

ZEBRA SPIDER

Salticus Scenicus

A proving

By

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"I hear a drum in my soul's ear coming from the depths of the stars."

Rumi

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1. The Substance



Credit: Edward Phillips / Alamy Stock Photo

Capture

It began in a moment
Unsuspecting I, standing in the sun of an April day;
Movement – a dart, out of the corner of my eye!

Tiny – I could easily have missed her; but - impossible to miss her;
Black White, syncopated dazzling movement of
Rhythm unknown to me; of her world, not mine.

I did not recognise this creature
Yet, without need of web or entanglement, lure or courtship
She captured me

In a moment; turned to look and demanded and commanded
My complete and utter attention.
I fell prey.

1.1 Capture

A poem - my initial meeting with the substance in April 2015

1.2 Courtship

So began my journey with Zebra Spider. I had an inkling I wanted to do a proving for my fourth year project, I had no idea as to what. Then he/she just turned up one sunny day in April 2015 in my back garden and - captivated me.

There was no specific reasoning or thought process to my proving a spider. As my poem “Capture” attempts to convey, I was literally caught by the spider, drawn in and fascinated by its darting movement, its appearance – a tiny spider with vivid black and white markings, its general sense of otherworldliness; it almost seemed to me to be moving in a time or rhythm of its own, outside of my own sense of time. I was quite sure I’d never seen one before but I later found out that Zebra is one of our common native spiders.

Throughout my write up and the course of the proving, I find myself flipping between thinking of Zebra as a he or she; biologically there are distinctly males and females but in my mind there’s an ambiguity about it – there is a quality about Zebra that is almost impish and not feminine in the way that the archetypal spider is often seen.

Inquisitive as to what type of spider this was, I looked it up on the internet, and was surprised I was easily able to identify it based on its distinctive black and white striped markings. But what really caught my imagination was the colloquial name for this spider – “the Actor” - hence its Latin name – *Salticus scenicus* – “theatrical jumper”.

“It is said of this spider that it is aware of the human gaze....”

I decided to test this out, if I saw one again. Oddly enough, having never noticed this spider before, in the following days I did spot one again, this time on a sunny window sill - one of Zebra’s favourite haunts.

One thing you should know about Zebra spider, you’re not likely to find them if you look *too* hard. You tend to spot them out of your periphery vision – and because they’re so tiny, its their movement that usually catches your eye. And so it was that day. Sitting, reading a book, I noticed a movement - there he was on the window sill. I slowly stood up and, standing about two feet away, he stopped and turned around to face me and stared right back at me. Then, having had a bit of a stand off for a few seconds, it turned about and went on its way, darting and jumping acrobatically in the way that they do. Of course, I was by now hooked, having now seen the truth behind its name!

Synchronistically, two weeks later I was at the Welsh School of Homeopathy (“WSH”) and we were taught by Linda Gwillim, a core teacher and clinical director at WSH, about the remedy Tarantula and some other spiders and an example of its use in a case of ADHD struck me. With the idea of proving Zebra having already taken seed in my mind, this seed now began to germinate and I decided I would like to try to prove little Zebra. I spoke to Linda about it who was happy for me to go ahead with the proving for my fourth year project – reminding me to keep the substance a secret! I wanted to use the Trituration method, for reasons explained later on.

Zebra is a bit capricious, you know. She tends to turn up if she wants to be seen but sometimes can stay hidden - for a long time. Although I saw Zebra on the odd occasion over the next couple of months, it was then as if she vanished. I didn’t get a sighting of her again until the run up to the proving the following Spring. It could be there is a seasonal element to this but to me it was almost as

if Zebra had flirted with me, got my attention but then, once I'd formulated the definite intention to do the proving, skedaddled! To the extent, I almost began to doubt at times whether it was "meant to be".

Something told me to stick with it – and, as the date of the proving drew near, sure enough Zebra did turn up, in abundance, and taught me a great deal in the process.

There is something about this substance that demands not to be taken too seriously. As a favourite philosopher, Alan Watts once said, "*one can be absolutely sincere without having to be serious*". There is a playfulness to Zebra. Indeed, when I tried to find a book about Zebra spider, the only book I could find on the internet was entitled "Jumping Spider – Amazing Creature Series" by Tanya Turner.¹ It had a lovely coloured photo of Zebra on the front along with some other rather exotic looking Jumping Spiders. I went ahead and ordered it and found, once I received it, it was written in a simple and easy to read style with lots of pictures – it was, in fact, a children's book! This childlike theme was a key theme in the remedy, as you will see.

So, what follows is a section on Zebra spider biology which I hope the reader will find useful in getting to know this little spider.



The eyes of a jumping spider.

Credit:

Author: Opoterser; under Creative Commons Attribution 3.0 Unported license

1.3 Biology

Spiders

Spiders belong to the class of animals known as arachnids (from the Greek myth of Arachne). There are ten orders within this class, including Scorpions (Scorpiones) and Spiders (Araneae).

Spiders can be found all over the earth in a range of different habitats, from deserts to mountains, tropical to northern climes. The different species have adaptations and strategies for particular environments. All are hunters - many spiders are web spinners whilst others (including jumping spiders) have different methods of catching prey such as jumping to catch them. In many species, young spiders can disperse over long distances; they “fly” on a thread they have spun which is carried by the wind (ballooning).

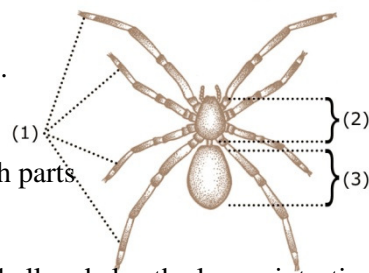
In most species the female is bigger than the male and copulation can be risky for the males, who have to find strategies not to be killed by the female. Some males perform a dance so that the female recognises them. Black widow (*Latrodectus mactans*) females will often eat the males!

They are not social and are often cannibalistic. They can live for long periods of time without food. They are very sensitive to vibration which helps them to catch their prey as soon as it touches their web.

In terms of anatomy, unlike insects with three segments, the spider body is divided into two segments, the cephalothorax – head and chest (2) and the abdomen (3).

They have eight legs (1) which are attached to the cephalothorax.

The cephalothorax contains the nervous system and parts of the digestive tract including a sucking stomach; and straw like mouth parts used to suck up their liquefied prey!



Within the abdomen a powerful heart is located under the back shell and also the lungs, intestines and large ovaries, silk glands and spinneret.

The book lungs are found within the abdomen. Book lungs are a type of respiratory organ in Spiders. They are stacks of air pockets and tissue which looks like a book.

Spiders have an exoskeleton, which they moult and re-grow, as the young spiderlings grow.

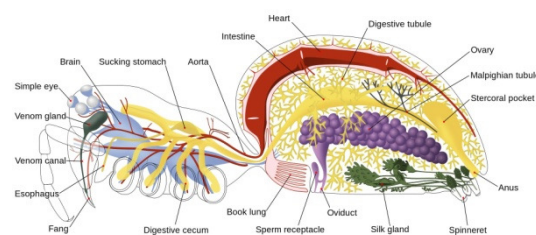


Image: John Henry Comstock

Unlike insects they do not have antennae. They have sensitive hair like structures (setae) on their legs which pick up scent, sounds, vibrations and air currents. They have a front pair of appendages called pedipalps, which in males have a role in mating and also assist in feeding. They also have a pair of front appendages called chelicerae and venomous fangs – although only a comparatively small number of species are dangerous to humans in terms of their bite.

Spiders have up to eight eyes – with a single lens in each (not the multiple compound eyes of insects). Hunting spiders including jumping spiders and wolf spiders have the most advanced vision of the spiders and the main pair of eyes in jumping spiders can even see in colour.

Zebra spider (Salticus scenicus)

Zebra spider is a common jumping spider of the Northern Hemisphere. It is widespread in Britain. It is not a web builder but hunts its prey using its eyes and ability to jump and pounce. Zebra is one of a family of over 5800 species of jumping spiders. They often live close to human settlements and can often be seen on sunny walls and fences on sunny days; window sills are a common haunt!

Diet

Their diet includes smaller spiders, smaller moths and insects but they have been observed to catch prey up to three times their length, such as moths. This is a photo I took of one in the summer of 2016, hanging suspended by its silk thread, holding on to an improbably large moth.

Hunting

They use their large front eyes to locate and stalk their prey. Then they move slowly until close enough to jump and pounce on it – almost cat-like.

Eyes

They have eight eyes, four pairs and each pair has a different role which results in excellent vision. It is thought that jumping spiders have the best eye sight of any other spider family and it is the only one able to see in colour. The eyes go around to the back of the head so it can see all around itself.

The front two pairs are large and forward-facing, giving stereoscopic vision; the rear eyes are like motion detectors. If you waggle a finger near a zebra spider it is likely to turn around to get a better look, which may account for it being said to be aware of the human gaze!



Jumping

As the name suggests, jumping spiders (Salticidae from the Latin “saltare” – to jump) are able to jump!

They can jump up to eighty times their own body length by controlling blood pressure in their legs. In a Zebra spider this can be up to 10cm. By squeezing the muscles in the right places, blood is forced suddenly into the legs, causing them to straighten suddenly which propels the spider into the air.

Silk

Although not web spinners, they use their silk in two main ways. They use it as a safety line - they will attach a silk thread to a surface before jumping so if it misses it can abseil back to safety. They also use their silk to make “pup cases” which are little cocoons of silk that they hide in and also store eggs.

Sex

Female Zebras are 5-9mm long and Zebra males are 5-6mm. In jumping spiders males are distinct from females and tend to be more colourful or have more elaborate “hair dos” in the more exotic species. In Zebra, the males can be distinguished from females as they have a set of huge chelicerae

(front appendages) that are used in battle with other males ². In courtship, males attract the females by a complex dance, moving around the females with their legs waving in the air ³, so that the female will recognise they are not an enemy or even prey. The better the dance, the greater likelihood the female will accept them.

Reproduction

Females Zebras stay with their egg sacs and guard their young after they hatch. This is not common to all spiders although some spiders e.g. wolf spiders, will guard and carry their young around on their backs. Only after the Zebra spiderlings have had their second moult will they leave their mother and fend for themselves ⁴. As the spiderlings grow, they moult their exoskeleton a number of times.

Predator – and prey

As well as being predators they are also prey and jumping spiders are eaten by wasps and other spiders, for example. They have different means of avoiding predators, some will hide by camouflage, some will go out in the open when hunting but using their eye sight will quickly run and jump to take cover if a predator is spotted.

The Actor

As I have mentioned, I was intrigued to learn that Zebra spiders are noted for their awareness of humans. Colloquially they have been called “the actor”. *“Upon noticing someone observing them, they can be seen raising their head, and usually change behaviour – hence the name Salticus scenicus, theatrical jumper.”*⁵ When I observed this for myself I was all the more fascinated and I think we can see in the themes section that this particular quality comes through in the proving, with issues about being observed/observing others. So this a little tit bit to engage our interest as homeopaths in the Zebra spider. But in terms of spiders in general, having looked at the biology lets have a quick look at the archetype and general themes of spiders in homeopathy, to get a taste of what may be in store.

1.4 Mythology

Spider has long been an archetype in the human psyche. Many people have a pronounced fear or phobia of them, or if not fear then at the very least they can give us the heebie geebies. Given their small size this is perhaps surprising but we seem instinctively aware that their bite can in some cases be harmful and poisonous. They also seem to be able to move very quickly. They are not generally endearing creatures, are they? There is something quite alien about them. And yet, if you look at close up photos of jumping spiders in particular, with their big eyes and often beautiful coloured patterns there is something rather engaging about them...its a personal thing I guess.

Before I met Zebra, though not particularly fearful of spiders, I certainly wouldn't have described myself as a spider enthusiast! I did have a certain respect for them as a species though and would never willingly harm one. I remember a friend from my university student days, a zoologist, who told me a rhyme which stuck with me:-

“If you want to live and thrive, let the spidler stay alive!”

But anyway, we can see there is an element of threat or feeling threatened, in this archetype. As I have alluded to, the spider archetype is predominantly associated with the feminine. My friend and

homeopathic supervisor, Bethan Walton, recently introduced me to the work of an artist by the name of Louise Borgeois and her sculptural work Maman, which depicts a spider. It alludes to the mother, with metaphors of spinning, weaving, nurture and protection:-

*“The Spider is an ode to my mother. She was my best friend. Like a spider, my mother was a weaver. My family was in the business of tapestry restoration, and my mother was in charge of the workshop. Like spiders, my mother was very clever. Spiders are friendly presences that eat mosquitoes. We know that mosquitoes spread disease and are therefore unwanted. So, spiders are helpful and protective, just like my mother”.*⁶

Biologically the male spider tends to be smaller than the female, which can lead to risky copulations as sometimes the female will kill and eat the male!

Another strong archetypal theme in Spider is the idea of Tarantism. Without going into too much detail for the purposes of this overview, the idea of it appears to derive from old pagan rites of initiation and later elements of a Catholic-Christian exorcism, according to “Bitten in the Soul” by Massimo Mangialavori and Hans Zwemke⁷. The sexual and instinctive sphere was suppressed particularly in this religious culture. But an allowance was sometimes made in that someone exhibiting such behaviours in an overt way must have become “crazy” from being bitten by the spider, and such a person was allowed to

*“give way to her instincts and behave in an “exhibitionistic” and openly sexual way. If she were ready for a healing cure, for the exorcism provided by dancing the Tarantella for days until exhaustion, purification would come..”.*⁸

Fast, repetitive music was played, until the right rhythm was found. So in this myth we see the elements of dancing and love of rhythm that we see so often in the spiders, particularly well known in Tarantula. Keeping with the theme of rhythm, we also know that spiders are very sensitive to vibration and there is an idea that they are sensitive to music.

According to Mangialavori and Zwemke, here are some general characteristics of spiders:-

- Activity - great industriousness;
- Hypochondriasis – they may exaggerate and dramatise their suffering. Feigning sickness may catch other’s attention;
- Persecution – oversensitivity to bullying and averse to being forced to doing things they do not want to do. They may feel different and misunderstood;
- They don’t like to be touched.
- Hypersensitivity – hyper alert and over sensitive to stimuli e.g. noise, touch;
- Dyskinesia – an altered sense of rhythm and pace in life, they are speedier than others;
- Periodicity
- Time – an altered sense of time
- Music, generally ameliorated by rhythmic, loud and repetitive music;
- Food - a difficult relationship to food and issues with nourishment. They may not eat much, and may prefer light food, liquidated food with lots of immediately available energy;
- Thirst – may be more thirsty than hungry;
- Tobacco – often ameliorates;
- Coldness – normally chilly and will move to warm up
- Irresolution – might be irresolute and capricious
- Gender roles – there may be a fight between the sexes, women often domineering. Sex is a non-emotional affair.

They often have a distinctive look – maybe dark haired, darting eyes, perhaps something spiky about them. Other well known themes include extreme restlessness, hurry, rapid movements, often a devious and cunning side to them.

There is lots of information on spider themes readily available but I think its useful to have a flavour of spiders in general before we go on to look at Zebra in detail. It is interesting to see how many of these themes came through in the proving.

1.5 Has it been proven?

Having fallen in love with the Spider, I think I would have gone ahead with the proving even if it had been proved already. But I was happy to find that that there was no proving data on this particular species of jumping spider; it gave an added sense of purpose to carrying out the proving.

During this process I read Portia fimbriata “The incredible power of a tiny little one” by Brigitte Klotzsh ⁹; it was wonderful to learn about a proving of a different species of jumping spider and gave me added confidence in what I was proposing to do. Portia is a somewhat more exotic species than Zebra which is common to northern climes.

I checked proving data on www.provings.info ¹⁰ and was not able to find proving data specifically relating to Salticus scenicus. The only information on it linked to a proving of Aranea scinencia, “Gray spider”, in the latter part of the 19th century. The species used remains unclarified but most likely belonged to the family of the Salticidae. Whether this was a zebra spider or another species is not clear but given its description as a gray spider, I think perhaps not.

Lastly I was fortunate to have the opportunity to visit Helios homeopathic pharmacy on a WSH trip in February 2016 and John Morgan kindly allowed me to check their full list of remedies to see if the substance was listed; happily it was not!

