars. Soothed by continual sound. I can only go anti-clockwise. Wanting perfect order in the powder. Liking the rhythm.

Very hot face and head. Irritated by hair on my face. Itchy nose. Itchy left eye.

Fast grinding.

### Scrape 1

Noticing the spines in the bowl and laughing. A need to do it perfectly. Nose itchy and starting to drip.

### Grind 2

Annoyed by my bracelet banging on the bowl. Definitely irritated by 'jarring' sounds. Desire for smooth/rhythm.

Realised it's like the noise of in utero, foetal blood / a train / noise of a machine. Bitter taste in mouth. More saliva. Aware of mucus at back of nose.

### Scrape 2

Right outer nostril itching.

### Grind 3

Desire to close eyes, bend head forward and stretch neck. Don't like the powder feeling rough in the bowl, want it to be smooth.  
Head feels disconnected from body – all sensations are head up.  
Irritation in nose and throat. Want to sigh, but can't as throat/chest feels as if powder is in it. Can't inhale deeply. Main sense is auditory.

Scrape 3

Itchy face intensified. Mistakes writing/spelling just started to come in. Glad to return to the group after a wee – comfort.  
Nose irritated. Throat irritated – prickly/burning. Dry irritated cough. Want to wrap up in my scarf and go to sleep. Content and quiet. Sense of group bonding. Bit stoned. Want to be in the earth.

## *End of C1*

T1 says there is something spiritual about this remedy, and feels a deep connection between us all. It feels that it's being released. There is a real sense of us being unified and connected. We feel intoxicated, and spaced out. T1 said, 'I like this feeling, it's lovely, it's a lovely state to be in'.

We really don't want to let this feeling go. As the C1 powder is taken away I hear 'It's not going is it?' One triturator wrote about this moment, 'it brings up a feeling of sadness in me - about my loss.' (An old abortion.)

People are feeling clumsy. T4 keeps dropping her things.

T6 is sitting with her scarf around her nose and wants to wrap up. I feel cold with a fresh feeling around my face. Someone said, 'I have fear that someone is going to lose this, might knock it over'. I thought 'We might lose it all'. I have a sense of being stoned. After I put it in the packet, I wrote, 'keep it all safe, close envelope carefully'. I had to get it exactly right. People talked about how they had to do it perfectly and how they wanted to stay tidy.

T1 loves the intoxicated feeling. T4 drops her things again. We all laugh. T6 feels disorientated and can't find her way out of the circle.

## *C2 stage*

Triturator 1

Grind 1

Can see faces again – faces in half. I am grinding clockwise and anticlockwise. Not feeling so tired, but I can't spell! T3 is grinding like the clappers! Oh yes I am tired – closing eyes. Feel happy, slightly drunk – lovely!

Scrape 1

Feeling pregnant. Big stomach, bowl balancing on stomach. Feel as though I

have made a mess of writing things down. Mistakes. Big sigh!

Grind 2

Get feeling of everyone working together, all parts of one. Small parts in a big thing. Coggs and wheels in motion, unison. This remedy is deep down inside of me.

Holding bowl by uterus. Really emotional – want to cry. Getting pictures in my head of water, river, trees and mill. Don't want to stop to scrape.

Scrape 2

Noticed mistakes that I have made. No hurry. Don't really want to scrape.

Sighing – T5 and T3. Feeling in stomach – excitement or nerves. This remedy is in me – sigh. Feeling very emotional, want to cry – something about the past – tears start to fall.

T5 makes me laugh and cry. Tears in my eyes.

Grind 3

Longing/yearning for something – past something – something that was part of me. Holding bowl so close to me – like a baby.

A lot of things going on in my head. Don't panic – you were drawn to this remedy.

Scrape 3

This is my baby, my child. Nervous sensations in my stomach. This remedy is taking me way back. Old remedy. Old and wise.

Triturator 2

Grind 1

Concentrating very hard, working hard, achey arms. Made a hole in the centre of the bowl. Tapped it – knocked on the door? Going deep into a hole.

Just noticed the grinding seems very quiet. I'm writing more carefully now – feeling calmer, more reflective.

Are you hiding? Are you shy? I'm looking, searching, need to look into a hole. That was quick! Over very soon.

Scrape 1

Everything seems it's going very fast. I want to grind again. My scraped bowl looks like an iris of an eye. Feels like I'm searching, but I can't find it.

Heavy, sleepy feeling – eyelids are very droopy, the left is worse.

Grind 2

There's still time, have three more to go, making good headway, going well. Want to carry on working hard.

Feel shivers going from my right arm. I have a very cold nose, like cold wind is going up the left nostril. Left eye is almost closed, feels burning, slightly sore. Cold 'wet' nose, like I am breathing in cold damp air. Sensation of wind on my hands, my fingers feel cold.

Grinding feels – I'm not there. My body's doing it mechanically, but brain feels switched off. Head feels high/floaty. It's all over too soon, want to keep going, don't want to stop.

Scrape 2

Not keeping track of what grind or scrape we are on. Am making many

mistakes. Missing things, spacing out big time.

Want to get back to the grinding, move on. I've finished with this scraping now. Lets get on.

Grind 3

Just occurred to me - T3 came out of the woodwork to do this. She hasn't surfaced for years, went away to have children. T4 is a very private person. You feel difficult to grasp, to find. My nose is still cold, windy feeling. Are you poking your nose out?

Everyone has their legs tightly closed. T3 is sitting on hers. I cross my legs tightly each time we start a new round. Feel annoyed. Where are you?

The pestle and mortars have a lulling, quiet sound, like a lullaby. Soft and gentle, a sweet sound, sweet.

Had a flash of sticking out my tongue and licking up the sugar. Feel like giving up and going to sleep.

Scrape 3

Smelt an earthy/musky smell for a second. Bowl looks like an iris again.

Prickling in my eyes. I feel lost in this substance. I can't find my way out.

Have a very warm feeling in back, very warm lower back, hot and painful.

Lunch. Went outside into a weird Alice-in-Wonderland-type-scene. Weird dressed up people - Santa in bright red. Man in Xmas tree costume with his head sticking out the top. He had tiny little arms by his neck moving around on sticks. Looked to me like a deformed baby.

Triturator 3

Grind/scrape 1

However, I do it, it doesn't feel quite right - holding pestle and mortar, grinding.

Great tiredness in right arm. I am not sure how long I can keep this up. Just keep going. Endure. Jarred movements. Just can't get into the groove, flow.

Grind 2

Tiredness. Desire to close my eyes. Experience of 'the edges' the place where I don't want to continue. Try grinding in other direction, pause. Discomfort but endure.

Scrape 2

I am doing my own thing. Tiredness especially in head and eyes. Misspelling. Spelling takes great effort.

Grind 3

Well being. Itch right eye and right nostril. Chest feels heat - well being. Nice sensation, spacious. Guidance connection. I don't want to stop grinding, only just got there.

Scrape 3

This is all I want to do - dedication. Lots of sensation in face. Lips slightly numb, as if been to dentist. Lots of saliva.

As we discuss feel very emotional. Feel as if I could cry any moment. Strong

awareness of emotional charge in room. Community – individual.  
Quote by Thitch Nhat Hanh - "It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community - a community practising understanding and loving kindness, a community practising mindful living. This may be the most important thing we can do for the survival of the earth."  
Hot and cold sensation. Goose bumps at back of my head, back and arms.

#### Triturator 4

##### Grind 1

Admiration for T2. She has so much on her desk and doesn't knock over or spill a thing! Pleased the beautiful patterns are still there.  
Aware of collective work going on. Other grinders and being busily engaged. A task we're all working at together.  
Eyes still only half open. It's hard to write actually. Don't know what all this is about. I'm just doing it anyway. Feeling of reverence for this OTHER being which is the remedy. But tired by the things that keep trying to fall off my desk. Have caught them several times. It's a TRIAL and annoying.

##### Scrape 1

Anxious about not enough time to do it well enough. Getting a bit annoyed about half closed eyes and difficulty with writing. Trying to pull myself together. Happy to be journeying with the others in the group. Aware of others – a nice feeling – connected. Also very happy to just sit and do nothing! Keep feeling the need to clear my throat.

##### Grind 2

Still trying to be tidy and pens etc. rolling away!  
Blissful feeling. Falling snow again. Cocoon! Very contented overall. Just doing it. Spill again, but not bothered. Nose very irritated. I'll have to sneeze soon – or feeling like it will bleed.

##### Scrape 2

Didn't really want to stop again. Mesmerised and dreamy. Pleased with sound – bell sound of scraper. Want to keep sounding the bell – to call the spirits? A reverence for it. Doing something very holy.

##### Grind 3

Aware of my sounds and everyone else's. Feeling that the whole world is shrinking into this tiny pot. Feel as if I am sounding the remedy into the powder.  
Jewels? Something precious. Calling the bell, calling the spirits, sounds bring healing and holiness into the sugar powder.  
Falling snow. Songs and dance. BUT SO SOPORIFIC. Pleased to stop now.

##### Scrape 3

'All my energy gone to this flightless bird, all my songs without a word.' It's a feeling of melancholy, grief. Like feather patterns around the bowl.  
Precious, very precious, very precious substance. Eyes are sore and itchy.

Lunch. On going out, feeling of not wanting to be separated from group.

Running to catch up. Sitting in the back of the cafe feels as though we are connected together by strings.

#### Triturator 5

##### Grind/scrape 1

More focussed. Better energy – triturating anticlockwise goes faster and relieves my arm ache. Remedy still seems silky smooth in the bowl. Much easier trituration.

##### Grind/scrape 2

Yes, yes, yes – feeling that now we are off – things are really moving and I can keep up!

Thinking of wishes and dreams – plans for the future – optimistic. Much better experience than C1. Spilt remedy again on same thigh. Same place.

##### Grind/scrape 3

Spilt even more on jumper this time. Rhythmical motion to the grinding – I'm swaying with the rhythm – catch T1's eye and start to laugh. Much more light-hearted.

I can't keep this remedy in the bowl – it keeps springing out.

Disappointed when told to stop grinding – still finding anticlockwise easier and faster. Plant energy? Community/sharing/supporting.

#### Triturator 6

##### Grind 1

Feel cold and want to be wrapped in a duvet, curled up. Sleepy. Quiet.

Again, irritated by lack of smoothness on bowl.

Peeping out of my scarf and hair. Want to hide. Adding letters. Muddling letters up. Feel dyslexic. Can't remember how to do things. Clumsy, muddled, confused.

Anxiety creeping in. Can't think clearly – how to hold pen? Can't read my writing for where we are in time.

Distortion of time - too fast or too slow. Clumsy. Can't write anymore. Don't care. Want to give up and go to sleep. Loss of control.

##### Scrape 1

Still want to be methodical so not pleasant. Having to battle with myself.

Split. Either give up and go to sleep or do it right. Again forgetful of time.

Confusion of thought processes.

##### Grind 2

Starting to muddle up clockwise with anticlockwise. Still worse for jarring noises.

Want to get off chair and sit on the floor. Feel too high up. Want to be on my belly on the floor. My 'under belly' soft and pink needs protecting.

Feel a bit 'adolescent'. Not quite grown up. A sexual thought – be nice/warm/cosy but only on my terms. Don't want any invasion if not on my terms.



## Scrape 2

Muddled up numbers. Having to make a really conscious effort to time keeping. Difficult. Time passing too quickly. Yawning.

## Grind 3

Wanting to yawn. Sighing. Eyes very heavy. Red Autumn colours in my mind. Earthy/dew drops/fallen leaves/warm fires. Sense of smell feels enhanced now.

Want community and want to be alone. A split. To be with others or be self centred.

Feel in an altered state. Don't want to grind the bottom of the bowl. Too rough and noisy. Sides soft and smooth.

Independence within the community. 'Tread lightly on the earth'.

## Scrape 3

'Leave us in peace' 'We do no harm'. Image of spider webs.

Lunch. Awareness of altered reality on leaving the building. Noticed red of Santa Claus. Hard to walk. Ground uneven. Felt too tall. Desire to be close to the ground.

## *End of C2*

There is more energy in the room. People talk of feeling confused. There was more about perfectionism, a split or duality. A lot of sleepiness, but with anxiety and tension.

T1 feels very emotional and sighs. 'It took me back, I'm making mistakes'.

Sighs. 'This remedy is deep down'. People talk of fearfulness, longing, yearning for the past. Community feeling. We are a unit, close knit group feel, like a bubble. I wonder, 'Is it going the other way?'

T1 said, 'I feel a huge loss. Whatever you've got there you don't want to drop it, it's a child, a baby'.

The room has a very quiet energy, don't want to disturb it, like a sleeping baby. The whole room has a sleepy, drowsy, heavy feeling, intoxicated. We feel a total connection, bonded, unified, a clique.

The café talk was about people who had lost touch in some way and what they were doing now, about how cliquey and connected we felt, and babies. Many of us ordered 'comfort food' like hot chocolate, bangers and mash, frothy chai and we noted how we enjoyed 'getting the sofas' and cutching up in them with our mugs of warm milky stuff.

### *C3 stage*

#### Triturator 1

##### Grind 1

I feel the need to carry on. I want to. Village life a long time ago – blacksmiths – everyone working.

A connectedness to my stomach – adrenaline – bowl next to stomach.

Sexuality – genital area. Sensitive male/female. Male part is pestle – female is mortar.

##### Scrape 1

What if this is the same remedy as mine? Trying to get this out of my head.

##### Grind 2

Lovely – unison, sounds in unison. Child's spinning top – always wanted one of those.

Feeling pregnant – big stomach. When is this baby due? Excitement in stomach, anticipation. More centred. Not so much as a feeling of one of a group. Women, ancient women – knowledge. Trinity 3. I don't want to stop!

##### Scrape 2

Excitement in stomach – something is going to happen. Sensing importance of group.

##### Grind 3

Time going on down the centuries. Then a band started playing outside.

Synchronicity. Life/death/rebirth. Vision of a battlefield with the sound of the drums – going back in time. Am I visiting parts of my previous lives??

Culminating in who I am now. Drums are very powerful, earthy. Grounding me.

##### Scrape 3

At birth? No, before birth in forming baby – as if left/right haven't been formed yet. The sexual organs not one or the other as yet. Matridonal remedy?

#### Triturator 2

##### Grind 1

Before we started, T6 wanted to get going. I was still eating my biscuit. I felt intruded upon. Said, 'don't interrupt my biscuit experience. Leave me to crunch in peace'. What a weird thing to say!

Lively feeling. I want to drum. We bang our bowls. Start making rhythm with the bowls. I want to play, but feel I should be silent.

A sharp sticking pain momentarily shot down my ring finger and again in index finger and knuckle. (A rare symptom of mine) A feeling of wanting to let rip and play. Come out of my cocoon.

I am closing my eyes and sleeping while I do this, feeling the darkness.

Over too soon again. I saw a bright white 'drop' - a tear?

### Scrape 1

Scraping seems to go on too long. Seems pointless. Am just playing with it, moving it around.

Respect this energy. Honouring everyone's souls/spirits while giving out the lactose. People all said 'thank-you' after I gave it out in this way. A response to the respect I gave them?

### Grind 2

A genie coming out of the bowl. Smoking, swirling up as a spirit to be respected and honoured.

Lots of sighing. My heart jumped, thudded – and again. Feel a strong connection with everyone here. Respect for them. T5 looks like a Buddha, very calm. Felt it is the right time to stop at last.

### Scrape 2

I'm now scraping very neatly. Trying to get every last scrape off the sides. A bit of powder fell on my trousers. I brushed it off - want to be neat.

