

Whispers from the Red Clover

A proving and comparison of the Remedy *Trifolium Pratense*
and a Red Clover Flower Essence



By Amy Vaughan Thomas - Welsh School of Homeopathy - 2021

Contents

The Beginning.....	2
Organising the proving.....	6
Making of the essence.....	9
Preparation methods:	11
Alchemy at play.....	14
On the way to prover's.....	15
Letter of instructions to provers:.....	16
Trifolium Pratense – Red Clover.....	20
The Three phases of the triple goddess.....	22
Plant family.....	25
Poem – To a Red Clover Blossom.....	26
DAY ONE FIRST PART OF PROVING - FLOWER ESSENCE.....	27
Recording of symptoms during the break period of essence and remedy	59
Themes and main symptoms of the Red Clover flower essence	69
Repertory - Red clover flower essence.....	71
DAY ONE - SECOND PART OF PROVING - Trifolium pratense – Trif-P..	77
Themes and main symptoms of the Trifolium-pratense remedy	121
Repertory of remedy – Trifolium- Pratense.....	122
Comparison of the Flower Essence and Remedy	130
Essential Synthesis Repertory – Trifolium Pratense.....	134
Towards the end.....	138
Overview and summary	140
Acknowledgements.....	143

The Beginning...

Is where all the magic happens, when you look back, like really look back and reflect on how far you have come, you realise how everything has just fallen into place, at the right time, to make it, your unique journey.

This is how my project started for me, I had this urge to go back, way back and discover ancient medicines. I felt directed to Native American medicine and any connection it may have with Homeopathy.

I typed into the search engine, Native American Medicines and a Red clover in full bloom and colour popped up before me, my heart began racing, and I got a shiver through my whole body, then a beaming smile...my project had come to fruition!

It took me straight back to my journal from my first year at the Welsh School of Homeopathy. We were asked to write a journal, and to note everything as it unfolds to us day to day, and whatever is striking, make note, whether it is big or small, as it will be a good reflection. I didn't think mine was that exciting, I wrote down my daily toing and froing with not much happening. Until one day, during my first month at the Welsh School, I was at home in my kitchen, when a Red clover caught my eye in the garden.

Red clover's have been growing in the Garden and our field for years, but this felt so different, like it really wanted to connect with me. I felt silly, but thought no, this is too powerful to ignore, I went into the garden and had a closer look, I took photos, and try to understand its energy, I then went straight to my journal and wrote down quite a bit surrounding the flower and how it resonated with me at the time. I wanted to know, what message it was holding, this energy was so strong, but I didn't know how to communicate with it. I remember going to my Materia Medica to see if there was a remedy made from the red clover.

The remedy is called *Trifolium Pratense* -Trif-P, not a great deal is written about Trif-P, but enough, its general uses is feeling of fullness and congestion of salivary glands, followed by increased copious flow of saliva. Feeling as if mumps were coming on. Crusta lactea; dry, scaly crusts. Stiff

neck. Cancerous predisposition, retards progress of cancerous tumours; keeps cancer from ulcerating. Great for memory loss or mental failure. Relations to Arnica, Bryonia, Ran-b and Rhus-t (coughs and pains in chest) Lach and Nat-m (headache on waking).

For now, I want to continue taking you on my journey...after writing in my journal, I would notice it every day but carried on with daily life, but the connection did not leave me for some time. I remember my second weekend at the school and sharing my experience with others, then going into the school library and being drawn to a book, not even taking much notice of the name or the author at the time but as soon as I pulled it from the shelf, it fell open onto a page and right in front of me was a Red Clover, I actually gasp and looked at what book I was holding and it was "The book of herbal wisdom using plants and medicines" by Matthew wood. I read it and wondered what it was trying to tell me, this was strong. Linda was close by, I shared with her what had happened, and she smiled and said, "I was waiting for this".

I had my first tutorial with Kath Holiday that weekend and shared my experience of the Red clover with her, I could see her eyes light up and she wanted me to tell her more. I also shared with her, my experience of visiting my nana in a residential care home, and how this lovely lady next to her was peacefully colouring away in a colouring book full of lovely flowers, and as I went closer, it was a book that I had almost bought a few days before in a local charity shop. I shared this with Kath, and she said I seem to have a strong connection with flowers, maybe I should go back and buy the book (which I did, and love). Kath also asked if I have ever used flower essences at all? She mentioned there is a flower essence made from Red clover, I didn't research any further at the time but was very curious.

until now....

So, all this information was flowing back to me, but I was still unsure of what was calling and what direction to take with all this information. It was almost time to hand in my project proposal, one thing I knew was that the Red clover had to be part of my project, maybe the flower essence combined with Homeopathy. As we are currently on "Lockdown" my whole spiritual awareness was growing day to day.

I emailed Kath and shared my thoughts with her, then it all became clear and suddenly came together for me (thanks Kath), I really wanted to experience making a flower essence, and Linda was happy for me to continue making the essence as long as this included the Homeopathy. So, decided to do the proving on *Trifolium-Pratense* and make a comparison between a Red clover flower essence and the Homeopathic remedy *Trifolium-Pratense*, which is made from the Red clover, this is when my project truly came alive, the excitement I felt was intense, it all felt right. I could not wait to start the process of making the flower essence and immediately ordered the remedies from Helios, I ordered a 12c and 30c as I had not quite decided which potency I wanted to work with at this point.

Ideas were flowing, too many to be honest, so I felt I had to rein it in a little, or else it would get too complicated.

I walked quite a bit during lockdown and was on a mission to find a Red Clover, I came across many, but none had the same energy like the one in my garden a couple of years back, I acknowledged them and ask permission but none of them seemed to have any energy surrounded them, I questioned whether or not this was a good idea and what if I don't get this calling like I did the first time around? And one day I walked to the end of our field and came across a patch growing next to the stream in the most peaceful part, this was perfect, I felt them calling out to me!! Then the weather had other ideas, it turned cold, what felt like weeks and we had a fair bit of rain, so I held off until and waited for a bright sunny day, without a cloud in the sky.

I charged the spring water used for the flower essence under the energy of the full moon on June 5th - Strawberry moon, its originated with Algonquin tribes in eastern north America who knew it as a signal to gather the ripening fruit of wild strawberries

Organising the proving

The email was sent out to all the students at the Welsh School of Homeopathy, I had 10 replies very quickly, this number eventually came down to 5 for various reasons - all 5 students were female from the Welsh School and were very keen and excited to be part of this journey. The flower essence was yet to be made, so I could not decide on a date until further along. At this point, I had now decided I wanted to do the proving of the remedy in 30c potency, it just felt right.

*Linda supervised my proving, 1 supervisor - 5 provers in total. I also took part in the proving which amounted to 6. So, I was fully aware of the substance used, but did no research at all beforehand on the Red Clover or Trif-p remedy.

*8th July 2020 - Proving letters/instructions, remedy and flower essences were sent out, I included a flower fairy postcard by Cicely Barker in each parcel with a message of thanks.

*20th July 2020 start of proving the Flower Essence

*30th July - 2nd August - Break between proving's (recordings are noted)

*3rd August 2020 Second part of proving the Remedy, began.

The Fairy:

O, What a great big bee
Has come to visit me!
He's come to find my honey
O, What a great big bee!

The Bee:

O, What a great big clover!
I'll search it well, all over,
And gather all its honey.
O, what a great big clover!

Making of the essence...Wednesday 24/06/2020

Looking at the numbers in the date of making the essence

$2+2+2 = 6 = 6\text{month}$ $2+4 = 6$ number 6 was significant

05/06/20 - I placed the glass bottle of spring water outside to sit under the energy of the Strawberry full moon 2020.

24/06/20 - So, I woke today and knew this was the day to make the essence, such a beautiful day, not a cloud in the sky. I did plan to sit with the flowers before picking them, but felt the urge to pick them straight away, so just went along with it, I thanked each flower as I picked them, and did this with the leaf of the clover to stop my energy transferring onto the flower head and placed them in the clear crystal bowl of spring water.

I took 12 heads and sat beside the bowl then another one caught my eye, as if, she was asking me to be part of this journey too, so in she went, I had 13 flower heads in total floating in the bowl soaking up the sun's energy, it was then placed on a little stool, which was covered with a pure white cotton cloth and stayed in the full sunshine for 6 hours. As I was picking the red clovers a lady bird was on the stem of another clover, a little later it was trying to get into the bowl and would not give up, I was mesmerised just watching this little ladybird, and was totally submerged in nature.

I cannot put it into words how peaceful and magical the surrounding was but will try and take you to this place. I have a stream that runs through our field named the Camddwr which eventually runs into the River Teifi, everything was placed not too far from the water, so felt very calming for me, the beautiful smells of nature, and birdsong all around.

I had been popping back and forth to this area for the last couple of days to check if it still felt right and that the clovers were still healthy and had not come across any others in the field, but the morning of making the essence, I passed so many Red Clovers on my way down and the field was covered with beautiful butterflies, with sounds of grasshoppers and crickets - a completely different energy surrounding me - truly magical!

The ladybird was back and trying to climb up the leg of the stool, as I sat beside the bowl of red clover's I could see the tiny spiders cling from one blade of grass to another, up the flower stems, a red kite was circling above me, gliding through the blue sky and bumble bees buzzing beside me, I felt so switched off from the outside world and fell so deep into the connection of nature around, it was mesmerising and I did not want to leave this space, I wanted everyone to feel this peace and deep connection to nature.

I initially planned to let the flowers sit in the bowl for 3-4 hours but as the number 6 was so significant that morning I just went along with 6 hours instead, it just felt right.



Ladybird drawn by the energy of the Red clovers

Preparation methods:

I gave thanks to the flower and the energies it had released. I then strained the water from the crystal bowl into a clear glass bottle and added equal amounts of Brandy to form the mother tincture and shook the bottle firmly 66 times then let it sit for 7 days for the energy to fully combine.

7 days later...I added 28 drops of the mother tincture to make the stock bottle which was made up of $\frac{3}{4}$ brandy and $\frac{1}{4}$ spring water.

The next step was to make the dose bottle - so I took 7 drops from the stock bottle and put into 30ml dose bottle of $\frac{1}{4}$ brandy and $\frac{3}{4}$ spring water and the flower essence was now ready.



13 Red Clovers ready to be picked



Peaceful location of where the flower essence was made



Making of the flower essence



Straining the Red clover water to make the mother tincture



Ready to add the Red clover water to the Alcohol



Preparing the mother tincture to make stock bottles then dose bottles for the provers.

Alchemy at play...

As I looked back at some photos I had taken of the preparation, I came across a video I had taken whilst I was sitting peaceful beside the bowl, it was to capture and share with Linda and the provers, after the proving was completed, how magical the making of this was. As I moved the camera around you could hear the gentle flow of the river, beautiful birdsong, I then captured the Red clovers in the bowl and when I looked back on the video a few days later, I could see eyes in the reflection of the bowl and what was clearly a face or maybe two, I watched this over and over, it sent shivers down me, in believing the strength of the energies that were at play here. This was later shown to the Linda and all prover's who were equally amazed (Let me know if you would like to view this with your own eyes, I would be happy to share).

On the way to prover's

I laid out each envelope with the name and address of each prover along with the letter of instructions and the "Cicely Mary Barker - fairy postcard" then took each dose bottle and tapped it 100 times, then placed them onto each pile and gave thanks to the nature spirit for guidance and allowing me this opportunity to share this process with others.



Flower essence and Trif-p Remedy - 30c, with letter of instructions and fairy postcards with gratitude, all ready to be sent to each prover.

Letter of instructions to provers:

Dear Prover,

I welcome you, with thanks for taking part in this proving and walking beside me on this journey, it means so much to me. I'm sure you will find that you will benefit from this exercise in many ways possible.

1. Before the proving:

Upon reading this, you will notice you have also received a notebook in which you should record your experiences, starting a few days before and during the complete proving period. Also included is a 30ml dropper bottle of a flower essence and six doses of the remedy.

The start date of this proving will be at 9am or as close to this time possible on Monday the 20th July – I will send a reminder to you all the night before, and will be ending on Monday 17th August at 9am.

2. Beginning the proving:

Record all your symptoms daily in your notebook 5 days prior to starting the proving, this date will be 15th July. This will help get you into the habit of observing and recording your symptoms, it is often easier to write on one side of the page so you can add to it if needed or put any family comments on the other side of the page.

I will send each one of you some distance Omni healing, on the night before the proving begins as my gift to you.

3. Taking the flower essence:

We will start the proving with the flower essence. The drops will need to be placed under your tongue, twice a day, 7 drops are to be taken at 9am in the morning, and the second dose of 7 drops in the evening at 9pm. This part of the process will continue daily for 10 days, starting on the 20th July and finishing the last dose of the essence on the evening of Wednesday 29th July. You will then have break for 4 days from taking the flower essence before you start the next phase of the proving on Monday 3rd August, please continue to take notes of any changes you may experience. Time keeping is an important element throughout the proving.

The flower essences work in a multitude of ways, helping us let go of negative beliefs and emotions and replace them with positive aspects of ourselves. I mention this, as it is important part of the proving in the flower essence, so please be aware of any changes in your positivity, negativity, old or new, also spiritually or mental harmony as an extra to the part of the proving.

4. Taking the remedy:

The Second part of the proving will begin on Monday 3rd August by taking the remedies that have been given to you and ending at 9am on Monday 17th August. Record the time you take each dose, again time keeping is important.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food or drink should be taken for 30 minutes before or after taking the remedy.

Please take one dose every hour for up to six hours. Stop taking if you notice any changes in how you are and do not take any more. The amount, of doses needed will vary for everybody – some may need only one dose, some may need all six.

If you experience symptoms or those around you, observe any proving symptoms **do not take any further doses of the remedy.**

Proving symptoms are:

- *Any new symptoms, eg symptoms you have never experienced before, or
- *Any change or intensification of any existing symptom, or
- *Any strong return of an old symptom, eg a symptom you have not experienced for more than 1 year.

If in doubt at any point during the period of the proving, please contact myself or Linda

Amy Vaughan Thomas – amy.homeopathy@outlook.com - 07891588674 / 01974251569

Linda Gwillim – linda.gwillim@talk21.com - 07837050350 / 01654700304

Proving symptoms usually begin very subtle, often before the prover recognises that the remedy has begun to act.

Lifestyle during the proving:

Please try to avoid all antidoting factors such as coffee, camphor, and mints. It would be beneficial if you could stop taking these few days before, and for the duration of the proving. Take care of the remedy you are proving as you would any other remedy, including keeping them away from strong smelling substances.

Avoid taking medication of any sort, especially antibiotics, vitamins, or mineral supplements, herbal or homeopathic remedies. Continue with your normal day to day duties and maintain your usual habits.

In case of a medical or dental emergency, please seek the appropriate method of help that you may need then get in touch with myself or Linda.

Recording of symptoms:

When you start the proving record carefully, in your notebook, any symptoms that arise, whether these are old or new, and time they occurred. It is always best to keep your notebook with you, at all times and record them frequently, you will need to be as vigilant as possible, always making a note whilst they are fresh in your mind.

Please be as precise and accurate as possible, it will need to be detailed, trying to make your symptoms as brief as possible and in your own words.

Most importantly, make sure you note the location, sensation, modality, intensity and time.

Location – Try to be accurate with your description in location. Simple clear diagrams may help you with this. Be aware of which side of the body is affected.

Sensation – Shooting, stitching, dull, burning, bruised, tingling, darting, etc

Modality – Food, smells, dark, light, lying, standing, greater or less from weather and people etc It may help to try different things to see if they affect the symptom and record any changes.

Time – Note the time of onset of symptoms, or when they change or stop. Is it generally before or after a particular time of day, and is this unusual for you?

Intensity – Briefly describe the sensation and the effect of the symptom on you.

You can abbreviate and highlight the following which may be useful:

RS – Recent symptoms eg a symptom you are suffering with now, or suffering from in the last year.

NS – New symptom.

OS – Old symptom, state when symptom occurred previously

AS – Alteration in a present or old symptom (used to be left now on the right)

US – unusual symptom for you

Please write neatly and clearly.

Please start each day with a fresh page with the day and date noted at the top. The day you took your first dose of the flower essence will day one. Starting again from day one, when you move onto the second part of the proving with the remedies.

On a daily basis please run through the following check list to make sure you have observed and recorded all your symptoms:

Mind	Respiratory system	Sleep
Head	Digestive system	Dreams – Please give a full description of dream, and note
Eyes	Skin	the general feeling or impression each dream left
Ears	Extremities	you with.
Nose	Urinary organs	Generalities
Face	Genitalia	
Mouth	Sex	
Throat	Temperature	

You may have noticed the proving of the flower essence will start on a new moon and the next phase of the proving will start on the full moon. If you have symptoms which are normally affected by the moon phases, make note of these or ones that arise for you during these phases.

Reports from your nearest and dearest can be useful, please include any details of these if possible.

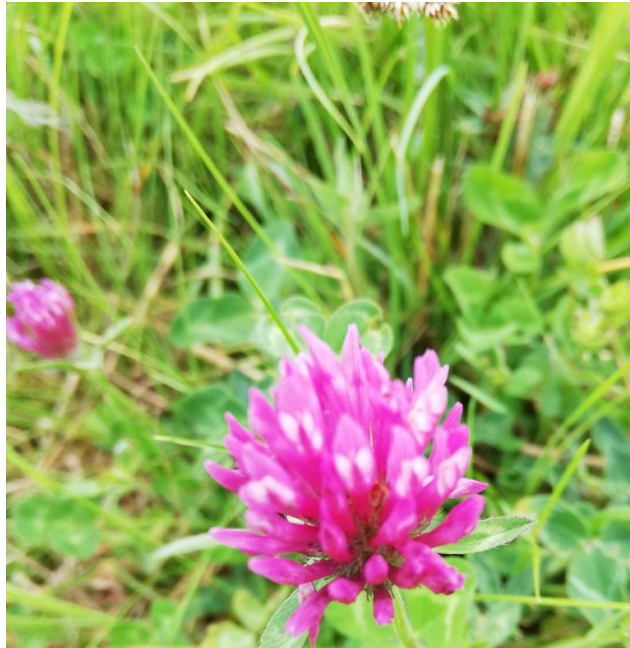
At the end of the proving please make a general summary between the flower essence and the remedy. Stating how the proving affected you, and how it may have affected your health in any way.

Please remember that an accurate and detailed observation is an important part to the proving.

I am so grateful to you all for participating in the proving, I hope you find it useful. I look forward to catching up with you and discussing your experiences when time allows us.

Much Love and light,

Amy xxx



Trifolium Pratense – Red Clover

This common roadside flower is a member of the legume family widely grown as an animal feed. It originated in central Asia and spread through cultivation to all parts of the world. It is widely naturalized throughout the world, although it tends to die out unless the area where it is growing receives a mowing once a summer. They flower in early summer, when the weather is still cool, straggle on till fall, and bloom again. Red clovers are sweet and tasty. They may be picked as a snack whilst walking in the fields. Because they have medicinal action on the salivary glands causing slight stimulation, they quench the thirst. They are an excellent remedy for the herbal forager in the fields. Picked and dried in the semi shade they make a lovely, sweet tea. It is also possible to preserve them in alcohol, but most people prefer the dried flowers used as a tea.