So, as far as I have been able to tell Zebra is unproven but I would of course be delighted to discover any other proving information on this substance in the future.

1.6 Teacher Spider

About five weeks before the proving, after a long period of not seeing Zebra anywhere since the previous summer, I began to think seriously about finding one again. I didn’t go actively hunting for one but one sunny day again, there was one on my window sill. It was an adult female. I quickly captured her – I didn’t have much time to think about it, they don’t hang around in one spot for long, and grabbing a nearby container I gently guided her in. Now what? Its still over a month to go to the proving! I went out and bought a spider vivarium from the local pet shop. Well, if I’m going to keep it, I thought, I’d better keep it in some style.

Setting up home

I read up information posted by jumping spider enthusiasts on the internet. These spiders are active little jumpers so paraphernalia such as twigs and a stone or two were a must. They tend to be more active in the day and I would often see her climbing about, sometimes directly up the sheer glass sides of the container, probably looking for an escape route! But also they need some shelter. I found that the spider liked to hide under a piece of tissue paper. I observed that the spider would weave a little cocoon of silk around itself when resting, usually at night. She would form her silk case invariably underneath the shelter of the tissue paper - which was very handy actually as it was much easier to find her; they are very small spiders.

In accordance with the advice given by the jumping spider enthusiasts, I would dab very small amounts of water on to the side of the glass, which the spider could drink from. They need very little and you have to be careful not to put too much water as they can easily drown in it, with their delicate book lungs. The only problem really, it seemed, was food.

Hunting

For some reason it didn't occur to me to go and buy some ready prepared pet spider food. I think actually this was part of my process in terms of learning about the spider. I found out what they tended to eat e.g. small flies, moths, other small spiders even, and then set about every other day or so to capture some - they don't have to have a meal every day.

At first there was some anxiety about this – what if I can't find/catch a suitable insect? But I quickly began to observe that so long as I was alert whilst going about my daily business, finding food wasn't too much of a problem. I would be working at my computer or reading a book and a little silver clothes moth (these were particular favourites) would flutter by – my peripheral vision and sensitivity to movement became a little more refined during this process! Then I would quickly act, grab a small container that I'd taken to carrying around, and sneak up on the moth once it had settled, capture it and present it to my spider. Then I would delight in observing the spider's hunting ability. Once the moth was in its sights it would turn and focus on its prey and move forwards tentatively, like a bit like a big cat stalking its prey, then quickly jump and pounce. Sometimes it didn't get a good hold and the moth would escape but invariably she got a good grip and then, would slowly digest her prey.

I also took to visiting the compost bin which I found was a veritable haven for small black flies and fruit flies. I became quite adept at catching them too but you had to be very quick and sneak up on them from behind.

I did not take some gory delight in this; I didn't enjoy catching insects to be eaten per se but, as part of the process, I was almost becoming the spider – in order that my spider in captivity could eat. It seemed only fair really. But, as a deeper part of this process the profound realisation was that there was no need for anxiety about food turning up. I didn't have to go around hunting all the time; so long as I was alert at least some of the time, it seemed something would turn up. It made me think about how simpler and less anxiety ridden life must have been in hunter/gatherer societies. It also made me think about unnecessary anxieties in my life, and how often the universe provides so long as we are alert and have a certain degree of participation in this.

Escape

So this really was a teacher spider and, after a month of observing the spider, hunting and providing for her, I was becoming very averse to using this particular spider for the trituration – I even named her, Salty. However, with little over a week to go before the proving and not having spotted any others, it was becoming increasingly likely I would have to use her. Luckily the decision was taken out of my hands. One day I must have accidentally left the lid to the vivarium slightly ajar and when I went to look for her, she was gone, escaped. Great, I was relieved in a way, but now I was really becoming concerned about the upcoming proving and lack of a specimen. It's not like I was proving some kind of rock or plant that I could just go and collect from somewhere. I should have remembered what I'd learned from Salty – to trust the process.

1.7 Ethical considerations; and RSVP!

Ethics

It so happened that in the run up to the proving the issue of using animals in experimentation in homeopathy was being debated by the Society of Homeopaths. Apart from the fact that I genuinely loved the spider and didn't relish the thought of destroying one for the purposes of the proving, this added to my quandary and I spoke to Linda about my concerns. Looking into it further we were satisfied that I would not be breaching any ethical guidelines. Quite rightly the Society does not approve of experimentation on animals. This relates to using animals in laboratories, for example, to test products.

The preparation of remedies does not fall into this category and presumably neither preparation for proving material which goes on to become remedies; otherwise we could not in good conscience use remedies such as *Apis* or *Tarantula*. Unfortunately for insects, bugs and spiders their death cannot really be avoided in the process of preparation of homeopathic remedies. In a larger animal we can use a feather or a blood sample, for example, without any harm to the animal involved.

I did not want to crush the live spider, as is done with preparation of *Formica Rufa* (crushed live ants) and decided that I would use the same method as for *Apis*. I would drown the specimen in some good quality brandy, which on balance seemed like a better way to go.

RSVP!

Having addressed these concerns, I was a week prior to the proving in the position of not having a live spider to use in any event. As is so often the case, all that was required was some *intention* and *attention*. I meditated on what I was intending to do; asking the substance to "turn up". That afternoon I spotted a Zebra on the window sill, this time it was a male. Thankful and relieved, I captured it and kept it safely and humanely with food and water for the duration of the week. That wasn't the end of it though. The following days were warm and sunny which is great for Zebra spotting. Over the next three days, during my lunch hour when I popped home from work I was easily able to spot three Zebras on each consecutive day on the garden walls. By mid week then I had four specimens and was ready for the big day on Sunday 17th April 2016.

2.The Proving

2.1 Why Trituration?

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

– invitation to the proving.



I knew early on that I wanted to use the trituration method. In my first year at WSH I had the opportunity to take part as a prover in a trituration and I remember being astounded at the information that was accessed during the course of the process and also how much of this related to the substance once this was revealed at the end.

Proving a substance by trituration involves using a pestle and mortar to slowly break down the substance which has been mixed in sac lac powder. The provers form a circle and, each with a pestle and mortar, go through a series (or rounds) of grinding and scraping the substance. As the rounds progress and amounts of powder are removed and fresh powder added at certain stages, the amount of the actual substance left in each prover's mortar becomes increasingly smaller and miniscule; but, increasingly dynamised due to the process of grinding and scraping. In this way, it is similar to the process of dilution and succussion in water we are more familiar with.

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The homeopathic system of medicine develops for its special use, to a hitherto unheard-of degree, the inner spirit-like medicinal powers of the crude substances by means of a process peculiar to it and which has hitherto never been tried, whereby only they become immeasurably and penetratingly efficacious and remedial, *even those that in the crude state give no evidence of the slightest medicinal power on the human body*. This remarkable change in the qualities of natural bodies develops the latent, hitherto unperceived, as if slumbering, hidden, dynamic powers which influence the life principle... **This is effected by mechanical action upon their smallest particles by means of rubbing and shaking and through the addition of an indifferent substances (dry or fluid) [in which these particles] are separated from each other.** This process is called dynamizing, potentizing, (development of medicinal power).....¹¹

The Trituration process itself has long been the mechanical method by which the raw, material substance is first broken down and mixed with an inert substrate before being diluted and succussed in water. It is documented that in 1812 Samuel Hahnemann triturated Aurum metallicum for ten rounds!

More recently it has been found that the process of trituration can offer useful insights as a method of proving in itself. Throughout the process provers are able to record any physical, emotional or mental symptoms or sensations they experience in their proving notebooks.

So that's a basic explanation of what takes place; I cannot explain how it happens that the information is received. Provers do not actually physically take a dose of the medicine as in a classical Hahnemannian proving. However, it seems that working intensely and collectively as a group in the field of the substance as it is being dynamised has the same effect of taking a dose. We know of this field effect in homeopathy, for example, supervisors in a classical proving without actually having

taken a dose themselves, being affected by and experiencing symptoms of the proving. The Trituration Handbook “Into the heart of homeopathy” by Anneke Hogeland and Judy Schriebman is recommended for further reading into this subject. Personally I also think “The Science Delusion” by Rupert Sheldrake provides a fascinating insight into the subject of morphic fields and a non-mechanistic approach to science.

In short, the process of triturating reveals the substance and its effects to us and, much like homeopathy itself, sometimes the best way to understand it is perhaps to experience it.

“..throughout the Organon Hahnemann refers to two different kinds of knowledge: *Wissen* and *Kenntniss*. *Wissen* is the kind of knowledge you get from studying or reading books, while *Kenntniss* is that deep, personal knowledge you gain through experience...Triturations give people access to this “*Kenntniss* kind of knowledge, a deep experiential understanding of a remedy”.¹²



The trituration process as we carry it out at WSH takes place over the course of a day. Unlike a Hahnemannian proving, then, which often takes place over the course of a month, it is a lot more condensed and limited in terms of time for all the information to reveal itself but the intensity of the experience of the proving over the course of a day seems to reveal plentiful information – as you will hopefully see from the information collected in this proving.

2.2 Preparation

As soon as I formed my intention to work with the substance, long before day of the proving actually took place, it seemed I began to experience the effects of it personally. Only after analysing the proving did I realise some of my behaviour may have related to the proving.

Especially notable were periods of industriousness which came out as a theme in the proving. Only it was a peculiar kind of industriousness. I had a love of methodical working, often over small, fruitless tasks. Before the proving I was very meticulous in my preparation. I spent hours one day measuring out exact amounts of sac lac powder into small envelopes – of course, measuring the sac lac was necessary for the proving; however what wasn't necessary was to label and number each packet specifically for each prover and round e.g. prover 1, C1, etc... and then to take great pains in lining these up in an orderly fashion in a box. I knew, on some level, that the substance was only going to be added right at the start and then it was just a matter of handing out additional portions of sac lac to each prover as the rounds went on - there was no need for the packets to be meticulously labelled and ordered! Yet it seemed the spider part of my process that was by then in full swing, loved and took great pride and pleasure in this small, monotonous yet utterly useless task.

Having prepared my implements and powders and having my specimen Zebra spiders in readiness, I felt as ready as I could be for the big day...

2.3 The Trituration

The proving took place on Sunday 17th April 2016, beginning at 10am and we finished by about 4pm. There were ten provers in all and only two, myself included, knew what the substance was.

A small idiosyncrasy of the proving I should mention is that the provers are numbered 1 – 11 with prover 7 missing. Prover 7 had unexpectedly been taken ill and was unable to attend that morning and, for some reason, rather than hand out the notebooks again I asked provers to stay with the numbers they had been assigned. I used the same numbers in referring to the provers throughout, as explained at the beginning of the repertory section. Apologies for any confusion here.

I brought four little Zebras along, three females and one male. Before the proving began and before the other eight provers were invited upstairs, my hardest task of the day was to choose a specimen to use for the trituration. A healthy looking, fully grown female was chosen. I had decided to quickly drown the specimen in a small amount of alcohol, as discussed in section 1 under ethical considerations. This was carried out with a spirit of gratitude towards the substance.

I then added the specimen to a small amount of sac lac powder and ground and mixed the substance with the sac lac, a small amount of which was then added to each mortar to begin the first round. I should point out that the substance was thoroughly mixed and not identifiable to the human eye. Shortly after this the provers were invited upstairs.

Before beginning we set our intention as a group to be open to what the substance had to reveal with the overall aim of uncovering a remedy and its healing potential. The provers were informed that it was believed to be an unproven substance and were asked to note any symptoms they experienced, either on a physical, emotion and mental level or sensation level or beyond, during the process. Provers were asked to be open and non-judgemental in this and to just accurately record anything that came up for them. The procedure for the trituration was as follows:-

Round 1

- Each prover to be provided with a pestle and mortar containing approximately 1 part substance to 33 parts milk sugar.
- To grind the mixture with the pestle and mortar for six minutes and then scrape for four minutes.
- To repeat this process a second time (six minutes grinding, four minutes scraping).
- A further 33 parts of milk sugar to be added to the mortar and then grind and scrape for a further two cycles of six minutes grinding, four minutes scraping respectively.
- Then the last portion of 33 parts of milk sugar to be added and a further two cycles of grinding and scraping. This completes Round 1 and takes about an hour.
- The powder from Round 1 to be removed (leaving only a small part remaining in the mortar for the next round) and to be labelled “C1” powder. Basically, this is one part substance 99 parts of milk sugar, which has been dynamized by the force of trituration.

Round 2 and above

- To progress to Round 2, add further milk sugar to the small portion remaining in the mortar and repeat the same series of grinding and scraping (6 x 6 mins/4mins). This takes us up to 1/10,000 part substance to milk sugar (“C2”).
- Round 3 takes us up to 1 part in 1,000,000 (“C3”)

- *Triturating [grinding] must be done with some force, but only so forcefully that the milk sugar does not remain stuck to the mortar and can be scraped clean within 4 minutes. And do not forget to scrape the head of the pestle.*¹³

One of my provers was happy to be timekeeper for which I was very thankful. We did not talk to each other during the rounds but feedback was taken at the end of each round.

By the time we were reaching the end of Round 3, collectively we felt that the energy of the proving had run out and we decided not to proceed further. The powder collected from the final round of the trituration was sent to Helios and I am grateful to John Morgan for arranging for the powder to be prepared into potencies.

At the end of the proving the substance was revealed to the provers – literally and figuratively, as I brought the remaining three live spiders into the room to show the provers, to a mixture of delight and trepidation!

2.4 Release

As part of the closing down of the proving it seemed fitting to release the captured specimens back to the wild. As a group we proceeded down to the school garden and, in a sunny afternoon, we released the spiders, letting them go on parts of the stone walls of the school garden. The provers took great delight in seeing the substance they had proved in action, jumping and darting on the wall and finding a nook or crevice to go and hid in and it was a lovely ending to the day.

2.5 The Joke is on me!

Whilst I was overjoyed at the success of the day and the amount of information that had been gleaned, I had a lingering shadow of guilt at having to destroy one of these little spiders that I had grown to love, as part of the process.

When I woke up the next morning, I felt extraordinarily lazy, almost teenage like – couldn't be bothered to get up and get dressed. It was a school day and I needed to drive my daughter to school and then go to work myself. Somewhat out of character, I decided to do the morning run in my pyjamas – a fluffy affair with black and white stripes it just so happened. Belatedly, after dropping of my bemused daughter, I realised I had gone out without my house keys.

Running through options in my head, my only idea was to go to the office and pick up a set of keys from there (my partner worked in the same office). Having got out of the car, fully realising my predicament, I half crouched, half ran towards the office stairwell, darting and hiding behind bushes on the way. Similarly up the stairs I ran, hyper alert in case I ran into anyone in my fashionable pyjamas. On arriving at the door, no one was in yet. I hid and waited in a corner of the stairwell, looking out for him to arrive when I would pounce out and announce myself and that I needed his keys...

Only as I was driving home did I get the sense that the joke was on me. I realised I had just done a very good impersonation of the spider. Subconsciously I think I needed to make a fool of myself to get over my lingering sense of guilt and I imagined the spirit of the substance having a very good laugh at my expense!

In the weeks that followed I seemed to see Zebra spiders everywhere, reminding me that the substance was indeed very abundant.

2.6 Setting up a Den

Then followed what has been the most difficult and yet fascinating part of the process – collating the information, synthesising it and writing it up.

As I say, the spirit of the substance seems to have following me throughout (at least, that's my excuse!) From having been through a period of incredible industriousness and efficiency in terms of preparation and the proving itself, I then went through a period of a few months of inertia and almost laziness about even picking up and starting to go through everything.

I decided one evening I needed to get cracking. Before I could do this I felt a strong inclination to make a den. I found an old clothes horse and draped some material over it and constructed a little desk behind this, which I felt I could hide behind and really get into the analysis. I decorated the “den” with pictures of the spider and a little white board on which to write down themes etc. This might sound like a certain amount of procrastination or eccentricity even, but it was again, out of character – I don't usually set up a den before getting down to some work! Incidentally, Zebra spins a little silk case for itself in which to hide and sleep. It was only after I'd done this that I really was able to get down to business - which is the repertory and themes sections that now follow (the serious stuff!).