### Grind 3

Nerves and anticipation coming up from my belly. Why I have no idea. (I sometimes get this though)

Alice in Wonderland type feeling. I have a lightness in my head, my head feels floaty.

There's a marching band going on outside with dingily music. It seems weird and disjointed. Closed eyes and saw a jester with a three pointed hat. Red and white bells. The Wizard of Oz flashes through my mind. Feel pressure building up in my temples and slight shooting pains in shoulders and right shoulder blade.

### Scrape 3

Nerves coming up in my belly. Anticipation nerves. Tiny shooting pains in joints on shoulders and back. Stiff shoulders and back.

You can hold the whole world in the mortar. It encompasses everything.

More disconnected energy. People going inside themselves – separate. Stuff going on. 'Hidden. I'm not going to tell you'.

### Triturator 3

#### Grind/scrape 1

Left eye itching, left tooth hurts. Pressure on top of my head, from temples up. Is it sinus'?

Feeling absent minded, less focused. Much less focussed, my mind drifts off on excursions.

#### Grind/scrape 2

Ideas such as what might have been better.

Stay in focus - keep the focus. Mind drifting – plans for the future (mindfulness class – trituration.) We're a group of adults doing this all equally. Smoothness of grind - at times gentle and then forceful.

#### Grind/scrape 3

Eyes tired, left eye itching. Try extending awareness. Seems easier when out of my body and inclusive of group. Synergy (J. Mary's "Grace")

I cannot look for guidance. I can only feel the way. Very much in my own thought.

I feel sensation of spaciousness and extension in my chest with heat.  
As T2 speaks of disconnection, I feel connected. I am happy in my 'other' experience or even 'non experience'. I feel my contribution is maybe different, not about contributing great insight – but to hold the energy.  
Everything needed is provided in the group. Variety = synergy  
Hidden, secret? I don't need to know. Let go. Just be here and hold. Not forceful.

#### Triturator 4

##### Grind/scrape 1

I have a lost kind of feeling. It's difficult to tune back into it. I've lost touch by going out shopping. Lost the vibe. Don't know what I'm looking for. I'm just grinding.

I'm hearing the sounds of love being milled. Seeing the faces of the people I met at and after lunch, especially children and young people. Thinking of husband, an extrovert. He doesn't have a clue – knows nothing about motherhood and caring for children.

Feel what we are doing is so precious and fragile – yet not fragile with its own life. I'm listening.

##### Grind/scrape 2

I'm alone now in my journey.

The whole cosmos is in this small round pot. A voice yearns to speak from the bowl. I am well. I am awake. It is if an angelic person is turning and moving the pestle. It is so much bigger than us. It's a whole cosmos in the bowl. An angelic being helping to create the remedy.

##### Grind/scrape 3

Not upset about spilling or the band outside - very placid.

Feeling of the wind blowing over a wild hillside. (Also had this in C1)

Bracken fronds, damp earth.

I'm not even obsessed by scraping perfectly. Thought pops in – have I finished my task for this one now?

#### Triturator 5

##### Grind/scrape 1

Laughing to start with. Realise that as I grind that I am making plans, envisaging things to do – more triturating maybe – gatherings – who might come etc etc. Nothing specific but general planning and imagining.

Feeling busy ...

Right hand hurts this time as I grind. Good to stop to write. Whizzing around grinding, then slow down – intention.

Give up your resonance – show me more of this remedy – I want to see further, deeper. Disappointed at being told to stop grinding to scrape. Is this a sort of vine, a climber? I have an image of swaths of greenery, climbers clinging to trees – all rather dim and dank.

Grind/scrape 2

Memories – mainly of people we spoke about during lunch – disconnected. Tiredness cutting in again. Determined to keep going on and on. Not giving up!

Sound is getting to me. Want to tell others to shut up!

Very dreamy – nearly lost it and went unconscious – several times. Feels like I'm ready to stop now.

Grind/scrape 3

What am I resisting? When I open my eyes it's like surfacing from a very long way away. Where have I been? Hear band outside. Wanting to give up. Huge yawn.

Feeling shivery

Then drifting off again. Where do I go? Like being anaesthetised – can't spell!

Triturator 6

Grind 1

Irritant burning and runny nose. Realised been going clockwise all the time, not anticlockwise. Very little powder. Hard to get back into it. Feeling a bit disengaged.

Can't be bothered/indifference. Quite marked compared to where I was in the intensity previously.

Curative – a headache that I had before we started.

Scrape 1

I want more powder. Nothingness. Emptiness. Want to cry but for no reason. Left eye watering.

Grind 2

Substance feels closed off, shut down – doesn't want to give of itself – too exposing – too vulnerable. Hidden. Something deep. Irritated – doesn't want to be ground down.

Quite resistant. 'Fuck off and leave me alone'. As if no powder in the bottom – all up the sides, trying to get away. Wanting to escape, wanting to run away, wanting to be invisible.

Sharp splinter pain in heart/chest region. Knife like. Pressure in head returning.

Respect please

Scrape 2

Secretive, doesn't want to be found out. Ashamed?

Grind 3

Guilty, no good, unworthy, hidden secret. Private, standoffish. Road kill. Glad of the distraction of the band.

Execution/crowd. Persecution. Glorified death, witch hunt. Secret into death.  
A scared energy. Guilty of a crime. Delusions a criminal. Done something wrong.

No energy to proclaim my innocence – too strong a force – give up/roll up - curl away. I submit but I won't tell.

Scrape 3

Been wronged. Misunderstood. Undervalued. I am innocent. Proud – won't be beaten down. Won't belittle myself. I was just pregnant! Women's remedy.

Ancient crone wisdom.

Heart beating very fast. Shaking inside.

## *C4 stage*

### *Triturator 1*

Grind 1

Yawning, really tired. Can't stop yawning. Can't be bothered

Scrape 1

Thinking I must get things right. Feeling hot in the face. Frontal headaches as though been crying.

Sensitivity/respect for remedy. Absolutely shattered.

Grind 2

Not as tired. Aware of the noise I was making with pestle and mortar – didn't care.

Very childlike wanted to laugh and carry on. Fast – very fast. Pressure blister on middle finger right hand from using pestle or is it mortar?

Scrape 2

Can't get pregnancy out of my mind. This is taking a long time.

Grind 3

Really tired again. Left nostril itching.

See stars, universe. See a picture of a spider/bug in the powder. Said 'hello' to it. Everything will be fine.

Is it a remedy to do with developing/growing up/moving on?

I always hide things/who I am.

Scrape 3

Feel as though I have been on a journey past and present.

Thinking of T2 and her children and uterus!! Remedy from your children T2?

### **Triturator 2**

Grind 1

Face feels really hot – cheeks are burning.



Sensation of something piercing my head – a stake? Wooden stake! ‘I am innocent’ Blood coming out of my mouth! Tongue hanging out.

Scrape 1

Burnt at the stake. Witch-hunt. Doubt. Am I wrong? Is this right?

Grind 2

Feeling of wanting to move on. Don’t want to look at my stupidity – don’t like writing that.

Closed eyes -saw a Bishops hat. Thought of the Catholic Church scandal – the hidden abuse, hidden for decades.

Shooting pain in right ear into glands. Pain in left ovary area? Shooting pain in glands and under ear persists.

T1 sounds like she is whisking an egg.

Ouch – sharp prickling needle pain in right thigh.

Flashed back to my old school playground – a man in purple underpants flashed at us through railings. Sharp needle pains here and there.

Scrape 2

Annoyed, angry at powder. Furrowing brow. Start bashing it with scraper!

Hitting it again and again.

Grind 3

A sadness – I feel sorry, sorry for what I have done to you. See someone praying, kneeling in a big church. Three hail Marys.

See birds flying off to pastures new. Sense of disconnection to the past. Pain in lower back – heat and pain.

Scrape 3

Making a cake. Bun in the oven. Doing it differently from the rest – a need to rebel and be different.

Triturator 3

What ever comes out will come through me so I may not recognise it as the remedy.

Continuity, keep going. Nothing has to come out of this, just keep grinding.

Rituals ‘Sun Salutation’ that kept on for days (over generations).

I only need to continue (no results).

Triturator 4

Grind 1

New beginning. New heaven and new earth. Sharp pain in right forearm when writing as well as grinding. White clad soldiers on horseback – women soldiers, nuns or religious women on horseback.

Oppression in chest and throat.

Scrape 1

Achy and stiff back and neck.

Grind 2

Out of the dust is born new birth.

## Scrape 2

Continually I am spilling the stuff! Now I am feeling like a failure, as I am not coming up with anything interesting to say! Unable to access the place where the voices can be heard.

## Grind 3

Motherhood. Relationship to children. Your best will be good enough if you trust that love will come out of the bowl. Feeling of faintness on finishing – fleetingly.

## T4's journal

At home – one hour after return my period has started! How amazing. What was that about?

On waking the next day - tearful. We are all so precious, so vulnerable!

## Triturator 5

### Grind/scrape 1

Reluctant to start. Over to you. I give up. Unsure which is clockwise and which is anticlockwise.

Awareness of genitals, a little like the sensation I felt at Stonehenge.

Alchemy, transformation. White heat in bowl. Is this a standing stone?

Powerful, enigmatic. Aware but not open – also mischievous (still can't spell)

### Grind/scrape 2

Feels good to sway as I grind.

Nearly spinning off, then back into group. Synchronised grinding? Stopped grinding – listened to the others – feeling what this is – as if I suddenly know, but I don't.

### Grind/scrape 3

Memories of hitting two different animals with the car – just missed a rabbit last night – glad I didn't kill it. Somewhat ashamed that I have killed anything – ever. Sad – but again moment of transformation. What about meat?

Sitting heavily in my gut. Why am I thinking all this now. Where's this come from?

Spilt remedy again – a mess. Thoughts of the dead. Wondering whether father in law will die soon. Very detached from any emotion – considering this. He is 90 and sick and I've never liked him much but death is a mystery.

## T5's journal

Overall impressions seem to be:

Various encounters/awareness of animals and other wildlife.

Better sleep – with little disturbance.

Fleabites – which still haven't gone away entirely!

Thoughts about sudden death and the transition between life and death.

Also, hearing stories of managerial misconduct, bullying in the workplace, injustice, people telling me about 'feeling stabbed in the back', vindictiveness etc.

Triturator 6

Grind 1

For the innocent, for innocent prisoners, captives, death row.

For people who are misunderstood, people who feel an outcast, people who feel they don't belong. For women who have been punished for pregnancy / termination. Returning to my own consciousness.

Scrape 1

Time passing more slowly. Keep hearing people knocking at the door!! Want to uncurl.

Grind 2

For people who have been bullied, despised, disrespected for their own truth.

For people who have been wronged / raped / shamed for their beliefs.

Hidden abuse. Past life stuff. Lepers / leper colony.

Just realised the importance of the shapes in the bowl. [Picture of the stages of the moon]

Scrape 2

For people who don't fight back, don't give in, but go inward and take it without complaining, who bear it with pride.

Nat m, Thuj, Aur, Cycl, Lac-c, Staph

Grind 3

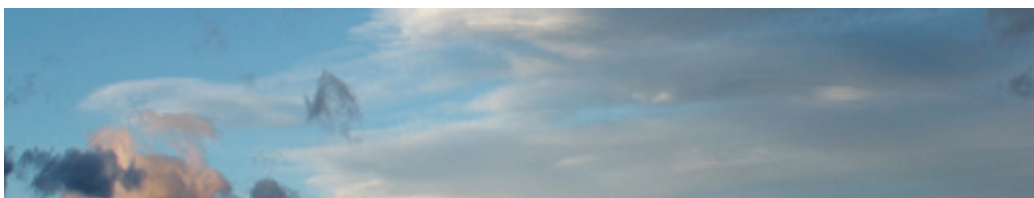
Back in the room, back in myself. Peaceful – more understanding of the process and the importance of the unprejudiced observer.

Here's to homoeopathy! Here's to community! Here's to process.

Honour ourselves and everybody and the planet.

Scrape 3

Job done!



## *The dream proving*

*One week after the trituration on the 5<sup>th</sup> Dec 09, Linda Gwillim led the first and second years in a dream proving using the Hedgehog C4 powder from the trituration. I have included the dreams from the other provers and myself here too.*

*Interestingly, many of the dreams correspond with the themes of the C3 and C4 levels such as grandeur, religion and gestation. Contrastingly, many of the dream provers, while awake, had symptoms that matched with the C1 and C2 stages such as irritability, clumsiness, restlessness and eye problems. Most of the dream provers woke often, while all the triturators were very drowsy, indicating the nocturnal nature of the hedgehog.*

*DP1 means dream prover one, DP2 means dream prover two, and so on.*

### **DP1**

*Agitation, irritation, smell*

(After taking the packet and before going to sleep) ... I felt great agitation. I was grossly unhappy. Everything was wrong. Normally I would have appreciated my gift, but I hated it. I was annoyed. The rose didn't smell!

*Restless sleep, irritation, tooth pain*

I slept restlessly and was annoyed at L for not giving us a nice, easy soothing remedy. I was irritated that I had to turn on the light to write down my dreams. Had some tooth pain that went from left to right.

*Delusions of grandeur, gone back in time, sense of purpose*

I dreamt I was male, dressed in black, an aristocrat, an 18<sup>th</sup> century noble man or a landed gentry.

I felt I had gone back in time. In a regal way, I said 'fetch the horses!' while gesturing with my arm, head held high, like I would be a god. I had a strong sense of purpose. 'We must harness the horses now!'

### **DP2**

*Feeling separate and desire to separate from family*

I dreamt of my family. I had a weird sense of feeling separate from my family. I felt odd about saying goodbye to my family, to anyone with any ties to me. I wanted to separate from them, but it was an odd feeling.

*Connection with deceased loved one, cross, religion*

My (deceased) Great Aunty, a very important figure for me, came into my dream and asked me to wear her cross, a cross she had worn throughout her life. She was very religious, although I'm not. I wore it for two months after the proving and it gave me a feeling of protection. I felt more connected to her and my father said I actually picked up her mannerisms afterwards.

*Watching an animal die in pain, clarity of vision, desire to be separate from family*

In another dream I saw a really beautiful horse that was dying. The colours were vivid, green crisp coloured grass. You could see his last breath crystallizing, like early morning mist. I watched him die, couldn't do anything to help.

The morning after my dream, I had a real sense of wanting to be separate from my family.

### **DP3**

*Restless sleep, old fashioned*

I had a very restless night.

My first dream was of a traditional, old fashioned, ideal Christmas scene.

*Water, desire to escape*

My second dream theme was 'Noah's Ark', and I just remember lots of rain, water and needing to get on board Noah's Ark.

*Guilt, unfaithfulness, self-blame*

My third dream theme was 'unfaithfulness'. This was a strange one, as I remember feeling guilty and ashamed about a one off fling with a Welsh politician. I was drunk in my dream when it happened, and I don't remember any other details. I did feel very guilty. In the dream I criticized myself and felt awful about it.

### **DP4**

*Ladder, Cheshire cat smile,*

I'm going off to sleep - see a tiny man in a black suit and a top hat climbing a ladder. He turns to look at me and gives me a big grin that is huge and much bigger than his face.

*Agitation in body, intense agitation in legs*

Felt agitated in my body. Had an agitated dream of being asked to do something I don't want to do. Particular intense agitation in legs.

*Looking down from a high place, pink jelly fish, serenity, water*

I saw beautiful pink jelly fish, like satin swimming up a river - they were all different sizes. I'm standing on a bridge, looking over the river. It's like there are people telling me not to get into the water. I really wanted to get in with the jelly fish and join them, but the people stopped me. There was something serene about them, I wanted to be in that serenity.