Red clover is known to have an affinity to the glands about the neck. However, it tends towards single swollen glands, not numerous swellings. It has an affinity to the parotids and the salivary glands in the back of mouth.

Red and white clover have long been used, especially in Homeopathy, as specifics for parotitis or mumps.

The Homeopathic proving's and initial clinical experiences also showed that red clover acts strongly on the salivary glands, removing congestion, unplugging stopped up secretory glands, the removing calcium casts that form in the glands - also in the tear ducts.

The Three phases of the triple goddess

Trifolium translates to “three leaves” In the realm of female (lunar) medicine, these three leaves symbolically correspond to the triple goddess or the three major phases in a woman’s life: Maiden, mother, and crone.

The **Maiden** correlates to the waxing crescent of the moon and is symbolic of springtime, youth, playfulness, and new beginnings. Often it correlates to menarche (onset of menstruation) or the adolescent phase of a woman’s life, but it can signify any time that she is cycling through the new creative phase or project. It is a time when a woman is experiencing outer transformation and creative visions of the future.

The **Mother** represents the full moon and the summer season, as well as adulthood, fertility, giving, healing, and compassion. This symbolizes the childbearing or reproductive years of a woman’s life. Even if a woman does not become a mother, she is still developing her inner mother – her inner nurturer – and learning how to fully love herself and generously give, love, and show up for people in her life other than herself. During this time mothers are learning how to manifest the big dreams of maiden, so this phase can also represent any time that a woman is in an actively creative cycle.

The **Crone** signifies the waning crescent moon and autumn, wisdom, intuition, and aging. This is the phase of the wise woman, the honoured and respected visionary. Crones are often postmenopausal woman. However, the crone stage of life can represent any time when a woman is letting go of a creative cycle. It is a period of powerful inner transformation, as it necessitates surrendering to change and renewal, and using their wisdom and heightened intuitive capacities to guide and support their community of other Crones, Mother’s, and Maidens.

Each phase is a rite of passage: a significant change from one cycle of a woman’s life into another.

Unfortunately, these rites of passage are often surrounded with negativity and a lack of information for those moving into a new phase. Do you

remember what it was like to go through puberty? To have your first menses.? For many Woman, this part of their lives was filled with shame, embarrassment, or uncertainty; feelings that are out of alignment with the power this transformative life phase can hold. Equally so, the menopausal transition can often have many negative connotations. Many people associate menopause with loss – loss of fertility, youth, and physical energy, and do not associate it with the rewards that the crone phase of a woman's life brings about the gaining of a higher level of inner transformation, creativity, insight, spirituality, wisdom, intuition, honour, and reverence. There are many ancestral and societal reasons for this, but Red clover's medicine can help guide those who need more support during these times of change.

Red clover is the archetypical plant to help guide you through major life transitions – She is your plant ally during times of change, whether those are the significant phases of your life as a woman, the shifting and transforming tides of out and inner awareness, or even a life changing diagnosis such as cancer. During these times, it can be hard to find hope amongst the chaos of change, but Red clover's healing power lies her ability to bring hope in any situation.

She is pure nourishment for your body and soul – some of the sweetest medicine on Earth! – Bees love this medicine! The sweetest food on earth is made by these hardworking little insects: clover honey. Just smell a fresh red clover blossom and you will sense the light, familiar fragrance of honey on its petals. Now close your eyes and imagine a summer meadow filled with Red clover blossom's, the air sweetened with the light scent of its flowers. Hear the buzzing of the bees as they move from blossom to blossom. How nurturing and lovely this all feels! Just the picture of this alone is enough to raise our own spirits and fill us with sense of peace – just like it did me whilst making the essence.

Red clover's sweet taste is reflective of her nutritive qualities, both physical and psychospiritual. As a phytoestrogen, she nourishes the feminine and helps bring estrogen levels back into balance, whether estrogen is too high or too low. As a gentle Lymphagogue (a plant that promotes lymph flow), Red clover nourishes that which provides for and nourishes all of human life, the breasts. Red clover is wonderful for breast pain, fibrocystic breasts, mastitis,

and breast cysts and is a useful ally for supporting healthy lymph flow to the breast tissue. Similarly, red clover also has an affinity to the lymph nodes of the neck and can help decongest and resolve any encysted glands or tissues in the area of the throat. In a psychospiritual sense, these encysted lesions may walled-off traumas or past assaults to our ability to speak up. Red clover thus nurtures our unique voice and guides us to express ourselves and speak our truth from our hearts – this came up in the proving.

In a greater sense, she nourishes the creative force that grows from heart-centred awareness, allowing our visions and creations to be alignment with our hearts purpose and higher good – with that said, there is sense of purification in the way that Red clover teaches us how to follow our creative path and inner voice. We let go of limiting, “adulterated” toxic beliefs and consciously home in on our true nature, one that is already innately whole, generous, compassionate, and joyful. In a physiological sense, the blush red colour of Red clover is a symbol of her blood purifying properties, reflecting her botanical status as an alternative and an herb that alters the body in a non-specific way, which is commonly referred to as a blood cleanser or blood purifier. Generally, alternatives act on the lymphatic system and liver to remove toxic waste products. Part of the Red clover’s physically nourishing capabilities lie in her ability to purify the blood waste, allowing our organs and tissues to receive fresh nutrient rich blood. Her medicine is truly holistic, she helps us release toxicity both physically and psycho-spiritually.

Plant family

Red clover is part of the Leguminosae family. The pods have different components together and they need to separate in order to spread. The pods split open along the sutures and split explosively and scatter seeds widely.

The self is made up of various parts bound together and there is a feeling that the parts could separate and fall to pieces. There is an external factor splitting them up.

Sensations

- *splitting apart
- *coming apart
- *scattered
- *Bound together
- *fragmented

Passive reaction

- *Feeling scattered and confused
- *split up
- *Not together

Active reaction

- *Getting things together

Compensation

- *Feeling together and unified

Poem – To a Red Clover Blossom

Sweet bottle-shaped flower of lushy red,
Born when the summer wakes her warmest breeze,
Among the meadow's waving grasses spread,
Or 'neath the shade of hedge or clumping trees,
Bow'ing on slender stem thy heavy head;
In sweet delight I view thy summer bed,
And list the drone of heavy humble bees
Along thy honey'd garden gaily led,
Down cornfield, striped balks, and pasture-leas.
Fond warmings of the soul, that long have fled,
Revive my bosom with their kindlings still,
As I bend musing o'er thy ruddy pride;
Recalling days when, dropt upon a hill,
I cut my oaten trumpets by thy side

By John Clare (1793 -1864)

DAY ONE FIRST PART OF PROVING - FLOWER ESSENCE

Flower essence day 1- Monday 20/7/20 - New moon

Mind

Prover 2 - tinge of lowness in my mood, lasted 5 mins, thinking of a film I watched last night - "Humans extended version 3". thought - whilst pondering on my personal struggles within group and social situations I had a realization that maybe god meant me to be this way, then I started crying. Maybe this is the best way I can serve other's, by being on the quiet, reserved side? Initially, there was a feeling of relief, that I didn't need to try and improve this situation/my struggle, but on the other hand, I don't want to be tied to this 'restriction' or feel resigned to this thing I feel chained to.

Prover 5 - clear, relaxed, happy, tranquil, lighter

Head

Prover 4- headache on waking

Prover 5 - tight feeling to back of head

Neck

Prover 5 - stiffness on side of neck - both sides

Shoulders

Prover 5 - stiff and tight

Face

Prover 5 - lightness to face

Eyes

Prover 5 - swelling slightly to upper eye lid, slight pressing on eyeball right inner side

Prover 6 - left eye itching, >itching burning sensation on skin

Ears

Prover 5 - ringing sensation in right ear

Prover 6 - pain in right ear - pulsating sound

Throat

Prover 5 - slight sore throat developing - right side

Mouth

Prover 5 - dry on waking, thirst on waking

Nose

Prover 4 - sinus feel congested.

Back

Prover 5 - usually very painful back and hips and walking stiffly after 18hole golf competition, but not as bad as usual moved relatively freely back felt stiff on waking, better for movement and stretching,

Bowels

Prover 2 - Itchy anus for few seconds <left side, (can sometimes happen when piles are starting to heal)

Prover 4 - appetite diminished during meal, bloated during meal.

Prover 5 - small soft motion,

Skin

Prover 5 - feeling of hair on skin alive and aware - sort of tingly feeling (hair on head has this sensation, especially back of head)

Chill

Prover 5 - feeling chilly despite warm weather, susceptible to cool breeze

Sleep

Prover 2 - Been awake since 2am could not sleep all night. Fell asleep sleep 9am to 11.30am. US - woke 11.30am, feeling slightly lightheaded - (maybe I had not fully woken up?)

Prover 4 - restless sleep

Dreams

Prover 4 - dreams un-remembered.

Extremities

Prover 2- pain in knee right sided, towards middle of knee, slightly lower down the front of the patella, <walking upstairs. US

Prover 5 - right little finger stiff - less painful

Sex

Prover 5 - feeling more sensual, touch senses heightened

Generalities

Prover 5 - >outside especially when sunny, desire to go barefoot, walking outside on wet grass in morning, enjoying sensuousness feeling of barefoot

Flower essence Day 2 – Tuesday 21/7/20

Mind

Prover 2 – I had a realisation and felt that “I am a warrior without a cause!!” (as I’ve felt for a few months now, that I’ve lost my direction, and I want to feel passionately about something, even though my awareness to environmental issues along with general injustices has been heightened in the last few months, like I’d lost my way (I didn’t have the time to focus as much in my early 20’s up until now – 60). Forgot to take essence at 9pm so took at 9.44pm.

Prover 5 – feeling clear head but tired, unrefreshed, anxious for husband and son’s studies.

Prover 6 – desire to be alone > alone, < noise.

Head

Prover 4 – woke up with awful headache, feeling of hangover lasted 1 hour.

Prover 5 – top of my head is tingling in a good way.

Heart

Prover 5 – 7am small sharp fluttering pains in heart area, lasted 5 minutes, no better for rubbing or movement.

Neck

Prover 2 – 21.56pm a pulling feeling that twitched 2-3 times along one of the muscles alongside of the neck – left side only. US

Prover 5 – stiff in neck radiating down to shoulder at top both sides (intense golf lesson yesterday)

Face

Prover 5 – skin around mouth area almost back to normal from previous roughness.

Eyes

Prover 5 - Greatly improved, fine peeling on upper lids. If pressure or rubbing applied to eye area prickling sensation on skin around the eye. <heat/hot water bathing, exacerbates swelling and any redness. >fresh air and cold-water bathing. <rising from warm bed in morning. Defined white line beneath eye area.

Prover 6 - eyelids burning, stinging pain, <corner of eye on opening, <left side, >outside

Ears

Prover 4 - ringing sensation in left ear when going to bed.

Prover 5 - ringing in right ear - lasted 10 mins

Prover 6 - small lump in right ear painless

Throat

Prover 6 - sensation of lump in throat pea size.

Mouth

Prover 5 - woke up 1.57am and 6.10am, very dry mouth and thirsty, feeling of dehydration.

Back

Prover 5 - back and hips not as stiff as usual on waking

Bowels

Prover 5 - slight constipation, straining - stool soft and large

Stomach

Prover 4 - Feeling of fullness after eating small amount of food, no desire to finish food.

Urination

Prover 4 - passed a large amount of urine during the night 12.45 and woke again 5.30 to go again.

Skin

Prover 5 – feels tight and aggravated, alive and aware sensation, <long sleeve tops. Skin on outer parts of both arms from wrist to shoulder have little bumps, slightly itchy, NS.

Chill

Prover 5 – chilly

Prover 6 – feeling chilly

Sleep

Prover 4 – restless night, woke twice to urinate.

Prover 5 – disturbed night woke 1.57am and 3.05am from a dream, mouth very dry and thirsty needed water. Hot in bed threw off top cover. Woke at 6.10am unrefreshed and anxious for husband looking up remedies to help him.

Dream

Prover 4 – could not remember where I was initially in the dream but the last part I was at home. I was trying to organize things people kept buying stuff but putting it in sheds. I went around trying to protect what they had bought. Someone had bought Christmas things/icing decorations and just threw them into a shed. I then put them into containers. Then someone had my car keys and they kept throwing them into the grass, but then finding them and the last time he did this a peacock swooped down and grabbed them and flew off down a lane opposite my house. I tried to follow the bird no one was concerned that my keys were lost.

Prover 5 – 1.57am dreamt about a man ice skating, he was doing that motion but there was something furtive, like he was pretending that motion but doing something else that he shouldn't be, not quite sure what? Dream centred of a girl on a yacht with parents and coming up on deck and seeing her parent's dead and covered in blood, very disturbing. Dreams are usually of my higher self - giving me guidance, weird that last few dreams since proving seem to involve lots of blood.

Prover 6 – dreamt someone got burnt badly by scalding hot water, so I offered her Homeopathy which she initially refused because a nurse was

caring for her, but when the nurse left, she asked if she could try it and had great results and I was happy for her and she was overjoyed. I used arnica, cantharis and Causticum 200c.

Extremities

Prover 2 - Left hip aching, due to sleeping on that side, it then changed sides afterwards. Big toe on right foot pointing upwards in a cramp, lasted 1-2 minutes - OS (due to way lying in bed). 7.50am - Cramp in outer side of left calf muscle, lasted 1 minute - OS (due to way lying in bed or if I've done more walking or exercising that day) 8.55 cramp on outer side of both calf muscles, <right side, lasted 1-2 minutes. OS - had been lying on left side

Prover 5 - little finger right side sore, arthritic pain, blue veins on top of hands and both feet prominent.

Generalities

Prover 2- cramps in general - all cramps only last a few seconds, and the only way I relieve them is by moving my limbs or muscles in the opposite direction to where the contraction/spasm occurs.

Prover 5 - since taking FE at 9am my energy has increased and feel more positive. desire for nuts - almonds, brazil nuts and walnuts

Flower essence Day 3 – Wednesday 22/7/20

Mind

Prover 2 – 12.05pm thoughts – maybe I need to immerse myself and really concentrate on enjoying other people positive energy, rather than focusing on, worrying about how I'm reacting within those situations? Try and find the state of bliss within myself amongst other people. 15.28pm Thought If I can make others laugh with my inadequacies, isn't that a gift in itself? I nearly cried for a second, but had I done so, it would have been tears of happiness and joy!

Prover 4 – felt angry this morning with the universe.

Prover 5 – clear, happy, focused, positive. Generally, feel tired and lethargic when moving.

Prover 6 – understanding of things due to being let down.

Head

Prover 4 – headache over left eye

Prover 5 – itchy scalp

Neck

Prover 5 – woke up with very sore neck and back, > for movement.

Eyes

Prover 5 – eyelids slightly swollen, fine peeling, skin finely rough. Slight sticking to eyeballs in inner part of both upper and lower lids, caruncle, eyes dry, < bright lights even mobile phone.

Ears

Prover 5 – slight “crickets chirping” sounds – right ear

Mouth

Prover 5 – woke with very dry mouth and throat, thirsty on waking.

Prover 6 – lost sense of taste when eating.

Back

Prover 2 - ache in lower lumbar < right side, feeling of instability, unstable ache with a slight intermittent feeling with it, i.e. not completely constant, lasted couple of minutes.

Prover 4 - woke up with lower back pain < left side, thinks it could be from carrying baby.

Prover 5 - back stiffness is less than before and quicker recovery on movement.

Bowels

Prover 5 - sluggish, constipated - sheep pellets

Urinary system

Prover 5 - feeling of fullness and uncomfortable bladder on waking

Female

Prover 6 - period arrived on time 28 day cycle, no pain, bright red blood, heavy flow 2 days then light 2 days - all normal for me apart from usually get cramping first 2 days.

Skin

Prover 5 - itching sensation on forearms, sides of neck, scalp, back, feels like clothes irritating the skin

Prover 6 - bitten on left ankle by horsefly - dull ache and redness, slight swelling.

Sleep

Prover 4 - woke up feeling tired, deep sleep last night.

Prover 5 - heavy

Dreams

Prover 2 - woke up from this dream - My old dance teacher had witnessed two little girls talking and she deduced that they had been physically abused. She gave me an unclosed envelope to post and upon having a sneaky look inside, I realised it was a letter to the authorities to bring their attention

to these to girls. The feeling I had was that I must not tell anyone about this until it reaches the right people.

Prover 5 - I am walking from back of house down the side towards road, big house, cars parked alongside - chauffeur is cleaning a car and signals surreptitiously to me, trying not to draw attention to himself, there are other workers around. I think I am the daughter of the house, atmosphere of unease and people watching, I think I am escaping secretly - driver offers me a lift. I seem to be smuggled into a truck new long, silver and white. We go to the truck drivers house and he has a shower while I wait in the lounge. Here seems to be lots of rubbish which I pick up, there is a little girl toddler who I play with. Then a sense of urgency, the truck driver smuggles me in truck to a port, there is a large sea wall with huge waves, a big ship waiting which I must board. I must swim to ship but first I must climb a large stone all with big waves rushing in to sweep me away. My mum and da are there urging me on, I keep asking why I have to swim out in channel, can't I wait and board ship. They keep yelling - hurry, the waves increase in size and it's cold...then I awake.

Extremities

Prover 2 - on rising out of bed, left achilles heel ached for a few seconds as soon as I put my feet on the ground, and for a few thereafter. 16.35pm stabbing pain in front top part of my patella, had been kneeling down, pain <straightened up, pain lasted few minutes. (I will usually get pain lower down the patella and more on inner side)

Prover 5 - little finger still bit sore - right side.

Generalities

Prover 4 - appetite poor no desire for evening meal.

****22nd Wednesday 2020 - Day 3** of the flower essence proving one of the provers (3) got in touch to tell me she has an upset stomach and really nausea, she went back to bed midday and felt she did not want to continue with the proving but would have a think about it. Day 11 she got back in touch to say she would not be continuing as she is not in a good place due to personal issues and no other record of symptoms was given before or after the proving, other than the above information. The prover felt awful for letting me down as this is not usually her way.

Flower essence Day 4 - Thursday 23/7/20

Mind

Prover 2 - 11am - 12(I cannot remember time) I had a sense of calm as though I wasn't separate and cut off from everyone and everything else - felt at ease during those few minutes - also felt this calmness whilst driving in the car and whilst queuing outside the bank in the rain.

Prover 5 - Positive, energetic, clear thinking, eager to tackle tasks that have been put off.

Prover 6 - feel let down by news received, desire to cry but cannot, + alone, feel like a failure, nothing going to plan, no motivation <change of weather dry to wet. >afternoon, no patience, angry and shouting at son. Forgetful

Head

Prover 4 - no headache upon waking

Eyes

Prover 5 - prickly sensation, red on touch. Fine peeling in eye area almost not visible. Slight swelling in upper lids, sensitive to bright light - mobile phone. Sharp stabbing pain in left eyeball - lasted 10 mins

Nose

Prover 4 - sinuses congested this evening.

Throat

Prover 5 - strange clicking noise in throat whilst lying on my back.