3. The Remedy

The following repertory section incorporates the mind, physical and general symptoms from the proving. Then follows section 3.2, which draws these symptoms into themes and 3.3 which gives an synopsis or idea of the Remedy.

3.1 Zebra Spider Repertory

Coding information

- Each prover is referenced by an assigned number, 1 – 11, in brackets. But note there were only 10 provers, Prover 7 is missing, as explained earlier (section 2, The Trituration).
- Two provers (5) and (10) knew what the substance was. The substance was not revealed to the rest of the provers until the end of the proving.
- When a symptom was experienced by just one prover the rubric is listed in single type, where two provers have experienced a symptom the rubric is italicised and where three or more provers experienced a symptom the rubric is shown in bold type.
- Under the main rubrics I have included examples of expressions/text of the provers. At first this was just for my reference purposes whilst going through the task of repertorising all the information and converting it into rubrics but later on in the process of writing up, I felt it made sense to leave the detail in – the information felt more alive and accessible than a “dry” list of rubrics.
- Where I have included expressions of the provers under rubrics, I have also included a reference to what round and level the expression was made e.g. prover 1, round 1, grind 1 is shown as (1, C1, G1) or prover 2, round 2, scrape 3 (2, C2, S3). Initially I did this so I could easily refer back to the relevant place in the text/notebooks but in the end I decided not to delete the references as it was interesting in terms of synchronicity whether provers were experiencing similar things at the same times in the proving.
- Where I have not been able to find an existing rubric in Essential Synthesis I have indicated this by an asterix *

MIND

Absentminded – Dreamy / Dreaminess (2) (3) (9) (11)

- (11) is looking out the window, dreaming? I'm looking into the bowl, dreaming (9 C2 G3)
- Day dreaming (2 C3 S5)
- Daydreaming – cannot stay in the present, its too noisy. (3 C3 G2)

Absorbed (2) (3) (5) (6) (8) (10) (11) (see also Introspection)

- Lost in process/thought. (2 C1 S3)
- I like the scraping – I can make patterns (3 C2 S3)
- Become intent on scraping – looking inward. (6 C1 S3)
- At one with process (8 C1 G4) Feeling absorbed in grinding. Bit dizzy. (8 C1 S6)
- Desire to create patterns – see sequences. Like unusual symmetry but without perfection (5 C2 G4)
- I could just *drift off* into the periphery – of *noises* and of *movements* (9 C2 S1)
- Grinding, little circles. (10 C2 G1) Changing pattern of grinding – straight lines. (10 C2 G4)
- I'm inclined to turn inwards. (11 C2 S3)
- Sifting, looking for lumps (3 C3 S3)
- Looking at the wooden beams – all the cracks and holes – beautiful (5 C3 G5)
- I'm doing a time test with the stopwatch and the little alarm clock. Ooh – nearly stopped them at 4 minutes – now I've lost track of my time test. Started again but lost it at the end (11 C3 G4)

Alert / Observant (1) (3) (4) (5) (9) (10) (11)

- Noises in building (1 C2 G5)
- Car horn – we all looked up. (1 C2 S1) (4) (9)
- Car horn beeping in the distance and everyone stops. (11) is even checking what is happening outside. Drawn to the periphery. (9 C2 S1)
- Van outside – its gone. (11 C2 S1)
- Am very aware of other people and what they are doing. (4 C1 G3) (see also Sensitive – people; to presence of other)
- Noticed white beads on (x)'s clothes. (6 C2 G1)
- Looking outside window – see every detail, every pattern in glass/distortions. (10 C2 G5)
- I feel so much more awake and alert and energetic! (9 C3 S1)

Anger (2) (3) (5)

- Suppressed anger. See Red (2 C1 G6)
- Prover 3 felt she had a temper and urge to push desk over in a tantrum (3)

Anxiety (1) (2) (4) (see also Fear)

- Feel a bit anxious. Energy change again. Heart feels heavy/ anxious. (1 C1 S5)
- Heavy. Dark. Handprints on me. Anxious. (2 C1 G1)
- Don't know if I'm going to like sensations of Rx. Stick with it as everything will be ok, I know it (4 C1 G4)

Beautiful, yearning (3)

- I like the scraping – I can make patterns. This is where the change happens. Do not destroy – it is beautiful at last – it is beautiful” (3 C2 S2)

Behaviour problems (3)

Benevolence (11) (see also Thoughts – thoughtfulness)

- This is a kind remedy – something benevolent about it. He’s quiet. Profound, calm, thoughtfulness. Contemplation. Such very dear people with me here – good women, we do this for the world. How many circles of women have done this or similar before us – ancestors, out taking note from a distance. (11 C2 G4)

Breaking things – desire to break (3) (See also Destructiveness)

- Fighting the urge not to throw the bowl on the floor. (3 C1 G6)
- Made a face in my powder – smashed up – too ugly. (3 C1 S5)

Capriciousness (3) (9)

- I don’t want to scrape! (9 C2 G3)

Change, aversion to (2) (9)

- Desire to live in past. Maintain status quo. Too uncomfortable to move forward. Fears change. Too much responsibility. Feels responsible for everything. Analyses everything. Desire to turn back time. (2 C1 G5)
- I don’t want to stop! I don’t want to move on. I don’t want to grow up and develop. (9 C2 G3)
- I don’t know where I am. I don’t want to have to catch up with them. Rush into the industrial age. I’d rather stay with psora – slow and soft” (9 C2 G3)

Cheerful / Joyfulness (1) (2) (4) (8) (9)

- A song – “Happy talking, happy talk, talk about things do to”. (4 C2 G6)
- Feel good, happy. (8 C1 G2)
- Sparking, bright, tinkling energy, smiley, mischievous, softness, quick (1 C3 S6)
- Much lighter, relaxed. Smiley, happier, pure sunshine, light, WHITE (2 C2 G2)
- I’m happy. Intimacy and true connection at last. “Happy” Pharrell Williams. Happy at last. Rest easy now. Italian Job complete! (2 C3 G6)
- There is a lot of joviality in the air. People laughing. Playful. Song “Love is in the air, everywhere I look around” (4 C3 G4)
- So much lighter, feeling much more cheerful. Nice to have interaction. Outgoing (9 C3 G1)

Cheerfulness – alternating – seriousness (1) (4) (10)

- Its time to get serious. (4 C1 S2)
- Some people looking serious, some laughing, smiling (observation by prover 10 C3 S3)

Checking, twice or more, must check (10)

- Feeling need to re-check which level we’re on. (10 C2 S2)
- Checking papers. (10 C2 G3)

Childish behaviour (3) (4) (5) (9) (10)

- Gentle gentle in a circle, round and round we go. (3 C1 S3)
- Feeling quite childlike and frivolous. (4 C1 G3)
- Something about children and youth. Singing a child’s song in my mind because I saw a shape of a mountain in the powder. (4 C1 S3)
- I like grinding I do! Very childlike. (4 C1 G4)
- Can see the adults in TV advert for Haribo sweets, talking childishly. (4 C2 S3)
- ‘La di da’ singing in head, want to sing out loud and “Boo” everyone. (10 C2 G2)
- “The wheels on the bus go round and round” (3 C3 G4)
- An immaturity emotionally in the picture. Emotions feel reactive, in the moment. (5 C3 G5)
- Pre-puberty, care-free time (9 C3 S5)
- We’re all like kids in a class room, playing (10 C3 S3)
- This is my game, you’re in my gang. Catch me if you can. Hah – dare you! You can’t catch me. I’m not afraid (10 C3 S4)

Clarity of mind (3) (8)

- Clarity back. (3 C2 S5)
- Clear minded. (8 C1 G2)

Colours, black, desire for (5)

- Like Black, white, grey. (5 C2 S4)

Colours, bright (6) (10)

- Colours of the carpet. (6 C2 S4)
- Drawn to look at colours – carpet coloured, colour pens on top. (10 C2 G5)

Colours, bright, agg (5)

- Noticed colour orange – too vibrant yet feels connected somehow. Colours of rug too bright. (5 C2 S4)

Colours, white, desire for (1)(2) (5) (6) (9) (10) (11)

- Thoughts of snow. (6 C2 S2) Fjords, whiteness. Experiencing quiet, blankness...looking up – noticing the white wall. (6 C2 G3). White nothingness. (6 C2 S3). White, shining, peace. (6 C2 G6)
- Soft, gentle, soft *white* powder. (9 C2 G5)
- Strong sense of being enveloped in WHITE – like a tent falling on me – very pleasant. I can see white birds flying in flock but spread out – they are big and slender – beautiful. (11 C1 S6)
- White/ billowy. Smooth, round, clean, happy, fresh (1 C3 G1)
- Pure sunshine, light, WHITE (2 C3 G2); dark brown husk, hairy, strong dark ropes.
- Puffs of white cloud (2 C3 G3)
- Quiet, in my space. White linen cocooned around me (10 C3 G6)
- “Coil” – I was stuck in a Mr Whippy coil. (9 C1)

Colours, red, desire for (4)

- Feel I want to use colours, especially red. (4 C1 S3) Feel the need to get a red crayon. Don’t know why though. (4 C2 S3)

Company, aversion to (2) (3) (4) (5) (6)

- On my own, but not alone, contented. Doing my own thing – not answering to anyone. At last, I can be myself, who I need to be. (3 C2 S6)
- Don’t need anyone – quite happy on my own. Contented (4 C3 S1)
- Detached, alone – OK (6 C3 G3)

Polarity:

- Prover 4 also experienced “want to talk to people. Had enough of silence. Sociable creature” (4 C2 S6)
- Nice to have interaction; outgoing (9 C3 G1)

Company, aversion to – desire for solitude (3) (4) (5) (6)

- Better peace and quiet and dark and *solitude*. (5 C1 G4)
- Room too bright / sounds too loud / smells too strong. Want *to be alone*. (5 C1 G5)
- Apart. Alone but content. (6 C2 G4)
- Still feeling alone – but not lonely (3 C3 S3)
- Alone and strong (6 C3 S3)
- Felt very on my own during the trituration, but not alone. Happy to work independently (3)

A feeling of **being on the outside**, alone, solitude yet not lonely (5 C1). (see also Delusions, outcast, she were).

Concentration, active (6) (10)

- Concentrating on the grinding – the white powder, the process. (6 C1 G5)
- Very intent on what I'm doing. (10 C2 G2)

Concentration, difficult (2) (4) (3) (5) (9) (10) (11)

- Easily distracted. Lost concentration. (2 C2 S1)
- Losing concentration to be neat. (3 C1 G3)
- Clockwise/ anticlockwise – all over the place. Mind flitting from subject to subject. Hard to keep a focus. (5 C1 G1)
- Feeling need to re-check which level we're at. Pulling face, concentrating. (10 C2 S2)
- Mind drifting off – must remember to watch the watch!! (11 C2 G1) Must try to focus and concentrate on getting the time right. (11 C2 G6)
- Its gone quiet - that's better, the noise is stopping my concentration (3 C3 S2)
- Powder going everywhere – try to blow it off – blew envelopes on floor. Lack of concentration. Keep focused! (4 C3 S3)

Confusion (1) (2) (3) (4) (5) (9)

- Quite confused really – bit blurry, nothing clear cut. (1 C2 G6)
- Uncoordinated, Lost! (2 C2 G1) So confused! (2 C2 G2)
- My mind feels divorced from my body. I know what I need to do but its such a struggle. How do you open the packet? Is it the label side or the other side? Is it all out? Oh no, where's it all gone? (3 C1 G5) (see also Delusions - separated – body: mind are separated; body and)
- I am a bit confused! (4 C1 G2)
- Am I meant to be grinding or scraping? (5 C1 G6)
- A bit thick in the head. (6 C1 S4)
- Couldn't remember if scraping or grinding. (6 C2 S1)
- Not sure what I need to do when I pick up the scraper. (9 C2 S2)
- Confusion (2 C3 G5)

Confusion – identity, as to his (6)

- Identity. Who am I?" (6 C1 S6)

Confusion – writing, while (5) (see also Mistakes – writing)

Conscientious about trifles (observer, detail of everything in) (3) (4) (9) (10) (11)

- I don't want to scrape, the pattern is too beautiful to spoil. Sad my neat pattern is being destroyed. (3 C1 S2)
- Very into scraping. Trying for perfection. (3 C2 S2) Creating a masterpiece" (3 C2 G5)
- Very proud of my little bowl" (6 C2 S1)
- Scraping – like exploring the past, an archaeological dig. What's under this? I'd like to do it gently, like archaeologists: using a brush rather than a scraper. (9 C2 S3)
- I can't move my chair but want to move it – otherwise my powders will fall over. (10 C2 S6)
- (9)'s gone out – shall I empty her sac lac envelope – feel I must not touch it. (11 C2 S3)

Polarity:

- Grinding and scraping: I wonder if I'm doing it right? But it doesn't matter. Its only an exercise, a practice. Its not as if somebody's life would depend on it. No real gravitas. Not an exam! (9 C3 S3)

Contrary (2) (3) (5) (9) (see also Capricious; Disobedience; Rebellious)

- Doing opposite to desired action. (2 C2 G2)
- I don't want to grind – I feel my job is done. (3 C1 G5)
- Don't like conforming. – don't like doing what I'm told (5 C2 G6)
- Just get on with it. Being pulled along. But why? Not at my pace. (9 C2 S4)

Counting (3) (10)

- Counting how many scoops of powder is in the bowl = + (3 C3 S5)
- I'm calculating (10 C3 S1)

Curious (9) (11)

- Where are we going with this? (11 C2 G4)
- The black spot in the powder is back. This time I'm feeling curious (9 C3 G1)

Dancing (3) (9) (10) (see also Generals -Motion – desire for)

- Lets go and dance. (3 C2 S5)
- Somebody is dancing a jig in their bowl – too fast, too jerky. (9 C2 G3)
- Wanting to move with the grinding. Moving side to side. (10 C2 G1)
- Moving with scraping – jiggling legs. (10 C2 S2)

Darkness, desire for (2) (5)

- Blinding white light spiralling up. Too bright. Desires Dark. Safety in dark. (2 C2 S2)
- Darkness, lie down in the dark and not be talked to, desire for. (5)
- + dark – desire to sleep. Darkness = numbness, no joy. Rigid, Black. Going through the motions (5 C1)

Death – thoughts of (4) (6)

- Thinking of a friend who passed away last year (4 C3 S4)
- Dark, death, destruction, piercing, shining, despair (6 C3 G1) (see also Despair)

Deceitful (1)

- Devious / sneaky (1 C2 S3)

Defiant (9)

- (4) looks around as if she wants to check us out and challenge us. I feel defiant (9 C3 G2)

Delusions

Delusions – alone, being (2) (3) (5) (6)

Delusions – dark (1) (2)

- Dark. Secrets (1 C1 S6)
- Dark. (2 C1 G1) Lost in dark. (2 C2 S1)

Delusions – death (6)

- Fire in the distance – destructive, death, rescue them. White, strong, shining. Groans, death. (6 C2 G5)

Delusions – flying (6)

- Go – flying over the frozen wastes – sun shining brightly. A small speck in the whiteness. Flying in the sky. The beating wings. Large black bird, beside it. Follow the remedy. (6 C2 S6)

Delusions – heaviness (2)

Delusions – influence; one is under a powerful (6)

- Magic – a magician with me – powerful. Helping me, guiding me. (6 C2 G4)

Delusions – mission (6)

- A quest. Sit up straight....Feel strong, grounded. Ready to go on. A quest. Seek and ye shall find. A mission. Conquest. Powerful, strong, certain. Fixed certainty. (6 C2 G4)
- On a quest" (6 C2 S4)
- A quest – looking into envelope. Shamanic journeying. Onward. Follow the remedy, wherever it takes us. Help along the way. My phone – no charge. Cut off. Cut off is fine – more energy for the quest. Focus. Where are we? Go on. Racing along – must move on. Seeking. Alive. Fleeing? Help someone, got to save them. (6 C2 G5)

Delusions – outcast, she were an (2) (3) (4) (5)

- Feel as though what I'm thinking and writing will be totally different to others – not as good or important. (4 C1 S4)
- Outsider" (5 C1 G1)
- Outsider feeling returns. Different – not belonging. Outcast. Not wanted. Alone. I don't fit in. Out of rhythm with everybody. (5 C1 G4)
- Feel like the remedy has left me behind. I'm surplus to requirements. (3 C3 G2)