*Prostration to a higher being, Alice in Wonderland, delusions of grandeur*  
Suddenly everyone gets down onto their hands and knees, kneeling down with your toes touching your bum, your forehead touching the ground and your arms out in front of you (if that makes sense). People are doing this on either side of a cobbled street because the Queen is coming but she is more like a fairytale queen from Alice in Wonderland. They do it twice, but she never comes. My image was of her in red and black and white with a big skirt that puffs out. She was larger than life and a bit scary.

*Pregnancy, gender, boy or girl?*

Then I'm on a bus and a man is standing next to me in a check shirt and he is pregnant, he is not showing but I know he is pregnant. He is standing in front of this little board - half is red and half is blue and there is a matchstick in the middle and he is doing this to find out whether he is having a boy or a girl.

*Secrets being told, smell*

I'm dreaming that I'm walking down a hallway and I see L, she puts her fingers on her lips and tells me that the remedy is cigarette (note: I had a delusion that I could smell cigarette smoke in my room before I went to sleep). I turn a corner and walk away and say 'I knew it'.

#### **DP5**

*Concrete block, asexual jelly people, looking down from a high place, gender - 'a girl'*  
As I nodded off, I twice had a vision of an oblong block of concrete. A long row of jelly-like people were walking across it. They were featureless - more like alien shape really. No clothes, just like smooth jelly. I had a disturbed night & woke 3/4 times. I dreamt, at least twice, of the same concrete block - these times only one jelly person walked across the block. When I woke after each dream I knew it was 'a girl' and felt like she was going to jump off the block. Nothing to suggest male or female, but I knew it was a girl. I wrote 'Girl walking over block with intention to jump'. I couldn't tell it was a girl visually but I just knew.

*Eye symptoms, mess*

When I finally woke I had loads of sleep in both eyes (I did have bad cold symptoms at the time though). I could hardly read my writing next morning it was a real mess.

#### **DP6**

*Serenity, bury self under duvet, numbness and tingling, spinal chord, left side*  
Whereas several people complained of being very restless during sleep - I felt very calm and still and buried myself under the duvet.  
When I placed the C4 packet under my pillow I instantly experienced tingling then numbness initially around my mouth but then radiated down my left side from my spine to the tip of my left foot.

*Irritation, sensitivity to noise, left eye symptoms*



When I woke the following morning I was really irritated by the noise everyone was making and my left eye was really bloodshot, mucky and had a gritty sensation- I actually took Pulsatilla because it was really uncomfortable.

*Nausea, loose stools*

I also felt really nauseous and had a slightly 'upset' stomach with several loose bowel movements - which is actually unusual for me as I generally have a cast iron stomach.

## **DP7**

*Laughter, curling up / prostration*

Before going to sleep, this prover became hysterically giggly and ended up curled up on the floor with her arms stretched out in front of her (as though prostrating).

*Irritation, religion*

Somebody asked me if my dad had any time to christen their grandchild. I told them to phone him early as he was a busy man, but was irritated because I knew they didn't believe, so what did they want their grandchild baptized for!

*Adverse to jewelry, cross falling off chain, irritation*

While this prover was asleep, the cross fell off her chain, even though the chain was still fastened around her neck. She felt irritated with it and didn't want it near her, so put it on the floor.

*Competition, military, desire to escape, stealing*

My last dream was back at a competition. Group of people with military background trying to escape from a farm. I was in charge and somebody had stolen some things. I went to get people to help sort it out.

*Concrete, hole, ladder*

A person didn't have a house so he made a deep square hole in the ground, put concrete on the bottom and had a ladder going up and down. He was at the top in a boat. He had to stay there because it was muddy.

*Irritation, children*

Then the dream changed again. I felt irritable at a lady for not approving of my children playing on computers. I said, 'you're in charge, so you do it!'

## **DP8**

*Water, predator, sensation of freedom, snake*

I was a snake going through the undergrowth looking for frogs to eat. There was a huge sense of water – there was a pond near by but I couldn't see it. Water was part of my environment. I felt a huge sense of freedom being the snake.

*Adverse to jewelry, restless sleep, sensation of restriction*

In the middle of the night, I felt really itchy, restless and hot, I had to take everything off including my jewelry and wedding ring, which I never take off. I felt really restricted, restless and hot. I never take my wedding ring off, never felt the need to.

*Clumsy / uncoordinated*

The next day, I spent the whole day feeling uncoordinated and clumsy. I pushed doors when they said pull, couldn't open things, couldn't work the kettle.

## **DP9**

*Restless sleep, top of ladder, feeling lost, loneliness*

I found myself constantly waking up and writing things down in the dark. I slept very badly.

The first part of my 'dream' was a sort of ladder made up of segments or strips and the top one was very important - I was constantly aware of how simple it was - how obvious - but when I woke up, because B was crying out, I could not remember anything but the 'ladder' - B [husband of dream prover] was dreaming and was very upset because he had 'lost me' and was experiencing terrible loneliness.

*Loneliness, betrayal, deception, feeling lost, searching, longing*

After that I woke at regular intervals and wrote down the following words: loneliness, betrayal, deception, simple, source, longing, lost, alone, looking for.

*Male Orangutan, despair, bereft, family loss*

I then dreamed about a male Orangutan - I could actually see him looking upwards, possibly in moonlight - he had huge cheek pouches. I could feel everything that he was feeling. He had a huge sense of loss, despair and bereft as if something had been torn out of him. It was a feeling of family loss.

*Monkey DNA*

A voice then told me that the substance under my pillow contained monkey DNA and I thought of 'cheek swab', probably because of the Orangutan's cheek pouches...

*Deception, formal garden*

I went on to have a much longer dream where I had been given a job to look after a huge garden (something like a National Trust establishment) but I had been employed to do something else - I felt really bothered that I had been 'deceived' and upset because I had no gardening qualifications. I was trying to make sense of all of this when I heard the 'voice' telling me that 'the substance has revealed its essence to you and this dream has no connection'.

## **DP10**

*Hysterical laughter*

As soon as was given it, I placed it under my pillow, but I was surprised on trying to settle down to experience a high level of hysterical laughter with my friend.

*Looking down from a high place, formal gardens, beauty*  
My dreams were clear and amazing. I was looking down onto intricate formal gardens, most beautiful.

*Wild, nature, mountains, sensation of height*  
I then had a kind of touch down and was walking along out of these gardens towards wilder stuff and mountainous scenery.

*Cliff, looking down from high place, danger, concrete*  
The path became precarious. To my left was a very long drop straight down a sheer rock-face with a slight bulge out further down. Although I did consider if it might be concrete type stuff as it was fairly uniform.

*Clarity of vision, beauty, water, danger, fear, safety*  
I was very aware in the whole dream, I was seeing such intricate clarity it was just beautiful. The precarious path across the steep bit filled me with dread, as I needed to get to the other side of it. I felt fear at this point and was scared of slipping. A little way ahead water was falling and beyond this was safety.

*Desire to escape danger, tranquility, safety, looking down from high place, clarity of vision*  
I needed to get to the other side and felt dread, but before I got to there, I was whisked off (it just happened) into the air feeling tranquil and safe soaring about. Again looking down onto the ground and around with great clarity. I was overseeing the valley the water was falling into.

*Sensation of eagle eyes, fear, peaceful, steep landscape*  
I was moving as an eagle but had no sensations of flying e.g. wind, lurching. Just my eyes looking out. All of it, apart from the precarious bit, was peaceful and quite amazing as I was moving through incredible ravines and valleys seeing it all so clearly. I was just observing, as I drifted from one side to the other of the steep landscape.

*Symbolic patterns, bird*  
Then there were loads of symbolic like drawings all coming at me. I described them on the Sunday as Inca or Aztec, but perhaps more geometric - the main one being a bird.  
I slept well. It was surely a wonderful dream, full of great beauty and fleeting fear.

\* \* \*

**T6's dream on night of dream proving**  
*Irritation at looking after children*

I dreamt I felt really cross at P for expecting me to look after her children. The feeling was that everybody wanted me to look after their children. I said, 'cant you see how busy I am. I won't do it!'

### **T2's dream on night of dream proving**

*Looking down from a high place, watching an animal die in pain*

I was looking out of a high window, down on a party. An animal had run into the party and some gate crashers, kids in suits and ties, were messing about in cars and wrecking the party.

The animal was a deer. It was wounded. He had a huge wound, it's leg was almost off – it was writhing and jumping in pain. I said, 'we need a gun!' Someone said, 'he's already dead'. He had died in great agony. I said how I'd seen an animal die like this before, but I think it was in another dream.

\* \* \*

### **T1's dream from journal**

29/11/09 (day after trituration)

*Abuse, witch/wizard*

Sunday night – vivid dream. Wizards and witches – good against evil. There was a place where people were being abused and changed.

### **T4's dreams from journal**

2/12/09

*Not enough food*

I dreamt there's not enough food to eat! I have cooked supper, and when we come to serve what should be enough for about 12, is almost gone after the first three servings. We put tiny helpings on plates. I don't take any so it will go around better.

3/12/09

*Not enough, looking down from a high place, desire to be alone*

In a small house in woods doing an arts and crafts project. There's not enough paper to go around...I have to go back though the woods to get more paper. I feel I'm alone in the woods, but keep catching sight of movements out of the corner of my eye – are people there or not?

I get the paper, and sit down on a wooded slope looking down onto a junction of two streams. It feels very quiet, I like it and I'm sure I'm alone.

*Desire not to be seen, children, bright red*

Then I discover that the odd movements I wasn't sure I'd seen or not turn out to be a large group of school children and teacher.

I'd rather remain unseen and then suddenly realise I am wearing a bright red bobble hat and am very conspicuous.

### **T5's dream from journal**

29/11/09

*Spinning tops, mess, children*

Dreamt of spinning tops, also a patient looking around my house, checking my very untidy office, my children appear to be at least 15 years younger than they are now; my daughter attempts to jump on the patient as if wanting a piggy back.

\* \* \*

**My dreams taken from journal from 21<sup>th</sup> Nov to 7<sup>th</sup> Dec** (The trituration was on the 28<sup>th</sup> November, the dream proving on the night of the 5<sup>th</sup> December)

21/11/09

*Convicted yet innocent*

I was staying in a tower block. The opposite tower block had huge tree trunks and metal girders tied onto it at the top with a big chain.

In the night, we heard crashing and all the logs and metal stuff started hurtling to the ground. They smashed up the windows and cars at the bottom of the tower. We ran to the tower block and went to the top. The police took one look at my friend and arrested him. They also arrested someone who was drunk and wearing leather, but was also innocent.

When I got back to our room, I remembered that another bloke who had been in the room with us had gotten up in the middle of the night and had stolen a sandwich. Somehow I knew that it must have been him who caused the crash – but my friend and this drunk guy were arrested for it.

*Disguising innocence*

Another dream about looking at a statue of a young girl in a sweet 50s style dress. She was meant to symbolise the youth of the past. Someone said how he thought she should be wearing leather and that she seemed too innocent. He actually said she should be wrapped in leather.

*Cysts in breasts*

I also dreamt I had cysts in my breasts – mainly on the left. It was on the outer side and felt like small nodules joined together in a kind of network. They were painful. I dreamt I should take Phytolacca.

*Low self-esteem, prolapse, backward child*

I dreamt I saw an old boyfriend. He had pebble glasses, was very short and looked stupid, but I was shy and couldn't speak to him. He sat by a friend and she started chatting, brought me over and then disappeared. He introduced me to his wife. She had a huge prolapse, there was a huge lump hanging down under her jumper. I spoke to one of her children who seemed backward.

28<sup>th</sup> Nov 09

*Delusions of grandeur*

Last night I dreamt of a haughty kind of bloke. He was standing in front of a

grand piano with his back to me. He turned around slowly and had an enraptured smile on his face with one of his eyebrows raised higher than the other.

*Unseen dark side of city*

I also dreamt of a city. The 'camera shot' was along a riverbank, like the Thames. From afar it looked affluent, with bright lights and tall buildings but then it honed in. There were slums out of sight along the riverbank and people were walking about knee deep in water. They had a large table in the centre of their living area in the water, but they had made it quite homely. There was a very grey / beige feel – dirty, mucky, decaying, decrepit. Unseen – the dark side of the city.

30/11/09

*Being pursued / obsessed about*

I dreamt of a man, the age of my father, gave me a lift home back to my father's old house where I was brought up. He didn't leave and wanted a scotch. There was a party going on in the house and I disappeared into it – trying to avoid him. The party was in my room at the top of the house, but I had to leave and bumped into him again downstairs. I told him I wanted him to leave – I felt he was obsessing about me. I ran away back upstairs – he couldn't follow me – he was old and slow.

7 Dec 09

*Spinal chord*

I was with P and some friends. I leant back and my coccyx clicked loudly in three places. P was amazed at my clicking coccyx.





# *PART FOUR*

## *The themes of Hedgehog*



*I'm not asleep...but that doesn't mean I'm awake*  
*Author Unknown*



## *The main themes of Hedgehog*

*I have recorded these themes in the general order that they appeared throughout the trituration somewhat like a story. You can see how in the beginning, where C1 and C2 is mainly represented, the symptoms are generally on the superficial, physical and emotional levels. Gradually, as we move into C3 and C4, the 'plot' thickens, and the spirit of the remedy emerges. I have backed up some of these themes from the dream proving and the triturators' journals where appropriate. Not all the dreams are presented here but you can find them all at the end of part three. There were six triturators in total. T2 and T6 knew what the substance was prior to the trituration.*

**C1** The physical level of needs, nourishment and instincts.

**C2** The level of the emotions.

**C3** The mental and intellectual level, of magical and mythical thinking.

**C4** Works on our spiritual level, our destiny.

**T1-C1** means 'triturator 1 on the C1 level'

**T2-C2** means 'triturator 2 on the C2 level'

**DP2** means 'dream prover 2' etc.



### *Desire to sleep / duty to endure*

*It wasn't long into the trituration before each of us wrote about how terribly sleepy and intoxicated we felt. The eyes felt particularly droopy and tired. However, despite of the tiredness, there was also a desire to keep going and endure.*

**Sleep, desire for / tired eyes.**

T1-C1

'Close my eyes. Lovely.'

'Feeling tired and lovely.'

T2-C1

'Feel tired in my eyes, sleepy. Grinding ended - I feel like I've just woken up - come out of my sleep.'

'Eyes tired.'

'Eye lids feel really heavy, heavy sleepy, sinking feeling.'

'Heavy sinky sleepy feeling with anxiety.'

'I feel like I'm half asleep'

T3-C1

'Tiredness in eyes, desire to close eyes'

T4-C1

'Eye lids feel only half open'

'Feel pretty dreamy.'

'Mesmerised by the task.'

'Curling over the task, head bend over, eye lids closing.'

'Still feeling tired.'

T5-C1

'Almost asleep.... Maybe I brought the tiredness with me, but usually wouldn't feel it, not yet anyway. Yawning.'

'Considering going downstairs and taking over the small room, wrapping myself in my coat and sleeping - good idea?'

'More engaged with what I'm doing, but still sleepy.'

T6-C1

'Want to wrap up in my scarf and go to sleep. Content and quiet.'

'Desire to close eyes, bend head forward and stretch neck.'

T1-C2

'Oh yes I am tired - closing eyes. Feel happy, slightly drunk - lovely!'

T2-C2

'Heavy, sleepy feeling - eyelids are very droopy, the left is worse.'

'Left eye is almost closed, feels burning, slightly sore.'

'Feel like giving up and going to sleep.'

T3-C2

'Great tiredness in right arm. I am not sure how long I can keep this up.'

'Tiredness. Desire to close my eyes.'