Bowels

Prover 2 - Had not opened my bowels this morning, so from early morning right through to evening I felt my large intestines starting to back up and get full. This state is what I call my "sluggish gut".

Prover 5 - sluggish, soft stools

Stomach

Prover 4 - nausea upon waking 4.45am, thinks it could be from missing evening meal. Lasted until 10am.

Skin

Prover 5 - AS - very itchy arms on waking, upper forearm, and elbow both sides. Little itchy on upper arms and scapula region of back.

Prover 6 - left ankle swollen from bite, itching, >itching hot to touch

Sleep

Prover 2 - 12.05am - Just as I was about to drift off to sleep, I saw an imagine like a fuzzy mass of dots, swirling around, then aware of releasing the hand break of a pick-up truck to let roll down an embankment, then thought better of it, as it might hit someone and injure or kill them at the bottom of the hill/slope.

Prover 4 - took a long time to unwind before bed despite being tired.

Prover 5 - slept solid from 11.25am - 5.25am

Prover 6 - woke unrefreshed, tired during daytime nap 1.30-2pm >napping,

Dream

Prover 2 - woke from a dream that we were selling our property in Aberystwyth to a man and woman. Woke from another dream that a dog had crapped a huge pile on the landing, outside our bedroom and I shouted several times to my son to come and clear it up (It's his dog).

Prover 5 - no recall, other than churned up thoughts from the past, mistakes made and now being brought up to the surface.

Extremities

Prover 2 - 6.45am left calf muscle in cramp and left foot flexing - not flat. 7.35am cramp in both calf muscles lasted one minute - OS 21.02pm - sharp pressing pain on front and mainly top of patella as I walked up stairs - US

Prover 5 - all finger joints aching, <waking, 9am - only right-side little finger joint aching to base joint, <pressure.

****23rd Thursday 2020 - Day 4** of the flower essence proving another prover (1) got in touch to tell me that she is going to have to withdraw and feels dreadful for letting me down, but she is struggling to take notes and that she feels she has gone bonkers since started the remedy, short tempered, angry, and utterly horrid, and as she has a young child, she felt her horridness will obviously impact on her. she is shocked by her reaction and could not seem stop being vile. **Prover 1** made some short notes with no dates but her overall feelings and symptoms during - emotions extreme, swirling rage, tears, so short tempered, extreme moodiness! shouting and daughter and dog, tears! Not enough time, OVERWHELM, I want to be ALONE, by myself intolerant, no patience unreasonable but I can't stop screaming, shouting, sudden rage, impatient (more than usual) HORRIBLE, feel dreadful for the way I'm being. NOT ENOUGH TIME! Overwhelm, don't want to be touched, too noisy, can't calm down or control, escape, + + + sensitive, shut up, shouting screaming, my daughter little face and dogs staring at me breaking my heart but still being HORRID. Shocked and scared NEED TO STOP!

Flower essence Day 5 - Friday 24/7/20

Mind

Prover 2 - thought sometime during the night - "This shield that surrounds me is suffocating; restricting me, rather than shielding me, in order to protect me". (This 'shield' means - this struggle I have and my restrictive way of being) - During the day I had a few moments of feeling real joy at being alive (makes a change from feeling the weight of household chores and being my mum's only carer).

Prover 5 - excited, anticipatory anxiety for golf competition, feeling positive. Husband comments I am glowing from inside and out - projecting positiveness even when I say I am feeling tired.

Prover 6 - feeling good, >sunshine,

Head

Prover 4 - headache, < sitting in front of computer screen all day

Eyes

Prover 5 - still a bit swollen upper lids, prickly and itchy on touch got better in evening around 7pm >outside all day in rain and sunshine, fine, bumpy, rough feeling, bit papery and dry on under eye area. Sensitive to bright light, feeling of eyes over straining.

Mouth

Prover 5 - woke with very dry mouth and throat,

Bowels

Prover 2 - emptied bowels - left slight sensitivity and on the right side burning, until completed the motion

Prover 5 - normal soft stool

Chill

Prover 5 - feeling chilly and could not get warm, hot shower and electric blanket to warm up bed, had to cover up with lots of layers.

Sleep

Prover 4 - woke early and then dozed back off for an hour.

Prover 5 - sleep short but fitful.

Dream

Prover 5 - old memories brought to fore, all jumbled. Higher self, advice that her husband to not suppress his emotions at work. Memories of kids as babies, especially first born. Things from past that have been bothering me obviously that I have not been able to let go of, I feel so much better, as it's done and can't be changed and time to move on and let go of, feel so much more positive! also feeling of released.

Extremities

Prover 2 - cramp in back left calf muscle, lasted 2-3 seconds. Had a twinge, shooting/grabbing pain momentarily, then vanished as quickly as it came in joint of the big toe, left foot - OS.

Prover 5 - top of hands and feet - pronounced, swollen blue veins more than usual. Little finger joint stiff and sore - right side.

Generalities

Prover 5 - exhausted after full day of activities.

Prover 6 - desire for beer

Flower essence Day 6 - Saturday 25/7/20

Mind

Prover 2 - My mum and me seemed to get on better today, not so much arguing.

Prover 4 - woke up this morning feeling mentally lighter, even after disturbed night of sleep.

Prover 5 - feeling tired after yesterday's activities, confronted husband on imbalance in his life - priorities vs me - feeling more empowered, feeling kinder to myself less self-criticism. My brain is flitting from thoughts to another then difficult to recall, lose thread of thoughts.

Prover 6 - feel like I want to deeper my connection to my spiritual side, enrolled on a spiritual course, >mediation, aversion to socializing early morning, >organising the day, +go to hometown, +see old familiar places and people/friends

Head

Prover 4 - woke this morning only slight headache.

Prover 5 - foggy and woolly-headed thinks from tiredness

Prover 6 - 10am frontal headache, dull ache, >evening.

Eyes

Prover 5 - slight prickling, peeling and dryness on upper lids, slightly swollen, eyes dry.

Nose

Prover 5 - congested and inflamed around bridge of nose >around midday

Throat

Prover 5 - woke up very thirsty, needed water.

Back

Prover 5 - stiff and tight after activity, pain is better for movement but recovered quickly and able to move about freely throughout the day

Respiratory system

Prover 2 - I managed to dust and Hoover, although I had to take in deep breaths a couple of times, as if to take in more oxygen to boost my depleting energy levels - OS - (lack of energy has been a problem for the past 20+ years)

Bowels

Prover 2 - light sensitivity when passing stool < fruit, apricots.

Prover 5 - 9am bowel movement, normal stools - 11.15am small bowel movement - soft stool

Skin

Prover 4 - sensation of things crawling all over my skin < during sleep.

Prover 5 - itchiness on shoulders and upper back, lasted a few hours.

Sleep

Prover 4 - just remembered been waking suddenly past 4 nights, appx 40-50mins after falling asleep, will fall back asleep immediately.

Prover 5 - tired bed at 9.30pm to 8.25am, yawning all day. Very weary but happy.

Dream

Prover 4 - dreamt I was bathing someone, but the bath was filthy despite cleaning it, also dreamt I was going to work but forgot my shoes and uniform had to keep going back home to get things I'd forgotten.

Prover 5 - do not recall clearly but was making up a song about being positive and turning ones back on negativity.

Extremities

Prover 2 - 3-4pm left knee aching whilst hoovering, due to chopping and changing angles. Ache is on inner side of lower part of patella.

Prover 5 - Legs/hips OS - right upper leg and hip gave way on walking upstairs (3 times today), psoas muscle is culprit, never know when it will happen. Very tender, feeling like it gets locked up. Hip stiff and tight < after activity.

Generals

Prover 2 - energy increased, managed to cook 4 batches of granola and stayed up until 2am as wasn't feeling at all tired.

Flower essence Day 7 – Sunday 26/7/20

Mind

Prover 2 - whilst standing in a queue, I noticed two men walking nearby one in his 60's the other 40's they looked a bit thin and unkept-not shaved etc and I suddenly thought what's their story, then started to get emotional, with my eyes welling up, feeling of empathy for peoples struggles, on my way home I thought "everyone has the right to be happy". During my walk today I was thinking about the School clinic and the process of getting the essence of the person and tying it in to the most closely matching remedy, then I started to think about my 'fears' of being put on the spot and recalling a time when I was expected to come up with a remedy during the analysis with everyone else after taking a case. Being put on the spot felt like a 'rabbit in the headlights', being kind of shot by a stun gun, feeling stressed, feeling overwhelmed with fear - of being judged, and not being able to think straight, my mind having gone completely blank. Then the tears came as I recalled the situation. I calmed down a little, only to become overwhelmed emotions twice more. After this release, the words that came to mind were "I want to be fearless!!!" speaking to a family member and caught myself emphasising the last few words by turning up my volume and surprised myself as my voice tends to be rather quiet.

Prover 4 - energy increased, managed to push a full wheelbarrow, when last week could barely manage half full. Did not get upset when my grass got destroyed by tractors and trailers delivering shale to my patio, when I usually would.

Prover 5 - feeling anxious, excited, and nervous about a big adventure ahead as it is becoming more of a reality. Woke up feeling tense, thinks it is from dreaming.

Prover 6 - forgetting to take essence in morning, no motivation during daytime, restless 4-8pm feeling of wanting to do something and not knowing what. >after bathing

Head

Prover 2 - 1-2am felt light-headed whilst sitting in front of laptop and staring at the screen.

Prover 5 - top of head and towards front hairline - sensation of vibrating, lightness. When I touch my own head, it doesn't feel like I'm touching it, sensation of space between hand and head.

Neck

Prover 5 - stiffness both side on waking.

Shoulders

Prover 5 - top of shoulders next to neck very tight and stiff on waking.

Eyes

Prover 5 - right inner eyeball feels stuck to inner eye lids and feeling of being dragged when moving eyes. Eyes feel dry - no tears. Eyelids and under eye area are still swollen, white line under both eyes, rough skin with fine peeling on upper lids.

Nose

Prover 4 - nose and sinuses blocked this evening.

Prover 5 - strong sneezing 3 times, feels > sneezing, clear.

Throat

Prover 5 - very dry on waking, > gulps of water to soothe, sensation of lump in throat to swallow.

Back

Prover 5 - 7.30am interscapular region of back tight and sore < left side. Lower back stiff and sharp pain around sides of spine to hip area.

Digestive system/Bowels

Prover 2 - itchy anus, scratched to ease the itch - little too much. Slight burning and sensitivity whilst passing stool due to having scratched too much last night, small pile mainly on left.

Prover 5 - A.M long soft stool, odour of burnt curry.

Stomach

Prover 2 – 12-1am - felt slight nausea (probably due to low blood sugar level, for not having eaten for a few hours). 3-4pm Slight heartburn may be due to eating cheese and onion rissoles and chips at lunchtime. Remember I have been getting heartburn after breakfast a few times last week

Prover 6 – appetite poor

Female/Genitals

Prover 5 – vagina odour very musky

Skin

Prover 6 – both arms itching and tingling

Chill/perspiration

Prover 5 – NS 8pm - hot flushes over whole body. 9.45pm sweat breaking out on face.

Sleep

Prover 4 – woke feeling like I had a hangover but had no alcohol consumed, disturbed night waking often.

Prover 5 – tired, went to bed but then wide awake, >reading.

Dream

Prover 4 – dreamt I was poaching eggs and fishing the yolks out of the water as I had broken them, parts of dream unremembered but also aware I was looking for something.

Prover 5 – 5.05am zombie was attacking someone, think it was a girl. Atmosphere of high urgency, action, and panting. I hit the zombie with a hard wooden branch, he turned to attack me, he did not seem to feel anything – very menacing. The other girl then distracted him and saved me. I was able to knock the zombie down as he turned to get the girl, I then stabbed him with a pointed branch through the heart. We ran across grass fields, banks and up a hill, we could hear the zombie chasing us. We ran into a permanent caravan. I lost my shoes, and the girl gave me her flip flops. The caravan was long and narrow, with a tented entrance then steps into the caravan. The girl had a brother who came running in – “quick the police are coming – run”. We

ran and ran and hid in a valley, the brother then said he had to go back and pick up something he'd left. The girl and I were worried that the zombie would get the brother, so we followed and hid. We could see inside the caravan. The police were there and caught the brother. Police were laughing because the brother had been tricked and the bag of guns, he thought he had was made of rubber. - woke up from this dream feeling quite worn out and agitated.

7.30 - 2nd dream. I seemed to be having an argument, I think was my brother over a piano. He told me that dad had given him the piano and I was saying that it was my piano, and dad would never do that, he knew it was my piano and I was the only one in the family that played the piano. I would play for my father who liked to sit in the lounge and listen. (It was a short dream and my dad died 23 years ago) I felt close to my father and felt his presence nearby on waking. Things are always tense with my brother, who is quick to anger - so I also felt a bit out of sorts on waking.

Prover 6 - on holiday not sure where and leaving my suitcase open outside with all my clothes inside, it came to rain and it filled up with water and soaked all my belongings, felt hopeless.

Extremities

Prover 2 - 6.50am cramp in both calf muscles, later just in left calf muscle.

11.20am - Right knee, inside top of patella - aching, pressing pain whilst walking downstairs 11.45am - slightly painful on inside and below right patella - pressing pain. Left patella aching walking upstairs. 13.05 - slight pain inside right patella. 16.15pm - whilst out walking slight ache a couple of times in both knees but not at same time - lasted 1-2 minutes then ok.

Prover 5 - all finger joints aching, sore and throbbing, arthritic type pain on waking, little toe right side throbbing pain - toe pain lasted just over 2 hours. Midday - pointer finger at middle joint left side painful < bending

Legs feel heavy - right leg buckled going downstairs and this usually only happens whilst going upstairs.

Generals

Prover 6 - change in weather from warm to cold, windy < wind, wind irritating.

Flower essence Day 8 – Monday 27/7/20

Mind –

Prover 4 – feeling a bit more positive. Sadness later in the day as I watched a friend's funeral online, spent time remembering happy times

Prover 5 – positive and more energy. Excited and feeling of butterflies in stomach. Feeling spiritual.

Prover 6 – forgot to take essence again at 9am remembered 20mins later, <noise, angry with son making popping and crackling noises, <noise. Low mood, no patience, grumpy, desire to sit and watch TV all day <change in weather heavy rain, wind

Head

Prover 4 – headache on waking, did not want to get up.

Prover 5 – NS – dandruff on scalp. Itchy scalp, <back of head. Hair on top and back of head has tingling sensation, like someone lightly touching hair.

Prover 6 – heaviness, frontal dull ache,

Shoulders

Prover 5 – stiff and tight >stretching.

Face

Prover 5 – peeling skin on left side of mouth where roughness was present before.

Eyes

Prover 5 – sharp needle pain – left eye <light turned on (lasted 5 mins). Upper eyelids – itchy and finely peeling. Under eye area peeling. Skin in eye area looking dry and wrinkly. Sensation eyeball sticking to lower inner lid. Lid resting on eye instead of gliding >lifting lid away from eye.

Nose

Prover 4 – sneezing lots, nose and sinuses feeling stuffy and blocked.

Back

Prover 2 - short stabbing pain in middle of lower lumbar region whilst hoovering - OS (since early 20's due to cracked vertebrae in lumbar region)

Respiratory system

Prover 5 - no asthma or respiratory problems since taking the essence, normally would need inhaler when doing activities.

Bowels

Prover 2 - 11.25am - emptied bowels stinging pain in right side of inner anus, felt apprehensive to continue due to discomfort. Not constipated, but because of sensitivity in the last few days, the skin inside the anus was more sensitive than usual. When finished, there was fresh blood in the pan and on toilet paper - OS (I may have only had blood in the pan once in the past year, but quite a few times I've seen fresh blood on the toilet paper in the past due to piles)

Prover 4 - constipation, but may be down to not Eating, no appetite

Prover 5 - 7.30am movement - small normal stool. 10am - long stool

Stomach

Prover 2 - 16.20pm feeling I was going to get heartburn, but it never materialised.

Female

Prover 5 - slightly musky odour

Skin

Prover 5 - am itchiness radiating from upper arms to back to forearm then to cheeks, to neck and to hair - lasted 30mins. Skin dry, no rash redness or bumps visible.

Sleep

Prover 4 - restless night, waking every hour except 4am,

Prover 5 - sleep good.

Prover 6 - slept well, woke up late 8.40am unrefreshed,

Dreams

Prover 6- I went to a chalet owned by my mum and spent the whole weekend doing laundry because the last visitors had left dirty bedding and towels, felt I didn't have a break and left me feeling annoyed by it.

Extremities

Prover 2 - inside of patella of right knee, aching when turning in bed, lasted 2-3 seconds. gam cramp on waking in outer side back of left calf muscle

Prover 5 - am - all finger joints throbbing. 7am - only left pointer finger, middle joint still hurting on bending.

Generals

Prover 4 - no appetite

Flower essence Day 9 – Tuesday 28/7/20

Mind

Prover 2 – more energy today, cleaned windows and felt more energised and more enthusiastic than usual, could be I've got a few things to look forward to next few weeks eg meeting friends etc. I hope this isn't the reason, as I'd very much like this feeling to last – it's a two-pronged thing because I'm feeling more enthusiastic it also seems to lift my energy levels.

Prover 4 – worrying about a gate that needs putting up at my son's and worrying about my daughter not being finished by their brother. Desire to dance in kitchen happened several times in 24 hours.

Prover 5 – memory poor, memory impairment, forgetting words and what I am doing, difficult to remember things, who I played golf with earlier today. cannot focus. Scrambled thoughts. Positive and energetic in morning, feeling flat, depleted, no energy and utterly exhausted - pm. Effort to make conversation with people. Highly sensitive to criticism, this is felt like a hit in middle of sternum above breasts.

Prover 6 – feeling a deep connection to nature and all the elements, one side of the sky was dark grey i could physically feel the anger from the clouds as if it was my own, then the other side was the sun trying to come through and I felt all warm inside, it didn't last long but I really wanted to stay with this feeling for ever. no patience with son, feeling grumpy, snappy and sudden anger.

Head

Prover 4 – no headache on waking this morning.

Prover 5 – dandruff itching occasionally during the day. Flakes are fine and white.

Prover 6- dull headache <waking

Chest

Prover 2 - slight nerve twitch under right rib, only lasted few seconds - OS (get this from time to time, but the location is the exact same muscle that I strained years ago in my mid 20's when pushed myself too hard doing sit ups)

Face

Prover 2 - slight pressure sort of nerve twitch, some 2 inches above left eyebrow, nearest the temple, only lasted few seconds - OS (this occurs maybe half a dozen times a year and when it does, I'm always mindful of the fact that my father suffered a Hemorrhagic stroke)

Prover 5- small white spots next to corner of mouth - left side. Still peeling in this area. Intermittent itching to sides of face, cheeks and hairline during the day.

Eyes

Prover 5 - eyes not as dry, slight improvement with sticky eyeball to eyelids on right side. Peeling on eyelids beneath eye area, skin appears darker. White line beneath eyes, appear wider and more noticeable. Itchiness has improved.

Nose

Prover 4 - nose does not feel stuffy this evening.