Polarity:

- Frozen waters, colourfully dressed people – wearing tunics. Taking us in, protecting us, friendly. Feeling of warmth towards them – unity. Warmth – physical. (6 C2 S4)
- Togetherness; achieving something important together; tribal even. Light, airy (1 C3 G1)
- Need to protect my pack. Growling, biting, baring teeth (2 C3 S1)

Delusions – persecuted, he is (5)

- Why do people persecute me? (5 C2 G6)

Delusions – separated – body: mind are separated; body and (3) (9)

- My mind feels divorced from my body. (3 C1 G5)
- My body is only there when I concentrate on it. (9 C2 G6)

Delusions – small – body is smaller (5)

- Feel very small / tiny. (5 C1 G6)

Delusions – trapped, he is (2) (3) (6)

- Stuck. Mobility restricted. Bound. (2 C1 G5) So stuck (2 C1 G6)
- Restrained. Straight jacket pure white. (2 C2 G2)
- Stuck. Desires freedom. (2 C2 G4)
- "Let me go" said the eye. The all seeing eye. (3 C2 G2)
- Walled in, looking through blinkers strapped in – across the eyes. Imprisoned, despair (6 C3 G1)
- Alive, breathing. Drugged. A bind – imprisoned. Head aching, temples and base of skull, top shoulders. Bound. Help me! Mechanical. Pain in right back/side at bottom of back. Piercing pain. Let me free! Thank you. Deep breaths. Survive. (6 C3 S1)

Delusions – music : hearing music (3) (6)

- I can hear music, from far far away, soft gentle – a hum in my head but far far away. (3 C1 G4)
- Lullaby singing in the distance. (3 C2 G4)
- Tinkling sounds – like bells on reindeer pulling a sleigh. (6 C2 S4)

Delusions – separated, world from the, he is (11)

- On my way in (to WSH) this morning – sense of chaos – traffic, roadworks. Feeling of being outside of something as I walk in the sunshine. Am I the only one? Am I late? (11)

Delusions – tall – he or she is tall (1)(8)

- Bigness! (1 C1 G3)

- Felt tall, like looking down from afar (8 C1)

Delusions – time (9) (see also Mistakes – time)

Timeless. (9 C2 G3)

Delusions – watched (1) (10)

- Looking in through window. Dread. Something not nice. Heart thumping a bit. (1 C2 G3) (Also Fear)

Delusions – world, destroyed * (6)

- Fjords, whiteness. Lost in oblivion – feels fine. Experiencing quiet, blankness. The glaciers falling into the sea – the world being destroyed. An icy threat. Deep breaths. The future. Peoples' cries. Death, destruction? Large sea creatures living on. (6 C2 G3)

Delusions – wrong – done wrong, he has (2)

- Reproaching myself. Feel responsible for all wrongs. (2 C2 G1)

Despair (2) (6)

- HOPE, hope, hope. Frozen wastes. Quest. Keep going on. Is there a point? (6 C2 S5)
- Dark, death, destruction, piercing, shining, despair. (6 C3 G1)
- Despair of recovery. Nothing. Death. (6 C2 S5)

Polarity:

- Joyful, upbeat, energetic, abundance (1 C3 G3)
- Clean, feathery, soft, billowy fun energy in the room (1 C3 S3)
- Cool, everything is going to be fine. Peace, love and harmony (4 C3 G1)
- Ray of sunshine, hope, uplifting (6 C3 G1)

Destructiveness (3) (5) (6)

- Made a face in my powder – smashed it up - too ugly (3 C1 S5)
- I want to destroy (3 C1 G6)
- Circles, spirals and nausea. Cycle needs to be broken. Destruction of pattern, nausea gone” (3 C2 S2)
- Smashing the mortar. (5 C1 G2)
- Wanton destruction (6 C3 G2)

Polarity:

- I like the scraping – I can make patterns. This is where the change happens. Do not destroy – it is beautiful at last – it is beautiful. (3 C2 S3)

Detached (5) (6) (9) (8) (11)

- No emotions, just getting on with the job. Detached. (9 C2 G1)
- Why is everybody looking around and grinning? No emotion? Not wanting emotion. Everybody is different. I don't have to have any emotion. Its just a job. (9 C2 G3)
- Automaton. Eyes just staring. No contact. (9 C2 G5)
- What a rush! The powder is going everywhere. I don't care. No curiosity, detached, numb. (9 C2 S5)
- Feel a bit detached – semi-detached. The Kinks – what is that song? London 1960s, Semi-detached suburban, Mr Jones – is that the Kinks. Was it Manfred Mann? I'm back in the 70s music. I blundered with the time – 2 minutes too short. Feel a bit sobered by this. (11 C2 G2)
- Feel rather disconnected – not from the room/circle, but from everything else. (11 C2 S6)
- Unfeeling – not indifference, just no feeling. No emotion – only when mind drifted to my grandchildren (5 C3 G3)
- Detached, empirical, what's the point? Horror, despair, walled in. Looking through blinkers, strapped in across the eyes, imprisoned, despair (6 C3 G1); Mechanical (6 C3 S1)
- Feel like I've disengaged a little (8 C3 G3). Detached (8 C3 G4)

- Nothing comes up – no feelings, no images. Mechanistic. Boring (9 C3 G2) (see also Ennui)

Determination (1) (6)

- Determined. (1 C2 S6)
- Weary at the start. Coming to an end. Keep on going. Be strong. Don't be distracted from the path (6 C3 G4)
- Is there anything left? The vicissitudes of life, must rest sometimes. But never give up! Until death to us part. Keep going (6 C3 G5)

Disobedience (5) (see also Contrary; Rebellious)

- How awful to have ADHD in school and feel forced to behave / to conform / to have no individuality/ to not be able to be myself. (5 C2 G6)

Polarity:

- They're all so dutiful and obedient. (11 C2 S1)

Dullness, sleepiness with (2)

- Sluggish. Yawning. (2 C2 S6)

Emotions (2) (6) (10)

- Overwhelmed with emotion (2 C1 G1) Cried 10 minutes into my journey/drive here today. Walking from car park to WSH. Thought heart attack going to happen. **So breathless.** Major sobs on arriving at WSH, **gasping for air.** (11) settled me. Crying with emotion, totally overwhelmed emotionally
- Emotional feelings (6 C1 G1)
- Burst of emotion, almost tears – but gone quickly (10 C3 G3)

Emotions, wanting * (5) (6) (9) (see also Thinking, analytical; Detached)

- Detached – no feelings, no involvement (6 C3 G3)
- No emotion - not that it was repressed, just nothing there (5 C2)
- No real emotions. Striking. Just doing. Not indifferent – just doing. (5 C2 G5) (see also Detached)

Ennui (3) (5) (6) (8) (9) (10) (11)

- Just going through the motions. I don't want to be here. (3 C1 G5)
- Bored of doing circles – want something exciting. (3 C2 G5)
- Methodical. Boring? (6 C1 G6)
- Starting to feel bored of the itching. (8 C2 S3)
- Can't be bothered (3 C3 G3)
- Mechanistic. Boring (9 C3 G2) Nothing happening. I could go back to sleep (9 C3 G3)
- Bored, yawning, looking forward to break time (9 C3 S4)
- Looks like (5) is stamping on beetles in her bowl, rather than grinding. Is she bored? (9 C3 G5)
- Can't be bothered. Are we finished yet? (10 C3 G1)
- I'm slightly bored – looking for things to distract me. Used a different technique to stop the watch – world shattering event! (11 C3 G2)
- I'm rather bored in an unintense sort of way (11 C3 G3)

Estranged (2) (4) (5)

- Desire for intimacy. Don't know how to relate. Aching heart. (2 C2 S3)
- Aching in my belly to love and be loved. (2 C2 G4) (see also Delusions; alone, being)
- Thinking about my son who is away. Want to send him something to say I'm thinking of him. (4 C1 S4)
- Dreams of INTIMACY, REAL CONNECTION, touch, to be held safely; from the film Avatar – "I see you" (2 C3 G2)

Euphoria (8)

- With a sense of skeletal alignment; a feeling of euphoria, smiling, felt high up but not tall.

Euphoria, alternating with – sadness (1) (3)

- Sadness – dark, heavy, low energy, dread (1 – C1) / Light, airy, fluffy, fun, energetic, peaceful, bubbly high energy, joyful, upbeat (1 – C3)
- Exciting – big and shiny – twinkling diamonds fell into my bowl. (3 C2 G3)

Escape, attempts to (2) (3) (4) (5) (6) (9) (10) (Freedom)

- Something wants to escape or be set free. (3 C1 G2)
- Skiing across the snow – freedom. (3 C2 G3)
- Dandelion – gone to seed – the seeds being carried on the wind – on an adventure up high in the sky, floating round and round. (3 C2 G6)
- Want to run out of room but I won't. Stick with it! Thank God we've stopped. (4 C1 S3)
- Powder literally jumping out of the bowl – trying to escape! That's what I'd like to do. Room too bright / sounds too loud / smells too strong. (5 C1 G5)
- Want to escape / get out (5 C2 S6)
- I want to escape. Tip table over, run out of the door and hide" (5 C1 G5)
- Go away, must" (6 C2 G3)
- Long held grief needs to escape (3 C1 S2)
- Bird trying to escape, leather straps across eyes, wings beating. Journey of hope, escape. Drowsy, must stop, rest (6 C3 G2)
- A mission to flee – over land and sea, forever, eternity. Never dying, repeating on and on. (6 C3 G3)
- You can't catch me for dust, Ha! (10 C3 G5)

Fastidiousness (3) (5) (9) (Order – desire for)

- I need all the powder to come off the sides – its annoying me, that I can't get it all off. Need the pile of powder to be completely neat and tidy in a circle. Not as tidy as I want it. (3 C1 S1)
- So important to get the correct pattern in the powder" (3 C2 S1) Neat, tidy, ordered" (3 C2 S5)
- Not fastidious re cleaning it perfectly – but loving the patterns. Drawn to the pattern (5 C1 S1)
- Realise my table is the wrong way round and can't get legs in. Everybody else's is right. Table seems too far away. (5 C1 G4). Had to move table round. (5 C1 G4)
- Want to create patterns – see sequences. Desire unusual symmetry but without perfection. (5 C2 G4)
- I want to be neat on my table, but the wobbliness of it doesn't sit right. (9 C1 G5)
- Need to make a neat pile in lower right quarter of bowl (3 C3 S1)

NOTE: *Prover 5 in particular noted a need for symmetry. Prover 3 felt a strong desire for pattern and not wanting to disturb the pattern of the sac lac in her mortar. In considering choice of rubrics, I would have preferred to find a rubric more specific to need for symmetry than "fastidiousness".*

Fear

Fear – causeless (1) (5)

- A bit of fear – don't know from what. (1)
- Anxious in stomach. Something is not right and dreading it (1 C2 G4)
- Low rumble in the background – feels like a threat somehow (1 C2 S5)
- Not fearful – just survival of species? What I'm here to do. My role in the group. (5 C2 G5)

Fear – danger, of impending (6)

- Be aware. Danger. Be sure. Work not done. Hope. Salvation. It will happen again, be alert to it. Ready and waiting. Go out, seek survivors. A quest. Be apart, be aware, be ready. (6 C2 G6)

Fear – disaster (6)

- Destruction. Fear. Madness. Tears. Sadness. Horror. To save, saviour. Death, destruction, Strong, shining, save – where is the enemy? Who is the enemy? (6 C2 S5)

Fear – impulses, of his own (2)

- Violent but suppresses as afraid of capability to do harm. (2 C2 G1)

Fear – observed, being (5)

- Don't want to be looked at, don't like being seen, want to be invisible – in a shroud of grey mist – an invisibility cloak "I am not here" – I am just observing- SEEING BUT NOT SEEN (5 C1 G5)

Fear – open spaces (2)

Fear – palpitations, with (1)

- Looking in through window. Dread. Something not nice. Heart thumping a bit (1 C2 G3)

Flying – desire to fly (6) (see also Home – desires to go)

- Want to go home. Soaring in the air. Homeward bound! Free. Up into the sky – like a bird. Icarus – burned by the Sun. (6 C3 S3)

Foolish behaviour (4) (5) (10)

Forgetful, words (11)

- It took me ages to find this particular choice of words. (11 C2 S3)

Forsaken (2) (Held – desire to be)

- Desires hugs. To be cared for / nurtured. (2 C2 G2) Aching all over for love, intimacy. So afraid of it! (2 C2 S2)
- Love. Someone calling, needing me (1 C2 G1)

Giggling (2) (5) (6) (9) (10) (11)

- Giggling at silly things. Uncontrollable giggling. (6 C1 G2)
- Catching (6)'s eye – wanting to make her giggle. Feeling giggly. (10 C2 G1)
- Giggles galore in the room, laughing (5) and (11) (observation by prover 2 C3 G3)
- (11) + to poke (9) – giggles. Count down to stop (observation by prover 5 C3 S3)
- Giggling, (9) and (5) and me (11 C3 G3)

Grimaces (10)

- Making faces. (10 C1 S1) Pulling faces with my lips. (10 C1 G3)

Heaviness (1) (2) (6)

- Heart feels heavy/anxious (1 C1 S5)
- Heavy. Dark. Handprints on me. Anxious (2 C1 G1)
- Dark. Heavy. Stuck (2 C1 S5)
- Extremely stuck in the mud. Heavyweight. Pulled back down (2 C1 G5)
- Tiredness – lethargy generally. Heaviness. (6 C1 G4)

Polarity:

- Light, airy (1 C3 G1) Fluffy, fun, energetic, cyclical (1 C3 G2)
- Bubby energy; high energy (1 C3 S2) Comforting, lightweight (1 C3 G4)

- Light hearted (2 C3 G1)

Hiding – desire to hide himself (1) (5) (6) (9) (10)

- Remedy is hiding behind.....? (1 C2 G4)
- Occasionally I see a black dot in my bowl and quickly rub it out, so it is covered up again. From psora to sycosis. (9 C2 G4)
- Sentinel. I am guarding, watching – you don't see me, hiding, emirate. (10 C2 S4)
- Hide. Eyes covered, only look forwards (6 C3 G4)

Hiding – desire to hide himself; run away; and (5)

- Would love to tip the table over and run out of the door and hide. (5 C1 G5)

Home – desires to go (1) (3) (6) (8)

- Want to go home now. Don't care. (1 C2 S4)
- Homeward bound – nearly there (3 C3 G5)
- I'm ready to go home – to be where my journey has ended (3 C3 S6)
- Want to go home. Soaring in the air. Homeward bound! (6 C3 S3)
- Going home. Familiar territory. (6 C3 S3)
- Energy up. Thinking of home, family. (8 C3 S6)
- Images of homestead, days drawing in, sun shining, Victorian (6 C1)

Hurry (3) (4) (9) (10) (11)

- Faster faster – get it all out. (3 C2 G3)
- Feel like I need to hurry, do everything efficiently. (10 C1 G5) Scraping fast. (10 C1 S2)
- Sense of sudden urgency – quick. (11 C2 S1)
- I'm grinding fast, so is (9). (4 C1 G3)
- Fast and furious scraping! Not just me. (4 C1 S6)

Polarity: See Slowness

Impatience (3) (5) (10)

- Thinking about lunch. Thank goodness only one round to go – come on, lets speed up. Impatient to finish. (5 C2 S5)
- Want to get on with this. Want lunch. Hungry. (10 C2 S4)
- Impatient – restless (3 C3 S2)
- Impatient for this to end (10 C3 S3)

Impulsive* (3) (4) (5) (10)

- Resisting urge to blow. (3 C2 G5)
- Want to be impulsive (5 C2 G6)
- Want to shout out “Boo”. (10 C2 G4) (see also “Mischeivous”)
- Want to run of room but I won't. Stick with it! Thank God we've stopped. (4 C1 S3)
- Would love to tip the table over and run out the door and hide! (5 C1 G5)
- Impulse; violence, to do (2 C2 G1)
- Desire to laugh – very impulsive. (5 C1 G2)

Industrious (5) (6) (9) (10) (11)