'Tiredness especially in head and eyes.'

T4-C2

'Eyes still only half open.'

'Getting a bit annoyed about half closed eyes and difficulty with writing.

Trying to pull myself together.'

'BUT SO SOPORIFIC.'

T6-C2

'Feel cold and want to be wrapped in a duvet, curled up. Sleepy. Quiet.'

'Can't write any more. Don't care. Want to give up and go to sleep.'

'Either give up and go to sleep or do it right.'

'Eyes very heavy.'

T2-C3

'I am closing my eyes and sleeping while I do this, feeling the darkness.'

T5-C3

'Tiredness cutting in again.'

'Very dreamy – nearly lost it and went unconscious – several times.'

'Then drifting off again. Where do I go? Like being anaesthetised – can't spell!'

T1-C4

'Absolutely shattered.'

'Really tired again.'

### **Duty to work hard / to keep going despite tiredness / endurance**

T2-C1

'I should scrape properly, don't play – be serious.'

'Feel tired, but must keep going.'

'This feels like a hard slog'.

'Heavy sinky sleepy feeling with anxiety – must go fast, hurry hurry.'

T3-C1

'Feel as if I'm enduring. You've got to move faster'

T2-C2

'Everything seems it's going very fast. I want to grind again.'

'There's still time, have 3 more to go, making good headway, going well'.

Want to carry on working hard.'

'It's all over too soon, want to keep going, don't want to stop' (grinding)

T3-C2

'Great tiredness in right arm. I am not sure how long I can keep this up.'

'Just keep going. Endure.'

'Discomfort but endure.'

'This is all I want to do – dedication.'

T4-C2

'But tired by the things that keep trying to fall off my desk. Have caught them several times. It's a TRIAL and annoying.'

T1-C3

'I feel the need to carry on. I want to'

T4-C3

'Thought pops in – have I finished my task for this one now?'

T5-C3

'Determined to keep going on and on. Not giving up!'

### ***Hyperactivity / speed***

*Even though there was an intense drowsiness, there was also a desire to go fast and to hurry.*

### **Speed, feeling pressed for time, hyperactivity**

T1-C1

'I feel a recklessness and speed with the remedy, but also a need not to lose the contents'

'Speed, speed'

T2-C1

'Very fast grinding, feeling very busy, rushing, rushing, rushing. Like a whirlpool. Feeling hyper.'

'T1 is going very, very fast – going like the clappers.'

'Feeling manic and enjoying it.'

'T1 is still going like the clappers.'

'T1 seems very busy.'

'Must go fast, hurry hurry.'

T3-C1

'Will I be fast enough to scrape it all down? (Pressed for time)'

'Speed - started slow, then heard business of others. Made me wish, 'you've got to move faster'.'

'On first scraping - there won't be enough time to scrape it all down in 3 mins'

T6-C1

'Fast grinding.'

T1-C2

'T3 is grinding like the clappers!'

T2-C2

'Everything seems it's going very fast. I want to grind again.'

T4-C2

'Anxious about not enough time to do it well enough.'

T5-C2

'More focussed. Better energy – triturating anticlockwise goes faster and relieves my arm ache.'

'Yes, yes, yes – feeling that now we are off – things are really moving and I can keep up!'

T1-C4

'Fast – very fast.'

### **Industriousness / busy**

T2-C2

'Concentrating very hard, working hard, achey arms.'

'Everything seems it's going very fast. I want to grind again.'

'There's still time, have 3 more to go, making good headway, going well'.

'Want to carry on working hard.'

'Want to get back to the grinding, move on. I've finished with this scraping now. Lets get on.'

T4-C2

'Aware of collective work going on. Other grinders and being busily engaged. A task we're all working at together.'

T1-C3

'I feel the need to carry on. I want to'

'Village life a long time ago – blacksmiths – everyone working.'

T5-C3

'Feeling busy ...'

### ***Restless sleep***

*This feeling of hyperactivity manifested as restless sleep for many of the dream provers, however, one dream prover slept very peacefully and T5 found that her usual broken sleep patterns improved.*

### **Restless sleep, wakes often**

DP3

'I had a very restless night.'

DP4

'Felt agitated in my body. Had an agitated dream of being asked to do something I don't want to do. Particular intense agitation in legs.'

DP5

'I had a disturbed night & woke 3/4 times.'

DP8

'In the middle of the night, I felt really itchy, restless and hot, I had to take everything off including my jewelry and wedding ring, which I never take off. I felt really restricted, restless and hot. I never take my wedding ring off, never felt the need to.'

DP9

'I found myself constantly waking up and writing things down in the dark. I slept very badly.'

One dream prover woke up with her head at the foot of the bed, with the duvet in a mess and the pillow on the floor.

### **Restful sleep**

DP6

'Whereas several people complained of being very restless during sleep - I felt very calm and still and buried myself under the duvet.'

T5's journal

'Best night's sleep in months - maybe over a year. Very little waking, no need of loo until morning. Much appreciated!'

### ***Clumsiness / confusion***

*Clumsiness came through for all of us in various degrees, but for T4 it was an ordeal. Everyone found themselves making mistakes, drifting off and having difficulty spelling. There was a general sense of mental confusion: over time, what grind or scrape we were on, and which direction was clockwise or anticlockwise.*

### **Clumsiness**

T1-C1

'Losing powder all over me. Must keep bowl on the table.'

'My book fell on the floor.'



'I felt as though I would knock my bowl and it's contents over.'

T2-C1

'T4 was clumsy!'

T3-C1

'Awareness of my clumsiness (not unusual).'

T4-C1

'Drop pen. Drop pestle. Drop paper. It's funny.'

'Feel clumsy about scraping it out to put in envelope. I need a third hand – will I drop it?'

T4-C2

'But tired by the things that keep trying to fall off my desk. Have caught them several times. It's a TRIAL and annoying.'

'Just doing it. Spill again, but not bothered.'

T5-C2

'Spilt remedy [twice] on same thigh. Same place.'

'Spilt even more on jumper this time.'

T6-C2

'Can't remember how to do things. Clumsy, muddled, confused.'

T6-C2

'Clumsy. Can't write any more. Don't care. Want to give up and go to sleep.'

T4-C4

'Continually I am spilling the stuff!'

T5-C4

'Spilt remedy again – a mess.'

### **Dyslexia / mistakes**

T1-C1

'Having trouble writing and spelling.'

T5-C1

'Noticed mistakes in writing and spelling.'

T6-C1

'Mistakes writing / spelling just started to come in.'

T1-C2

'Not feeling so tired, but I can't spell!'

'Feel as though I have made a mess of writing things down. Mistakes.'

'Noticed mistakes that I have made.'

T2-C2

'Not keeping track of what grind or scrape we are on. Am making many mistakes.'

T3-C2

'Misspelling. Spelling takes great effort.'

T4-C2

'It's hard to write actually.'

'Getting a bit annoyed about half closed eyes and difficulty with writing.'

T6-C2

'Adding letters. Muddling letters up. Feel dyslexic.'

'Can't remember how to do things. Clumsy, muddled, confused.'

'Starting to muddle up clockwise with anticlockwise.'

'Muddled up numbers. Having to make a really conscious effort to time keeping. Difficult.'

T5-C4

'Unsure which is clockwise and which is anticlockwise.'

### **Confusion / chaos / disorganization**

T4-C1

'Disorganized morning, got up early, but didn't seem to do things as needed.

Didn't say goodbye to husband. Troubled by it.'

'Brain fuzz. Want to get things out the way so I can think clearly and experience clearly.'

T2-C2

'Not keeping track of what grind or scrape we are on. Am making many mistakes. Missing things, spacing out big time.'

'I feel lost in this substance. I can't find my way out.'

T6-C2

'Can't remember how to do things. Clumsy, muddled, confused.'

'Anxiety creeping in. Can't think clearly - how to hold pen? Can't read my writing for where we are in time.'

'Loss of control.'

'Again forgetful of time.'

'Confusion of thought processes.'

'Starting to muddle up clockwise with anticlockwise.'

'Muddled up numbers. Having to make a really conscious effort to time keeping. Difficult.'

T3-C3

'Feeling absent minded, less focused. Much less focused, my mind drifts off on excursions.'

T5-C3

'Realised been going clockwise all the time, not anticlockwise.'

### **Focused / concentrating**

T2-C1

'Focused and intent on getting it all off the sides.'

T5-C1

'More engaged with what I'm doing, but still sleepy.'

T2-C2

'Concentrating very hard, working hard, achy arms.'

T5-C2

'More focussed. Better energy - triturating anticlockwise goes faster and relieves my arm ache.'

T3-C3

'Feeling absent minded, less focused. Much less focused, my mind drifts off on excursions.'

'Ideas such as what might have been better. Stay in focus - keep the focus.'

### ***Perfectionism / neatness***

*There was perfectionism, a desire to be neat and tidy, and for the grinding to be smooth. Some of the dream provers noted how they woke up in a mess or couldn't read their writing.*

#### **Perfectionism / doing it right**

T2-C1

'Focused and intent on getting it all off the sides.'

T4-C1

'I think I must say that small things matter! I'm criticised at home by husband for complaining about things...But small things – like cold feet, or a house falling down - do matter.'

'I wanted the scraping to be perfect – it's small but it really matters.'

'Needs to be done very systematically.'

'Want it to be perfect'

T6-C1

'Wanting perfect order in the powder.'

'A need to do it perfectly.'

T4-C2

'Anxious about not enough time to do it well enough.'

T6-C2

'Either give up and go to sleep or do it right.'

T2-C3

'I'm now scraping very neatly. Trying to get every last scrape off the sides. A bit of powder fell on my trousers. I brushed it off - want to be neat.'

T4-C3

'I'm not even obsessed by scraping perfectly.'

T1-C4

'Thinking I must get things right.'

#### **Smoothness, desire for**

T6-C1

'Desire for smooth / rhythm.'

'Don't like the powder feeling rough in the bowl, want it to be smooth.'

T5-C2

'Remedy still seems silky smooth in the bowl. Much easier trituration.'

T6-C2

'Again, irritated by lack of smoothness on bowl.'

'Don't want to grind the bottom of the bowl. Too rough and noisy. Sides soft and smooth.'

#### **Aversion to mess**

T1-C1

'Still making a mess on my clothes.'

T5-C1

'Initially all seemed really smooth – kind of 'tidy'. Rx in bowl, stirring round and round etc. – a sense of peace.'

T6-C1

'Don't like the powder feeling rough in the bowl, want it to be smooth.'

T1-C2

'Feel as though I have made a mess of writing things down. Mistakes.'

T4-C2

'Still trying to be tidy and pens etc. rolling away!'

T5-C2

'Spilt remedy again on same thigh. Same place.'

'Spilt even more on jumper this time.'

T2-C3

'I'm now scraping very neatly. Trying to get every last scrape off the sides. A bit of powder fell on my trousers. I brushed it off - want to be neat.'

T5-C4

'Spilt remedy again - a mess.'

### ***Unified / intoxicated / dreamy***

*The feeling of being bonded and unified came through very strongly for all of us, especially during C1 and C2. With it, we had feelings of being 'intoxicated', 'spaced out' and 'dreamy.'*

### **Bonding / connection / community**

T1-C1

'I feel connected to this remedy. In what way I don't know yet.'

T1-C1

'Very aware of power of circle - the power of healing.'

'Very aware of what others were doing - three cradling the remedy in hands.'

T4-C1

'Group bonds between us, like we are in a bubble together.'

T6-C1

'Glad to return to the group after a wee - comfort.'

'Sense of group bonding.'

T1-C2

'Get feeling of everyone working together, all parts of one. Small parts in a big thing. Cogs and wheels in motion, unison.'

T4-C2

'Aware of collective work going on. Other grinders and being busily engaged. A task we're all working at together.'

T4-C2

'Happy to be journeying with the others in the group. Aware of others - a nice feeling - connected. Also very happy to just sit and do nothing!'

[During lunch break] 'Feeling of not wanting to be separated from group. Running to catch up. Sitting in the back of the cafe feels as though we are connected together by strings.'

T5-C2

'Community / sharing / supporting.'

T1-C3

'A connectedness to my stomach – adrenaline – bowl next to stomach.'

'Village life a long time ago – blacksmiths – everyone working.'

'Lovely – unison, sounds in unison.'

'Sensing importance of group.'

T2-C3

'Feel a strong connection with everyone here. Respect for them. T5 looks like a Buddha, very calm. Felt it is the right time to stop at last.'

T3-C3

'Quote by Thich Nhat Hanh - "It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community - a community practising understanding and loving kindness, a community practising mindful living. This may be the most important thing we can do for the survival of the earth."

'As T2 speaks of disconnection, I feel connected. I am happy in my 'other' experience or even 'non experience'.'

DP2

'It deepened a connection with my aunty from back in time.'

### **Intoxicated, dreamy, mesmerized, spaced out**

T1-C1

'T5's looking spaced out.'

'Am feeling relaxed, not so fast – spaced out. Yes, I like this. It's like the way I feel after a glass of wine – beginning to numb me. Feeling tired and lovely.'

T4-C1

'Feel pretty dreamy.'

'Feeling a bit spaced out, intoxicated.'

'Mesmerised by the task.'

T6-C1

'Bit stoned. Want to be in the earth.'

T1-C2

'Oh yes I am tired – closing eyes. Feel happy, slightly drunk – lovely!'

T2-C2

'Missing things, spacing out big time.'

T4-C2

'Mesmerised and dreamy.'

T6-C2

'Feel in an altered state.'

'Very dreamy – nearly lost it and went unconscious – several times.'

'What am I resisting? When I open my eyes it's like surfacing from a very long way away. Where have I been?'

'Then drifting off again. Where do I go? Like being anaesthetised - can't spell!'

T5-C4

'Nearly spinning off, then back into group. Synchronised grinding?'

Discussion after C2

'We feel intoxicated, connected. T1 said, 'I like this feeling, it's lovely, it's a lovely state to be in'.

### **Altered state of reality**

T6-C2

'Feel in an altered state.'

'Awareness of altered reality on leaving the building. Noticed red of Santa Claus. Hard to walk. Ground uneven.'

T2-C3

'Alice in Wonderland type feeling.'

'I have a lightness in my head, my head feels floaty.'

'There's a marching band going on outside with dingily music. It seems weird and disjointed. Closed eyes and saw a jester with a three pointed hat. Red and white bells. The Wizard of Oz flashes through my mind.'

### **Alice in Wonderland**

T2-C2

'Went outside into a weird Alice-in-Wonderland-type-scene. Weird dressed up people - Santa in bright red.'

T2-C3

'Alice in Wonderland type feeling.'

DP4

My image was of her [the Queen from Alice in Wonderland] in red and black and white with a big skirt that puffs out. She was larger than life and a bit scary.

### ***Desire to be covered / cocoon / tranquillity***

*Although no one used the word 'hibernate', they made references to this in various ways, such as wanting to curl up and go to sleep, having a desire to be covered, feeling as though in a cocoon, and experiencing a sense of peace and tranquillity. Even though a band had apparently been playing noisily outside the school all day, none of us heard a thing until the end of C3, at about 3 pm, when five of us wrote about it simultaneously. It was as though we had all surfaced from our dreamy, intoxicated cocoon.*

### **Curling up / uncurling**

T4-C1

'Curling over the task, head bend over, eye lids closing.'

T6-C1

'Desire to close eyes, bend head forward and stretch neck.'

T6-C2

'Feel cold and want to be wrapped in a duvet, curled up. Sleepy. Quiet.'

T6-C4

'No energy to proclaim my innocence - too strong a force - give up / roll up - curl away.'