Throat

Prover 5 - dry and thirsty on waking.

Respiratory

Prover 6- wheezing when inhaling inwards, sensation as if in my throat

Bowels

Prover 2 - 4pm - colon starting to back up, not emptied bowels this morning.

Prover 5 - soft stool 11.15am and 2.15pm NB- improvement in my bowels since taking essence, usually constipated.

Prover 6- 7.30am Diarrhea yellow, watery stool, flatulence between stool.
8.15am Diarrhea, stool watery, stool whilst urinating, gurgling noise whilst passing stool

Female

Prover 5 - musky vaginal odour still present

Skin

Prover 4 - skin on lower legs have not been as flaky.

Prover 5 - itching top and sides of feet and inner thighs <waking, prickly sensation on back <clothes rubbing, > scratching. itchiness moves over body to under neck, chest. 2.30pm - itchy upper arms and back of shoulders, 3.30pm - itching much worse, intense all over body, need to scratch and is irritating, <hot shower.

Sleep

Prover 4 - Did not want to get up this morning, had been awake for several hours from 4am. Waking between 11.45 and 12.15am, will wake suddenly.

Prover 5 - increased energy in evening after taking flower essence, so going to bed later than normal, but sleeping all night.

Dream

Prover 5 - wandering through alleyways and winding lanes in a small town called St bides (no such place looked it up). It was a small ancient village and I have a feeling I was in a past life. 2nd short dream - I was shaving my skin off with a razor and it was coming off in long strips with blood. My mind shifted to when I was young and my father took me to a whaling station, think it was 1975. It was the first time I saw sharks feeding off the whales tied to the side of the ships. I watched men with long handled knives walking along the whales on deck, carving up their flesh and blubber in long bloody strips just like my dream, then I woke. I felt queasy and unnerved from the dream.

Extremities

Prover 2 - 4.50am cramp in left calf muscle only lasted few seconds - also emptied bladder. 5.40am cramp in left calf muscle only lasted few seconds.

****Tuesday 28th July 2020 - Day 9****

Prover 5 - took the essence the morning of day 9 then did not take the dose that evening on Day 9 because of the symptoms she was experiencing, but kindly continued to note down her symptoms - itching all over body was driving me crazy !! hot flushes, memory loss, loss of energy, flat and exhausted.

Flower essence Day 10 - LAST DAY - Wednesday 29/7/20

Mind

Prover 2 - met up with friends was outdoors all day. One of these individuals is quite a strong character and when we are in a group, I feel a little overshadowed in conversation, in that I can't always get my voice heard and because she talks quite fast, I find myself tripping on some words when contributing during conversation. I have observed that if someone else has faster pace of talking than myself, I tend to take a back seat, as I find it quite difficult to keep up the same pace. For some reason, this wasn't the case today; I felt we were on the same level. It was strange, as from the very start of our meet up, the words seemed to flow easily out of my mouth, there was no hesitancy and I was able to think clearly before speaking, instead of words coming put to quickly before my own thought processes having a chance to catch up. At times, I'd catch myself not quite believing that I had much to say. Even though I had not seen them for the past 5 months, it wasn't so much that I had a lot to tell them (which of course was true) but the fact that what I was saying was said with such ease and clarity, as at times, I can tend to stumble on my words, when my brain isn't quite in gear and this is especially so if I'm nervous or anxious. Forgot to take my essence at 9pm so took it 45mins later.

no essence Prover 5 - energy depleted, do not feel rested, no motivation, jumbled thoughts, flitting from one subject to another, forgetful, losing train of thought.

Face

Prover 2 - face and top of head had caught the sun and I had to slap on several coats of aloe vera to draw out heat. 12am I put on loads of calendula salve to start the healing process, was concerned I may have heatstroke.

Eyes

no essence Prover 5 - swelling reduced on eyelids and under eye area. Peeling top of eye lids and beneath eyes. Sticking sensation - right side inner corner of eye.

Prover 6 - burnt feeling on eyelids <left side, itching

Throat

no essence prover 5 - woke up dry, thirstless all day, >sips of water. Pm throat still dry, no better for drinking.

Digestive system

no essence prover 5 - ate raw beetroot affected bowels and urine - very red - looks like blood !! bowel movement later than normal - 12.30pm and 7.30pm

Prover 6- desire for stool on waking 7.15am, stomach cramps, small amount of yellow diarrhea, some undigested food, cramping >after passing stool, 8.15am stool more formed, slight stomach cramps before stool, acid sensation in stomach before stool, stomach feels empty. 9.15am slight cramp before stool, stool more formed yellowy brown

Stomach

Prover 2 - slightly nausea may be because I hadn't eaten much after supper - low blood sugar levels?

Prover 4 - indigestion <waking, continued all morning/early afternoon with pain in epigastric area.

Urination

Prover 2 - got up 2.10am to empty bladder.

Female genitals

no essence prover 5 - musky vagina odour in morning.

Skin

no essence prover 5 - continued itching travelling around body. Started 7.30pm behind both knees and both thighs. 8.10pm itching between and on shoulder blades both sides. Feel uncomfortable having prickly and itching all the time.

Chill/perspire

no essence prover 5 - hot flushes all through the night, waking up sweating all over. (haven't suffered this since menopause early 50's) 4.25pm, 6.30pm, 7.30pm, 8pm and 8.30pm continued hot flushes, beaded sweat on chest and face. Wave of heat up the body., both feet hot.

Sleep

Prover 4 - woke after midnight, fell straight back asleep. Woke at 4am fell back asleep and woke again 6am. Tired and sleepy this morning.

no essence prover 5 - disturbed sleep (due to hot flushes) bed at 21.21pm refreshed on waking but chilly,

Prover 6- restless sleep

Dreams

Prover 6- short dream of left ear being syringed but was done with a tweezer type instrument poking into my ear, hard yellow wax was removed and felt huge relief from this and could physically feel the sensation of relief.

Extremities

Prover 2 - woke up with slight cramp in calf muscles. Knees felt much more stable today.

Hips - *no essence* prover 5 - psoas muscle inner thigh right side - sore, <walking.

Generals

Prover 6- no appetite, no desire for milk, desire for dry foods, +toast

Recording of symptoms during the break period of essence and remedy

Thursday 30th July 2020 - Break from Flower essence before starting the proving of Trif-P - I recorded the following symptoms in-between the proving of the flower essence and Trif-P remedy, because lots of things came up.

Mind

Prover 2 - 10am - as I was going about my chores, I had a few seconds of actually being in the space of having an 'adult head' eg an adult way of looking at things eg being more confident in my abilities; my decision making and being more self-reliant and self-assured etc. This felt grounding, as if this is how I should be feeling all the time - being more self-assured. 10.25am whilst listening to a certain song on the radio, I started thinking how lucky I was to have had the life I've had, even though there have been struggles but being grateful for being in the space I am right now. I got a little emotional at that point, then I remembered having a reading with a medium and being told that the next phase of my life would be more interesting - and I feel that this is so true - OS (from time to time, I often feel gratitude for my life, so this is nothing new.

Prover 4- feeling frustrated today with everything.

prover 5 - tired, low energy, feeling more positive.

Prover 6- irritated by rudeness of person on the telephone, felt angry by this. Feeling of everything going wrong, traffic delays diversions and it's making me angry.

Eyes

prover 5 - eyes improved, minimal swelling right eye lid, less peeling, slight sticking sensation to right lower lid and eyeball. Sensitive to bright mobile <morning.

Nose

Prover 4- nose and sinuses do not feel as stuffy

Throat

Prover 5 - dry on waking, >drinking water

Bowels

prover 5 - 10.30am soft stool still red in colour from eating beetroot (like blood)

Prover 6 - woke 3.30am cramping in stomach and desire for stool, watery very slight diarrhea mostly noises whilst trying. Woke 7.30am no pain, desire for stool, started off watery then formed but loose, noises during stool, and sudden coldness during, faint feeling desire to lie down but had not finished on toilet. 9.20am small amount watery stool, felt like passing water from rectum during stool. 3.45pm loose stool, burning sensation in stomach before stool.

Urination

Prover 2 - woke up 6.50am emptied my bladder back to sleep, woke up again 8.35am emptied bladder.

Skin

prover 5 - itching all over body improved, occasional prickling and itching but much less.

Chill/perspiration

Prover 4- feeling sweaty.

Prover 5- hot flushes continue, on waking and in day, husband felt my body heat up, feeling clammy and sweaty.

Sleep

Prover 4- woke just after midnight, feel back asleep easy.

Prover 5 - very tired despite afternoon nap, bed early 10.45pm, slept all night, woke up 6.15am with hot flush.

Prover 6 - woke during night 3.30am, slight stomach cramps and had to pass a stool, went back to bed 9.30am slept for 40 minutes >sleeping.

Dream

Prover 4 - remember dreaming can't recall all details - I was busy, not sure where, but my parents came to pick me up to take me somewhere. I got into the car which I remember my parents having years before their death, I went so far with them and got out as I felt I needed to go back to wherever I originally was.

Extremities

Prover 2 - 6.50am woke up cramp in both calf muscles. Right hip sore and aching a little from having been lying on it - NS (I've encountered this symptom once before since the start of the proving and was sure I'd written it down but can't seem to find it. I can't recall if it was right or left hip that was sore before but the same aetiology i.e. I'd been lying on that particular side) 8.35am woke up mild cramp in both calf muscles.

Prover 4 - right hand extremely painful

Prover 5 - less pain in finger joint - right side, pointer finger still sore on bending - right side

Generals

Prover 5 - >fresh air and outdoors, feel energized, >sun

Friday 31st July 2020

Mind

Prover 2 - as an idea or a thought came into my mind to do something, I'd suddenly then, get the energy and enthusiasm to get it done (MOTIVATION), there and then eg if I needed to make coleslaw (late at night), I'd get the energy to do it. This was a good feeling knowing that if I decided/thought of doing something, that I'd get the energy needed to get it done.

Prover 5 - feeling positive, tired from having lots of energy and positivity yesterday. Feel sexy and vibrant, memory improved,

Head

Prover 2 - left at the back corner of head (at far left of the crown - on the parietal bone, same level as the crown) felt a nerve twitch, twice during the afternoon - at first it felt as though a fly was crawling on my hair and I checked each time, but there was nothing there.

Prover 4- RS 8-9 weeks ago dizziness when waking during sleep
<movement, dizziness remained on waking and during morning. Cleared completely early morning - did not return.

Eyes

Prover 5 - improved greatly, slight peeling on upper lids and below eyes, dry, wrinkly, and flaky.

Throat

Prover 5 - dry and thirsty on waking.

Back

Prover 4- intense lower back pain <afternoon. AS - moved from left side to right side.

Bowels

Prover 5 - stools soft

Skin

Prover 5 - itching and prickly sensation gone

Chill/perspiration

prover 4- feel hot and sweaty especially forehead - all afternoon.

Prover 5 - hot flushes gone.

Sleep

Prover 4 - restless sleep all night, feeling hot, woke 11.45pm and 2am feeling dizzy when moving.

Prover 5 - had to have an afternoon nap, felt very tired and energy depleted napped 2.22pm - 3.23pm > nap

Dream

Prover 5 - very spiritual, whales and pilgrimage and returning to homeland, the place they slaughtered and butchered whales at the whaling station, dreamt about the southern right whale and the bloody water where sharks were taking bite chunks out of the flesh of the whale. Feelings after her dream - felt humbled by the beauty of the whales and nature and how forgiving they were to return to their spiritual path and journey despite history.

**Prover 5 - looked up the spiritual significance of whales and blood - as she feels this is a reoccurring theme in this proving for her. Blood - to dream blood represents energy or vitality - reflects how healthy or strong some aspect of your life is - Dream interpretation of blood - dream bible - a dream that involves blood - time to face your own fears. Blood indicates life force, happiness, life energy, spirits, and essence of humanity. Whales - teach you about listening to your inner voice, understanding the impact your emotions have on your everyday life and following your own truth and creativity.

Extremities

Prover 2 - knees were slightly aching on walking upstairs- right knee, on top front part of the patella, also once after turning on the inner side of the right patella was slightly painful for a minute or so.

prover 4 - bad cramping pains in lower leg left side.

prover 5 - improvement on right little finger joint and left pointer finger joint, got <9pm after playing golf, throbbing aching in all finger joints and thumb after golf. <damp weather.

General

Prover 5 - positive, energetic and vitality as day proceeded, was able to deliver this positivity and energy to a lady needing this support and it felt good.

Saturday 1st august 2020

Mind

Prover 2 - suddenly thought that if I could relax and flow into 'what is' i.e into 'what will be will be' and to just trust I'm in a place I'm supposed to be, just imagine the freedom that comes with that - wow!! But this is not to say that were not to be proactive in the process.

Prover 4 - remembering songs from my childhood and teenage years (no songs were noted down), they keep popping into my head and I start singing them.

Prover 5 - anxious due to competition,

Head

Prover 4 - dizziness when moving in bed, continued throughout the day, <movement. Head pain over eye <right side, kept varying in intensity

Eyes

Prover 5 - almost back to normal, feeling relieved, slight peeling.

Back

Prover 2 - 4pm aching right side of my lumbar region OS <sitting long periods. 7-9pm - ache, veering on spasm on the uppermost part of the left sacral region whilst sitting, no matter how I sat, it would not ease off OS.

Digestive system

Prover 4 - severe indigestion at 2.15am woke her up.

Urination

Prover 2 - 3.40am emptied bladder large amount

Chill/perspiration

Prover 4 - very hot at bedtime

Sleep

Prover 4 - woke 12.20am went straight back to sleep, woke again 2.15am with severe indigestion and dizziness < movement. Went to bed early that evening.

Prover 5 - disturbed by a 4am phone call went back to sleep and woke at 6.15am.

Dream

Prover 5 - Seemed to be running and in a hurry, might have been chased, element of unease, running between and old shacks on a beach some of them so close and so low that the tin roofs touched and nearly cut my head. Arrived in our small shack which felt safe. I had a red pet crab around the size of a dinner plate, he was my pet which I had raised from a little baby. I was on my bed playing with my crab, when it suddenly made a huge ruckus and knocked my wine glass down. My husband cursed the crab and came over and picked up my crab and threw him out the door. I yelled at him and two black and white dogs started to whine, which happened to be in the room (never seen them before) I looked at the dogs and saw why they were whining. A huge red snake was rearing up ready to strike me, that is why the pet crab was trying to save me and attack the snake, I was then woken suddenly by the alarm. Feelings - grateful to my little crab for trying to save me, the snake was shockingly big and very red, It was a close call saved by the bell!! Dream Interpretations - red snake attacking you is a sign that many people will ask me for advice. Red snake in this situation is a sign that other people will show passion towards my work/project that I'm managing or setting up. Usually, red snakes are associated with contentment and happiness. Red crab - symbolize feelings and emotions weighing me down - points to past emotional hurts and repressed feelings I need to get rid of so can move freely with my life.

Extremities

Prover 2 - 5.15am - woke up with cramp in both calf muscles, lasted few seconds > stretching them out. 12am right outer side of ankle, under the ankle bone felt as though I'd strained it, not sure if it was due to having taken a brisk walk at 4.15pm, I also started to wonder if the insect bite I'd had 5 days before the start of proving, had anything to do with it, as since I'd

given it a good scratching, some 2-3 days ago, it had gotten much darker in colour – pink. It looked as though 2-3 separate bites withing 1.5inch square area.

Prover 5 – right little finger joint painful on waking 6.15am, throbbing, eased at 7.45am and gone to left pointer finger, (NB- I used to get this pain 20 years ago I could always tell when it was going to rain as the pain would start. Weather damp and rainy today)

Generals

Prover 5 – went overnight camping and trekking, good energy to carry my backpack with camping gear, food and water, beautiful evening with fire and felt romantic.

Sunday 2nd august 2020

Mind

Prover 2 – Hubby and I walked along the seashore and I remarked to him that people would not think we were a couple as he always walks on ahead and doesn't very often check to see if I'm following, so I stopped and sat down, to see if he noticed. This has been a gripe of mine for many years and due to him not having any romance in his being, is really irritating me the older I get. It's not as though I don't remind him often enough, but he says, it doesn't enter his head. At times we are POLES APART with regards to our interests etc. I guess I feel that now I have the time and space, I'm following my true nature as I feel it's stifled over the years as I just went along with the flow – to a certain extent. This is not something new that's come up BUT, it's becoming more noticeable and obvious to me how I've not really lived my truths and with the things I used to feel so passionate about. I FEEL LIKE I'M COMING HOME.

Prover 5 – memory loss improved

Head

Prover 4- dizziness was better on waking this morning.

Eyes

Prover 5 – skin still peeling mainly inner corners and beneath eye.

Throat

Prover 5 – sore throat on waking and glands swollen right side, pain to swallow (usually happens when don't get enough sleep and am cold and damp) drank hot echinacea tea which amel symptom > hot drinks.

Back

Prover 2 – aching spasm on lower left sacral region OS < sitting in car or sofa – lasted 30 mins.

prover 5- lower back and hip very stiff and aching, > stretching restless and had to keep moving. Pelvis ached from so much walking and carrying bag. Stabbing pain left side of pelvic bone pm

Respiratory system

prover 5 – No asthma inhaler used or needed, usually cold, damp conditions and exertion uphill would bring on wheezing – experienced none all day. Experienced no sleep apnoea symptoms without machine whilst trekking, this is a great improvement, gentle mild snoring early morning.

Bowels

prover 5 – normal bowel movement – soft stool, considering had to squat and dig hole on the moors.

Urinary

Prover 5 – needed to get up during the night to urinate as very full bladder – 1.15am

Skin

Prover 2 – soreness back of left heel, looking like start of blister, prover thinks it maybe from wearing red earth sandals for quite a few days and not used to them, they started to rub and irritate back of heel until there was a red line 1/2" inch long across horizontally – it had made a cut into the skin – have worn the same shoes before for a few days and never had any problems with blisters or rubbing etc.

Prover 5 - no itching

Chill/Perspiration

Prover 5 - felt very cold and chilled, could not get warm through night (camping) even though in warmest down sleeping bag, wearing thermals and beanie, weather turned very cold, windy, raining and damp.

Sleep

Prover 4 - restless night, woke 3 times

Prover 5 - slept from 9.15 - 7.15 very disturbed sleep, restless night (camping)

Dream

Prover 4 - dreamt of an orgy which I kept trying to leave, police came, and I slipped through a wall and a light fell off the wall but did not break, can't recall the rest of dream.

Extremities

Prover 5 - right little finger and middle joint, left pointer finger and middle joint - slight arthritic pain < damp weather.

Sex

Prover 5 - feel very sensual and cuddly with husband. Frustrated husband not interested.

General

Prover 5 - Feel mysticism and spiritual energy at Llyn y fan fach - strong connection. Lady of the lake story. Very positive energy, from being outside in nature, especially when the sun came out and warmed me up. Colours of flowers, sky, moss intense, got energy from touching. Really enjoyed observing the sheep.