- Fruitless production. (5 C2 G4)
- May seem fruitless at the time but feels necessary, almost essential. (5 C2 S4)
- Industrious but a compulsion with an aversion. Does my life depend on it? (5 C2 G5)
- Intent on the process. Small precise scraping movements – not so random as before. (6 C2 S2)

- Grinding was soft. This is very more energetic, business-like. (9 C1 S1)
- Sit up straight. From dream to reality, to work. (9 C1 S3)
- No emotion, just getting on with the job!! Detached. (9 C2 G1)
- Purposeful movements. Everybody is scraping, like in an old apothecary, preparing powders. (9 C2 S4)
- Getting very intent on the grinding. (10 C1 G2)
- Much more focussed now on keeping my chart accurately. (11 C2 G4)
- It is very satisfying to scratch it all up and together. And it sounds as if everyone is enjoying it (9 C3 S2)

Industrious – finish his work, desire to (3) (6) (9)

- Quieter, steady. Getting the job done. (6 C1 G5)
- I don't want to stop. Really disappointed, because I thought I was just getting somewhere. (9 C2 G4)

Polarity:

- What is the point of this? Its getting on my nerves. I've got better things to do than this (3 C3 S3)

Introspection (2) (3) (6) (9) (10) (11)

- Self absorbed. Unable to relate. (2 C2 G1)
- Drawing into oneself. Contentment. Homestead. Shadows lengthening. End of the day. Sighing. Work is done. Patience. (6 C1 G6)
- Coming inwards again. Trying to ignore the others. More earnest in what I'm doing. (6 C2 S2)
- I don't want to make contact" (9 C2 S4)
- Looking at people but in my own world. (10 C1 G5)
- Feeling very self contained - here, but also inclination to drift off. (11 C2 G3)
- Journeying, looking inward (6 C3 S5)
- What's it like to be inside my head? (10 C3 G6)

Irresolution (2)

- Unable to make decisions – fearful, anxious. (2 C2 G1)

Irritability – looked at (9) (see also Looked at, cannot bear to be)

- I don't want to be looked at. Its none of their business. < irritability. (9 C2 G4)

Irritability – noise from (2) (3) (4) (9)

- Too noisy. Shut the fuck up. I can't hear myself think! (2 C2 G3)
- Wish (X) would stop snivelling. (4 C1 G1)
- Noise of pestle against mortar annoying me – grating on my nerves. (4 C1 G6)
- They are so harsh with their stuff – too noisy! Irritability, < noise. (9 C2 G4)
- Distracted by very loud noise of pestle on mortar. I want to shout "shut up – I can't think" (3 C3 S1)

Irritation, trifles from (3)

Jumping (5) (8) (9)

- Before starting desire to hide in toilet and jump out at (X) and make her jump!!" (5 C2 G1)
 - The powder is going right up the sides, like it wants to come out. It jumps out and is hard to wipe off. (9 C1 G6)
 - Powder jumping out (8 C3 G5)
- NOTE: *references to jumping and one prover wanting to "jump out" at someone*

Laughing (1) (2) (4) (5) (6) (8) (10)

- Laughing a lot. (1 C2 G1)
- Laughing a lot now. (4 C1 G2)
- Laughing silently. (6 C1 S2)
- Catching eyes, laughing. (10 C2 G1)

- Aware of others laughing (8 C3 G4)
- Laughter – (5) stone from her shoe nearly fell in bowl (observation by prover 10)
- Still have spider energy (recorded after proving) – went to see homeopath who also does Bowen therapy and we were both giggling and laughing silly (4).
- Desire to laugh – very impulsive. (5 C1 G2)

Laughing – involuntarily (5) (6) (10)

- (X's) Laugh's infectious. (5 C1 G2)
- Had to avoid looking at (X) or would have burst out laughing. (6 C1 G2)
- Exploded with laughter – tried to contain it but couldn't (10 C3 S3)

Laughing – hysterical (5) (6)

- Could get hysterical if allowed it. (5 C1 G2)
- Slight hilarity. (6 C1 G4)

Laziness (3) (5) (9)

- Feels like work – can't be bothered – but + + the patterns! (5 C1 G2)
- Nothingness. What's the point? Nothing to say. Could be at home. (5 C2 G3)
- I want to sit back and relax, put my feet up. (9 C1 G6) (see also Generals, Lassitude)
- I don't want to interact, to have to explain – too much effort! (9 C2 S6)
- I want to lean back and relax, but my leg got stuck in the table. Lean back, relax, chill out (9 C3 G4)

Looked at; cannot bear to be looked at (5) (9) (10) (11)

- Aware of other provers looking at me. (10 C1 G1)
- The energy is very quiet, I don't want to look at anyone (11 C2 G5)
- (X) is going so fast and harsh. But I don't want to look up. I don't want to make eye contact. I don't want to make contact (9 C2 S3)
- Will you be my friend? Shy of eye contact. (10 C2 S5)
- I don't want to be looked at. Its none of their business. < irritability. (9 C2 G4)

Polarity:

- Making eye contact with provers. (10 C1 S1) Catching eyes, laughing" (10 C2 G1)
- I look up around at everyone, no one sees me looking. (10 C2 G5)
- + to communicate by catching people's eye (5 C3 G4)
- Wanting to catch (11)'s eye – laughing (10 C3 G4)
- Looking right at you. Connection. Meeting you/me. Can you talk to me? Telepathy? (10 C3 G5)

Looking * (4) (9) (10)

- Looking at everyone – everyone is engrossed, not smiling. Wish people would lighten up! Smile more ☺ (4 C1 S1)
- (9)'s eyes moving side to side – everybody watching her. (5 C2 G3)
- I keep looking up at people – observing them (10 C2 S1)

Memory – weakness- done, for what he has just (4) (10)

- On way home from Carmarthen after proving reached roundabout without realising how I got there. Journey flew by and can't honestly remember getting there. There seemed to be a gap in my memory. Would get to a part of dual carriageway and not aware of how I got there. Time when very quickly (4) (see also: Time)
- Recalling incident in shop last week buying new phone and had a blank of about 10 to 20 seconds when couldn't remember check out assistant having rung up my items (10).

Mildness (3) (5)

- Gentle gentle, this needs to be looked after and nurtured. (3 C1 G4)
- Very gentle, don't want to hurt. Delicate. (3 C2 G5)

- Want to make small, quite, gentle movements. (5 C1 S6)

Mirth (1) (4) (6) (see also Laughing)

- Thinking about how important humour is. (4 C2 S5)
- Feelings of mirth. (6 C1 G3)

Mirth – alternating – seriousness (1) (4) (6) (see also Mood, alternating)

- During C1, sadness, C2 laughing. C3 joyful (1)
- Half the class serious (4 C1 G2)
- Feel serious (6 C1 S4) / Feelings of mirth. (6 C1 G3)

Mischievous (1) (3) (5) (9) (10) (11)

- Resisting urge to blow powder out of the bowl. (3 C2 S1)
- Hubble bubble toil and trouble! (4 C1 S5)
- Diving into my scraping. Feel naughty – laughing at people, noticing everybody. (10 C2 S6)

Mischievous – children in (3) (6) (9) (11)

- Feels split in two = the good girl who always does the right thing and the naughty girl who wants to be mischievous, destructive. (3 C1 S6)
- Feel like naughty school girl. (6 C1 S2)
- Prover 11 + to poke prover 9 – giggles. Countdown to stop.
(*Prover 5 observing prover 11 go to poke prover 9 with a biro* – 5 C3 G3)
- Feeling naughty, nothing else happening so may as well have some fun. Giggling. (11) wants to poke me!
Childish/teenage fun (9 C3 G3)
- Desire to poke (9) gently – not nasty (11 C3 G3)

Mistakes – calculating, in (10)

- Making mistakes in counting next level. (10 C1 S1)
- Numbers wrong for powders (10 C1 G5)

Mistakes – differentiating of objects, in (9)

- Looking at my tools, need to think what to use (9 C3 G5)

Mistakes; making – side, about left and right (3) (9)

- I'm left handed but I keep wanting to use my right – I have no control. (3 C1 S3)
- Have to think hard to name Right and Left correctly. (9 C1 G6)

Mistake – spelling, in (5) (8)

- Spelling mistakes. (5 C1 G2)
- The scraping feels more thougher – spelling getting worse! (8 C3 S2)

Mistakes – time, conception of time (4) (5)

- Distortions in time – speeding up / slowing down – not consistent. (5 C1 G6)
- Timelessness – outer space. Could go on like this forever. (4 C3 G1)

Mistakes – time, in (8) (9) (10) (11)

- Timekeeper blundered on time and stopped 2 minutes early. (5 C2 S2)
- Got a bit confused to had we started? Confusion on stop time. (8 C3 S3)
- I'm always starting late. I'm never ready on time. But think always have enough time anyway (9 C3 S2)

- (9)'s not ready! Start anyway (observation by Prover 11, C3 G3)
- I jumped up quickly, thinking need to get more powders – wrong round! (10 C3 S2)
- They think I've said "stop" – I haven't (11 C3 G3)
- TIME! (11 C3 S3)
- Wasted a few seconds pressing the wrong button (11 C3 G4)
- I'm ready for once! (9 C3 S3)

Mistakes – words – wrong words, using (3)

- I can't remember how to grind – do I use the skittle or the wand? (3 C2 G5)
I felt like a child who can't think of the right name for something so makes it up (3)

Mistakes – writing, in (5) (9)

- Writing very difficult. (5 C1 G2)
- Inarticulate in my writing. (5 C2 G2) (see also Confusion – writing)
- I have to concentrate on my writing. Seems jerky. (9 C1 G2)

Monomania (3) (6) (10)

- Fixated on what is in the bowl – want to smell it and taste it – I don't. (3 C1 S6)
- Concentrating on scraping – nothing else. (6 C1 S6)

Mood – alternating (5) (6) (8)

- Flitting between moods – Tired/lethargic, Laughing/playful, No balanced state. Tired yet alert. Marked changeability. (5 C2 S6)
- Serious. (6 C1 S6) Hilarity again. (6 C2 G1)
- At one with process.....Don't feel as good. Thoughts wandering and jumping around. Feeling pulled into activity. (8 C1 G4)

Music – desire for (2) (5) (11)

- Desire for loud music / rhythm to "head bang" to, want to get "off my head". Don't like doing what's expected of me. (5 C2 G6)
- **Drumming** to call him in (2 C3 S5)

Noise – inclination to make noise (10)

- Wanting to make "ding" sound with pestle and mortar. (10 C2 G4)

Noises – music, he seems to hear (3) (4)

Observer, being an (3) (5) (9) (10)

- (X) shoots off like teacher's pet. (5) looks pissed off and on strike! (9 C3 S5)
- I'm still looking round – observing people (10 C3 S1)
- (9)'s eyes moving side to side. Everybody watching her. Observant/being observed (5 C2 G3)
- "All seeing" – but not wanting to be seen (5, C1)
- (X) looking very superior. (4 C1 G3)

Orientation; sense of – decreased (5)

- Disorientated. Spacially feel very wierd. As it turned upside down. (5 C1 G4)

Playing – desire to play (3) (4) (5) (9) (10) (11)

- I want to play. Forgot what grinding was ☺. (3 C1 G6)
- Feel as though want to play with Rx and pestle and mortar. Spin it round and not hold on to it. (4 C1 G1)
- Seems to me to be a playful Rx. A squirrel! (4 C2 G5)
- Naughty / playful. Playful, + to giggle. (5 C2 G1)

- The substance likes to climb high up in the bowl, teasing me “Catch me”. (9 C1 S1)
- Feeling quite playful – could be the coffee. (11 C2 S1)
- Playing with it – like unwanted food (3 C3 S4)
- This remedy has been here a long time – it is playful (4 C3 G2)
- Playful. Giggly (5 C3 G4)
- Playful – spilling powder everywhere (10 C3 S3)

Quarrelling, aversion to (2)

- Confrontation upsets. (2 C2 G1)

Quiet, wants (2) (3) (5) (6) (8) (10) (11)

- Desire to close eyes, be quiet and still. (2 C2 S3)
- Ssshhh, its quiet time. (3 C2 G4)
- Better peace and quiet and dark and solitude. (5 C1 G4)
- Experiencing quiet, blankness. (6 C2 G3)
- Frantic sounds of scraping like cries for help. Where are we? Peaceful. Weary. Stop and admire the surroundings, peace. (6 C2 S3)
- Its so much quieter now – not so much banging and clattering – this makes me happy (3 C3 G4)
- Just + to be quiet and gentle, playing with the powder. A childlike quality, not a worry in the world. (5 C3 G5)
- Gentle, mellow. Feel at ease. (8 C3 G6)
- Peaceful, calm, melody (10 C3 G3)
- Nice when it goes quiet (10 C3 G6)
- Its very very quiet – I’m in an old fashioned armchair in front of a roaring fire, Victorian feel, posh house. Green chair – leather back, studded. An old fashioned metal fireguard. No dog – the dog is missing from the picture (11 C3 G6)
- Peace. Energy. Quiet. End of the day. Shadows lengthening. Drawing in. Closing in. Red. Contentment. All at peace. Moving on. Tomorrow another day. Renew. Forever. Waking. The natural order. Mission never accomplished (6 C3 G6)
- The road is heavy. Carry on, lightning speed. Silver. Coming back to life. The cycle. Ready to start all over again. Continual and continuous. Never ending. Keep going. Be alert (6 C3 S6)
- Closing my eyes. Waiting room. Waiting to die. Waiting for (11) to call time (10 C3 G6)

Rebellious (3) (5)

- Don’t like conforming. – Doing what I’m told. The rebel. The trickster. Want to have fun, to challenge, be artful. The Artful Dodger. (5 C2 G6)
- A “fuck you” defiance (3 C3 S4)

Reproaching oneself (2)

- Guilt complex massive. Should be satisfied with her lot. (2 C1 G5)
- Last night: whimpering in sleep, reproaching myself (2)

Responsibility, aversion to (2)

- Too much responsibility. Feels responsible for everything. (2 C1 G5)

Restlessness (2) (3) (8)

- Restless, can’t concentrate. Fidgeting. (3 C3 G2)

Restlessness – motion – move, must constantly – motion amel (5) (10)

Restlessness – stretching (2)

Retardation, mental (2) (3)

- I don't want to play catch up any more, I want to be present. (3 C1 G4)
- Feel disabled and immature. (3 C1 G6)

Sadness (1) (2) (3) (4) (8) (10) (11)

- Feel a bit sad / down. (1 C1 G5) Low energy. Trying to cheer up though. (1 C1 S6)
Feel very sad. Tears in eyes (1 C2 S4)
- No joy. Dark, heavy, stuck. (2 C1 S5) Heavy hearted. (2 C2 G2)
- Long held grief needs to escape. (3 C1 S2)
- Half the class serious. (4 C1 G2)
- Sudden thoughts of sadness, starting with others - then mine. Eyes feel tearful but don't cry. (8 C2 S4)
- Feeling sad, tearful – thinking about substance. Doesn't last long.. (10 C2 S2)
- Yawning – is this sadness creeping up on me, its all vey amorphous. (11 C2 G5)

Self-control – loss of control (3) (see also Impulsive)

- I'm being vey controlled but I want to bash the pessel into the mortar – bash bash bash. (3 C1 G6)
- Resisting urge to blow. (3 C1 G5)

Senses, acute (2) (4) (5) (6) (8) (10)

- Someone knocking at the door? No, a car outside. (4 C2 S3)
- All seeing / all hearing. Observant / observed / heard. (5 C2 G2)
- Aware of things going on outsider, cars. (8 C2 G4)
- Senses heightened – sight, sound. (10 C1 G6) Aware of sounds outside, door closing. (10 C2 S3)
- Visual disturbance – other senses paramount especially hearing (2 C3 G2)

Sensitive – criticism (5)

- Sensitive to criticism. No bad intention – not meaning to be naughty. Feeling misunderstood. Why don't people like me? Why are people threatened by me? (5 C2 G6)

Sensitive – external impressions, to all (5)

- Room too bright / sounds too loud / smells too strong. (5 C1 G5)

Sensitive – light (5) (9)