'Keep hearing people knocking at the door!! Want to uncurl.'

### **Covered, desire to be**



T5-C1

'Considering going downstairs and taking over the small room, wrapping myself in my coat and sleeping – good idea?'

T6-C1

'Want to wrap up in my scarf and go to sleep. Content and quiet.'

T6-C2

'Feel cold and want to be wrapped in a duvet, curled up. Sleepy. Quiet.'

DP 6

'Whereas several people complained of being very restless during sleep - I felt very calm and still and buried myself under the duvet.'

### **Cocoon / bubble, sensation of being in a**

T4-C1

'Group bonds between us, like we are in a bubble together.'

'I want to stay in this meditative, cocooned place.'

T4-C2

'Blissful feeling. Falling snow again. Cocoon! Very contented overall.'

T2-C3

'A feeling of wanting to let rip and play. Come out of my cocoon.'

### **Contentment, quiet, sense of peace, meditation**

T1-C1

'Am feeling relaxed, not so fast – spaced out. Yes, I like this. It's like the way I feel after a glass of wine – beginning to numb me. Feeling tired and lovely.'

T2-C1

'Wet, moist, ground, earth, damp leaves, slowing down, relaxing.'

T4-C1

'Contentment with meditation.'

'I want to stay in this meditative, cocooned place.'

T5-C1

'Initially all seemed really smooth – kind of 'tidy'. Rx in bowl, stirring round and round etc. – a sense of peace.'

T6-C1

'Content and quiet.'

T1-C2

'Oh yes I am tired – closing eyes. Feel happy, slightly drunk – lovely!'

T2-C2

'Just noticed the grinding seems very quiet. I'm writing more carefully now – feeling calmer, more reflective.'

'The pestle and mortars have a lulling, quiet sound, like a lullaby. Soft and gentle, a sweet sound, sweet.'

T3-C2

'Wellbeing.'

'Chest feels heat - wellbeing. Nice sensation, spacious.'

T4-C2

'Happy to be journeying with the others in the group. Aware of others – a nice feeling – connected. Also very happy to just sit and do nothing!'

'Blissful feeling. Falling snow again. Cocoon! Very contented overall.'

T6-C2

'Sleepy. Quiet.'

T1-C3

'Lovely – unison, sounds in unison.'

T2-C3

'Feel a strong connection with everyone here. Respect for them. T5 looks like a Buddha, very calm. Felt it is the right time to stop at last.'

T4-C3

'Not upset about spilling or the band outside – very placid.'

Discussion after C2.

'The room has a very quiet energy, I don't want to disturb it, like a sleeping baby. The whole room has a sleepy, drowsy, heavy feeling, intoxicated. We feel a total connection, bonded, unified, a clique.'

DP4

'I saw beautiful pink jelly fish, like satin swimming up a river - they were all different sizes. I'm standing on a bridge, looking over the river. It's like there are people telling me not to get into the water. I wanted to get in with the jelly fish and join them, but the people stopped me. There was something serene about them, I wanted to be in that serenity.'

### **Spirituality / awareness of a greater presence**

C3-T2

'Guidance connection.'

T4-C2

'Feeling of reverence for this OTHER being which is the remedy.'

'Pleased with sound – bell sound of scraper. Want to keep sounding the bell – to call the spirits? A reverence for it. Doing something very holy.'

'Aware of my sounds and everyone else's. Feeling that the whole world is shrinking into this tiny pot. Feel as if I am sounding the remedy into the powder. Jewels? Something precious. Calling the bell, calling the spirits, sounds bring healing and holiness into the sugar powder.'

'A genie coming out of the bowl. Smoking, swirling up as a spirit to be respected and honoured.'

'T5 looks like a Buddha, very calm. Felt it is the right time to stop at last.'

T4-C3

'It is if an angelic person is turning and moving the pestle. It is so much bigger than us. It's a whole cosmos in the bowl. An angelic being helping to create the remedy.'

### **Wintry weather / earth**

*On the theme of hibernation, wintry weather such as snow, wind and damp featured strongly. There was also a desire to get close to the earth.*

### **Wind**

T2-C2

'I have a very cold nose, like cold wind is going up the left nostril.'

'Sensation of wind on my hands, my fingers feel cold.'  
'My nose is still cold, windy feeling. Are you poking your nose out?'  
T4-C3  
'Feeling of the wind blowing over a wild hillside. (Also had this in C1).'

### **Winter / snow**

T4-C1  
'I see snow falling. Snow settling. Heath land pictured with snow falling.'  
T4-C2  
'Blissful feeling. Falling snow again. Cocoon! Very contented overall.'  
'Falling snow.'

### **Earth**

T1-C1  
'I noticed the colours everyone was wearing – brown, green, red – earthy colours.'  
T2-C1  
'Wet, moist, ground, earth, damp leaves, slowing down, relaxing.'  
T6-C1  
'Bit stoned. Want to be in the earth.'  
T6-C2  
'Red Autumn colours in my mind. Earthy/dew drops/fallen leaves/warm fires.'  
T1-C3  
'Drums are very powerful, earthy. Grounding me.'  
T4-C3  
'Bracken fronds, damp earth.'

### ***Indifference***

*Along with the desire to sleep came a feeling of indifference and a desire just give up.*

### **Indifference / desire to give up**

T2-C2  
'Feel like giving up and going to sleep.'  
T4-C2  
'Just doing it. Spill again, but not bothered.'  
T6-C2  
'Can't write any more. Don't care. Want to give up and go to sleep.'  
'Either give up and go to sleep or do it right.'  
T2-C3  
'Scraping seems to go on too long. Seems pointless. Am just playing with it, moving it around.'  
T5-C3  
'Wanting to give up. Huge yawn.'  
T6-C3

'Can't be bothered / indifference. Quite marked compared to where I was in the intensity previously.'

T1-C4

'Can't stop yawning. Can't be bothered.'

'Aware of the noise I was making with pestle and mortar – didn't care.'

T5-C4

'Reluctant to start. Over to you. I give up.'

T6-C4

'No energy to proclaim my innocence – too strong a force – give up / roll up - curl away.'

### ***Fear of loss***

*There was a fear of losing the powder and a desire not to lose the lovely intoxicated feeling we had together.*

### **Desire to hold on**

T1-C1

'Hold bowl carefully – don't lose it, don't let it fall.'

'(I feel) a need not to lose the contents'.

'Losing powder all over me. Must keep bowl on the table.'

T3-C1

'Seem to find it difficult to keep it in bowl.'

T4-C1

'I want to stay in this meditative, cocooned place.'

'Don't want to stop grinding now, it seems too soon.'

'Don't want my powder to be taken away. This lovely warmth!'

'Don't manage to scrape it all out. Have to keep scraping, annoyingly, but it won't all come out.'

T1-C2

'Don't want to stop to scrape.'

T3-C2

'I don't want to stop grinding, only just got there.'

T4-C2

'Didn't really want to stop again.'

[Lunch break] 'Feeling of not wanting to be separated from group. Running to catch up. Sitting in the back of the cafe feels as though we are connected together by strings.'

T5-C2

'Disappointed when told to stop grinding – still finding anticlockwise easier and faster.'

T1-C3

'I don't want to stop!'

T4-C3

'I have a lost kind of feeling. It's difficult to tune back into it. I've lost touch by going out shopping. Lost the vibe.'

Discussion after C1.

We really don't want to let this feeling go. As the C1 powder is taken away I hear 'It's not going is it?' One triturator wrote about this moment, 'It brings up a feeling of sadness in me - about my loss' (an old abortion). Someone said, 'I have a fear that someone is going to lose this, might knock it over'. T2 wrote, 'We might lose it all'.

I have a sense of being stoned. After I put it in the packet, I wrote, 'keep it all safe, close envelope carefully'. I had to get it exactly right.

The café talk was about people who had lost touch in some way or another and what they were doing now, about how cliquey and connected we felt, and babies.

### ***Pregnancy / gestation / gender***

*T1 had a very strong feeling of pregnancy along with grief. Our collective feeling of being unified and as though in a cocoon follows this womb-like theme.*

### **Gestation, pregnancy, baby**

T6-C1

'Realised it's like the noise of in utero, foetal blood / a train / noise of a machine.'

T1-C2

'Feeling pregnant. Big stomach, bowl balancing on stomach.'

'Holding bowl by uterus. Really emotional - want to cry.'

'Holding bowl so close to me - like a baby.'

'This is my baby, my child. Nervous sensations in my stomach.'

T2-C2

'The pestle and mortars have a lulling, quiet sound, like a lullaby. Soft and gentle, a sweet sound, sweet.'

'Man in Xmas tree costume with his head sticking out the top. He had tiny little arms by his neck moving around on sticks. Looked to me like a deformed baby.' [The triturator is referring to a Christmas carnival that the group passed during the lunch break].

T1-C3

'At birth? No, before birth in forming baby - as if left / right haven't been formed yet.'

'Feeling pregnant - big stomach. When is this baby due?'

T1-C4

'Cant get pregnancy out of my mind. This is taking a long time.'

T1-C4

'Thinking of T2 and her children and uterus!! Remedy from your children T2?'

T2-C4

'Making a cake. Bun in the oven.'

T6-C4

'For women who have been punished for pregnancy / termination.'

DP4

'... He is pregnant, he is not showing but I know he is pregnant. He is standing in front of this little board - half is red and half is blue and there is a matchstick in the middle and he is doing this to find out whether he is having a boy or a girl.'

### **Children / motherhood**

T1-C3

'Child's spinning top - always wanted one of those.'

T4-C3

'Seeing the faces of the people I met at and after lunch, especially children and young people.'

'Thinking of husband... (He) knows nothing about motherhood and caring for children.'

T1-C4

'Very childlike wanted to laugh and carry on.'

T4-C4

'Motherhood. Relationship to children.'

### **Gender / genderless, male / female**

T1-C3

'Sexuality - genital area. Sensitive male / female. Male part is pestle - female is mortar.'

'The sexual organs not one or the other as yet. Matridonal remedy?'

T5-C4

'Awareness of genitals, a little like the sensation I felt at Stonehenge.'

DP4

'... He is pregnant, he is not showing but I know he is pregnant. He is standing in front of this little board - half is red and half is blue and there is a matchstick in the middle and he is doing this to find out whether he is having a boy or a girl.'

DP5

'As I nodded off, I twice had a vision of an oblong block of concrete. A long row of jelly-like people were walking across it. They were featureless - more like alien shape really. No clothes, just like smooth jelly.... I knew it was 'a girl' and felt like she was going to jump off the block. Nothing to suggest male or female, but I knew it was a girl.'

### ***Detachment***

*However much we wanted to hold onto the feeling of connection, we did become more detached and disconnected during C3. The energy became less group-orientated and more about being alone.*

### **Detachment / disconnection**

T5-C1

'Mainly a detached feeling.'

'More detached. Sitting back in chair, some deepish sighs.'

T3-C2

'I am doing my own thing.'

T1-C3

'More centred. Not so much as a feeling of one of a group.'

T2-C3

'More disconnected energy. People going inside themselves – separate. Stuff going on.'

T3-C3

'Very much in my own thought.'

T4-C3

'I have a lost kind of feeling. It's difficult to tune back into it. I've lost touch by going out shopping. Lost the vibe.'

'I'm alone now in my journey.'

T5-C3

'Memories – mainly of people we spoke about during lunch – disconnected.'

T6-C3

'Hard to get back into it. Feeling a bit disengaged.'

T2-C4

'See birds flying off to pastures new. Sense of disconnection to the past.'

'Doing it differently from the rest – a need to rebel and be different.'

T5-C4

'Nearly spinning off, then back into group.'

'Thoughts of the dead. Wondering whether father in law will die soon. Very detached from any emotion – considering this.'

## **Grief**

*Emotions and grief surfaced along with a sense of loss and a feeling of not having enough. There was a yearning for the past with images of an older way of life.*

## **Enough, not**

T5-C3

'Very little powder.'

T6-C3

'Nothingness. Emptiness. Want to cry but for no reason.'

'As if no powder in the bottom – all up the sides, trying to get away.'

T4's dreams

'I dreamt there's not enough food to eat! I have cooked supper, and when we come to serve, what should be enough for about 12 is almost gone after first three servings. We put tiny helpings on plates. I don't take any so it will go around better.'

'In a small house in woods doing an arts and crafts project. There's not enough paper to go around...I have to go back though the woods to get more paper.'

## **Grief, weeping**



T1-C1

'I felt as if I would cry'

T1-C2

'Holding bowl by uterus. Really emotional – want to cry.'

'Feeling very emotional, want to cry – something about the past – tears start to fall.'

'T5 makes me laugh and cry. Tears in my eyes.'

T3-C2

'As we discuss feel very emotional. Feel as if I could cry any moment.'

T4-C2

'All my energy gone to this flightless bird, all my songs without a word. It's a feeling of melancholy, grief.'

T2-C3

'I saw a bright white 'drop.' A tear?'

T6-C3

'Nothingness. Emptiness. Want to cry but for no reason.'

DP9

'After that I woke at regular intervals and wrote down the following words: Loneliness, betrayal, deception, simple, source, longing, lost, alone, looking for.'

'... He had a huge sense of loss, despair and bereft as if something had been torn out of him. It was a feeling of family loss.'

### **Nostalgia / yearning**

T1-C2

'This remedy is deep down inside of me.'

'This remedy is in me – sigh'

'Longing / yearning for something – past something – something that was part of me.'

T1-C3

'Child's spinning top – always wanted one of those.'

### **Past / ancient**

T1-C2

'Feeling very emotional, want to cry – something about the past – tears start to fall.'

'Longing / yearning for something – past something – something that was part of me.'

'This remedy is taking me way back. Old remedy. Old and wise.'

T1-C3

'Village life a long time ago – blacksmiths – everyone working.'

T1-C4

'Feel as though I have been on a journey past and present.'

T3-C4

'Sun Salutation' that kept on for days over generations'.

### **Time, going back in**

T1-C3

'Time going on down the centuries. Then a band started playing outside. Synchronicity. Life / death / rebirth. Vision of a battlefield with the sound of the drums – going back in time. Am I visiting parts of my previous lives?? Culminating in who I am now.'

DP1

'I dreamt I was male, dressed in black, an aristocrat, an 18<sup>th</sup> century noble man or a landed gentry. I felt I had gone back in time.'

DP2

'It deepened a connection with my aunty from back in time.'

### ***Sighing***

*There was a need to take in air by sighing and yawning, similar to Ignatia*

### **Sighing**

T2-C1

'Sighed, my stomach relaxed after each grind or scrape – sigh – relaxed as if I've been doing something strenuous.'

T5-C1

'More detached. Sitting back in chair, some deepish sighs.'

T6-C1

'Want to sigh, but cant as throat / chest feels as if powder is in it.'

T1-C2

'Big sigh!'

'Sighing – C5 and C3.'

'This remedy is in me – sigh.'

T6-C2

'Wanting to yawn. Sighing.'

T2-C3

'Lots of sighing. My heart jumped, thudded – and again.'

### **Yawning**

T5-C1

'Yawning.'

'Still yawning a lot.'

T6-C2

'Yawning.'

'Wanting to yawn.'

T5-C3

'Wanting to give up. Huge yawn.'

T1-C4

'Yawning, really tired. Can't stop yawning.'

### **Weeping and laughter**

T1-C2

'T5 makes me laugh and cry. Tears in my eyes.'

## ***Irritability***

*Irritability and impatience came through strongly for many of us, including most of the dream provers.*

### **Irritability / impatience**

T4-C1

'Can't get it off scraper. Dissatisfied about this.'