Themes and main symptoms of the Red Clover flower essence

Mind – 1. Anger - sudden rage, shouting, no patience, guilt after outbursts, overwhelmed, frustrated. 2. Low moods – emotional, stressed, crying, tearful. Weeping to music/films, 3. Sensitivity - + alone, sensitive to criticism, sensitive to noise, feeling fat. 4. forgetful, weak memory. Poor memory. 5. + spirituality/mystical connection

Head – pain, heavy dull <waking.

Back – lower back pains

Eyes – sensitivity eye area

Ears – ringing sounds.

Throat – Dry

Bowels – stools loose, Diarrhoea, constipation, sluggish gut, flatulence whilst opening bowels,

Skin – itchiness over body, tingling sensation on skin, bitten, skin dry.

Dreams – murder, death, blood, red, attacking, chasing, parents, past issues, searching, cars/trucks, dogs, sea/water, repeated.

Sleep – difficult, restless.

Extremities – cramping, joint pain,

Generals/Physicals – 1. Tired, exhausted. 2. no motivation, energy increased. 3. no appetite, nausea 4. Nasal - nose congested, sneezing, 5. Perspiration - hot flushes, sweaty, 6. Vertigo - dizziness, light-headed, 7. Sensitivity - <change in weather, >amongst nature, <wind

Repertory - Red clover flower essence

*- what came up in both proving's

Mind

*Memory loss of (5)

*Forgetfulness (5) (6)

*Words forgotten (5) (6)

Mood low with no reason (4) (6) (1)

*Emotional when hearing songs/films after (2) (1) (6)

*Weeping on hearing music (6) (2)

*Tearful (2) (6)

*Sensitive to criticism (5) (6)

*Emotional (1) (2) (4) (5) (6)

*Anxious (5)

Lack of motivation (5) (6)

*Stressed (1) (2)

*Exhausted (1) (4) (5) (6)

Feeling overweight (4) (6)

Anger

*Anger (1) (4) (6)

*Angry with children (1) (6)

*Angry with dog (1) (6)

*Anger sudden (1) (6)

*Sudden rage (1) (6)

*Guilt after anger (1) (6)

*Shouting at loved ones (1) (6)

*No patience with other's (1) (4) (6)

*Frustration with other's (4) (6)

Feeling frustrated (4)

Overwhelmed by anger (1) (6)

Overwhelmed from her duties (2) (6)

*Disagreements with husbands (2) (5) (6)

Positive

Feeling Happy (2) (5)

*Feeling positive (2) (4) (5) (6)

Energy increased (2) (4) (5)

Empowered (5)

Feeling of Lightness (4) (5)

Alone

*Desire to be alone (1) (6)

Desire to run away from duties (6)

Sensitive

<noise (1) (6)

Head

Head pain (2) (4) (5) (6)

*Pain on waking (4) (6)

*Pain heavy/dull (5)

Pain frontal (4)

Tingling sensation (2) (5)

*Dizziness (2) (4) (5)

Eyes

*Eyelids sensitive (5) (6)

*Eyes dry (5)

*Itching (5) (6)

*Swollen (5) (6)

*Eye lids pain burning (5) (6)

Eye lids prickling (5)

>fresh air (5) (6)

Ears

*Internal pulsating sounds (6) (5)

Internal chirping/ringing sound (4) (5) (6)

Nose

*Blocked (4) (5) (6)

*Sinuses congested (4)

*Sneezing - (4) (5)

Throat

*Dry (5) (6)

*Sensation of lump in throat (5) (6)

Glands swollen (5)

>water (5) (6)

Mouth

Dry (5)

Back

*Lower back pains (2) (4) (5)

Pains aching (2) (4) (5)

Pain tightness (2) (5)

*Pains sharp (5)

Respiratory system

*Respiration improved (5)

Digestive system

Heartburn (2)

*Indigestion (2) (4) (6)

Bowels

Gurgling sound when passing stool (2) (4) (6)

Sluggish (5) (2)

*Constipation (2) (4) (5)

*Stool large (5)

*Stool long (5)

*Soft (5)

Stomach cramps before stool (6)

Stomach

Stomach feels empty (2) (4) (6)

Poor appetite (6) (4)

*Lack of appetite (4) (5) (6)

Nausea (1) (2) (4)

Skin

*Itching sensation - (2) (5) (6)

Sensation something is crawling on body (4)

*Itching arms (5) (6)

*Itching Head (2) (5)

*Dry (5)

*Bitten ankle left side (2) (5) (6)

*Bites swollen (6)

*Bites itching (2) (5) (6)

Chill/perspiration

*Hot flushes (4) (5) (6)

*Sweating (4) (5)

*Sensitive to hot/humid weather (2) (6)

*Chilly (5) (6)

Sleep

*Sleep heavy (2) (4) (5)

*Restless (2) (4) (5) (6)

*Waking unrefreshed (5) (6)

*Falling asleep difficult ((4) (5) (6)

*Desire nap during day (5) (6)

Dreams

*Death (5)

*Murder (4) (5)

*Attacking (4) (5)

*Blood (4) (5)

Colour red (5)

*Snakes (5)

Red Crab (5)

*Dogs (2) (4) (5)

*Cars/trucks (4) (4) (5)

*Chasing (4) (5)

*Past happenings (4) (5) (6)

*Forgetting something (2)

*Searching (4)

Dreams reoccurring (2)

Parents (4) (5) (6)

Whales (5) killing whales (5)

** (2) was about to drop off to sleep and saw an image - mass of fuzzy dots, then was aware of releasing the hand break of a pickup truck to let it roll down an embankment, then thought better of it as it might hit someone or injure or kill them at the bottom of the hill/slope.

Extremities

*Finger joints throbbing (5) <bending (5)

Toes joints painful (2)

Pain hand right side (4)

Pain heel (2)

Legs throbbing pain (5) (2)

Legs sensation as if locked (2) (5) <walking upstairs (2) (5)

Legs heavy (5) (2)

*Cramps lower leg (4)

*Cramp calf muscle (2) (4)

Generals

*>outside (5) (6)

*>nature (5) (6)

Desire to be in nature

>sun (5) (6)

*Spiritual awareness (5) (6)

<change in weather (5) (6)

<wind (5) (6)

<warm to cold (5) (6)

DAY ONE - SECOND PART OF PROVING - Trifolium pratense - Trif-P

FULL MOON - Sturgeon moon

Remedy Proving Day 1 - Monday 3/8/20

Mind

Prover 2 - intended on getting up earlier but slept in, got panicky then, as I could not find the remedy - checked all boxes and noticed the large brown envelope it was there! felt slightly lightheaded as if not quite with it. Communication between husband and myself is becoming strained, due to both our hearing not good?

Prover 5 - 8.15am feeling excited about starting second proving but also bit anxious as don't want a repeat of itchy swollen eyes and itchy skin all over body. Sense of accomplishment from trekking weekend. 1pm - Heavy sensation. 12.55pm - felt an outer body experience like leaving body and then startled and returned - very momentary but a definite reaction. 9.05pm - feel mentally alert and clear headed, positive and energy increasing.

Prover 6 - feeling nervous, restlessness 15 minutes before taking remedy. Desire to walk, desire to be in nature, sensitive to the elements, walking along the river with sun on face felt great, then when I entered the woods, I felt sadness, cold even though it was nice day, feeling of depression amongst the darkness and as soon as I came into sunlight it lifted. Sensitive to all impressions, don't want any responsibilities, want to give up on everything work, socially, emotionally + alone, ++ nature

Head

Prover 2 - felt slightly lightheaded whilst standing.

Prover 4 - feeling dizzy and light-headed at intervals.

Prover 5 - 11am light-headed

Prover 6 - 11.45am Headache, dull ache - temple left side

Neck

Prover 5- neck shoulders and blades and inter scapula region very stiff, tight, and sore

Ears

Prover 6 - pulsating sound in right ear - no pain

Nose

Prover 6 - congestion sinuses, heavy pressure (like when jumping into a swimming pool) clear mucus running left side.

Throat

Prover 6 - sharp pain <swallowing, <empty swallowing.

Mouth

Prover 2 - 15.15pm - little flat lumps came on the right side of upper palate and area was slightly swollen OS (used to get a swelling when I suffered hay-fever, but I'd get an itching sensation then, but not today) area is not painful, just tender when I pressed my tongue against it. 12.10am - Swelling and raised lumps went down but were still felt.

Prover 6 - tingling sensation on bottom lip. Stabbing pain along top jaw line - right side

Back

Prover 2- as I was rushing around bending and twisting when taking food out of oven, my lower back lumbar region on right side started to ache - OS settled within the hour.

Prover 5 - lower back stiff and aching. 6.30pm - Psoas muscle pain, right side is now sore and stiff and pulling sensation when walking, pain when walking. 10.50am pain gone >resting

Bowels

Prover 5 - movement 2 long soft big stools.

Stomach/abdomen

Prover 4 - felt nausea 10 mins after taking first remedy

Prover 5 - 11am started burping after taking 3rd, 4, 5th remedy, this continued throughout the day, gradually easing off later in the evening, <movement. Nauseous - lack of eating. No appetite. Thirstless

Prover 6 - sudden sharp pain in abdomen, below naval to left.

Female

Prover 6- ovulation pain right side, sudden stabbing pain

Skin

Prover 6- both arms itching, <night

Chill/perspiration

Prover 6 - feel chilly, cannot get warm

Sleep

Prover 2 - 9.30am felt sleepy whilst driving. 3pm felt sleepy in car after lunch - lasted 10 minutes

Prover 4- sleep poor

Prover 5 - very tired and lethargic on waking after a big weekend, relaxed feeling. Bed at 11.35pm.

Extremities

Prover 2 - US - bruised pain on back of hip left side <prodding with finger (no bruise visible). Knees hadn't complained at all this morning. 12.30 -1pm ache in right patella slightly off centre and towards left (inwards)- lasted whilst crouched down. Pulling sensation under lower right calf muscle (half was down between the calf and the Achilles heel) came on suddenly and eased slowly as the day went on.

Prover 5 - hips - stiff and aching. throbbing pain in base of right little finger and side of hand.

Generals

Prover 2- feeling slightly weak as if my body needs of food - OS

Prover 5 - sunlight very bright to my eyes

Remedy Proving - Day 2 Tuesday 4/8/20

Mind

Prover 5 - relaxed, happy planning a trip. Positive energy. Synchronicity - continually seeing double numbers 10.10, 9.09, 21.21

Prover 6 - sudden anger, irritated by everything, no patience others, desire to be alone, people working on our house, I don't want to get involved with conversations, desire to sit in silence, extremely sensitive, handed in my resignation at work today, thought I would be relieved but not. No motivation to do anything.

Head

Prover 4 - no headache on waking this morning

Shoulders

Prover 5 - very stiff and tight - possibly from carrying backpack and trekking at weekend.

Eyes

Prover 5 - peeling of upper eye lids and below eyebrows and under eyes. Eye area feels stinging, prickling and bit burning after washing, and moisturizing. Under eyes and right eye lid swollen. Right eyeball, inner side sharp throbbing pain 4.28am (lasted 10 mins).

Nose

Prover 4 - no sinus or nose stuffiness

Throat

Prover 5 - woke 4.21am with dry/raspy throat desire for water. 3.14pm dry rasp throat Hot drink amel

Back

Prover 5 - 8.33am lower back base of spine feels compressed, sore and aches. Also, sides of spine and area between hips and spine > stretching and exercise

Digestive system

Prover 5- burping continued throughout day.

Bowels

Prover 2 - first bowel movement this morning, felt scraping pain on left side inner of anus, even though no constipation (had eaten fresh cherries day before). noticed 2 small protrusions outside anus - small piles.

Prover 5 - explosive bowels, gassy but normal stool.

Stomach

Prover 5- stomach/abdomen feel tender and bloated

Urination

Prover 5- 12.30am had to get out of bed to urinate before settling for sleep

Female

Prover 5- 5.12am throbbing clitoris - pleasurable.

Skin

Prover 5- 8.33am - itchy scalp back of head, 12.35pm top of head sensation of itching or tickling of hair. 8.15pm top of head and sides slightly itchy more like tickling sensation in my hair. Back itching, prickly sensation >scratching 6-9pm itchy sensation on upper arms/forearms and back of shoulder blades/shoulders and top of head.

Prover 6- extreme itchiness on ankle from bite last week. Small hard spot appeared on chin - pinhead size, red around spot, no discharge.

Sleep

Prover 4 - poor sleep, woke 4 times every hour from 2am. Must have turned alarm clock off during night and got up late to take dogs for a walk.

Prover 5- 7.48am woke up then went back to sleep until 8.26am. felt tired but refreshed somehow. Had second lease of energy at bedtime last night didn't get to sleep until 12.35am did not feel tired. very disturbed sleep in the early hours.

Dreams

Prover 4- no dreams recalled.

Prover 5 - negative situations with servants in India when we lived there, had to sack servants for stealing, lying. Indian friend letting me down and going behind my back to get one of my cooks to teach her how to make samosas. Left feeling very un-comfortable, hated having to discipline and terminate employment as their families relied on them. Feeling I had suppressed.

Extremities

Prover 2- tenderness on touch at outer side right ankle. Knees still good.

Prover 5 - 4.21am throbbing pain right little finger whole finger painful.
4.44am right little fingertip - sharp, pin pricking, throbbing. Cramp bottom of inner sole arch of left foot (lasted 15minutes) 6.15am pins and needles in left hand 7.20am pins and needles left foot and fourth toe. Inner side of both knees tight and sore muscles - from trekking 7 hours.

Generals

Prover 4- not felt many great changes since taking remedy

Remedy proving Day 3 - Wednesday 5/8/20

Mind

Prover 5- positive happy and relaxed. 6.30pm - 8.45pm choir in the woods - feeling pumped, beautiful, inspirational, uplifting.

Prover 6- no desire to socialize, went food shopping and had to pull over in the lay by before coming home just want to escape and be alone.

Head

Prover 4 - no headache again this morning on waking

Eyes

Prover 5- eyes still peeling skin, upper lids and beneath eyes. <warm washing, <warm washing, sensation of prickling, tingling and burning around eye area. Under eye area swollen <left side, inside corner of right eye feels swollen - sensation of something in eye, inner corner of right eye pressing in eyeball.

Prover 6- burning sensation on both eyelids, slightly swollen.

Nose

Prover 4- nose running today, < right side, discharge clear. Sinus slight stuffiness started 8pm but not as bad as normal.

Prover 6- congestion in sinuses <waking

Throat

Prover 5- 12.35am throat dry and raspy.

Back

Prover 5- 3.53am - very sore middle thoracic back pain, had to change position and stretch arms to relieve 5.39am thoracic region very sore.

Digestive system

Prover 5- 8pm - 12.30am - burping

Prover 6- heartburn/ indigestion, <drinking or eating

Bowels

Prover 5- no constipation since proving, normal soft bowel movements.

Stomach

Prover 4- stomach is making gurgling noises and lots of wind. No discomfort.

Prover 5 - feeling nauseous

Skin

Prover 5- itchy, tingly sensation jumping all over different parts of body - from back to forearms to neck, top of head, inner upper arms.

Chill/perspiration

Prover 5 - 6.30-8.30pm felt very chilled in outdoor damp, rainy weather

Sleep

Prover 4 - restless night <after midnight waking every hour.

Prover 5- woke up 6.26am bit tired but happy, jumped out of bed. Bed at 12.38am still pumped up and energetic

Prover 6- sleep deep

Dreams

Prover 5 - no dreams recalled

Prover 6- Dreams of going to my boss houses to discuss my resignation and she was busy making box meals for all schools, a puppy started playing with my puppy, then I seemed to be with my friend in that same house but my boss had gone. I was sitting on the sofa and her little girl fell; and broke her foot, she took her to AGE then I went home but got a call from her later asking if I could go back to the house and heat the dinner up. As I went back her neighbours were sitting in the garden, so I stood chatting with them for a while then she came home and I was still talking, she was off with me because I hadn't heated her food up, I felt bad. Then more friends of ours turned up and it all felt very awkward.

Extremities

Prover 2- woke up during night with cramp on outer right side calf muscle, also in right big toe, it was contracting (bending) and wouldn't stay straight, so had to get out of bed, went back to bed remained slightly >moving angle of leg to try and relax the muscle in toes - lasted few minutes. Woke in morning with cramp again >stretched and walking around. 8.30pm Right knee felt tight on rising from chair after sitting 30 minutes, >turning inwards until clicked, tension released.

Prover 5- 5.39am - both little fingers throbbing, 11.23am throbbing aching pain on right little finger at base. 6.19pm - throbbing tip of right little finger, first joint. 6.11pm pins and needles right foot painful and uncomfortable

Prover 6 - both feet aching, slight cramps, <balls of feet, insole, heavy feeling >resting

Generals

Prover 5- Thirsty - 2.05am needed a drink, 9.45pm water tastes of chlorine to me only

Remedy proving Day 4 - Thursday 6/8/20

Mind

Prover 2 - running on adrenaline today, anxious not to forget anything for camping weekend, making sure I get everything done in good time, so don't stress tomorrow.

Prover 5- feeling positive, motivated, and happy despite lack of sleep (5 hours sleep - feel energised). Still feeling uplifted from singing outside in the woods and seeing old friends from the group. Was beautiful evening, made special by cows coming to fence to listen - positive energy vibes. 11.30am feel quite emotional and react tearfully to sad or happy movies or music, stories. Sensitive all day.

Prover 6- desire to go out early to walk, get out of the house, > after walking in fresh air. Feel pressure from demands of my duties at home ie chores, mother. Feel like things not going right, and everyone I come across feels the same, feel confused when speaking, I can't deal with the mess of dust/sand in my house from all the workmen, normally I would be ok with it. Everything is breaking kitchen cupboards, tumble dryer tin opener, leaving me frustrated. Feel I want to explore a deeper understanding of spirituality meditation, angles, moon phases, feeling intense energy from moon energy

Eyes

Prover 5 - am - Throbbing ache in right eyeballs, right eyelid slightly swollen, pressure on inner right eyeball, 23.30pm both eyeballs ache. Generally, skin around eyes looking improved, slight tenderness - right inner hollow between bridge of nose area and eyebrows,

Throat

Prover 5- 12.30am throat dry and raspy, sensation of coming down with sore throat <12.30am.

Mouth

Prover 4- sudden onset of toothache - all upper left side - top and bottom pain radiating to left side of head in the left ear and above ear lobe - lasted 1 hour.

Prover 6- rancid taste in mouth

Back

Prover 2 - 10pm ache, light pulling sensation right side top of sacral region, nearest vertebrae (thinks it may be from twisting/turning awkwardly and sitting too long - lasted until bedtime 12.30am

Prover 5- lower back stiff, better after rolling of physio balls to loosen.

Bowels

Prover 4- flatulence <as day went on.

Stomach/Abdomen

Prover 4- stomach still gurgling noises. Pain right lower loin area. Spasmodic pain lower abdomen 9.30m lasted a few minutes.

Female

Prover 5 - throbbing erotic clitoris, pleasurable feeling.

Skin

Prover 5- itching and prickling all over body, agg; warm shower. <hot shower. Tingling itchiness on inside upper arms and lid thoracic region, itchy upper arms on outside and top of wrists. Itchy tingly sensation to top of head and through hair - like someone lightly running finger over hair but not quite touching. Prickling sensation- upper thighs and back of knees.