- Sensitivity to light and noise. Feeling overwhelmed re: vision and hearing (5 C1 G2)
- Its getting light outside. (9 C1 S6)

Sensitive – motion in the room (5) (8) (9) (10)

- Sensitive to everybody's speed and force. (5 C1 S6)
- Feels a bit manic around me – as if everything is accelerating. (8 C2 G1)
- Feel a lot more aware of others actions in room. Feels more frantic around me. (8 C2 S1)
- It all feels more speedy. (8 C2 S1)
- The table is moving sideways and I can see others' tables moving sideways too. (9 C1 G1)
- The table is too wobbly – its doing me in. (9 C2 G3)
- Staring straight ahead, focussing, but aware of movements around me. (10 C2 G2)
- I am simultaneously aware of all movements around me, zoning out, whilst staring ahead, noticing every movement. (10 C2 G4)
- Rocking table catches my eye (8 C3 G5)
- Caught a movement out of the corner of my eye, really made me jump – I thought (10)'s pestle would roll off. But I would have done nothing (9 C3 G2)

Sensitive, music, to (4) (10) (11)

- (11) tapping hands together like music. Felt like pestle and mortar making music. Me and (11) in unison” (4 C2 G6)

- Tings! Liking the sound of people tingling their pestles and mortars – musical. (10 C2 G2)
- Humming (11) – calming, soothing. (10 C2 G3)

Sensitive, noise, to (1) (2) (3) (4) (5) (6) (8) (9) (10)

- Lots of noise! (1 C2 G1) Conscious of the noise of scraping – acutely. (1 C2 S4)
- Bish, bash, bosh. Really loud noises coming from everywhere. (3 C2 S2)
- Sensitivity to light and noise. Feeling overwhelmed re: vision and hearing. (5 C1 G2)
- Vibration awareness. Aware of everybody making little ‘noises’. (5 C2 G3)
- Really sensitive to vibration. Banging of bowl. (5 C2 G5)
- Become aware of noises of everyone else scraping. (6 C1 S2)
- Becoming more aware of sounds – coming back into the room. (6 C1 S6)
- Very aware of the noise around me. (8 C2 S1)
- Everybody making lots of noise. (9 C1 S1) Very aware of all the noises around me. (9 C2 S1)
- I can feel the noises in my legs” (9 C2 G2) (see also Ext- sensitive, legs)
- SENSITIVE TO NOISE! (9 C2 S2)
- Sounds sound so loud. (10 C1 G6)
- Aware of all noises and whirring as everyone grinds – quite soothing at times. Peaceful, Rhythmic (1 C3 G2)
- Noise = distractions (2 C3 G5)

Sensitive, noise, to – painful sensitiveness to (1) (2) (4) (5) (8) (9) (10)

- Acute hearing – painful almost. (4 C2 G3)
- Noise of clanking around me is painful in ears. (8 C1 G3)
- Some of the ping of the bowls by others really hurts my ear, < right. (9 C1 G6)
- Too noisy, desire PEACE (2 C3 G2)
- Noise! Clanking in ears (8 C3 G6)
- Loud noise – clink of mortar – ouch! (10 C3 G6)

Sensitive, noise, to: slightest noise, to (4) (8) (10) (11)

- Noise loud in my head. (8 C1 G4)
- Sounds very acute. (10 C2 S1)
- The noise of the scraping is very intrusive – (4)’s very grating. Terrible scraping noise again – really getting to me (11 C3 S1)

Sensitive, noise, to: shrill sounds, to (4) (5) (6) (8) (9)

- Acute hearing – painful almost. All sounds – especially high sounds. (4 C2 G3)
- Jarring noise – sharp. (5 C1 G4)
- Very aware of the sound. Made me laugh – the clatter. (6 C2 G1)
- Sharp noises. (8 C2 G1)
- So sensitive to high pitch noises. (9 C2 G3)

Sensitive, odors, to (4)

- Funny smell – not nice. (4 C2 S4)

Sensitive, people; to presence of other (4) (5) (8) (10)

- Am very aware of people and their movements and moods and attire. (4 C2 G4)
- Feeling sensitive to the energy of others – outsider. (5 C1 G1)
- Aware of everyone around me. (10 C1 G3) Watching everybody, their movements. (10 C2 G4)
- Very aware of others (8 C3 S2)

Sensitive, rhythm, to (4) (5) (6) (8) (10) (11)

- Like Rhythm, want to sway with [X]’s rhythm next to me. (5 C2 G6)

- Concentrating on the process. Rhythm. Plodding. Mind free to think. Soothing motion. Mesmeric. Soothing. Rhythm of life. Cows in the field, sunny day. Homestead harvest. The pace of life. (6 C1 S5) (also Gen – motion, amel)
- Want to scrape in rhythm with the other provers – hilarity. (6 C2 S1)
- The bangs sound rhythmical. (6 C2 G3)
- Fast scraping, rhythmical. (10 C1 S6)
- We need some rhythm – thought (4) had it but its gone. (11 C2 G6)
- Feel like I'm synchronising my grinding momentarily (8 C3 G5)
- Noise of ticking clock is soothing (10 C3 G6)
- I'm very aware of the room clock (11 C3 G3)

Shuddering (1) (5) (9)

- Shuddering – before we started. Calling to me all over my face? (1 S2 G1)
- Shivering – goose bumps on first contact. (5 C1 G1)
- Shuddering. (9 C2 G1)

Sighing (2) (4) (6)

- Give a big sigh. (4 C2 S3)

Singing (4) (10) (11)

- Felt like singing and whistling. I like this Rx! (4 C2 G6)
- 'La di da' singing in head, want to sing out loud and "Boo" everyone. (10 C2 G2) (see also Childish behaviour") (10 C2 G2)
- I want to burst out into song. (10 C2 S3)
- Polly put the kettle on – I'm humming it. (11 C2 G3)

Slowness (1) (2) (3) (4)

- Thick and slow. Gloppy. Deep (1 C1 G3) Slow – movements feel slow (1 C2 G2)
- Slow – sloth pace (2 C1 G3) SLOW STIFF RIGID STUCK. Mobility restricted, bound (2 C1 G5)
- I feel so slow. (3 C1 S4)
- Slowly, slowly does it, no need to rush. (3 C2 G4)
- God, (2) is grinding slowly! (4 C1 G3)
- Have slowed down. (4 C1 G2)
- Need to slow down in all aspects of life and grinding. Close eyes. (4 C2 G3)
- I want to go slow, steady, round and round. (9 C2 G3)
- Slowly – carefully, there you go (3 C3 G4)

Polarity: See Hurry

Smiling (4) (6) (8) (9) (10)

- Feeling happy and want to smile at everyone. (4 C2 G3)
- Hilarity again – want to laugh. Can't stop smiling. (6 C2 G1)
- Smiling to myself. (10 C1 S6)
- Smiling ☺ others giggling (8 C3 G3)
- I can smile! ☺ A smiley face in the bowl (9 C3 G1)

Spaced out feeling (4) (6) (8) (9) (11)

- I like this feeling – a bit spaced out, not quite here. Loving the grinding sounds. (4 C1 G2)
- Feeling spacey / light headed. (5 C2 G5)
- Head. (6 C1 G1) Spaced out feeling. (6 C1 G2) Light hearted, hot, spaced out feeling in head. (6 C1 G3)
- Drifting off – spacing out. (8 C2 S5)
- It feels quite good safe to be stuck with physical symptoms. Good to have a physical body, rather than *drifting off*. (9 C2 S2)
- It is safe to get lost in the round and round – safe, pleasant, dizziness. (9 C2 G4)

- I'm getting a bit heady – its very unspecific, sort of blurry, foggy. (11 C2 G5)
- Inclination to drift off, detached. Suddenly feel serious – where will this take us. I'm back in the group. (11 C2 G3)
- Drugged (6 C3 S1)
- He's getting a bit cannabis indica (11 C3 G4)

Speech – inarticulate (1) (5)

- Very dry throat – feels like a lump at back of it – kind of feel its to do with communication or inability to communicate (throat chakra). (1)
- In break – difficulty getting my words out. (5 – break time between C1 and C2)

Polarity:

- Thinking about words, patterns, communication. Word games, “Just a minute”, scrabble, WWW. Communication. Hearing voices in dream last night – (5 C2 S2)

Staring, thoughtless (10)

- Staring at people's feet. (10 C2 S1) Staring at ceiling light, top corner. (10 C2 G3)
- Staring at detail - wood grain on floor at a distance. (10 C2 S3)

Startled – noise, from (5) (8)

- Jumpy with noise. “Oh” noise coming out. (5 C1 G3)
- Jumped at car horn. Jumped when (11) got up. (8 C2 S1)

Stupefaction (9)

- Almost as if drunk. (9 C2 G4)

Suicidal (2) (4)

- Dark, Depressed. Suicidal. No joy. Agoraphobia. Numbness. Black. Darkness. (2 C1 S6)
- Have started thinking about news I heard yesterday of a former pupil who hanged himself at 25 this week. (4 C1 S2). This remedy is something about children and youth. I hope I haven't brought this with me today because of death of former pupil (4 C1 S3)

Suspicious (5) (11)

- Feel can see 360 degrees – to see behind me. Suspicious? (5 C2 G3) (see also Vision – peripheral)
- Keep hearing noise – think someone is trying to get in. (11 C2 G5)
- Feel someone is trying to come in through the door (11 C3 G6)

Talking – desire to talk to someone (4)

- Want to talk to people – had enough of silence. Sociable creature (4 C2 S6)

Talking – humming (11)

- Aware of someone humming – everybody noticing it. (5 C2 G3)
- People sighing, humming. (5 C2 S3)

Thinking – analytical (2) (5)

- Analyses everything. (2 C1 G5) Crumbling, dry, cracked. Split. No fluidity. So analytical. (2 C1 G6)

Thoughts – compelling (11)

- Feel I must jump to my feet (same sort of feeling as waking up last night). (11 C2 S1)
- Feeling I will do things unbidden – my body ahead of my thoughts. (11 C2 S2)

Thoughts – past, of the (2) (8)

- Thoughts drifting to past events and family (8 C3 G3)

Thoughts – rush (5)

Thoughts – thoughtful (11)

- I feel thoughtful but don't know what I'm thinking about. (11 C2 S3)
- Contemplation. Profound calm thoughtfulness. (11 C2 G4)

Thoughts – wandering (3) (5) (6) (8)

- Mind flitting from subject to subject. Hard to keep a focus. (5 C1 G1)
- Thinking random thoughts. (6 C1 G5)
- Thoughts wandering and jumping around. (8 C1 G4)
- Mind wandering – thinking of remedies – what I want to get. (8 C2 S2)
- Difficult to focus or be present – I'm still at lunch. Mind wandering to jobs that need to be done tonight (3 C3 G1)
- Hard to focus – mind all over the place, flitting from thought to thought (5 C3 S1)

Thoughts – vacancy (5) (9) (11)

- No thought? An immaturity of thought? No need for thought because all is provided? (9 C3 G5)
- Go straight to the thinking/no thinking place. I mean I feel as if I'm thinking but I'm not thinking about anything! (11 C3 G1)
- Overthinking. Trying too hard. Mind gone blank. (5 C2 G4) Overthinking / blank thoughts. Empty headed. (5 C2 G5)
- I can't think of anything if I try to. (11 C2 G6)

Time – quickly, appears shorter; passes too (1) (4) (5) (8) (10) (11)

- Do it quickly before someone stops me. Time is pressing – feel like need to get it done in time (1 C2 G5)
- Time passed quick. (8 C1 G1)
- Time is going faster. (11 C1 G4)
- Am getting absorbed by time and thoughts thereof – checking my stopwatch against the clock. I think the clock is going faster. Nearly pressed it (stopwatch) at three minutes – but didn't (11 C3 S2)
- Time went very quickly (4) (noted by Prover 4 on driving home from WSH) (see also: Memory, weakness)
- "If I could have time in a bottle, the first thing that I'd like to do, is to spend every day, 'till eternity passes away, I would spend it with you. But there never seems to be enough time to do the things that you want to do, when you find them" (10 C3 G3)

Time – slowly, appears longer; passes too (1)(3) (5) (8) (10) (11)

- Long 6 minutes! (1 C2 G1)
- Time is going too slow – I want to get there. (3 C2 G3)
- Blister on my finger / felt like longest two minutes ever!! (5 C2 S2)
- Time feels like its slowing. Taking a long time. Felt long session. (8 C2 G4)
- Time has slowed down. 11 C2 G2)
- Thinking of Madonna song – "Time goes by, so slowly" (10 C3 G3)
- Time goes slowly (11 C3 S1)
- Time is slow. (5) has left the room! It does feel as if nothing much is going on – I expect that means its below the surface (11 C2 S4)

Time – in her own time* (5)

- Doing it to my own rhythm not everybody else's – late starting – IN MY OWN TIME" (5 C1 S5)

Touched – aversion to being (3)

- Need to be gentle, powder doesn't want to be touched (3 C3 G4)

Untidy (3) (4) (5) (10)

- What a mess everywhere. (3 C1 G3)
- Made a mess on table and trousers with powder. (5) laughed. So did (6) and me. (4 C1 G2)
- Mucky pup. (4 C1 S5)
- Looks like (10)'s bowl isn't big enough – she's got powder everywhere! (9 C1 G6)
- Spilling powder everywhere. (10 C1 G6)

Watched – desires (3) (4) (5) (9) (10)

- I am here. I have arrived. Can you see me? (3 C2 G4)
- Observant / being observed. (5 C2 G3)
- "We're watching you!" Looking up, "catch your eye". Wanting people to watch me – I'm acting up, but coyly, slyly. (10 C2 G3)
- Everybody is watching somebody. Poor (11) is watched by everyone! (9 C3 G4)

Weary of life (2) (6)

- Cold, Tired. Desire to end it all. For Dark, quiet, stillness. But then thoughts invade. (2 C2 S5)
- Am I tired of life? Feel serious and weary. (6 C1 S6)

Polarity:

I feel I've been reborn. (3 C2 G4)

Weeping – sobbing, weeping with (2)

- Overwhelmed with emotion. Tearful. Sobbing. Can't stop crying. (2 C1 G1)

Will – two wills, sensation as if he had (3)

- Feels split in two – the good girl who always does the right thing and the naughty girl who wants to be mischievous and destructive. (3 C1 S6)

VERTIGO

Note: Many provers complained of dizziness particularly prominent during Round 1 (C1), sometimes accompanied by nausea. There does not seem to be a specific rubric match for "dizziness", so the rubric "Vertigo" is used.