'Don't manage to scrape it all out. Have to keep scraping, annoyingly, but it won't all come out.'

T6-C1

'Irritated by banging of pestle and mortars. Soothed by continual sound. I can only go anticlockwise.'

'Irritated by hair on my face.'

'Annoyed by my bracelet banging on the bowl. Definitely irritated by 'jarring' sounds.'

'Throat irritated – prickly / burning. Dry irritated cough.'

T2-C2

'Want to get back to the grinding, move on. I've finished with this scraping now. Lets get on.'

'Feel annoyed. Where are you?'

T4-C2

'But tired by the things that keep trying to fall off my desk. Have caught them several times. It's a TRIAL and annoying.'

'Getting a bit annoyed about half closed eyes and difficulty with writing.'

'Trying to pull myself together.'

T4-C2

'Nose very irritated.'

T6-C2

'Again, irritated by lack of smoothness on bowl.'

T5-C3

'Sound is getting to me. Want to tell others to shut up!'

T6-C3

'Irritant burning and runny nose.'

'Substance feels closed off, shut down – doesn't want to give of itself – too exposing – too vulnerable. Hidden. Something deep. Irritated – doesn't want to be ground down.'

'Quite resistant. 'Fuck off and leave me alone'.'

T6's dream

'I dreamt I felt really cross at P for expecting me to look after her children. The feeling was that everybody wanted me to look after their children. I said,

'can't you see how busy I am. I won't do it!'

DP1

'... I felt great agitation. I was grossly unhappy. Everything was wrong. Normally I would have appreciated my gift, but I hated it. I was annoyed. The rose didn't smell!'

'I slept restlessly and was annoyed at L for not giving us a nice, easy soothing remedy. I was irritated that I had to turn on the light to write down my dreams.'

DP4

'Felt agitated in my body. Had an agitated dream of being asked to do something I didn't want to do. Particular intense agitation in legs.'

DP6

'When I woke the following morning I was really irritated by the noise everyone was making and my left eye was really bloodshot, mucky and had a gritty sensation.'

DP7

'...somebody asked me if my dad had any time to christen their grandchild. I told them to phone him early as he was a busy man, but was irritated because I knew they didn't believe, so what did they want their grandchild baptized for!'

'Then the dream changed again. I felt irritable at a lady for not approving of my children playing on computers. I said, 'you're in charge, so you do it!' While this prover was asleep, the cross fell off her chain, even though it was still fastened around her neck. She felt irritated with it and didn't want it near her, so put it on the floor.'

T2's journal

[day before trituration] '...As I was walking to the till, an image of stealing flashed into my mind. At the till, the checkout girl was too 'nice'. She was too 'helpful' and it irritated me. I felt irritated at her giving me eye contact and falsely smiling. As I walked out of the doors, the alarm went off! As though I'd stolen something! No one came running out to arrest me, but I heard the cashier calling something out and saying 'thank you!' in a cheerful sing-song voice at the end.'

T5's journal

'Told R and B what we'd triturated over dinner. Annoying conversation... Feel irritated and tetchy - wish I hadn't said anything. I definitely don't want to start looking up exact ratio of dilution used when preparing remedies.'

### **Sound, sensitivity to / heightened awareness of**

T6-C1

'Sensitive to noise, want it to be continuous circular movement. Irritated by banging of pestle and mortars. Soothed by continual sound.'

'Annoyed by my bracelet banging on the bowl. Definitely irritated by 'jarring' sounds.'

'Main sense is auditory.'

T4-C2

'Pleased with sound - bell sound of scraper. Want to keep sounding the bell - to call the spirits? A reverence for it. Doing something very holy.'

T4-C2

'Aware of my sounds and everyone else's. Feeling that the whole world is shrinking into this tiny pot. Feel as if I am sounding the remedy into the powder.'

T6-C2

'Still worse for jarring noises.'

'Don't want to grind the bottom of the bowl. Too rough and noisy.'

T5-C3

'Sound is getting to me. Want to tell others to shut up!'

DP6

'When I woke the following morning I was really irritated by the noise everyone was making...'

### **Adverse to jewellery**

T6-C1

'Annoyed by my bracelet banging on the bowl.'

While DP7 was asleep, the cross fell off her chain, even though it was still fastened around her neck. She didn't want it near her, so put it on the floor.

DP8

'In the middle of the night, I felt really itchy, restless and hot, I had to take everything off including my jewelry and wedding ring, which I never take off. I felt really restricted, restless and hot. I never take my wedding ring off, never felt the need to.'

### **Irritability with children and family**

T6

'I dreamt I felt really cross at a P for expecting me to look after her children. The feeling was that everybody wanted me to look after their children. I said, 'can't you see how busy I am. I won't do it!'

T2's journal

'I kind of lost it today with the kids and upset J for the whole day. I really blew up.'

T5's journal

'Told R and B what we'd triturated over dinner. Annoying conversation... Feel irritated and tetchy – wish I hadn't said anything. I definitely don't want to start looking up exact ratio of dilution used when preparing remedies.'

T2

After the proving was over, my husband commented on how distant and cold I had been with the kids. I hadn't noticed.

### ***Hidden / desire to escape / vulnerability***

*The remedy felt hidden, closed off and tetchy. There was a feeling of it wanting to escape, hide away and just be left alone in peace. There was a sense of guarded vulnerability.*

### **Hidden / secretive**

T2-C1

'I keep seeing little bits in my powder, although it's all gone.'

T2-C2

'Are you hiding? Are you shy? I'm looking, searching, need to look into a hole.'

'My scraped bowl looks like an iris of an eye. Feels like I'm searching, but I can't find it.'

'You feel difficult to grasp, to find.'

'Feel annoyed. Where are you?'

T6-C2

'Peeping out of my scarf and hair. Want to hide.'

T2-C3

'Hidden. I'm not going to tell you.'

T6-C3

'Substance feels closed off, shut down – doesn't want to give of itself – too exposing – too vulnerable. Hidden. Something deep. Irritated – doesn't want to be ground down.'

'As if no powder in the bottom – all up the sides, trying to get away. Wanting to escape, wanting to run away, wanting to be invisible.'

'Secretive, doesn't want to be found out. Ashamed?'

'Secret into death.'

'I submit but I won't tell.'

'Guilty, no good, unworthy, hidden secret. Private, standoffish.'

T1-C4

'I always hide things/who I am.'

DP4

'...I see L, she puts her fingers on her lips and tells me that the remedy is cigarette (note: I had a delusion that I could smell cigarette smoke in my room before I went to sleep). I turn a corner and walk away and say 'I knew it!'

T4's dream

'I'd rather remain unseen and then suddenly realise I am wearing a bright red bobble hat and am very conspicuous.'

## **Escape**

T1-C1

'[I feel] a need not to lose the contents. Losing powder all over me. Must keep bowl on the table.'

T3-C1

'Seem to find it difficult to keep it in bowl.'

'Difficulty containing remedy in mortar.'

T5-C2

'I can't keep this remedy in the bowl – it keeps springing out.'

T6-C3

'As if no powder in the bottom – all up the sides, trying to get away. Wanting to escape, wanting to run away, wanting to be invisible.'

DP7

'My last dream was back at a competition. Group of people with military background trying to escape from a farm.'

T5's journal

'Remedy is missing – have I moved it and forgotten? It's escaped! Weird! Found remedy just before going to bed.'

## **Vulnerability / preciousness**

T4-C1

'Aware of vulnerability. I need to be protected. Thought of going outside makes me feel panicky.'

T4-C2

'Jewels? Something precious.'

'Precious, very precious, very precious substance.'

T6-C2

'Want to be on my belly on the floor. My 'under belly' soft and pink needs protecting.'

T4-C3

'Feel what we are doing is so precious and fragile – yet not fragile with its own life. I'm listening.'

T6-C3

'Substance feels closed off, shut down – doesn't want to give of itself – too exposing – too vulnerable.'

T4's journal

'Tearful. We are all so precious, so vulnerable!'

Discussion after C2

T1 said, 'I feel a huge loss. What ever you've got there you don't want to drop it, it's a child, a baby'.

### **Desire to be alone / private / separate**

T2-C2

'Just occurred to me. T3 came out of the woodwork to do this. She hasn't surfaced for years, went away to have children. T4 is a very private person.'

T6-C2

'Want community and want to be alone. A split. To be with others or be self centred.'

'Leave us in peace. We do no harm.'

'A sexual thought – be nice/warm/cosy but only on my terms. Don't want any invasion if not on my terms.'

T2-C3

'Before we started, T6 wanted to get going. I was still eating my biscuit. I felt intruded upon. Said, 'don't interrupt my biscuit experience. Leave me to crunch in peace'.'

T4-C3

'I'm alone now in my journey.'

T6-C3

'Quite resistant. 'Fuck off and leave me alone'.'

T4's dream

'I'd rather remain unseen and then suddenly realise I am wearing a bright red bobble hat and am very conspicuous.'

DP2

'I dreamt of my family. I had a weird sense of feeling separate from my family. I felt odd about saying goodbye to my family, to anyone with any ties to me. I wanted to separate from them, but it was an odd feeling.'



### ***Injustice / persecution***

*As we moved into C3 and C4, injustice and persecution surfaced. The hedgehog was widely persecuted throughout the Middle Ages due to the belief that they were milk thieves.*

### **Innocent yet persecuted / convicted**

T6-C2

'Leave us in peace. We do no harm.'

T6-C3

'No energy to proclaim my innocence – too strong a force – give up / roll up - curl away. I submit but I won't tell.'

'Been wronged. Misunderstood. Undervalued. I am innocent. Proud – won't be beaten down. Won't belittle myself. I was just pregnant! Women's remedy. Ancient crone wisdom.'

T2-C4

'Sensation of something piercing my head – a stake? Wooden stake! 'I am innocent' Blood coming out of my mouth! Tongue hanging out.

'Burnt at the stake. Witch hunt.'

T6-C4

'For the innocent, for innocent prisoners, captives, death row.'

'For people who are misunderstood, people who feel an outcast, people who feel they don't belong. For women who have been punished for pregnancy / termination.'

T5's journal

'Hearing stories of managerial misconduct, bullying in the workplace, injustice, people telling me about feeling 'stabbed in the back' and vindictiveness.'

T2's dreams

'When I got back to our room, I remembered that another bloke who had been in the room with us had gotten up in the middle of the night and had stolen a sandwich. Somehow I knew that it must have been him who caused the crash – but my friend and this drunk guy were arrested for it.'

'The police took one look at my friend and arrested him. They also arrested someone else who just looked tough. He was drunk and wearing leather, but was also innocent.'

'Another dream about looking at a statue of a young girl in a sweet 50s style dress. She was meant to symbolise the youth of the past. Someone said how he thought she should be wearing leather and that she seemed too innocent. He actually said she should be wrapped in leather.'

*Along these same lines, the needless suffering of animals also emerged. Two provers dreamt of looking on as an animal died in pain. Soon after the trituration, one prover witnessed a squirrel suffer and later found it dead.*

### **Witnessing an animal dying in pain**

DP2

'In another dream I saw a really beautiful horse that was dying. The colours were vivid, green crisp coloured grass. You could see his last breath crystallizing, like early morning mist. I watched him die, couldn't do anything to help.'

T2's dream

'The animal was a deer. He had a huge wound, its leg was almost off – it was writhing and jumping in pain. I said, 'we need a gun!' Someone said, 'he's already dead'. He had died in great agony. I said how I'd seen an animal die like this before, but I think it was in another dream.'

T5's journal

'While walking the dog, we came across an injured squirrel – poor thing. It crawled away from us onto a grass verge under a hedge. Mixed feelings as I walk on. I hate killing things... but squirrels are a major pest and the poor thing will probably die very soon anyway - maybe it would be kinder to put it out of its agony. When I walked the same way the following day, there is a dead squirrel at the foot of the hedge.'

### **Road kill / death**

T5-C4

'Memories of hitting two different animals with the car – just missed a rabbit last night – glad I didn't kill it.'

'Somewhat ashamed that I have killed anything – ever. Sad – but again moment of transformation. What about meat? Sitting heavily in my gut.'

'Thoughts of the dead. Wondering whether father in law will die soon. Very detached from any emotion – considering this. He is 90 and sick and I've never liked him much but death is a mystery.'

T6-C4

'Road kill.'

T5's journal

'Thoughts of sudden death and the transition between life and death.'

### **Guilt**

*Guilt came up very strongly, and I feel it is at the centre of the remedy. Hedgehog has proved curative for three provers in relation to guilt to do with children or abortion.*

### **Shame / guilt**

T6-C3

'Secretive, doesn't want to be found out. Ashamed?'

'Guilty, no good, unworthy, hidden secret. Private, standoffish.'

'Secret into death. A scared energy. Guilty of a crime. Delusions a criminal. Done something wrong.'

T2-C4

'A sadness – I feel sorry, sorry for what I have done to you. See someone praying, kneeling in a big church. Three hail Marys'.

T5-C4

'Somewhat ashamed that I have killed anything – ever. Sad – but again moment of transformation. What about meat? Sitting heavily in my gut.'

DP3

'... I remember feeling guilty and ashamed about a one off fling with a Welsh politician. I did feel very guilty. In the dream I criticized myself and felt awful about it.'

'I feel the proving has helped me as a person. I had a general feeling of guilt about many things. I have now completely let go of that guilt. I didn't know how restricted the guilt made me feel.' The guilt stems back to her upbringing and an old abortion. (Told to me personally after the proving.)

DP2

'I used to feel so guilty about leaving my child with my family, but the morning after (the dream proving), I decided that when I went home, I would go on holiday by myself. I felt that my family was a community, I could rely on them but could also be independent from them without guilt.' (Told to me personally after the proving.)

### **Criminal, delusion is**

T6-C3

'Secret into death. A scared energy. Guilty of a crime. Delusions a criminal. Done something wrong.'

DP3

'My third dream theme was 'Unfaithfulness'. This was a strange one, as I remember feeling guilty and ashamed about a one off fling with a Welsh politician. I did feel very guilty. In the dream I criticized myself and felt awful about it.'

T2's journal (day before trituration)

...As I was walking to the till, an image of stealing flashed into my mind. At the till, the checkout girl was too 'nice'. She was too 'helpful' and it irritated me. I felt irritated at her giving me eye contact and falsely smiling. As I walked out of the doors, the alarm went off! As though I'd stolen something! No one came running out to arrest me, but I heard the cashier calling something out and saying 'thank you!' in a cheerful sing-song voice at the end.

### **Self doubt / self criticism / low self esteem**

T2-C1

'Worry if what I'm writing makes no sense. How does that relate to the substance – seems it can't.'

T4-C1

'I'm not good enough. Difficult to do the grinding. It sticks to side.'

T6-C3

'Guilty, no good, unworthy, hidden secret. Private, standoffish.'

T2-C4

'Feeling of wanting to move on. Don't want to look at my stupidity – don't like writing that.'

T4-C4

'Now I am feeling like a failure as I am not coming up with anything interesting to say! (My own stuff) Unable to access the place where the voices can be heard.'

DP3

'In the dream I criticized myself and felt awful about it.'

T2's dream

'I dreamt I saw an old boyfriend. He had pebble glasses, was very short and looked stupid, but I was shy and couldn't speak to him.'

### **Stealing**

DP7

'I was in charge and somebody had stolen some things. I went to get people to help sort it out.'

T2's dream

'When I got back to our room, I remembered that another bloke who had been in the room with us had gotten up in the middle of the night and had stolen a sandwich. Somehow I knew that it must have been him who caused the crash – but my friend and this drunk guy were arrested for it.'