Chill/perspiration

Prover 5- hot flush beaded sweat on forehead, chin, mainly face effected, lasted 6.45pm- 9pm

Sleep

Prover 4 - woke after midnight and 3am to urinate, 4am.

Prover 6 - difficult to fall asleep, mind racing thought of activity and jobs to do.

Dreams

Prover 4- dreamt of children killing babies.

Extremities

Prover 2- 7.20am woke up with cramp in both calf muscles, slightly more on outer sides. Both big toes affected feeling tense and turning upwards (opposite to how affected before). >walking and stretching. 8.30am tension in right knee.

Prover 5- pins and needles left foot, slight ache to left thumb in palm. After showering - very raised blue veins on top of feet and back of hands, enlarged blue veins feet and hands

Remedy Proving Day 5 - Friday 7/8/20

Mind

Prover 2- husband hurrying things, was not ready, this really upset me, I need to gather my thoughts and check off tick list, went upstairs and had a bit of a cry, just to release the tension from being put, in a stressful situation - being hurried.

Prover 5- am mentally positive and happy, motivated. Still feel overly sensitive and tearful, emotional at sad or happy movies. 6pm mood is flat and low, did not want to go to golf practise. Feel tired and heavy from another later night.

Prover 6- visited hometown, old friends. Few people recently become parents and loads of babes everywhere and some pregnant, son asked me on way home if he could have brother or sister and my heart sank (infertile) felt happy for them all but a deep sadness and envious that it is not me pregnant, it upset me when I thought I had dealt with this feeling. I feel useless.

Eyes

Prover 5 - eye area seems to be healed - no more peeling or itchiness. Bottom of inner right eye lid feels like pressing on eyeball - sensation as if something is in the eye. 9pm - Eye gritty, 10pm - dry eyes, slightly itchy.

Ears

Prover 4- left ear feels blocked, dull pain behind ear.

Bowels

Prover 6 - constipated - stool hard and thick

Stomach/abdomen

Prover 4- right lower loin pain on waking

Female

Prover 6- white milky discharge (increased) on wiping

Skin

Prover 5- 8am itchy, tickly sensation on sides of body and rib area in front.
4pm itchy tickly sensation – back of head and hair, 9pm – itchy stomach, back of shoulders, top of head, middle of back.

Sleep

Prover 4- restless sleep all night waking every hour. Passed urine at 3am

Prover 5- seem to be going to bed late 12.45am because my energy is increased. Wake up 8am, feel tired on waking. My sleep pattern has changed bed much later energy levels seem raised for much longer despite less sleep.

Prover 6- difficult to fall asleep, mind active,

Dreams

Prover 4- dreams unremembered – I know mud was involved.

Prover 5 – no dreams to recall

Extremities

Prover 4- left thumb painful <movement, joints feel tight and stretching pain on movement.

Prover 5 – right little finger throbs at base joint <movement. 4pm psoas muscle pain at top of right inner thigh, sore on walking may have been agg by squatting and bending whilst gardening. Knees locked up on rising, intense pain, >slow movement. Arms feel tired and heavy. Cramp inner sole of left foot.

Remedy Proving Day 6 - Saturday 8/8/20

Mind

Prover 5- working to help build earth and hay walls for friend's yurt, wonderful working as a team with others, sense of accomplishment, positive energy. 6pm-12.30am outdoor curry night with friends, great positive energy spending time with friends for first time since lockdown - feeling happy. Sharing food, beautiful evening outdoors, 12.30am tired lethargic but happy, feel exhausted after a long day. *part of wall making with mud and straw was to prepare the mud and clay in water. I had to mix the clay in the water until it coated my hands. I hate mud - worst nightmare doing this in cold slimy dirty mud/water. Did not enjoy this exercise, gloves not possible - very reluctant - proud of myself for doing it*

Head

Prover 5- 10am tingly light sensation to top of head - quite pleasant - light-headed (feels like floating and disconnected from neck)

Neck

Prover 5 - stiff neck agg manual labour

Shoulders

Prover 5- stiff shoulders agg manual labour, pain moved from left side to right side

Throat

Prover 5- 4am woke up very thirsty and dry. Had a drink to amel

Back

Prover 2 - small stabbing pain in back, mainly right sided on rising from bed.

Prover 5- 4.30am sore interscapular, 5am very painful, tight, thoracic and interscapular region, pain woke me 3 times - between 4.30-6.30am

Respiratory

Prover 4 - dry cough on going to bed - did not last long.

Digestive system

Prover 5 - 9am - burping continued all through night

Stomach

Prover 4- nausea and bloated.

Urination

Prover 5- red tint to urine (after eating beetroot for lunch day before).

Skin

Prover 5- all over back itchy sensation.

Sleep

Prover 2 - Woke up needed to empty bladder and felt cold, hungry, ate an apple as I could not go back to sleep - too hungry.

Prover 4- waking often, every hour. Feel tired on waking and during day

Prover 5- tired on waking wanted to stay in bed, woke up reluctantly, unrefreshed.

Prover 6- difficult to fall asleep, woke unrefreshed, disturb sleep

Dreams

Prover 4- vivid dream going to a house where someone had been killed and going to another house and the two woman who had done the murder were sitting in a car behind the house. Both mother and daughter had really buck teeth and black hair - dream woke me.

Prover 5- no dreams recalled

Extremities

Prover 2 - bad cramp in big toes right toe then to left on waking. Right shin became slightly cramped. Amel - placing pressure on big toes and pushing down flat, trying to relax at the same time.

Prover 5 - left knee locked up in pain, had to move very slowly to relieve - very painful. Throbbing pain in right little finger base joint. Fingers feel very stiff and sore <after manual labour. Hips sore and tight >rolling on physio balls.

Remedy Proving Day 7 - Sunday 9/8/20

Mind

Prover 2 - emotional after reflecting on the way I felt disconnected with the other people. Feeling old inadequacies of my lack of social skills come to the fore again and the tears started - OS. Thought of both parents (father passed away) thought "what the hell is my purpose, what am I good for" - tears again. I sometimes get these feelings after social/group situations - one of my biggest challenges - OS 3pm as people were leaving I had heaviness, sinking feeling in pit of stomach and wished I had not put my name down for another social gathering in 2 weeks - I was starting to dread it - 3.45pm - this feeling subsided when I got home - US I feel this was a quick turnaround as normally it would last many hours, if not the rest of the day/evening so was aware this was a real positive reaction.*Thoughts - I felt as though I didn't fully belong ie I was neither an ordinary person (no concept of environmental issues or spirituality and energies) I felt I didn't fully fit into a community or people who are fully open and aware of the subtleties of living purely natural way of life with the inter-connectedness of everything - OS - I felt this before in my 20's and various other occasions when in the company of 'open minded people' and not feeling as though I really fitted in, not that I was being false, but just that I wasn't fully embracing that way of life in my own situation/lifestyle

Prover 4- emotional exhausted and not sure why, woke up feeling distressed, after dream.

Prover 5- feeling tired and lethargic from big day and late night. Have golf competition today and don't want to play - no energy. Hard to focus playing golf, disappointed as not doing as well as could in competition. Very tired but feel better for being outside in the sun. >sunshine.

Head

Prover 5 - pounding headache on waking, intense headache - middle of forehead and above bridge of nose and in between eyebrows, >pressure on area. Pain increased from 12.30-5.30 whilst playing golf, throbbing to back

of head, spreading to neck and shoulders, nothing ameliorated during this time, 5.30pm after hot shower pain ameliorated – 7.30pm head, back and neck throbbing pain- <left side.

Neck

Prover 5 – sore neck- feel shattered.

Eyes

Prover 5- Pressing and sticking sensation of caruncle and puncta – feels like something in right eye, continued all day, occasionally left eye too, feels like an object in right eye, swollen puncta, lit fire pit very smoky eyes felt dry and teary.

Throat

Prover 5 – 11am throat dry and thirsty, lump formed in throat.

Mouth

Prover 5- mouth and breath taste very garlicky, mouth full of saliva – hard to swallow

Back

Prover 5- lower back pain on waking, stiff neck, and shoulders 7.40am, very sore – went back to sleep. 10.40am still in pain very sore and stiff, rolled on roller to relieve and loosen up only helped marginally. Shoulders and neck increased in pain 12.30-5pm <right side,

Respiratory

Prover 4- dry cough on going to bed.

Bowels

Prover 5- small bowel movement whilst urinating, very sulphurous odour, silent flatulence.

Stomach

Prover 4 – no appetite, stomach a little tender gurgling sound.

Urination

Prover 5- urination prolonged.

Sleep

Prover 4- very tired all day. Woke again after midnight 2 or 3 times.

Restless sleep. Exhausted

Prover 5- slept from 12.30am-7.40pm and returned to sleep until 10.40am

Dreams

Prover 4- dreamt of children killing babies again.

Prover 5- no dreams were recalled on waking at 7.40am but on return to sleep between 7.40-10.40am had unpleasant dream* My son was standing next to me and trying to get our border collie dog (which kept interchanging with another dog I'd never seen a sandy coloured boxer called daisy in the dream) to go to the toilet in some bushes. The dog was refusing, I suddenly went over to the dog and hit it on the head very hard. There was a thud and the dog fell to the ground. I think I may have used an object to hit the dog, shoe, or a spade, it was a hard thud! My son shouted mum you've killed her, I fell to my knees in remorse and cradled the dogs head, crying and apologizing. The dream then switched to me chasing the sandy coloured boxer in a car down a mountainous windy road, where from the top you could see the winding road, all the way to the bottom. The dog kept running and I kept chasing it all the way down the mountain. Then the dog dream swapped back to the dog lying dead with me sobbing and apologizing, cradling its head. The dog opened its eyes and it turned out to be my sister!

Extremities

Prover 2- cramp in right big toe, in that it was bending and contracting, then worsened as if two muscles contracting on same toe, grabbing, quick and sharp sensation. >applying pressure on big toe in order to flatten out

Prover 5- 7.35pm right side psoas muscle in pelvis and top of femur very sore and aching. 9.30pm - Right little finger throbbing, sore fingers and hands to hold clubs.

Remedy Proving Day 8 - Monday 10/8/20

Mind

Prover 2 - I started to think of how different my own world view is to my husband. He has no great concern for the environment or has any spiritual beliefs and it saddens me, I got quite emotional, and the tears came flooding - OS this is not a new insight but more illuminating now. Feel huge 'lack' in life, don't feel fully supported in my views about these issues (or my passions), sometimes my environmentally aware/choices. I've come to notice how I've allowed myself to be suppressed over the years, in that I wouldn't do or say certain things as I knew that my husband would either feel embarrassed or self-conscious e.g show affection to my children in of him - a hug. This is not to say that I have been downtrodden, quite the contrary, as I'm a very strong and determined individual in certain situations where my husband is concerned - certain things are definitely coming more into awareness these days.

Prover 4- trouble finding things, can't remember moving things about, memory poor. Mentally tired but seem to have more energy which is abnormal.

Prover 5 - whilst watching a movie where someone experienced pain, I felt it as a jolt of feeling deep in my pelvis - very physical pain. Sensitive to any criticism, especially husband. 8am daughter called from overseas, long conversations discussing everything - I was very emotional, weeping, sensitive and talking from the heart. She mentioned my mother had been having dreams of her early childhood and negative memories she had suppressed. I called my mum, and she said the dreams only started a week ago. Before that she could not recall any dreams, not since my father died where she then had to seek help of a dream therapist - hasn't had any dreams since (I mention this because I wondered if there may be a connection to my proving?). Husband is also having dreams brings up negative things he has suppressed, he never usually has dreams he can recall. Beautiful conversation with older daughter about forgiveness recognizing all the stresses in coping with a farm and bringing up children - empathy for me. Feel very at peace and happy, lots of good deep interactions with people today.

Prover 6- feeling argumentative with everyone, no patience, can't deal with negative people, depletes my energy, took part in a sound bath meditation, feelings of release from past trauma.

Neck

Prover 5 - stiff, sore and tight, sound of cartilage when turning neck from side to side.

Shoulders

Prover 5 - stiff and sore, right side tight, amel rolling on physio balls

Eyes

Prover 5- right eye sticking caruncle and puncta, sensation something is stuck in eye in the inner corner, remained all day.

Throat

Prover 5- very thirsty on waking, bit dehydrated.

Back

Prover 5- stiff, tight lower back > stretching, sensation of jammed and compressed.

Respiratory system

Prover 5- NS I want to comment on how well my breathing is going - no colds or hay fever or asthma - sleep apnoea improved, no breathlessness.

Digestive system

Prover 5- burping before bed, burping in morning on movement whilst turning in bed.

Stomach

Prover 5 - 11am very painful deep aching lower stomach, pelvis area, muscle pains < pressing. Pm - small spasms and pain right side stomach under ribs.

Skin

Prover 6- both arms itching forearms extending to upper arms, head,
>scratching.

Chill/perspiration

Prover 5 - woke up sweaty and hot all over.

Prover 6 - hot flush < humidity, feel heavy and slower

Sleep

Prover 4 restless sleep again < after midnight, falling back to sleep ok.

Prover 5- woke up felt tired

Dreams

Prover 4 - dream unremembered

Prover 5 - no dreams recalled

Extremities

Prover 2 - had to twist knee to release the tension in and around the patella
< right side.

Prover 5- fingers feel good today

Remedy Proving Day 9 - Tuesday 11/8/20

Mind

Prover 2 - showed my husband two reports of my work and he didn't say anything. When he noticed I was miffed with his lack of response he said "well it looks good" I initially felt anger rising up from the top of my solar plexus into my heart chakra and then got upset and the tears came. I went into another room to release some more tension within. Calmed down 10 minutes later but a heaviness still left behind in my solar plexus (he eventually apologised and gave me a hug, which isn't his true nature).

8.35pm - sudden sinking feeling in stomach just thinking that I'd be going over to my mother's tomorrow, then a few tears came, I was thinking of the responsibility on my shoulders - for her wellbeing. This turned into a depressed state which lasted around 5-10 minutes but very heavy whilst it lasted. I had no great inclination to do anything today - feeling lethargic.

Prover 5 - Exhausted, effort to focus as tired.

Prover 6 - mood is bad, frustrated by mess around me in house and things lying around, desire to tidy up and then think what's the point. Son leaving mess annoyed by his laziness, shouting at him, feel guilty. Sudden anger outbursts, short temper with son, irritated by other people's behaviour. More things breaking in the house - shower today.

Head

Prover 5 - pounding headache up back of neck and head both temples, pain seems to be radiating upwards from shoulder. Lasted an hour.

Shoulders

Prover 5 - stiff shoulders right side, tightness, sore and painful.

Eyes

Prover 5 - right eye caruncle and left eye puncta sticking sensation, sharp pain under left eyebrow, aching and spreading to forehead above.

Back

Prover 5- lower back spine feels jammed and compressed. Stiffness > hot shower.

Digestive system

Prover 5- burping often.

Bowels

Prover 5- flatulence unpleasant, sour after eating.

Stomach

Prover 5 - after stomach upset and sweating felt cleansed and lighter.

Urination

Prover 6- waking often during the night to urinate

Skin

Prover 6- skin feels dry all over, itching both arms spreading to chest < hot showers

Chill/perspiration

Prover 5- sweating profusely, but very hot humid day.

Prover 6 - struggling in hot/humid weather (usually ok) lethargic, tired, sweating under both arms no odour

Sleep

Prover 5- yawning often, feel tired, needed alarm clock to wake me this morning. Afternoon nap 3-3.45pm > napping.

Prover 6- difficult falling asleep - mind racing.

Dreams

Prover 6- dreams unremembered

Extremities

Prover 5 - am/morning - all finger joint pain gone. Psoas pain on right side upper thigh, very sore. Pm/evening - right little finger and left pointer finger aching on bending.

Generals

Prover 2 - worse in hot weather (does not usually affect me)

Prover 5- weeded whole garden - stung by nettles all over legs, arms and through shirt on side of abdomen, stung by wasp on left knee, bitten on back of right ankle above heel. Finger and toenails and hair growing fast - healthy no breakages or splitting.

Remedy proving Day 10 - Wednesday 12/8/20

Mind

Prover 2 - feeling lethargic > physical activity. Thought came to my mind 'trust' in that everything will be ok, and I began to cry. I wasn't sad but a profound sense of relief in that I could surrender to this 'feeling' and 'knowing' I don't need to worry or be concerned about things in my life as 'all will be well' few moments of been silly with my husband and he asked what have you been on, felt nice and I wish I had this more often, as I tend to feel responsibility of life in general weighs down too heavy on me.

Prover 4 - emotional when talking to patient about my childhood, had to quickly change the subject.

Prover 5- started off feeling positive and motivated. Felt fatigued and drained after gardening today in the heat. cancelled choir practise in evening as too exhausted after gardening and stomach upsets.

Prover 6- anger seems to be getting worse. Sensitive to everything and everyone. Stressed by all the jobs that need doing, feel overwhelmed by all the jobs.

Head

Prover 4 - lightheaded, hold onto wall a couple of times to steady myself. Slight headache.

Prover 5- 3.30pm slight headache left temple.

Face

Prover 5- uS first pimple in years on chin, no pain.

Eyes

Prover 5- eyes better, right caruncle sticking a bit 11pm

Nose

Prover 5- uS - no hay fever after working in garden

Back

Prover 4 - lower back pain < right side (usually left sided)

Respiratory

Prover 4 - dry cough on going to bed but doesn't last long.

Bowels

Prover 5- flatulence sour, 3pm - bowel movement stomach felt upset but no diarrhea, long soft stool, greenish on colour. Second movement 3.45pm big soft and slight green in colour, feels like having upset stomach, had to rush to get to toilet in time.

Stomach

Prover 4 - nausea > drinking

Prover 5- stomach tender, appetite poor, ate small dinner, sharp pains right side of stomach with flatulence, < pressure.

Skin

Prover 5- 7.30am itchy sensation on top of head, desire to scratch felt tickly. Welts formed on forearm, elbows, thighs, shins right side abdomen from nettle sting. Wasp sting area turned white on puncture wound > applying vinegar.

Chill/perspiration

Prover 5- sweating profusely, even after showering, < hot humid day

Prover 6- hot and sweaty, flushes < humid weather, sweat under both arms, no odour sweat of bridge of nose

Sleep

Prover 4- extremely restless night - only slept 3 hours all night and work today. long day at work very tired end of shift. Mind racing on going to bed

Prover 5- slept well as exhausted.

Prover 6- difficult falling asleep

Dreams

Prover 5- Dreamt about 100's of caterpillars, they were human size or I had shrunk, they were everywhere. That is all I can recall. I have been picking off and killing hundreds of caterpillars from kale and broccoli every day. Hate killing them.

Extremities

Prover 2 - ache left hip on waking <from lying on that side. Cramping sensation on outer side of right leg, just above ankle joint >first movement

Prover 4- cramp right leg (usually left side). Sensation of lump in my left calf muscle that moved upwards.

Prover 5 - 6am right little finger mid and base joint throbbing pain - feels broken.