Vertigo (4) (5) (8) (9) (10)

- Felt a bit light headed. (4 C1 G1) Head feels a bit dizzy. (4 C1 G2)
- Feel a bit light headed. (8 C1 G1)
- Dizziness" (9 C1 G1)
- Head a bit dizzy. (10 C1 S2)
- Still dizzy, but not spaced out. But who wouldn't be dizzy with all this grinding and scraping! (9 C3 G5)
- Spinning – vertigo. (5 C1 G4)

Looking upward (4) (10)

- Had dizzy vertigo on looking up (4 C3 G1)

Nausea, with (9)

- Dizzy already before starting. Fear of nausea, that I may throw up. (9 C2 G1)

HEAD

Coldness – vertex (8)

Confusion in head (1) (4) (6) (10)

- Muggy head (1 C2 G2)
- Head feels really funny – muzzy. (4 C1 G1)
- Cotton headed. (10 C1 S4)
- Didn't feel very focussed. Fuzzy head. Eyelids drooping (6 C3 G2)

Constriction – band, as from a (8)

- Front / top of head – coolness almost like a band around head. (8 C1 G3)

Formication /crawling, sensation of (10)

- Crawling, back of neck. (10 C2 G1)
- Skin crawling around forehead. (10 C2 S3)

Heat (5) (6) (8) (9)

- Heat in head. Red and hot. (5 C1 G4)
- Heat – head, neck, shoulders, back. (6 C1 S6)
- Head is starting to feel clammy on the outside. (8 C2 S1)
- Rush of heat to head (10 C2 S1)

Heat – vertex (9)

- Feeling warm, top head. (9 C1 G1)

Fullness (6) (9) (10)

- Full head with weariness. (6 C1 G1)
- Fullness of head, dullish, like a pressure. (9 C1 S6)
- Head 'full'. (10 C1 S5)

Heaviness (1) (4) (6) (8) (9)

- Heaviness on right temple, like a headache but not a headache (1 C2 S1)
- Heaviness in head. Temples, pressing on them. Base of skull – heavy feeling. (6 C1 G4)
- Headache, base of head and in sinuses, heavy feeling. (9 C1 S4)
- Feel as if in my head – top heavy (8 C3 S4) Head feels heavy on shoulders (8 C3 G6)

Heaviness, temples, right (1)

Itching – forehead (8)

Itching of scalp (3) (4) (5) (6) (8) (9) (10)

- Itchy head, right side. (3 C2 S2)
- Scalp, itching. (4 C1 G4)
- Itchy head. (5 C1 G3)
- Itching on back of head on right. (6 C1 S1)
- Itching on back of head sensation. (8 C2 G1)
- Itchy head. (10 C1 S1)
- Itching front of scalp, above eyes, back of head (8 C3 S5)

Itching, of scalp, spots (9)

- Itchy head, side (right), little spot. Now more to top right side. (9 C1 G3)
- Itchy spots on head (back) and face. (9 C1 S6)
- Still itchy spot on head, left, near left ear. (9 C2 G1)

Itching of scalp – lice; as from (4)

- Remember the talk about nits and itching this morning. Can see nits dancing and sliding down hair – in my mind. (4 C1 G3)

Lightness, sensation of (4)

Motions of head – backwards (9)

- Back of my head and upper neck feel tense. I'd like to really lean back (9 C3 G4)

Motions of head – sideways (10) (11)

- Tilting head to side. (10 C1 S3)
- Rocking my head from side to side leaving back on chair. (11 C2 G6)
- Rolling my head side to side – very pleasant, with eyes closed (11 C3 G6)

Perspiration of scalp (8)

- Feel clammy around the head and scalp (8 C3 S1)

Pain (1) (2) (5) (6) (8) (9) (10) (11)

- Headache on left side of head suddenly (1 C3 G3)
- Whole left side of head feels funny, achy. (9 C1 S4)
- Head aching – temples and base of skull, top shoulders (6 C3 S1)
- Aching, back of skull. (6 C1 G1)

Pain – forehead – eyes – behind (1)(6)

- Headache – ish. Over right temple and behind right eye (1 C2 G2)
- Pain behind eyes (6 C3 G2)

Pain - vertex (9)

- Pressure sensation top of head, sensation of a nail or similar coming back (9 C3 S3)

Pain, noise from (9)

- Pressure sensation top of head quite sharp, like something pointy pressing into it, < all the noise, the high pitch noises. (9 C2 S1)

Pain – aching (9)

Pain – boring (9)

Pain – pressing pain (2) (9)

- Pressure sensation head back left side, like a lump or ball. It went in at the back and then settled left side nose in the sinus / bone area. (9 C1 G4)

Pain – pressing pain – outward (8)

- Outward pressure in head. (8 C1 S1)

Pain – pressing pain – occiput (9)

- Tense and pressure back of head. (9 C2 G4)

Pain – forehead, aching (6)

Pain – forehead, right (6) (10) (11)

Pain – temples (1) (2) (6)

- Headache temples. (2 C2 G2)
- Slight ache in temples. (6 C1 G1)

Pain – temples – right (1) (6)

Pain – temples, pressing pain (2) (6) (8)

Pain – temples, extending to: base of skull, top shoulders (6)

Pain – vertex – dull pain (5)

Pressure, head, in * (2) (5) (9)

- Pressure inside head. (2 C1 S)
- Pressure in head increasing. (5 C1 S1)
- Pressure sensation in sinus moved into the eye and caused pressure there. (9 C1 S4)

Hair – brittle (2)

Other sensations:

- *Muggy head* (1)
- Things to do with my head – internally and externally. (4 C1 G4)
- Head feels loose on shoulders. (8 C2 S2)

EYE

Cataract – right (4)

- A lot of “me” stuff coming up. A small cataract on right eye (4 C3 S2)

Closing the eyes, desire to (1) (2) (3) (4) (5) (6) (8) (9) (10) (11)

- Eyes closing – wanting to close. (1 C2 S3)
- Heavy eyelids. Desire to close them. (2 C1 S1)
- Wants to shut eyes. (3 C1 G1)
- Closed my eyes. (4 C2 G2)
- Want to close my eyes and go to sleep but with my head supported by my hands. (5 C1 G1)
- Closing eyes. (6 C2 S4)
- Tired – eye want to close. (8 C2 G6)
- Eyes dry, want to close them, rest. (9 C1 S5)
- Want to close eyes. (10 C2 G4)
- I would like to shut my eyes – eyes feel heavy. (11 C1 G5)
- Want to close eyes and close for a bit (8 C3 G4)

Closing the eyes, amel (3) (5) (9)

- To curl up and sleep / close eyes. Eyes like slits – sensitivity to light and noise. (5 C1 G2)

Closing the eyes, must close the eyes: (2) (9)

- Can't keep my eyes open. Sensory overload. (2 C2 S3)
- Overwhelming desire to close eyes. (9 C2 G5)

Darkness amel (5)

- Nicer to do it with eyes closed, like the dark. (5 C1 G3)

Dryness (2) (9)

- Eyes dry. < Trying to look in bowl to see where it needs scraping. (9 C1 S2)

Heaviness (3) (6) (8) (11)

- Heavy – especially eyes. (6 C2 G1)
- Eyes heavy – I want to sleep (3 C3 G4)
- Eyes feel heavy (8 C3 S4). Heaviness above eyes (8 C3 S5)

Movement – constant (9) (10)

- (9)'s eyes moving side to side – everybody watching her. (observation by 5 C2 G3)
- (10) your eyes are flickering and your body is moving to the rhythm of the grinding (observation by 4 C3 G4)

Heaviness – lids (2) (6)

- Heavy eyelids (2 G1 S1)
- Eyelids drooping (6 C3 G2)

Itching (5) (6) (8) (10) (right 10)

Itching – inner, right (5)

Itching – right (6) (8) (10)

- Itch above right eye. (6 C1 S1)
- Itch on right eye – lashes. (8 C2 S1)

Itching – eyelids (10)

Itching – rubbing amel (5)

- Eyes itching and want to rub them. (5 C1 G2)

Lachrymation (2) (5) (6) (8) (9) (11)

- Eyes watering. (2 C2 S6)
- Eyes watering. (5 C2 G2)
- Eyes watering. (6 C1 G2)
- Eyes so dry. Right eye weeping. (9 C2 S1)
- Eyes watering. (11 C1 G1)

Opening the eyes – difficult (5)

Pain – left (4)

- Pain in left eye. Is this remedy becoming a left sided remedy also? (4 C3 S4)

Photophobia (5)

- Sensitivity to light...Feeling overwhelmed re: vision and hearing. (5 C1 G2)

Strained (2)

- Eye strain. (2 C2 G5)

Tired sensation (3) (6) (8)

- The eye is tired – needs to go into a slumber. (3 C2 S4)
- Feel tired – especially around the eyes. (8 C2 S4)

Twitching (8)

- Twitching in right eye (8 C3 G2)

Winking (8)

- Eyes blinking more than usual. (8 C1 S3)

VISION

Accommodation, defective (9)

- Closed my eyes and stretched and couldn't really see when opening again (9 C3 G3)

Acute (3) (5)

- A clarity to my vision I cannot see. (3 C2 S1)
- Vision really acute – especially peripheral vision. Hard to focus on what is in front of me but seeing clearly things to each side of me. (5 C1 S5)
- Able to see 360 degrees – to see behind me. Suspicious? (5 C2 G3)
- Peripheral vision still strikingly marked. (5 C2 S5)

Blurred (1) (3) (2) (6) (8) (9) (11)

- Eyes a bit blurry (1 C2 G3)
- Blurred vision. (2 C1 S4)
- My eyes can't see clearly. (2 C2 S4)
- Difficulty seeing to write. (6 C1 G2)
- Dizziness, and I can't see properly. Right eye <, like a film over eye (started last night but still very strong today. (9 C1 G1)
- Can't see clearly. All blurry, like looking through rough water. (9 C1 S2)
- Vision blurred – can't see clearly what I'm writing. (9 C1 S6)
- Right eye vision very blurry, was weeping a little. (9 breaktime between C1 and C2)
- I can't see – blurry – which glasses to wear? (11 C2 G1)
- Eyesight becoming blurred (3 C3 G4)
- Can't see my words – too blurry (3 C3 S4)
- Vision a bit blurry (8 C3 G5)
- Right eye suddenly blurring which makes me blink. As if a blob suddenly landed in it (9 C3 S1)

Worse motion:

- Its the fast movement that seems to highlight that my vision is blurred. (9 C1 S5)

Complaints of vision (2) (9)

- Visual disturbances. Unable to see through the darkness. No flow (2 C1 S5)

Complaints of vision; accompanied by vertigo (9)

- Dizziness, and I can't see properly. (9 C1 G1)

Distant, objects, seem (6) (8)

- Look up from afar. (6 C1 G1)
- Feel upright in my seat, as if looking down from high place. Bowl looks smaller. (8 C1 S5)

Foggy (9) (11)

- My vision seems as hazy as the powder in the bowl. (9 C1 G4)
- Right eye hazy again (9 C3 G1)
- Room seems full of sort of mist when I open my eyes or is it my vision? (11 C3 S5)

Hair hung before the sight and must be wiped away, as if (9)

- Sensation of hair by my Right eye (inner, near nose). (9 C1 G1)

Illusions (5) (9)

- See black hairs in bowl – on further inspection actually none there!! Dark lines in bowl keep appearing on first opening eyes. (5 C1 G3)
- Vision with eyes closed of the world with all its longitude and latitude line clearly seen. (5 C1 G3)
- Occasionally I see a black dot in my bowl, and I quickly rub it out, so it is covered up again. From psora to sycosis. (9 C2 G4) (see also: Mind – Hiding)
- The black spot in the powder is back. This time I'm feeling curious (9 C3 G1)
- Another black blob in the powder, almost like a little beetle! (9 C3 G3)

Moving – objects seem to be moving (9)

- The eyes still feel funny, like everything is swaying. (9 C1 S2)

Objects – beside field of vision; sees objects (5)

- Lack of focus but marked peripheral vision. (5 C1 G6)

Sparks (2)

- Specks/lights in front of eyes. (2 C2 S3)

Writing – aggravates (9)

- Vision suddenly goes funny when writing, as if it jumps sideways (9 C3 S3)

EAR

Fullness (9) (Pressure; sensation of)

- Right ear sensation *fullness*, pressure, as if water in it. Fiddling with it (pressing fingers on it) made it feel as if liquid was coming from it. (9 Breaktime between C1 and C2) (see also Water; sensation of)
- Right ear still sensation of fullness. (9 C2 G1)

Itching (4) (5) (6) (8) (9) (10)

Itching – left (4) (8) (9)

Itching – right (4) (5) (6) (9) (10)

Noise – aggravates (1) (2) (4) (6)

Noises, humming (1) (3) (4) (5)

- Low hum. (1 C1 G4) Humming? (1 C2 G3)
- A hum in my head but far far away. (3 C1 G4)
- Somebody humming or mumbling. (4 C2 G3)
- Humming – auditory awareness. (5 C1 G1)

Noises, ringing, right (8 C3 S5)

Pain – right, pressing pain (9)

- Right ear sensation of a kind of pressure. In the ear and the bone in front. Waiting for new powder to add. The pressure in right ear is easing. Like air is getting into it. (9 C1 S2)

Pain – right – stitching (5) (9)

- Sharp pressure sensation, right ear, inwards. (9 C1 G4)

Pain – aching (6)

- Ears feel achy, under ears. (6 C1 G1)

Pain – below the ears –left (2)

- Left ear pounding just at base/back. (2 C2 G1)

Pain – throbbing – left – > pressure (5)

- Prover 5 woke in the night, left ear felt like plastic. Throbbing. > lying on it. (5)

Pulsation, left (10)

- Pulsing left ear. (10 C2 G1)

Stopped sensation (9)

- Right ear like a blockage under the ear, an air bubble stuck. (9 C1 G6)
- Sensation of pressure Right ear as if stopped. But I think I can hear. (9 C1 G6)

Water, sensation of (9) (see also Fullness)

HEARING

Acute (2) (4) (5) (8) (9) (10)

- Amplified noise. (2 C2 G1)
- Noise in ears of pestles on mortar – very acute hearing or something. (4 C2 G3)
- Hearing acute – is there someone moving around downstairs? (4 C2 S4)
- Humming – auditory awareness. (5 C1 G1)
- Awareness of noises outside the building. (5 C2 S3)
- My scraping sounds very loud. (6 C2 S1)
- Noise! Loud clanking sounds sharp. (8 C1 G6)
- No images, its all sound. (9 C2 S5)
- Sounds very loud – magnified. (C1 G4)

Illusions (3) (5) (9) (11)

- Illusions of hearing – thought told to stop when not. (5 C2 S1)
- Sounds sound different and create new sounds, **like a big fly buzzing**. (9 C3 G4)
- Is someone trying to get in again? Think I hear knocking (11 C3 G5)

Impaired – voice, the human (5)

- Not hearing clearly human voice yet other sounds crystal clear – a vibration. (5 C2 G2)

NOSE

Catarrh, post nasal (9)

- Post nasal drip, feels quite thick. (9 C2 G3)

Congestion (2) (6)

- Blocked nose. (2 C1 G1)

Coryza (2) (6) (5) (9) (Running nose)

- Runny nose. (2 C1 S1)
- Very runny nose. (6 C1 G1)
- Discharge, left (9)
- Nose runny, clear, watery, want to sniff. (5 C1 G1)

Dryness, inside (9) (10)

- Dryness of nasal passages like inhaling dust, < right. (9 C1 G5)
- Irritation nasal passages, dryness. (9 C2 G1)

Itching (1) (3) (4) (5) (8) (9)

- Itched nose – very itchy (1 C1 G6)
- Itchy nose, must rub (9 C3 S1)

Itching, nostril – right (1) (4)

Itching, tip (1) (4) (8) (9)

- Itch like hair on tip of nose. (9 C1 S6)

Snuffling (4) (5) (6)

- (6) is sniffing a lot! And coughing. I have started sniffing a lot. (5) is coughing. (4 C1 G2)
- Sniffing. (6 C1 G1)

Twitching (4)

FACE

Clenched jaw (5) (9) (10) (11)

- Want to clench my jaw. (5 C1 S1)
- Still clenched teeth; bottom jaw forward. (5 C1 G5)
- Tension in jaw – particularly where tooth goes into upper jaw (9 C1)
- Bottom jaw felt clenched, jutted forward. Clenched, hard to wiggle (5 C1)

Cracked, lips (2) (8)

Dryness (9)

Dryness, lips (1) (2) (9) (10)

- Notice my dry lips again (1 C1 S6)
- Need to lick lips, they are dry. (9 C1 G6)

Heat (4) (10)

- Face hot, feels red. (4 C2 S5)
- Hot face. (10 C1 G1)

Itching (1) (3) (4) (5) (8) (9) (10)

- Right. (4 C1 G6)

- Right side, by mouth. (4 C1 S1)
- Itching face / arms especially around nose and eyes. (5 C1 G2)
- Itch side face (left) near eye. (9 C1 G2)
- Itchy spots on head (back) and face. (9 C1 S6)
- Left upper eyelid, itch. (10 C1 S3)
- Itchy face, right side (3 C3 S1)

Itching – eyebrows (4) (5) (9) (11)

- Itchy eyebrow right (5 C1 S4)
- Itchy eyebrow left (4 C3 G1)
- Itching left eyebrow (9 C3 S5)

Itching – cheeks (3) (4) (8) (10) (R cheek 10)

- Right. (3 C1 S5)
- Right, lower (8 C1 S3)

Itching – chin (5) (8)

Numbness – lips (1)

Perspiration – heat, during (6) (8)

Swelling – jaw (9)

- Right jaw joint, sensation of a bubble, like maybe a gland swollen there. (9 C1 G4)

Swelling – toothache (9) (see also Teeth; pain)

Tingling, lips (1) (9)