T2's journal (day before trituration)

...As I was walking to the till, an image of stealing flashed into my mind. At the till, the checkout girl was too 'nice'. She was too 'helpful' and it irritated me. I felt irritated at her giving me eye contact and falsely smiling. As I walked out of the doors, the alarm went off! As though I'd stolen something! No one came running out to arrest me, but I heard the cashier calling something out and saying 'thank you!' in a cheerful sing-song voice at the end.

### ***Hidden abuse***

*A theme of hidden abuse surfaced in the trituration and was painfully revisited by a prover shortly afterwards. During the run up to the trituration, I had four cases in a row that were centred around domestic bullying and violence. One also included incest.*

### **Abused / bullied**

T2-C4

'Annoyed, angry at powder. Furrowing brow. Start bashing it with scraper! Hitting it again and again.'

T6-C4

'For people who have been bullied, despised, disrespected for their own truth. For people who have been wronged/raped/shamed for their beliefs. Hidden abuse.'

T1's dream

'There was a place where people were being abused and changed.'

### **Hidden abuse / sexual abuse / indecent exposure**

T2-C4

'Closed eyes - saw a Bishops hat. Thought of the Catholic church scandal - the hidden abuse, hidden for decades.'

'Flashed back to my old school playground - a man in purple underpants flashed at us through railings.'

T6-C4

'For people who have been wronged/raped /shamed for their beliefs.

Hidden abuse. Past life stuff. Lepers/leper colony.'

### **Pride, bear suffering with**

T6-C3

'Been wronged. Misunderstood. Undervalued. I am innocent. Proud - won't be beaten down. Won't belittle myself.'

T6-C4

'For people who don't fight back, don't give in, but go inward and take it without complaining, who bear it with pride. Nat m, Thuj, Aur, Cycl, Lac-c, Staph.'

### **Secret**

T6-C3

'Secretive, doesn't want to be found out. Ashamed?'

'Guilty, no good, unworthy, hidden secret. Private, standoffish.'

T6 C4

'Secret into death. A scared energy. Guilty of a crime.'

DP4

'I'm dreaming that I'm walking down a hallway and I see L. She puts her fingers on her lips and tells me that the remedy is cigarette ... I turn a corner and walk away and say 'I knew it!'

### ***Religion / grandeur / respect***

*Religion figured strongly. During the trituration there was a feeling of a presence greater than ourselves that evoked reverence and respect. DP1 and T2 dreamt of a haughty man. DP4 dreamt of prostrating to a queen.*

### **Grandeur, delusions of**

DP1

'I dreamt I was male, dressed in black, an aristocrat, an 18<sup>th</sup> century noble man or a landed gentry. I felt I had gone back in time. In a regal way, I said 'fetch the horses!' while gesturing with my arm, head held high, like I would be a god. I had a strong sense of purpose. 'We must harness the horses now!'

DP4

'Suddenly everyone gets down onto their hands and knees, kneeling down with your toes touching your bum, your forehead touching the ground and your arms out in front of you (if that makes sense). People are doing this on either side of a cobbled street because the Queen is coming but she is more like a fairytale queen from Alice in Wonderland.'

T2's dream

'Last night I dreamt of a haughty kind of bloke. He was standing in front of a grand piano with his back to me. He turned around slowly and had an enraptured smile on his face with one of his eyebrows raised higher than the other.'

### **Religion / cross**

T2-C4

'Closed eyes - saw a Bishops hat. Thought of the Catholic church scandal - the hidden abuse, hidden for decades.'

'See someone praying, kneeling in a big church. Three hail Marys.'

T4-C4

'White clad soldiers on horse back - women soldiers, nuns or religious women on horseback.'

DP7

'...Somebody asked me if my dad had any time to christen their grandchild. I told them to phone him early as he was a busy man, but was irritated because I knew they didn't believe, so what did they want their grandchild baptized for!'

While DP7 was asleep, the cross fell off her chain, even though it was still fastened around her neck.

DP2

'My [deceased] Great Aunty, a very important figure for me, came into my dream and asked me to wear her cross, a cross she had worn throughout her life. She was very religious, although I'm not. I wore it for two months after the proving and it gave me a feeling of protection. I felt more connected to her, and my father said I actually picked up her mannerisms afterwards.'

### **Prostration**

DP4

'Suddenly everyone gets down onto their hands and knees, kneeling down with your toes touching your bum, your forehead touching the ground and your arms out in front of you (if that makes sense). People are doing this on either side of a cobbled street because the Queen is coming but she is more like a fairytale queen from Alice in Wonderland.'

Before going to sleep, DP7 became hysterically giggly and ended up on the floor with her arms stretched out in front of her and legs tucked underneath.

### **Respect / reverence**

T1-C1

'Respect!!'

T4-C1

'Reverence for substance.'

T4-C2

'Admiration for T2. She has so much on her desk and doesn't knock over or spill a thing!'

'Feeling of reverence for this OTHER being which is the remedy.'

'Want to keep sounding the bell - to call the spirits? A reverence for it. Doing something very holy.'

T2-C3

'Respect this energy. Honouring everyone's souls / spirits while giving out the lactose. People all said 'thank you' after I gave it out in this way. A response to the respect I gave them?'

'A genie coming out of the bowl. Smoking, swirling up as a spirit to be respected and honoured.'

'Feel a strong connection with everyone here. Respect for them. T5 looks like a Buddha, very calm. Felt it is the right time to stop at last.'

T6-C3

'Respect please.'

T1-C4

'Sensitivity/respect for remedy.'

*Similarly, looking down from a height was a theme for five dreamers and three people dreamt of a ladder.*

### **Ladder**

DP4

'I'm going off to sleep – see a tiny man in a black suit and a top hat climbing a ladder. He turns to look at me and gives me a big grin that is huge and much bigger than his face.'

DP7

'A person didn't have a house so he made a deep square hole in the ground, put concrete on the bottom and had a ladder going up and down. He was at the top in a boat. He had to stay there because it was muddy.'

DP9

'The first part of my 'dream' was a sort of ladder made up of segments or strips and the top one was very important.'

### **Looking down from a height**

T6-C2

'Want to get off the chair and sit on the floor. Feel too high up. Want to be on my belly on the floor. My 'under belly' soft and pink needs protecting.'

'Felt too tall. Desire to be close to the ground.'

T2-C3

'I have a lightness in my head, my head feels floaty.'

DP4

'I'm going off to sleep – see a tiny man in a black suit and a top hat climbing a ladder. He turns to look at me and gives me a big grin that is huge and much bigger than his face.'

'I'm standing on a bridge, looking over the river.'

DP7

'He made a deep square hole in the ground, put concrete on the bottom and had a ladder going up and down. He was at the top in a boat. He had to stay there because it was muddy.'

DP9



'The first part of my 'dream' was a sort of ladder made up of segments or strips and the top one was very important.'

DP10

'My dreams were clear and amazing. I was looking down onto intricate formal gardens, most beautiful.'

T2's dream

'I was looking out of a high window, down on a party.'

## ***Miscellaneous***

### **Adolescent / transition / growing up**

T6-C2

'Feel a bit 'adolescent'. Not quite grown up.'

T1-C4

'Is it a remedy to do with developing/growing up/moving on?'

### **Anticipation, adrenaline, excitement**

T1-C2

'Feeling in stomach – excitement or nerves.'

'This is my baby, my child. Nervous sensations in my stomach.'

T1-C3

'A connectedness to my stomach – adrenaline – bowl next to stomach.'

'Excitement in stomach, anticipation.'

'Excitement in stomach – something is going to happen.'

### **Anxiety**

T2-C1

'Heavy sinky sleepy feeling with anxiety.'

T4-C2

'Anxious about not enough time to do it well enough.'

T6-C2

'Anxiety creeping in. Can't think clearly – how to hold pen?'

### **Disconnection between head and body**

T6-C1

'Head feels disconnected from body – all sensations are head up.'

T2-C2

'Grinding feels – I'm not there. My body's doing it mechanically, but brain feels switched off. Head feels high / floaty.'

T2-C3

'I have a lightness in my head, my head feels floaty.'

### **Duality / split**

T1-C2

'Can see faces again – faces in half.'

T2-C2

'Grinding feels – I'm not there. My body's doing it mechanically, but brain feels switched off. Head feels high / floaty.'

T6-C2

'Still want to be methodical so not pleasant. Having to battle with myself.

Split. Either give up and go to sleep or do it right.'

'Want community and want to be alone. A split. To be with others or be self centred.'

T1-C3

'Sensitive male / female. Male part is pestle – female is mortar.'

DP7

'My next dream was about somebody with lots of energy sleeping on the floor and somebody who was usually calm being hyper.'

### **Dreams, clear**

DP2

'In another dream I saw a really beautiful horse that was dying. The colours were vivid, green crisp coloured grass. You could see his last breath crystallizing, like early morning mist. I watched him die, couldn't do anything to help.'

DP10

'I was very aware in the whole dream, I was seeing such intricate clarity it was just beautiful.'

'Again looking down onto the ground and around with great clarity. I was overseeing the valley the water was falling into.'

### **Early industry / mechanical**

T2-C1

'Machine – like sounds – treadmill – grind – going round and round.'

'T1's mortar sounds like a machine, a factory, a mill, a cotton mill, a weaving factory, weaving looms.'

T6-C1

'Realised it's like the noise of in utero, foetal blood / a train / noise of a machine.'

T1-C2

'Get feeling of everyone working together, all parts of one. Small parts in a big thing. Cogs and wheels in motion, unison.'

'Getting pictures in my head of water, river, trees and mill.'

T1-C3

'Village life a long time ago – blacksmiths – everyone working.'

### **Fleas**

T5's journal

'I've been flea bitten this week. After attempting to deal with the dog's infestation with remedies for 6-8 weeks – now I'm bitten too.'

### **Hole / tunnel**

T2-C2

'Made a hole in the centre of the bowl. Tapped it – knocked on the door?  
Going deep into a hole.'  
'Are you hiding? Are you shy? I'm looking, searching, need to look into a  
hole.'

### **Music / rhythm / drums**

T2-C1

'Musical sounds from the mortars to my right.'

T6-C1

'Liking the rhythm.'

'Desire for smooth / rhythm.'

T5-C2

'Rhythmical motion to the grinding – I'm swaying with the rhythm – catch  
T1's eye and start to laugh. Much more light hearted.'

T1-C3

'Vision of a battle field with the sound of the drums – going back in time.'

'Drums are very powerful, earthy. Grounding me.'

T2-C3

'Lively feeling. I want to drum. We bang our bowls. Start making rhythm  
with the bowls.'

T5-C4

'Feels good to sway as I grind.'

### **Military / battle field**

T1-C3

'Time going on down the centuries. Then a band started playing outside.  
Synchronicity. Life/death/rebirth. Vision of a battle field with the sound of  
the drums – going back in time.'

T4-C4

'White clad soldiers on horse back – women soldiers, nuns or religious  
women on horseback.'

PD7

'My last dream was back at a competition. Group of people with military  
background trying to escape from a farm.'

### **Rebirth / transformation**

T1-C3

'Life / death / rebirth. Vision of a battle field with the sound of the drums –  
going back in time.'

T5-C4

'Alchemy, transformation. White heat in bowl. Is this a standing stone?  
Powerful, enigmatic.'

'Somewhat ashamed that I have killed anything – ever. Sad – but again  
moment of transformation. What about meat?

T6-C4

'New beginning. New heaven and new earth.'

'Out of the dust is born new birth.'

T5's journal

'Thoughts of sudden death and the transition between life and death.'

### **Time, distortion of**

T4-C1

'Don't want to stop grinding now, it seems too soon.'

T2-C2

'That was quick! Over very soon.'

'Everything seems it's going very fast. I want to grind again.'

'It's all over too soon, want to keep going, don't want to stop' [grinding]

T6-C2

'Can't read my writing for where we are in time.'

'Distortion of time - too fast or too slow.'

'Again forgetful of time.'

'Having to make a really conscious effort to time keeping. Difficult.'

'Time passing too quickly.'

T2-C3

'Over too soon again.'

### **Colours, red**

T6-C2

'Red Autumn colours in my mind.'

'Awareness of altered reality on leaving the building. Noticed red of Santa Claus.'

T2-C2

'Went outside into a weird Alice-in-Wonderland-type-scene. Weird dressed up people - Santa in bright red.'

T2-C3

'Closed eyes and saw a jester with a three pointed hat. Red and white bells.'

T4's journal

'I'd rather remain unseen and then suddenly realise I am wearing a bright red bobble hat and am very conspicuous.'

DP4

'My image was of her [the Queen from Alice in Wonderland] in red and black and white with a big skirt that puffs out. She was larger than life and a bit scary.'

### **Bird / feather**

T4-C2

'All my energy gone to this flightless bird, all my songs without a word. It's a feeling of melancholy, grief.'

'Like feather patterns around the bowl.'

DP10

'Then there were loads of symbolic like drawings all coming at me. I described them on the Sunday as Inca or Aztec, but perhaps more geometric - the main one being a bird.'

### **Nature**

T2-C1

'Wet, moist, ground, earth, damp leaves, slowing down, relaxing.'

T4-C1

'Seeing flower patterns.'

'I see snow falling. Snow settling. Heath land pictured with snow falling.'

T6-C2

'Red Autumn colours in my mind. Earthy/dew drops fallen leaves/warm fires.'

'Tread lightly on the earth.'

T4-C3

'Bracken fronds, damp earth.'

'Feeling of the wind blowing over a wild hillside.'

T5-C3

'Is this a sort of vine, a climber? I have an image of swaths of greenery, climbers clinging to trees – all rather dim and dank.'

T1-C4

'See stars, universe.'

### **Spiders**

T6-C2

'Image of spider webs.'

T1-C4

'See a picture of a spider/bug in the powder.'

## ***Physical symptoms***

### **Chest, spacious**

T3-C2

'Chest feels heat - wellbeing. Nice sensation, spacious.'

T3-C3

'I feel sensation of spaciousness and extension in my chest with heat.'

### **Chest, tightness / oppression**

T4-C1

'Feeling of tightness in my chest as after too many ciggies.'

T6-C1

'Want to sigh, but can't as throat/chest feels as if powder is in it. Can't inhale deeply.'

T4-C4

'Oppression in chest and throat.'

### **Chest, pain**

T6-C3

'Sharp splinter pain in heart/chest region. Knife like.'

### **Coldness / shivers**

T2-C2

'Feel shivers going from my right arm.'

'I have a very cold nose, like cold wind is going up the left nostril.'  
'Cold 'wet' nose, like I am breathing in cold damp air.'  
'Sensation of wind on my hands, my fingers feel cold.'  
'My nose is still cold, windy feeling. Are you poking your nose out?'

T3-C2

'Goose bumps at back of my head, back and arms.'

T6-C2

'Feel cold and want to be wrapped in a duvet, curled up. Sleepy. Quiet.'

T5-C3

'Feeling shivery.'

### **Eye, burning**

T2-C2

'Left eye is almost closed, feels burning, slightly sore.'

### **Eyes, desire to close / tired**

T1-C1

'Close my eyes. Lovely.'

T2-C1

'Feel tired in my eyes, sleepy.'

'Eyes tired.'

'Eye lids feel really heavy, heavy sleepy, sinking feeling.'

T3-C1

'Tiredness in eyes, desire to close eyes.'

T4-C1

'Eye lids feel only half open.'

'Curling over the task, head bend over, eye lids closing.'

T6-C1

'Desire to close eyes.'

'Desire to close eyes, bend head forward and stretch neck.'

T1-C2

'Oh yes I am tired – closing eyes. Feel happy, slightly drunk – lovely!'

T2-C2

'Heavy, sleepy feeling – eyelids are very droopy, the left is worse.'