Generals

Prover 5 - very thirsty, feeling dehydrated 10am - 2pm

Remedy Proving Day 11 - Thursday 13/8/20

Mind

Prover 2 - I heard sounds of a chainsaw in the distance, and I recalled my mother's family connection to tree felling. My father's mother used to fell trees for a living at one time, and as each of five sons came of age, each of them in turn went to work with him to fell trees and to learn these skills. I suddenly thought 'it's in my DNA' then the tears started to fall. With this came the sense of poignancy and also irony, as I'm aware of the importance of trees with the effects of the 'climate change' and there my relatives cutting them down for a living, so there were mixed emotions about the whole thing. Wept whilst reading a book, Synchronicity - noted things down

Prover 4 - feeling fat, appear to be putting weight on without trying.

Prover 5- lazy day planned, feel tired and weary from lots of gardening yesterday, feel light and cleansed from all sweating and pooing. Played golf late afternoon felt good and happy.

Prover 6- disappointed by news I had received, feeling let down, lack of commitment to my own tasks/work/projects. Anger shouting at son constantly, sudden anger, guilty after anger, I know this is affecting my son but just can't stop. Impatient. Snappy and moody that my husband and son are not tidying up after themselves, my tone was dreadful towards them. Son keep repeating "mum" over and over whilst I was busy doing something and I could feel the frustration building up in me, I just ended up shouting him to stop, even taking my anger out on the dog. Stressed out with general jobs to do, like my head can't take anymore. A plate was put in the dish washer the wrong way around, pissed me off, just want to walk away and tell everyone to f**k off. Desire to be alone, desire for own space. Things still breaking in house - toilet, and pipe cracked on our oil tank - so annoyed. Builders working on our house, just want them gone. Drained, no desire to do anything just want to sit or lie down.

Head

Prover 6- woke up with headache < after thunderstorm, heavy dull sensation frontal

Neck

Prover 5- sore on movement from left to right

Eyes

Prover 5- pain under eyebrow bone and top left eyeball deep ache. Slight sticking sensation on puncta

Prover 6- both eyes feel heavy, burning sensation on lids.

Ears

Prover 5- right earache deep inside, pulsating pain, sensitive extractor fan above stove.

Nose

Prover 4- sneezing lots

Throat

Prover 4- need to keep clearing my throat, dry, small lump of green/brown phlegm when clearing.

Back

Prover 5- lower lumbar region and thoracic region tight and sore <after gardening.

Respiratory

Prover 4 - dry cough when going to bed.

Stomach

Prover 6- bloated - feel fat.

Skin

Prover 5- itching all over back, right ankle at back above heel itchy from insect bite, very itchy and red. Wasp sting at side of left knee swollen, hot and very itchy. Nettle stings still tender.

Sleep

Prover 4 – sleep better woke 4.30am and went back to sleep until 6.30am

Prover 5- tired bed at 10.45pm awake reading for an hour. Woke up feeling hot and tired.

Dreams

Prover 4- dreamt supposed to be in work but forgotten. No clothes to go in and had out without my bra which I never do, no would help me despite me asking and nothing would fit.

Prover 5 – A negative situation which occurred in India and obviously still bothers me – I was on a committee to publish the stories of the middle school children at American international school. Lady in charge had to suddenly leave to return to France. She gave me a manila envelope with pages inside. I couldn't find the cover page. She had organized a well-known illustrator – one of the Korean mums at the school to do the front cover. We were under a short deadline and the French lady was not responding to my messages asking where the cover was. My assistant and I organized a new cover illustrated by the children and got it to the publishers on time. After the book had been made up, I discovered the missing cover stuck to the inside of the manila envelope. It was too late to change. At the time I didn't know the illustrator had been asked specially, nor that she was a famous Korean illustrator, we had offended the Korean community by not using the picture very uncomfortable and stressful dream.

Extremities

Prover 2 – right ankle outer side, above ankle bone slight grabbing/cramping pain, release pressure on foot to amel.

Prover 4- pain - big toe/bunion - right side

Prover 5- right little finger painful base of joint, left pointer middle joint, sore on bending, agg damp humid weather with threatening rain and thunderstorms. Psoas pain at top of right thigh <walking, pelvis feels stiff.

Prover 6 – both feet feel heavy, aching balls of both feet, towards back, throbbing.

Generals

Prover 5- very thirsty felt dehydrated, <sweating and heat.

Remedy Proving Day 12 – Friday 14/8/20

Mind

Prover 2 – exhausted, sluggish, no energy – done nothing physical today.

Prover 5- woke up sobbing from dream, bringing up sad and negative emotions that were buried deep. Solar plexus feels all churned from emotions, grief felt in my heart, physical pain from grief. Feeling stirred and unsettled. 9am felt more positive and motivated.

Prover 6- son woke me up at 6.20am crying telling me his account was hacked, I was surprised I didn't get angry with him, but I showed no emotion towards his upset. I feel this will already be a shit day. Had clinic today and could not get my words out, mincing my words, nothing was making sense, felt like I could not get my point across. Feel stupid and uneducated. Feel like a failure, husband told me, I am being very impatient and abrupt.

Head

Prover 4 – sharp pain left side of head searing pain – lasted 10 mins.

Face

Prover 5- pimple on chin gone, skin healing very quickly from itchy eye area.

Eyes

Prover 5- 9am seem to have improved, slightest sensation of sticking bottom right eyelid puncta – but got <4pm.

Back

Prover 5- lower back stiff and jammed. US - weird buzzing vibrating sensation on right side of middle back region, after showering. Not painful or unpleasant – lasted 20mins.

Bowels

Prover 4- flatulence often.

Prover 5- slight constipation, small little stools

Stomach

Prover 4- stomach gurgling, slight pain.

Prover 6- thirsty - desire for water

Female

Prover 4 - breast pain- sensation as if filling with milk, heavy feeling.

Discharge increased, clear mucus and no odour.

Skin

Prover 5- top of head and back - itchy. Left ankle itchy from bite, right ankle back of heel very itchy and swollen from a bite. Both knees itchy from nettle sting. Side of left knee itchy from wasp sting. All insect bites terribly itchy - continued all day.

Chill/perspiration

Prover 6- sweating under both arms, strong odour strong onions.

Sleep

Prover 2- woke 7.30am very lethargic in morning. Difficult falling asleep when going to bed tired.

Prover 4- restless sleep, woke early as busy day lots to do.

Prover 5- sleep disturbed from negative emotions that had been suppressed from the past. woke up sobbing and crying with tears pouring down face. Solar plexus feels all churned from emotions

Dreams

Prover 5- 1st dream - concerned a bull that was lent to us to impregnate our 1st time heifers. Farmer who owned the smaller bull had sold us our original cows and bull. His bull didn't really perform, and it was infected with ring worm and spread it to all our cows. We didn't know this, so we felt very embarrassed and tried to cure the bull before the farmer found out. When bringing the bull in to be treated, it slipped and injured its leg. We were upset and embarrassed when the farmer arrived the following week to see his bull in this condition. It had lost weight and wasn't happy being away from its own farm. I felt we had left the farmer down and sensed his disappointment after his goodhearted gesture. It was really mortifying even though we were

not to blame – it looked bad. **Dream 2** (this dream was relived from a real-life story) – Our beautiful black half Labrador/half golden retriever got bitten by a poisonous snake and was suffering unbeknown to us. We were packing to leave on our 2week holiday so had lots to do on our farm. It was hot, way too hot for anyone. The dog kept following me and flopping down. I thought she was just overheated in her black coat. My husband and son returned in the car to pack it up and parked in the garage. The dog would never normally do this went under the car in the garage – we don't know if because it was cooler or that she was in pain from the snake and deliberately put her head under the wheel, but my husband reversed the car and run over the dog and she was killed instantly – it was a tragedy, we couldn't believe it. We then saw the long whippy snake and it all started to make sense. Because it was so hot, we had to bury the dog immediately. We wrapped her in one of the children's baby blankets and put her toys in with her, we said a little prayer and made a cross and planted some flowers on the grave. It left a huge hole in my heart she was my companion who I had trained from a puppy. Afterwards I would catch sight of her from the corner of my eye, alongside me – her little ghost. I woke up sobbing with grief, raw grief, I had supressed this as I didn't want to make the situation worse as my husband and son felt terrible about running her over. I felt the physical pain in my heart this morning, felt grief stricken and traumatized.

Extremities

Prover 5- right little finger aching at base joint, throbbing < damp weather. Left pointer middle joint sore on bending – arthritic type pain. Left foot instep arch aches on walking.

Generals

Prover 5- 6.25am very thirsty.

Remedy Proving Day 13 - Saturday 15/8/20

Mind

Prover 4 - feel sad and don't know why.

Prover 5 - excited to do a sailing course, had to focus and concentrate, was alert and motivated, positive day but exhausted - long day.

Eyes

Prover 5- right eye slight sticking of puncta, > sea air

Nose

Prover 5- US - all day sailing in damp, wet weather and nose stayed clear and unstuffed up, unusual for me.

Throat

Prover 5- dry, thirsty

Back

Prover 4 - lower back pain bad.

Respiratory

Prover 4- dry cough on going to bed

Bowels

Prover 2- painful ache - inner left side of rectum, continuous prodding, sensation pushing upwards from location sensation. urge to empty bowels, small amount of stool came out 3-4 bouts of wind came out, the same time a gurgling sound of liquid or mucus as the wind came out. After bowel movement - ache on ride side inner rectum in line with cervix, sensation going upwards - lasted 5-10 minutes.

Prover 4- flatulence often. Stools hard to pass at first then goes soft, passing little and often.

Prover 5- no bowel movement today, small toilet on yacht and audible, did not have the urge.

Stomach

Prover 4- stomach gurgling

Skin

Prover 5- all bites itchy, <hot shower.

Chill/perspiration

Prover 5- chilled to the bone from sailing all day in cold, wet damp conditions >hot shower, chilled when going to bed.

Sleep

Prover 4 - sleep good.

Prover 5 - difficult to fall asleep, <constricted space on yacht <heat.

Dreams

Prover 5- had a dream about husband cannot recall all of it, I was waiting for him anxiously I think for something medical, maybe at a hospital. Then had a dream which was more like spiritual advice - to not let my husband have all the control and allow me to make my own mistakes so I can learn.

Husband noticeably in this sailing course, taking over tasks allocated to me and doing them as he is quicker or stronger. Criticism from him of how I tied figure of 8 knots - restricted me!

Extremities

Prover 2- cramp in both calf on waking, agg stretching legs out straight

Prover 4 - left knee feels spongy and full.

Prover 5- right little finger throbbing <base joint and side of hand. <damp rainy weather, left pointer finger sore on bending middle joint.

Generals

Prover 5- during the latter part of the sailing day we encountered a pod of dolphins swimming around and playing alongside the boat there was a mother and tiny baby it was a special and uplifting moment. I felt such depth of positive emotion of gratitude and love and the power of nature, it was very moving a real spiritual experience, very magical. * 3pm On our way back a small sweet little yellow bird (sort of finch) suddenly appeared on our boat exhausted, there was no land in sight, and it was very wet and windy. The bird had to work very hard to fly in these conditions. I really started to worry about the little bird and that it wouldn't be able to make it back to land, it took off again and I was constantly thinking of the poor thing. 7pm that little bird appeared suddenly again, right next to me and I was so relieved for it and the wonderful feelings it generated in me of overcoming anything you put your mind to, a very special moment.

Remedy Proving Day 14 - Sunday 16/8/20

Mind

Prover 2 - watching tv and a man had a picture of his father on his father's passport, I got emotional thinking about the close connection that everyone has to their ancestors and their heritage. Went walking and noticed a tree which had a rope around it, and between the rope and tree a stone had lodged itself, I tried to make sense of this as a sign or symbol and my mind reverted back to thought I had during the flower essence proving on Day 5 (please refer back) to me the rope symbolised a shield, that was suffocating and restricting me (roe being a parasite suffocating the tree) and the stone as a heavy weight that this struggle of mine continually feels like. I decided to release the stone which came away in two parts two parts, I visualised the heaviness of these two stones as being two struggles of mine, just being cast aside in a hedge. The two stones - one depicting my lack of flow and the other one, what I feel is my closed and stagnant throat chakra.

Prover 4- no patience, frustrated with progress of patio. Desire to keep busy to stop mind racing. Exhausted, physically tired.

Prover 5- overly sensitive to criticism or advice from husband. Tired from concentrating long periods. Great sense of achievement and facing my fears in big waves. Feeling positive to increase my sailing knowledge and skills. Sensitive to background noise ie radio on yacht. Had a sensitive awareness to people, especially when the instructor told us of his friend he'd lost at sea as a wave swept her overboard - could see his raw grief and I empathized. I seemed to tune into people and observe them keenly all weekend. Experienced their emotions and feelings. Husband was impressed with my positive willingness to face sailing in adverse conditions and face my fears about sailing in big waves out of my comfort zone, with the boat keeling over. He noticed great positivity and lightness to me afterwards.

Prover 6- I have a deep connection with wanting to learn knowledge on goddesses. Emotional when hearing someone singing "rise up" on television, started to cry whilst listening to it. Gave me goosebumps and left a lump in my throat as I tried to suppress my tears. Mood seems to have lifted today, more tolerable towards things.

Chest

Prover 5 - feeling chesty, weather changed suddenly from very hot to thundery cold showers.

Eyes

Prover 5- 7am caruncle in right eye sensation of something stuck in it.
11pm caruncle sticking right side.

Ears

Prover 6- both ears feeling blocked internally <right side. Itching, dull pain behind both ear lobes - lower.

Nose

Prover 6- nose congestion on waking <sitting out last night.

Throat

Prover 5 - feels hoarse and scratchy, woke up feeling dehydrated did not want to drink much as difficult to go to toilet on boat at sea.

Prover 6- throat feels dry, no pain, amel drinking water

Back

Prover 5- lower back painful tight and stiff.

Digestive system

Prover 5 - 2am - burping

Stomach

Prover 4 - pain in left upper quadrant. - lasted 5 mins.

Bowels

Prover - 5 bowel movement after 3 days, large soft stool, anus sore after stool, lighter feeling after stool.

Skin

Prover 5- woke up 2.25am unbearable itching from insect bites, especially ankles, knees, >scratching hard, >applying lavender oil.

Chill/perspiration

Prover 4 - feel of hot flush and sweaty.

Prover 5- feeling chilled at bedtime difficult to warm up, wore more layers today as chilled yesterday, warmed up when sun came out, immediately felt a burst of energy from the sun and warmth >fresh air, >sea air >nature

Sleep

Prover 4- sleep restless, waking often during the night.

Prover 5- disturbed sleep due to cramped quarters, slept from 12pm -7am woke unrefreshed * unsettled thoughts during sleep 2am - morning - It related to thoughtless comments I made to another person while she was steering the boat and not doing her job. Everyone was teasing her, as well as me, but later mulling over what I said - I felt bad especially as steering was really difficult, I felt the need to apologise first thing in the morning at breakfast, felt better for it

Prover 6- feel tired today, nap at 2pm for an hour.

Extremities

Prover 2- stood up on waking and got moderate cramp in both calf muscles and toes, <big toe. Bent over and with all weight on leg then got sharp pain in right leg/knee agg straightening up and turning only lasted couple of seconds

Prover 4- pain in left knee is better, now moved to right knee.

Prover 5- sharp pain top of right foot on right side, sudden throbbing pain <walking, <standing on, sensation as pinched or twisted a nerve when lifting bags - lasted 1 hour. Pain in psoas top right inner thigh <walking >massage area and >applying hard pressure. Cramp left foot, insole >stretching. All fingers on both hands in middle joint sore and throbbing weather suddenly became damp, cold wet. Upper legs stiff, sore and tight sensation of pelvis seized up. Hips sore and tight, <right side,

Remedy Proving Day 15 - LAST DAY - Monday 17/8/20

Mind

Prover 4- too exhausted to get out of bed, feel stressed.

Prover 5 - woke up with the feeling that today was the final day of proving, felt like an end of a great journey that had a positive and satisfying outcome. Positive and motivated.

Head

Prover 5- intense head pain to back of head and neck <waking and <changing positions. Throbbing migraine pain, pain eased after 15minutes

Eyes

Prover 5- caruncle in right eye slight sticking sensation.

Nose

Prover 4- nose and sinus blocked up as day progressed.

Back

Prover 5 - lower lumbar spine stiff and tight muscles around it >movement >stretching.

Bowels

Prover 5- small stools - constipated

Sleep

Prover 4- restless night, woke early but stayed in bed too exhausted to get up.

Prover 5- slept 11pm-7am woke feeling unrefreshed.

Prover 6 - restless sleep

Extremities

Prover 2 - woke up pain discomfort in inner part of right patella >walking about but left a feeling of instability, felt like a bubble rolling inside ready to be released.

Prover 4- left hand numb on waking

Generals

Prover 6- desire to be in the sun, + outside in nature or fresh air,

Themes and main symptoms of the Trifolium-pratense remedy

Mind – 1. Anger - no patience, anxious, annoyed at builders, argumentative, communication with husband strained 2. Emotional, weeping, emotional thinking of the past. 3. Fatigue - no motivation, exhausted 4. sensitivity - no desire to socialize, sensitive, sensitive to criticism, 5. Forgetful - memory poor. 6. spiritual connections, +nature, synchronicity.

Head – Light-headed, headache, dull pain, headache on waking

Back – lower back pain, stiff, aching, pulling.

Eyes – swollen, burning,

Ears – pulsating noise, blocked, dull pain behind ear.

Nose – congestion, mucus clear

Throat – dry, sensation lump in throat

Bowel – constipation, stool large, anus sore after stool, gassy flatulence during stool, flatulence,

Stomach – bloated, sudden sharp pains, nausea, no appetite.

Skin – itching, tingling, <bathing, bitten, bites itchy, swollen, spots.

Dreams – 1. negative past situations, 2. Animals – dogs, bulls, cows, snakes, caterpillars. 3. Death - killing, murder, violence 4. Vehicles - cars, trucks. 5. Hospital. AGE. 6. Searching – chasing, things misplaced, forgotten items, repeated dreams.

Sleep – poor, tired on waking, lethargic, restless, wakeful before bed, napping during day

Extremities – 1. knee pain - sore, feel full spongy, 2. Hip pain - ache, sore 3. Cramps - leg, feet, toes, ankles, 4. numbness - hands, toes.

Generals – 1. Perspiration - hot flushes, <face, sweating, <heat, chill, 2. Thirsty. 3. Sensitivity - >sea air/fresh air, >sunshine, ++nature.