'Left eye is almost closed, feels burning, slightly sore.'

T3-C2

'Tiredness especially in head and eyes.'

T4-C2

'Eyes still only half open.'

'Getting a bit annoyed about half closed eyes and difficulty with writing.'

T6-C2

'Eyes very heavy.'

T3-C3

'Eyes tired, left eye itching.'

### **Eyes, itchy**

T6-C1

'Itchy left eye.'

T3-C2

'Itch right eye and right nostril.'

T4-C2

'Eyes are sore and itchy.'

T3-C3

'Left eye itching, left tooth hurts.'

'Eyes tired, left eye itching.'

### **Eye, watering**

T5-C1

'Eyes watering when I yawn.'

T6-C3

'Left eye watering.'

### **Eye, prickling**

T2-C2

'Prickling in my eyes.'

### **Face, itchy**

T4-C1

'Itching around upper lip, under nose, face generally.'

T5-C1

'Realised I'm rubbing left side of my face.'

T6-C1

'Itchy face intensified.'

T3-C2

'Itch right eye and right nostril.'

### **Head, headache / pressure**

T2-C3

'Feel pressure building up in my temples and slight shooting pains in shoulders and right shoulder blade.'

T3-C3

'Pressure on top of my head, from temples up. Is it sinus?'

T6-C3

'Curative - a headache that I had before we started.'

'Pressure in head returning.'

T1-C4

'Frontal headaches as though been crying.'

### **Heat in back**

T2-C2

'Have a very warm feeling in back, very warm lower back, hot and painful.'

T2-C4

'Pain in lower back - heat and pain.'

### **Heat in chest**

T3-C3



'I feel sensation of spaciousness and extension in my chest with heat.'

**Heat in face and head**

T6-C1

'Very hot face and head'

T1-C4

'Feeling hot in the face.'

**Heart, palpitation / alive sensation**

T3-C1

'Alive sensation around heart area.'

T2-C3

'Lots of sighing. My heart jumped, thudded – and again.'

T6-C3

'Heart beating very fast. Shaking inside.'

**Menses**

T4's journal

'My period hasn't started yet – it should have – been premenstrual – had the headache, had the cramps. But no period.'

'At home – one hour after return my period has started! How amazing. What was that about?'

**Mouth, numbness**

T3-C2

'Lots of sensation in face. Lips slightly numb, as if been to dentist. Lots of saliva.'

DP6

'When I placed the C4 packet under my pillow I instantly experienced tingling then numbness initially around my mouth but then radiated down my left side from my spine to the tip of my left foot.'

**Mouth, saliva increased**

T6-C1

'More saliva.'

T3-C2

'Lots of sensation in face. Lips slightly numb, as if been to dentist. Lots of saliva.'

**Nose, cold**

T2-C2

'I have a very cold nose, like cold wind is going up the left nostril.'

'Cold 'wet' nose, like I am breathing in cold damp air.'

'My nose is still cold, windy feeling. Are you poking your nose out?'

**Nose, irritated**

T6-C1

'Irritation in nose and throat.'

'Nose irritated.'

T4-C2

'Nose very irritated. I'll have to sneeze soon – or feeling like it will bleed.'

### **Nose, itchy**

T3-C1

'Nose tickles. Am I inhaling it?'

T4-C1

'Nose has been itching.'

T6-C1

'Itchy nose.'

'Nose itchy and starting to drip.'

'Right outer nostril itching.'

T1-C2

'Left nostril itching.'

T3-C2

'Itch right eye and right nostril.'

T6-C3

'Irritant burning and runny nose.'

T1-C4

'Left nostril itching.'

### **Numbness, tingling**

T3-C2

'Lots of sensation in face. Lips slightly numb, as if been to dentist. Lots of saliva.'

DP6

'When I placed the C4 packet under my pillow, I instantly experienced tingling then numbness initially around my mouth but then radiated down my left side from my spine to the tip of my left foot.'

### **Smell**

T3-C1

'Smell. I cannot make out what. Bit – stale.'

T2-C2

'Smelt an earthy / musky smell for a second.'

T6-C2

'Sense of smell feels enhanced now.'

DP4

'...I see L, she puts her fingers on her lips and tells me that the remedy is cigarette (note: I had a delusion that I could smell cigarette smoke in my room before I went to sleep). I turn a corner and walk away and say 'I knew it!'

### **Stomach, excitement / nerves**

T1-C2

'Feeling in stomach – excitement or nerves.'

'This is my baby, my child. Nervous sensations in my stomach.'

T1-C3

'A connectedness to my stomach – adrenaline – bowl next to stomach.'  
'Excitement in stomach – something is going to happen.'

### **Stomach, nausea**

T3-C1

'Funny vision, bit dizzy, as if travel sick.'

DP6

'I also felt really nauseous [in morning] and had a slightly 'upset' stomach with several loose bowel movements - which is actually unusual for me as I generally have a cast iron stomach.'

### **Teeth / gums**

T3-C3

'Left tooth hurts.'

T5's journal (night of trituration)

'Aware of sore gum – upper right – as if I'd scalded it – had no memory of having done so.'

DP1

'Had some tooth pain that went from left to right.'

### **Throat**

T6-C1

'Irritation in nose and throat.'

'Throat irritated – prickly / burning. Dry irritated cough'

T4-C2

'Keep feeling the need to clear my throat.'

T4-C4

'Oppression in chest and throat.'

### **Throat, pain**

T4-C1

'Slight soreness of throat.'

T2's journal

'The evening of the trituration, I had a very sudden pain in my throat on the right side shooting to the back of my ear. I took some Echinacea tincture that was next to me in the kitchen and it went away as suddenly as it came.'

DP7

After the dream proving, DP7 came down with tonsillitis that was treated successfully with the remedy Chocolate.

### **Pain, burning**

T2-C2

'Left eye is almost closed, feels burning, slightly sore.'

T2-C4

'Face feels really hot – cheeks are burning.'

T6-C1

'Throat irritated – prickly / burning. Dry irritated cough'

T6-C3

'Irritant burning and runny nose.'

T5's journal (night of trituration)

'Aware of sore gum – upper right – as if I'd scalded it – had no memory of having done so.'

**Pain, sharp / pricking / stitching**

T3-C1

'Little stitches in abdomen, middle (stomach)'

T5-C1

'Gradually aware of minor irritations, itch on left leg, slight prickling on back etc.'

T6-C1

'Throat irritated – prickly/burning.'

T6-C3

'Sharp splinter pain in heart/chest region. Knife like.'

T2-C4

'Shooting pain in right ear into glands. Pain in left ovary area? Shooting pain in glands and under ear persists.'

'Ouch – sharp prickling needle pain in right thigh.'

T4-C4

'Sharp pain in right fore arm when writing as well as grinding.'

'Sharp needle pains here and there.'



# *PART FIVE*

## *Experiences, uses and Chocolate*





### *Comparison between the two remedies, Chocolate and Hedgehog*

In the Chocolate proving, one particular prover had the delusion that she was a hedgehog, and therefore the two remedies share many symptoms do to with the animal's basic nature, such as hibernation, shyness and being alone. In the Hedgehog trituration, this manifested as the desire to curl up and go to sleep, the desire to escape and the desire to be covered.

Both remedies have themes of nature and weather. In the Chocolate proving there was a desire to be outside with an amelioration of symptoms when in fresh air: in the trituration of Hedgehog spine, there were feelings of being outside, such as the sensation of wind on the face and hands, a cold 'wet' nose, and a wish to be 'in the earth', close to the ground. Wintry weather featured strongly with images of falling snow, bracken fronds and earthy colours.

The mental symptoms that are shared by both provings are tetchiness and irritability, dreams of being wrongly accused, and the theme of being separate from ones children. Some of the physical symptoms they both share are tightness in the heart and chest area, a cold dripping nose, numbness around face, heat in face, coldness and shivers.

Physically, there are mainly hormonal symptoms and headaches in the Chocolate proving. In the Hedgehog trituration there were mainly tired, droopy eyelids, left-sided eye symptoms, sleepiness (in daytime) and restless sleep at night. The pains of Hedgehog were described as pricking or stitching, and burning sensations were also experienced. As most of the dream provers slept very restlessly and all the triturators could barely stay awake, I would speculate that daytime sleepiness with restlessness at night is a key physical symptom of Hedgehog.

Both remedies share irritation with one's own children and family, but Hedgehog is also greatly irritated by sound and mess. They also both share a desire to be separate from ones children, but in Hedgehog, it is shrouded in guilt. There is a theme of 'skeletons in the family closet' in the Hedgehog trituration and dream proving with a strong desire for secrecy.

Hidden shame is a central theme of Hedgehog, especially to do with abuse and abortion. There is also a conviction of being wrongly accused, with an air of pride.

The themes of respect, grandeur and height were marked in the Hedgehog trituration and dream proving. Three dream provers dreamt of a ladder (either climbing up one, or focusing on the top) and five dreamt about looking

down from a high place. Respect and reverence was a very strong theme during the trituration.

Both remedies have relaxation in the picture, but in the Hedgehog trituration it was with an overwhelming desire for sleep, with droopy eyes and the sensation of being in a cocoon, in a tranquil, meditative, intoxicated state. However, this came with the duality of speed, irritability and impatience with a strong sense of duty to endure despite tiredness.





## *The after effects of the proving*

One prover said, *'I used to feel so guilty about leaving my child with my family, but the morning after [the dream proving], I decided that when I went home, I would go on holiday by myself. I felt that my family was a community; I could rely on them but could also be independent from them without guilt. Just because I need their help, doesn't mean I have to be with them. It helped me step aside and gave me a sense of independence. I don't feel as connected and reliant on my family now. [My child] is part of a bigger family now – it's a really strong feeling.'*

Community, independence and guilt came up strongly in the trituration. The remedy has a sense of having guilt-bound connections to family/community to do with children or pregnancy. This prover also dreamt about her deceased great aunt who asked her to wear her old cross. Afterwards, she picked up her mannerisms and felt more connected to her. *'It deepened a connection with my aunty from back in time'*. In the trituration, there was nostalgia, grief, longing for the past and images of times gone by. T1 and DP1 both referred to feelings of going back in time.

Another prover said, *'I feel the proving has helped me as a person. I had a general feeling of guilt about many things. I have now completely let go of that guilt. I didn't know how restricted the guilt made me feel.'*

The guilt stems back to her upbringing and an old abortion. After the abortion, she went on to have a series of miscarriages and felt she was being punished.

One triturator wrote, *'I feel I've let go of the love-connection I had for the baby. I felt so tied to him/her. I now have let go, feel no more guilt, no more shame. I feel it must be good for that spirit to have disconnected from my guilt.'*

### Case

This is a case of mine, taken 2 days after the trituration.

My patient felt long-standing guilt for an abortion she had several years previously. Her grandmother had also had an abortion, and her mother, not wanting any skeletons in the family closet, made a point of talking about it to her and her siblings. My patient said how she worried that God was punishing her family for what her grandmother had done.



### *The essence of the remedy*

I feel the essence of this remedy is to do with the 'hedgehog's dilemma' of needing intimacy, but having to physically or emotionally disconnect due to the pain that this causes. Due to the fear of being hurt, there can be a difficulty in fully opening up in a relationship, yet still a longing for emotional closeness.

There can be long standing unhealed grief and shame that stems back to an old abortion or abuse. The pregnancy may have resulted from rape or was the product of a difficult relationship. Someone needing this remedy can feel confused as to whether they consented to the sex or not and can ask themselves, 'was it rape or wasn't it?' This pairs with the mating ritual of the hedgehog and the way the female has to consent to the intercourse first by lowering her spines. There can be feelings of shame and self loathing, with a strong need to keep their guilt a secret from their loved ones.

The remedy also has a sense of conflict between wanting to curl up and go to sleep but feeling a duty to endure and keep going. There is restlessness with anxiety about having enough time to get everything done. Since pregnancy, gestation and determining the sex of an unborn child was highlighted, I would speculate that this might also be a remedy for pregnant women. During pregnancy, there can be a tremendous desire to curl up and go to sleep, but with a sense of anxiety about having to get everything done in time for the pending due date. I would be interested to see if this would help an expecting mother in this situation who feels guilty for not being able to bond with her baby. On that theme, it can also be useful for mothers who feel guilty leaving their children with others.

A person needing this remedy might have a standoffish, bristly approach to their family and loved ones with a hidden guilt that stems back to an old abortion or abuse. There could be a history of having to stand up to injustice, a desire for respect and a defensive approach to people. There can be inherited shame and 'skeletons in the family closet' that have been passed down through generations.

Related remedies - **Thuj**, Staph, Nat-m, Choc, Sep, Lac-c, Aur, Cycl, Carc.



### *A case of hedgehog*

This is a female suffering from endometriosis and a right-sided ovarian cyst with a history of abuse. She responded very well to Thuja and after a few months of treatment began to have healthy, often painless periods, less aches and pains in her body and less ovarian pain. Her self-image and obsessive cleaning also improved. However, the improvement plateaued out and each repeat of Thuja began to aggravate her symptoms for a while before improving them again, but only marginally.

She then told me about a relationship she was having with a married man. The sex was painful and manipulative. (She also suffers from pain on intercourse and has to use anti-inflammatory medication afterwards.) She was confused as to whether the sex was classed as rape or not and whether she had allowed it.

She was suffering from uncomfortable right-sided ovarian pain that felt “like a ball” and was worse at night. This was accompanied by a burning sensation in the uterus that felt “like an infection, as though I’ve just had sex”. (*pain, burning*)

She was also suffering from pins and needles and cramps all over her body upon waking and would struggle to get out of bed. She would wake up fearful and her heart would pound. She said, “I feel disgusting, like a hang over. I’m sweating like hell. I stink. What’s wrong with me?” (*palpitations; needle-like pains; low self esteem*)  
She describes her periods as “yuck – they’re poisoning me.”

She was sleeping well, but felt exhausted during the day. The only thing that stopped her going back to bed was the fact that she had so much to do. (*desire to sleep but feels a duty to endure and keep going*)

She had a very clear dream, “like a movie”. She was standing up in an open top car and was handed a baby. She had become wealthy and high up in society. (*dreams of grandeur / being high up; dreams, clear*)

I gave her a split dose of Hedgehog 40c, made from the C4 powder from the trituration based mainly on the confusion she had over whether she had consented to the sex or not, and the pins and needles. A few days later, the burning sensation in the uterus and the ovarian pain went and, at the time of writing, she is left with just a mild sensation in the right ovary area. The pins and needles, aches and palpitations upon waking also disappeared and her energy levels increased.

She also had a return of old symptoms - warts on her palms! The last time she had these, at aged 13, she performed an old wives tale to get rid of them: rub a chicken on the warts and bury the chicken; when it rots, the warts will disappear. As she told me this she laughed and said that she considers herself a witch! She also began obsessively cleaning again for about two weeks.

About five weeks after the remedy, she reported that she had had painless, enjoyable sex and didn't need to use any anti-inflammatory medication afterwards. She reported a 60% improvement in the pain she usually feels after sex.

Early on in our meetings, she had told me how she was unable to love anyone because she was afraid of getting hurt. I didn't twig then and repeated the Thuja again. However, after the Hedgehog, she told me, "I don't feel his control any more. I can let go ... and feel a deeper connection between the two of us. [I can] express my feelings and don't feel scared that I'm going to get hurt."

Other things I have noticed about her are that she is now much less defensive and irritable, less prickly. She is also someone who is very independent and demands respect from others, although it is too soon to tell whether these last two qualities have been affected or not.

**I would be very interested to hear of your cases of Hedgehog. Please send them to me at:**

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