Repertory of Remedy – Trifolium- Pratense

*- what came up in both proving's

Mind

Confused when speaking (6)

*Words forgotten (6)

*Memory poor (4)

Feel like she is a failure (6)

Feel stupid (6)

*Communication with husband strained (2) (6)

*Sensitive to criticism especially husband (2) (5)

*Emotional (2) (4) (5) (6)

Emotional when talking of past (2) (2) (4)

*Exhausted (2) (4) (5) (6)

*Tearful when watching movies (5)

*Tearful when listening to songs (5)

*Weepy (2) (5)

*Sensitive (5) (6)

Sensitive to noise (5)

*Irritated by others (6)

*Irritated at workers (4) (6)

Depressed (2)

*Stressed (4) (6)

*No motivation (2) (5) (6)

*Motivation (5)

*Energy increased (5)

Mental tiredness with energy (2)

Grief (5)

*Anxious (5) (6)

Nervous (5) (6)

Desire to sit in silence (6)

*Overwhelmed by responsibility (6)

*Pressure demands of her duties (2) (6)

Synchronicity (2) (5) (6)

No desire to socialize (2) (6)

Dread social gatherings (2) (6)

Positive

*Positive (5)

Suppressed emotional resurface (5) (6)

*Spiritual awareness/connection (5) (6)

Becoming aware (2)

Out of body experience (5)

Singing in nature - uplifting (5)

Connecting to animals:

Cows (5)

Sheep (5)

Birds (5)

Anger

*Sudden anger (6)

*Angry at children (6)

*Angry at dog (6)

*Angry at husband (6)

*Guilt after anger (6)

*Shouting at children (6)

*No patience with others (4) (6)

*Argumentative with others (5) (6)

Head

*Dizziness (2) (4) (5)

*Pain temple **dull** - left side (4) (5) (6)

*Pain on waking (5) (6)

Eyes

Sensitive to light (5)

Sensation gritty (5)

Sensation something in eye (5)

Skin peeling around eye area (5)

*Pain burning/stinging (5) (6)

*Eye swollen (5) (6)

Heavy sensation (6)

*Eye dry (5)

*Eye itchy (5)

Eyeball throbbing (5)

Eyeball sharp pain (5)

Ears

*Pulsating sound - right side (5) (6)

Blocked (4) (6)

Dull pain behind ear - external (4) (6)

Nose

*Congestion (4) (6)

*Congestion sensation heavy (6)

*Sneezing (4)

Discharge clear, thin (4) (6)

Sinus pain diminished (4)

Nose congestion diminished (5)

Throat

*Dry (4) (5) (6)

*Sensation lump in throat (4) (5)

Pain sharp (6)

<swallowing (5) (6)

Desire to clear throat (4)

Mouth

Swelling (2) (similar to hay fever)

Raised lumps small (2)

Onion/garlic taste (5)

Rancid taste (6)

Pain stabbing top jaw line (6)

Teeth

Pain upper/lower teeth left side (4)

Back

*Lower back pain (2) (4) (5)

Stiffness (2) (4) (5)

*Stabbing pain (2)

Pulling sensation (2) (5)

Sensation compressed (5)

Respiratory system

*Respiration improved (5)

Digestive system

*Indigestion (6)

Burping (5)

*Lack of appetite (4) (5)

Bowels

Anus sore after motion (2) (5)

*Constipation (5) (6)

Diarrhea (4) (5)

*Flatulence during stool (2) (4) (5)

*Stool soft (4) (5)

*Stool long (5)

*Stool large (5) (6)

Stool during urination (5)

Flatulence (4) (5)

Odour sulphur (5)

Stomach

Bloated (4) (5) (6)

Tender (5)

Sounds gurgling in stomach (4)

Pain sudden sharp (4) (5) (6)

Female

Discharge increased (4) (6)

Breast heavy sensation (4)

Skin

*Arms Itching (5) (6)

*Scalp itching (5) (6)

*Itching <bathing (5) (6)

*Dry (6)

Spot on chin (5) (6)

*Bites itchy (5) (6)

*Bites swollen (5) (6)

Chill/perspiration

*Chilliness (5) (6)

*Hot flush (4) (5) (6)

<face (5) (6)

*<heat (2) (5) (6)

*Sweating (4) (5) (6)

Sweat odour onions/garlic - (6)

Sleep

Tired (2) (4) (5) (6)

*Tired on waking (4) (5) (6)

Waking up late (2) (4)

Lethargic (2) (5) (6)

Sleep poor (4) (5)

*Restless (4) (5) (6)

*Wakeful before bed (2) (4) (5) (6)

*Deep (6)

Crying on waking (5)

*Desire to nap during day (5) (6)

Dream

*Killing/murder (4) (5)

*Death (5)

Children killing babies (4) (4)

*Violence (5)

*Dogs (5) (5) (6)

Dogs pooping (2)

Dead dog (5)

Bulls (5)

Cows (5)

Mud (4)

*Cars (4) (5)

Hospital - AGE (5) (6)

*Forgotten items (4)

*Searching for items (5)

*Snakes (5)

Caterpillars (5)

*Chasing (5)

*Negative passed situations (5) (5)

Extremities

Feet heavy (6)

Pain knee (2) (4) (5)

Knee sensation locked (2) (5)

Knee sensation full/spongy (2) (4)

Prickling sensation back of knee (5)

Pulling sensation lower calf muscle (2)

>walking

>stretching

hips aching (2) (5)

hips feel bruised (2) (5)

*finger joints throbbing (4) (5)

<movement (4) (5)

Cramping

ankle (2)

sole of foot inner arch - left side (5) (6)

toes (2) (4) (5)

*leg right side (2) (4) (5)

Numbness

Numbness toes (5)

Numbness left hand (4) (5)

Generals

Thirsty (5) (6)

>sea air (5)

*>fresh air (5) (6)

*>sunshine (5) (6)

*>nature (5) (6)

Gratitude for nature (5) (6)

*Desire to be alone (6)

Comparison of the Flower Essence and Remedy

The whole idea behind this project was to compare the flower essence and the remedy, but I don't have a great deal to compare. It surprised me that both the flower essence and remedy were so similar.

I expected the flower essence to work more on a mental and emotional level and not so much of a physical level, but this was proved wrong. I found that most symptoms intensified during the proving of the remedy Trif-p and showed to be more of a gentle effect with the flower essence, but not all.

Headaches were reported to be worse during the flower essence and better during remedy, skin was better during the flower essence. Tiredness and fatigue intensified during the remedy and dreams were so strong on both the proving's. I have placed symbols next to each symptom in both repertories included, this was to highlight what came up in both proving. I will list the differences below:

Red Clover – flower essence

Moods low with no reason

Feeling overweight

Overwhelmed by anger and her duties

Desire to run away from her duties

Feeling happy, positive, lightness and empowered

<noise

Both had head pain – frontal and tingling sensation on flower essence

Both sensitive eyes – prickling and >fresh air on flower essence

Internal chirping and ringing in ears

Glands swollen, >drinking water

Mouth dry

Back pain aching and tightness

Heartburn

Bowels sluggish, cramps before stool

Stomach feels empty, nausea

Sensation something crawling on skin

Dream's colour red, reoccurring, parents, crabs, whales

Extremities – pain right hand, heel pain, legs heavy, throbbing, legs sensation as if locked <walking upstairs, cramps in lower leg and calf muscles.

>sun, <change in weather, <wind, <warm to cold

Trifolium Pratense Remedy - 30c

Feel like a failure, stupid

Emotional talking of past events

Suppressed emotions resurfaced

Sensitivity intensified on remedy

Becoming aware of surroundings, out of body experience, desire to sing in nature, connecting to animals, cows, sheep, birds.

Grief, nervous, desire to sit in silence

Synchronicity

No desire to socialize, dread social gatherings

Eyes sensitive to light, sensation something in eyes, gritty, skin peeling around eye area, pains sharp/ throbbing.

Nasal discharge clear and thin, sinus pain and congestion diminished

Throat pains sharp, <swallowing, desire to clear throat

Mouth swelling, (similarity to hay fever), raised lumps small, onion/garlic taste, rancid taste, stabbing pains on top jaw line.

Back stiffness, pulling sensation, compressed.

Burping often

Anus sore after motion, Diarrhea, stool during urinating, flatulence, odour sulphur.

Stomach bloated, tender, pain sharp and sudden, gurgling sounds in stomach.

Female discharge, breasts heavy.

Perspiration <face, perspiration odour onions/garlic

Sleep waking up late, tired, lethargic, sleep poor, crying on waking.

Dreams - children killing babies, dogs, dogs pooping, dead dogs, bulls, cows, caterpillars, mud, hospital.

Extremities - intensified on remedy feet heavy, pains in knee, knee sensation locked, spongy and full, prickling back of knee, pulling lower calf muscle, >walking, >stretching, Hips aching, sensation bruised, <movement.

Cramping ankles, sole of foot inner arch, <left, toes, leg cramp <right side

Thirsty, >sea air, +alone.

Essential Synthesis Repertory - Trifolium Pratense

Trifolium Pratense is in all rubrics found below:

Mind

Confusion of mind - 37

- Morning - 38
- Waking - 38

Confusion of mind waking on - 40

Idea's deficiency of - 127

Memory loss of - 152

Weakness of memory - 153

Head

Eruptions crust scabs - 251

Eruptions milk crusts - 252

Eruptions scales dry - 253

- Heat - 257
- Pain - 272

Dull pain - 287

Pain intermittent - 290

Pain forehead - 313

Eye

Dullness - 397

Heaviness - 400

Nose

Excoriating - 515

Posterior nares hot - 516

Discharge thin - 517

Discharge watery - 517

Hay fever - 524

Face

Inflammation mumps - 576

Prophylaxis for mumps - 576 (to prevent mumps only remedies present were Trif-p and Trif R).

Inflammation submaxillary glands - 576

Throat

Hawk disposition to - 691

Mucus - 696

Pain - 698

Pain raw as if - 702

Pain sore - 703

Sensitive pharynx - 709

Swallowing difficult - 711

Stomach

Hiccough - 748

Thirst - 785

Abdomen pancreas complaints of - 895

Bladder tenesmus urination after agg - 960

Urine

Colour dark - 1002

Colour pale - 1002

Specific gravity increased - 1010

Larynx & Trachea

Dryness trachea - 1095

Irritation upper part trachea - 1097

Respiration

Difficult - 1120

Difficult afternoon - 1121

Hot breath - 1128

Cough

Air; in open - 1138

Cold air agg - 1140

Dry - 1143

Hacking - 1148

Irritation Trachea - 1151

Spasmodic - 1160

Whooping - 1166

Expectoration

Copious - 1171

Mucous - 1173

Chest

Ceases to beat, as if heart would cease - 1180

Back

Stiffness cervical region - 1342

Stiffness nape of neck - cervical region - 1343

Extremities

Coldness of feet - 1357

Pain hands palms - 1487

Pain legs - 1510

Pain thighs - 1540

Ulcers legs - 1620

Ulcers thighs - 1621

Sleep

Bad - 1641

Generals

Air unclean sensation of - 1799 (only remedy in rubric)

Cancerous affections - 1807

Faintness air in open amel - 1840

Faintness closed room in - 1840

Family history of cancer - 1844 (*Italics* - highest in the rubric)

Heaviness internally - 1868

Lying after agg - 1884

Psora - 1924

Pulse full - 1927

Pulse intermittent - 1927

Pulse irregular - 1928

Pulse slow - 1928

Pulse weak - 1930

Towards the end...

This journey has been truly magical for me and all the prover's, with a couple of bumps along the way. The plants energy gave us so much of its beauty and allowed us to embrace its true energy in a different way, I am thankful I was chosen to wake up the energy of this flower and bring it back to life and share with everyone, what this roadside flower can deliver to the world.

So much came up for me as soon as I had connected with the Red clover energy, my moods and anger were heightened from the beginning and intensified during the proving's but had days were I was completely chilled and so in touch with nature, my dreams were so vivid, dreams of the past, murder, fire in a building with old school friends present, one dream a large rock had toppled over, and pushed me into the water pressing down on me, but managed to get up onto the bank, dreams of cleaning out what seemed to be a large toilet with faeces floating on top, felt disgusted.

8 days before the proving began, my son Billy found a four-leaf clover and gave it to me, I was amazed by the synchronicity of it and hold it dearly.

I was fascinated by the strong connection in the dream state of murder, death, AGE, when you think of where these flowers grow, along the side of the roads, the energy that surrounds this from vehicles crashing accidents and death witnessed along the roadsides. The fields where cows and sheep graze and the connection of red, murder and death that surround it, dog's and animal faeces in the fields, it blew me away when one of provers felt so connected to the cows in the next field whilst singing outdoors and gazing at the sheep in the field out walking.

At the end, when all the notebooks were returned, I read a brief summary from the prover's, one had noted that after the closing down meeting, she went outside to look for a red clover and found some in a neighbour's field, next morning she went outside and saw one on the floor and thought she must have dropped it, so touched it and realised it was still attached to the plant, after touching it, it stood up before her eyes, she was amazed that this plant was right outside her house, where she had previously looked the day before, and questioned why hadn't she seen it, why did it stand up when it looked half dead on the floor.

Another prover had drawn a beautiful Red flower at the front of the book upon receiving, before the proving had started and without the knowledge of the substances – powerful!

Full circle...

When I was 18 years old, I lost my first love in a tragic motorbike accident, his bike collided with a car and he was killed instantly at the roadside he was only 23, my whole world had ended, and I thought my life would never be the same as it was. I developed great anger over the years from the grief and years later Homeopathy healed this within me, this anger was the same as I expressed during this proving and a lot of the past issues resurfaced not only for me but the provers of their past, I also dreamt of him just before the proving took place, he was alive, I remember telling him I was happily married and have a beautiful son, he told me he knew, and that he was happy for me, and we all continued with life as it is. I also remember a room we were all in, being flooded but we were safe.

I mention this now, because during my last teaching weekend with Linda, she shared with me that on the evening she went to look for a Red Clover after our closing down meeting, she struggled to find one by her house so she thought she would walk a little further along the roadside, as she knew this is where they commonly grown. She found one, and it was in the exact spot where he tragically lost his life, many years ago and she made the connection soon after. Interestingly, I have not visited the cemetery for over 20 years or more, but 3 days before that teaching weekend I felt drawn to visit so did and felt eternal peace. I feel it ends my proving beautifully and now see a connection to the Red Clover whispering to me and completing the full circle that was needed on my journey.

Overview and summary

So, in my findings, I feel that the remedy - Trifolium Pratense and Red clover flower essence would be of great use and an aid to the symptoms of Menopause from Anger, rage, low moods, emotional, tearfulness, hot flushes, sweating, <face, memory loss forgetful. weeping on listening to songs and films, oversensitive, with the flower essence also delivering a more spiritual, empowerment, open and loving nature, synchronicity.

Mental and emotional was a feeling a failure, feel stupid, confused when speaking, anger towards loved ones, guilt after anger, emotional when talking of past events, suppressed emotions resurfaced, overwhelmed by responsibilities, pressure demands of her duty, no desire to socialize, irritated by others.

Great tiredness by each of us in various ways, fatigue, lethargic, lack of motivation, exhaustion, Wakeful at bedtime, restless sleep, tired on waking, desire to nap during day.

Lower back pain with stiffness and stabbing pains, compressed.

Cramping was felt throughout in legs, calf muscle, and inner arch foot <left side, toes and hips aching, with a bruised pain.

Finger joints throbbing, which was described to be similar to arthritic pain which was <movement in joints.

Knee internal sensation full/spongy, prickling back of knee.

Head pain on waking, dizziness, dull pains, temple, left side.

Eye sensitivities were felt by one prover a couple of weeks before the proving started and intensified during the proving with burning pains, heavy, sensation, pain sharp stabbing, itching >rubbing followed by itching. Hay fever symptoms - swollen eyes, puffy, red, hot, sensation as if something is in the eye. >cold bathing, <heat, <touch. <bright light.

Ear sounds, chirping, ringing noise, pulsating, <right side. Congestion in ears. Dull pain behind ears - external.

Nose congestion, heavy sensation nose, discharge thin clear, sneezing this was reported worse during flower essence but present in both.

Dryness in throat, sensation of lump in throat, pain sharp, <swallowing.

Mouth symptoms were intensified during remedy – stabbing pain in jaw line, swelling, raised small lumps, rancid taste in mouth, taste of onion garlic – perspiration was also reported with this odour.

Lack of appetite, nausea, indigestion, and burping >burping.

Strange tingling sensation felt on scalp, itching on skin, dandruff, and skin dryness all over and one prover reported her usual symptoms of dry skin felt much better during the remedy. Another prover suffers with Asthma, and all her symptoms had gone during the proving and her respiration was good, even during a mountain hike.

The bowels were affected from constipation to diarrhea, sluggish bowels, flatulence during stool, anus sore after motion, stool soft, long, and large. Stomach pains sharp, sudden, bloated, gurgling sounds in stomach, tender.

Chilliness was also felt.

Any thoughts from the past, some of these unpleasant which also come in dream form, some of these dreams about the past had even affected their family members who live thousands of miles away. Dreams of murder, death, killing, being chased, cars, and trucks with strong links to the colour red. Dreams of snakes, crabs, dogs, dogs dying, hospitals – AGE, searching for items, forgotten items.

Symptoms * <left side, <right side

The day the remedy was revealed, during and after the meeting of closing-down of the proving, many of the prover's related to what was being discussed amongst each other and this alerted the same experiences they had also had but did not make note of it at the time, so they cannot be included. I did sense a lack of commitment from some, including me, and believe this to also be part of this proving.

I read this bit of **folklore** to Linda and all the provers at the closing down of the remedy meeting...

Magic: Clover is one of the oldest cultivated plants. It has been used both medicinally and magically since ancient times. Although modern folklore has this three leaves plant being associated with the Christian holy trinity, the association of plants with three leaves goes much further back into pagan times. The ancient Greeks and Romans associated it with their triple goddesses and the Celts considered it a sacred symbol of the sun. It is the national flower of Ireland, but the association with St Patrick is more modern. In folk magic Red clover is used in a ritual bath to attract money and prosperity to the bather and is also used as a floor wash to chase out evil and unwanted ghosts. White clover is used for breaking curses and is worn as a sachet or put in four corners in a house or someone's property to achieve this.

The four-leaf clover is a famous good luck charm believed to protect from evil spirits, witches, disease, and the evil eye. This familiar childhood rhyme for a four-leaf clover originates from the middle ages:

One leaf for fame, one leaf for wealth,

One for a faithful lover,

And one leaf to bring glorious health,

Are all in a four-leaf clover.

All these together are supposed to give one of the happiest and most fulfilling life possible. Four-leaf clovers are also traditionally used to see fairies and other spirits, to heal illnesses, and to avoid being drafted into military. Three leaved clovers are worn as a protective talisman and two-leaved clover is a very shamanic plant allowing one to see into and interact with the other world. It is a good talisman of protection and power for travelling out of body and walking between worlds. Never underestimate the magical power of this simple and harmless weed. It also makes a good offering to mercurial deities and can be burned with incense, added to ritual smoking blend, made into alcoholic brews, or left with a food offering.

Acknowledgements

I thank all the provers for taking part and sharing this journey with me, it will stay with me always.

Linda Gwillim for supervising the proving and always believing in me and being a guiding light in everything I do, you truly are the best.

Thanks to Bill Rumble for just being you, all your support and trusting me and allowing me to bloom in my own unique way.

Kath Holliday for her love support and advice, exactly when it was needed.

Petra Wood for sending out emails to recruit provers.

My supervisor Elin Forster, without her, my world would be slightly different, and I would not be on this life changing Homeopathic journey.

My husband Martin and Son Billy, for their full support, and standing beside me always.

And lastly, to my year group...we did it, and will continue to walk this journey of Homeopathy together!!

Love and light always 