- Tingling on lips (1 C1 G2)
- Tingling upper lip, slightly left, like the first sign of a coldsore. (9 C1 G5)
- Tingling lower lip, Right, itch itch and scratch, making the tingling more. Again, sensation as if cold sore may appear. (9 C1 G6)

Hair – sensation of a (5) (6) (9)

- Hair irritating my face. Hair really annoying. (5 C1 G2)
- Keep being aware of hair on my skin – very itchy, can feel a slight burning where it touches my face. (6 C2 G2)
- Sensation of hair on face, left cheek. (9 C1 G3)
- Itch, face as of hair. (9 C1 G5)

MOUTH

Dryness (2) (8) (9)

Pain – Tongue – burnt, as if (5)

- Stick tongue out – burning on tongue. (5 C2 S6)

Salivation (1) (5) (10)

- Salivating, need to swallow, cough (1 C1 G1)
- Lots of saliva in mouth. (5 C1 G3)

Salivation, dribbling (5)

Salivation, profuse (1) (5)

- Mouth feels like its got loads of saliva – keep swallowing and clearing throat. (1 C1 G2)

Tongue – enlarged, sensation as if (1)

- Tongue feels big and wooly. (1 C2 G4)

Ulcers (9)

- Its a bit as if I've bitten the inside of my mouth or like a little ulcer. (9 C1 G4)

Ulcers – tongue (3)

- Woke up in morning 18/04/16 (day after proving) with a huge ulcer on left underneath side of tongue. The ulcer was huge, white with red raised edges - classic ulcer, but almost gone by 20/04/16. Unusual for me, they normally last for five days. (3)

TEETH

“Desire to clean my teeth; importance of brushing, even milk teeth” (2 C3 G1)

“Teeth ridged, cracked” (2 C3 S1)

Clenching teeth together – desire to clench teeth together (5) (11)

- Still clenched teeth, bottom jaw forward. (5 C1 G5)
- I'm biting my teeth together. (11 C1 S5)

Grinding (10)

- Grinding teeth. (10 C1 S6)

Pain (8) (9)

- Pain in teeth, feels like its where my fillings are. (8 C2 G1)

Pain – left (9)

- Left jaw, upper, odd sensation in teeth (molar) like when you bite tin foil with a filling. Makes that side of the face/cheek feel a bit enlarged. Sensation in all molars upper left. (9) (see also Face – swelling, toothache)

Pain – right (8)

- Bottom right teeth feel little painful for a moment (8 C3 G5)

Pain – biting teeth together (9)

Pain – molars – upper left (9)

Pain – motion, amel (9)

- Tooth pain, left upper in the jaw joint, need to move my jaw, wriggle it. (9 C1 G4)

Pain – stitching (9)

- Pain in jaw above teeth, left upper quite sharp – in a definite spot. (9 C1 G4)

THROAT

Catarrh (9)

- Dryness back of throat, with slight post nasal catarrh. (9 C1 S5)

Complaints of throat – right (4)

Constriction (2) (3)

- Tightness in throat. (2 C1 G1)
- Throat tightening (3 C3 G2)

Dryness (1) (2) (8) (9)

- Back of throat felt dry, needed to clear it. Very dry throat. (1)
- Dryness in back of throat. (8 C1 G1)
- Scratchy dry throat < left. (9 C1 S4)

Hawk, disposition to (1) (5) (6) (10)

- Back of throat felt dry, needed to clear it. (1)
- Throat clearing / cough. (5 C1 S1)

Itching (6)

Itching – posterior nares (5)

Lump, sensation of a (1) (8) (9)

- Very dry throat – feels like a lump at back of it – kind of feel its to do with communication or inability to communicate (1 C1 G2)
- Lump in throat. (9 C2 G1)
- Lump in back of throat, left side (8 C3 G4)
- The lump in throat is back. Frustrating and irritating (9 C3 S1)
- Lump in bloody throat! (9 C3 S4)

Pain

Pain – left (11)

- Sore throat, left, very brief. (11 C2 G1)

Pain – right (4) (6)

Pain – right – stitching pain (6)

- Sharper pain in right throat. (6 C1 S5)

Pain – ache

- Ache in back of throat. Heavy in throat. (1 C1 S3)

Pain – burning – esophagus (11)

- Heartburn – now up into my throat. Terrific heartburn, heartfelt heartburn. (11 C2 S4)

Pain – pressing pain (6)

Pain – raw; as if (5) (6)

- Throat harsh. (6 C1 G2)

Pain – swallowing, empty (2)

- Dry swallowing. (2 C1 S3)

Swallow, constant disposition to (1) (2)

Swallow, constant disposition to – saliva, from (1)

Tickling (4) (5)

- Tickle in throat. (5 C1 G2)

STOMACH

Anxiety (1) (4)

- Anxiousness moved down to solar plexus/stomach. Need to go to the loo. Dark, deep water. (1 C1 G6) Churning – anticipation in stomach. Worry (1 C2 S3). Anxious in stomach. Something not right and dreading it. (1 C2 G4)
- Feeling in pit of stomach of anxiety. (4 C1 S3)
- Colly wobbles in stomach – anxiety. (4 C2 G4)

Appetite, increased (5) (8) (9) (10)

- Hungry feeling in stomach. (9 C1 S4)
- Hungrier than I expected and enjoyed my food. (9 Lunchbreak between C2 and C3)
- Want to get on with this – want lunch, hungry. (10 C2 S4) (see also “Mind – impatient”)

Eructations (2) (3) (6) (8) (9) (10)

- At last, a nice big burp. (3 C1 S2)
- Burping, burping, little burps, something is leaving me. (3 C2 G3)
- Burping, gas coming up. (10 C1 S3)
- Burp coming into throat again from stomach – nausea and heavy belly feeling (3 C3 G2)

Eructations, difficult (3)

- Wants to burp but can't. (3 C1 G2)

Heaviness (2) (3)

- Stomach twinge – heavy. (3 C1 G3)
- Heavy belly feeling (3 C3 G2)

Looking, moving objects, at (9)

- The table is moving side ways and I can see others' table moving sideways too. Bit of nausea, almost like sea sickness. (9 C1 G1)
- Nausea still ongoing. > not looking into bowl but closing eyes. (9 C2 G2)
- Nausea but when I close my eyes then I can see all the swirling round of all the pestles in the room. (9 C2 G2)

Nausea (1) (2) (3) (6) (8) (9) (11)

- Bit nauseous (1 C2 G2)
- Circles, spiral and nausea. Cycle needs to be broken. Destruction of pattern, nausea gone” (3 C1 S2)
- Turning queasy. (6 C2 S5)
- There's no vomit bucket. (11 C2 S1)

Nausea, motion agg (9)

- Nausea when I change direction. < wobbly table. Holding the bowl on my lap. But I can see so many people's tables wobbly. Waves at Sea!...Nausea strong, << looking into the bowl, << seeing motion. Thank god we've stopped. (9 C2 G2)

Nausea – seasickness (9)

- Bit of nausea, almost like seasickness. (9 C1 G1)
- I've reached the shore after a trip on the sea. (9 C1 S2)

Nausea – throat (9) (11)

- The slightly nauseas feeling is moving up to a sensation of a lump in the throat, slightly below the larynx. (9 C1 G2)
- Lump in throat really strong and nausea – ready to vomit? (9 C2 S2)
- Slightly queasy sensation – rising into my throat. (11 C1 G1)

Pain – aching (3)
Pain – burning (9)

- Nausea, bit of burning in stomach, very slight. (9 C1 G3)

Pain – gnawing pain (9)

- Sensation in stomach (and a bit in throat) is more like a gnawing now. (9 C1 S2)

Pain – pressing – eructations, ameliorate (9)

- Burping – to release pressure from stomach. (9 C2 S2)

Thirst (5)

Thirstless (2)

Thirstless, accompanied by – mouth, dryness of (2)

- Dehydrated. Thirstless. Dry mouth. (2 C1 S2)

ABDOMEN

Pain, hypochondriac, right (3)

Pain, right (8 C2 G2) (10)

- Pain in lower right abdomen, fleeting. (10 C2 S3)

Flatulence - sides – left (9)

- Like wind moving through my bowels, down left side abdomen. (9 C1 G3)

Movements in (11)

- My gut turning over / lurch, lower abdomen. (11 C1 S2)
- Queasy sensation is not as strong as nauseous – just feels unstable like full of wriggling worms. Its in my abdomen. (11 C1 S4)

RECTUM

Constipation (2)

Dragging, heaviness, weight (11)

- I've got a pressing down pain/sensation in my rectum. (11 C1 S5)

URINARY

Urging to urinate (1) (9) (10) (2)

“Urge/frequency to urinate” (2 C2 G6)

MALE

Notes: All provers were female; unsurprisingly there were no symptoms under this section to speak of.

FEMALE

Dryness, vagina (2)

Itching, vagina (4)

Pain – ovaries, left (3)

- Pulling inwards. (3 C2 S4)

Pain – ovaries, right

- Right ovary twinge. (3 C2 G6)

Arousal* (9)

Slight arousal in vaginal area. (9 C1 G5)

RESPIRATION

Arrested / Breathless (2) (6)

- Slightly breathless. (6 C1 G1)

Deep (3) (4) (6) (9)

- Waiting to breathe deeply. (3 C1 G1)
- Big breaths. (3 C1 G3)
- Deep breath and sigh by me. (4 C2 G4)
- Deep breaths. (6 C2 S3)
- Deep breath. (9 C1 G2)
- Deep breaths again (3 C3 S3)
- Alive, breathing...deep breaths (6 C3 S1)

Deep, desire to breathe (3) (9)

- Need for deep breaths. (3 C1 S2)
- Deep breathing – yawning, need more oxygen. (3 C1 G3)
- Desire to take deep breath. It is hot and airless in here. (9 C2 G4)

Deep, impossible (3)

- Can take a deep breath, like I have not been able to in months. (3 C1 G1)

Difficult (2) (3)

- Breathlessness. (2 C1 G1)
- I'm drowning – not scared, but I need air. (3 C1 S3)
- Tight band across my back and chest. I can't breathe again. Resistance, reluctance, negative (3 C3 S6)
- I'm drowning – not scared, but I need air.(3)

Difficult, open – mouth during inspiration (6)

- Chest heavier, with sniffing. Breathing with open mouth. (6 C1 G2)

Forcible, expiration (3)

- Need to blow. (3 C1 G3)

Gasping (2) (6)

- Gasping for air. (2 C1 S2)
- Gasping for breath. (6 C2 S3)

Sighing (2)

- Sighing to get breath out. (2 C1 G4)

Yawning, after, amel (3) (4) (5)

- Deep yawn – more air going in. (3 C1 S1)
- Bit dizzy – yawning – need some air. (4 C1 G5)
- Air hunger – yawning. (5 C2 G5)

COUGH (1) (3) (5) (6)

Accompanied, salivation (1)

Dry (1) (2) (5)

Itching, throat (6)

Mucus – chest, in (6)

Tickling (3) (4) (5) (10)

- Dry tickly cough. (5 C1 G3)
- Cough – tickly. (10 C1 S6)
- Cough – tickle in back of throat (3 C3 G4)
- Dry tickly cough in throat, left sided (4 C3 S1)
- Immediate return of itching throat, clearing cough (5 C3 G1)

Lots of dry coughing, dry throats. Dry tickly coughs, raw burning sensation. (General feedback after Round 1)

CHEST

Anxiety (1)

- Anxiety again – feel it in chest – tight chest (1 C2 G2) Unease – heart feels quite anxious. (1 C2 G6)

Constriction (2)

- Tightness in chest/throat. (2 C2 G1) Tight. (2 C1 G4)

Heaviness* (1) (2) (6) (6 C1 G1)

- Heart feels heavy/anxious (1 C1 S5)
- Heavy, tight, restriction – 4 chambers – heart? (2 C1 G6)

Heart – complaints of the – accompanied by – respiration, difficult (5)

Pain – cramping

- Pain – heart – gripping. Heart attack. (2 C1 S2)

Pain – heart – aching (5)

Pain – heart – pulsating (5)

Pain – heart – pressure – amel (5)

- Pain in my heart – strong ache in waves. Shallow breathing. + pressure on heart. (5 C1 G2)

Pain – mammae – right (4)

Pain – mammae – left (4)

- under left breast. (4 C2 S2)

Pain – sides – left (1)

- Pain in chest on left. Pain in chest moving to left armpit/breast (1 C3 G5)

Palpitations (4)

BACK

Compression (2)

- Compressed, fused spine. No back bone. (2 C1 G6)

Curvature of spine (3) (10)

- Right side back twinges, moving position in spots – feel like my twisted spine is straightening. (3 C1 G1)
- Want to straighten back. (10 C2 S1)
- Humpback / hunchback. Weight of world on it. (3 G3 G5)

Curvature of spine, accompanied by: respiration, complaints of (3)

- Can take a really deep breath, like I have not been able to for months. (3 C1 G1) (concomitantly with back straightening)

Aching (3) (8) (10)

- Back aches between shoulder blades. (8 C2 G5)
- Back ache – upper back. (10 C1 G4)
- Back is aching. Need to stretch (3 C3 G5)

Heat (6) (8)

- Sensation in back – clammy heat, down left side of spine. (8 C1 G5)

Heat – cervical region (6)

Itching (8)

- Right shoulder blades; middle back. (8 C2 S2)

Itching – cervical region (1) (4) (5) (11)

- Itch – back of neck. I have to itch it. (5 C1 G1)
- Itchy back of neck and shoulder (1 C3 G4)
- Itching nape of neck (4 C3 G1)

Pain – cervical, left (2)

- Pain – back of neck, left side. (2 C1 G1) (2 C3 G1)

Pain – cervical, right (8)

- Pain in right side of neck. (8 C2 G1)

Pain – cervical region (2)

- Pain in neck. (2 C1 G4)

Pain – lumbosacral (6)

- Pain in right back/side, at bottom of back. Piercing pain (6 C3 S1)

Pain – coccyx (2)

Pain – dorsal region – scapulae, between – aching (3)

- Achey twinge between shoulder blades (3 C3 S2)

Perspiration (6)

- Sweat running down back. (6 C1 G3)

Stiffness, dorsal region – scapulae (2)

- Stiffness, left scapulae. (2 C1 S1)

Stiffness, cervical region (1) (2) (3) (4) (5) (9)

- Stiff neck. (1 C2 G5) & (2)
- Neck is looser. (3 C1 G3)
- Stiffness of neck. At the back of neck. (4 C2 S1)
- Stiff neck and shoulders – + to stretch. (5 C1 S5)
- Pain across scapulae and left side nape of neck; stiff, rigid, dark, fixed (2 C3 G6)

Stiffness, cervical region, motion amel (9 C2 G1)

- Neck really tight, could go into aching, need to stretch and wriggle. (9 C2 G1)

Sensation

Leaning* (1)

- Keep leaning to left when grinding. (1 C2 G4)
- Wanting to lean towards right. (3 C1 S4)
- Feel as if bending over too much. (6 C1 G2)
- Leaning to left side. (10 C2 S4)
- Leaning right (3 C3 G6) Leaning to left (10 C3 S5)

Rigidity* (see also Stiffness)

- Rigidity of spine especially in between scapulae. (2 C1 S3)
- Need to sit up straight – ramrod. (3 C1 G2)

Alignment*

- Sensations travelling upwards. (8 C1 S1)
- Alignment feels important. (9 C1 S5)
- Sit up straight. Align. (6 C3 G3)

EXTREMITIES

Notes: A large rubric was Incoordination. It was such a large rubric I would also have like to have found a similar rubric under Generals. See also Mind, confusion.

Prover 9 experienced a very strange sensation in her legs, as if she could “hear” sounds through her legs, by vibration. I have put this under Sensitive, legs – but I’m not sure that it fully covers it!

Awkwardness – fingers (3) (5)

- My fingers won’t work to turn the page. (3 C1 S4)

Cramp, hands, right (5)

Dryness, joints (2)

Heaviness (3)

- Limbs feel heavy. (6 C2 G1)

Incoordination (1) (2) (3) (4) (5) (6) (10)

- Not very coordinated. (1 C2 S5)
- Uncoordinated, Lost! (2 C2 G1)
- I'm left handed but keep wanting to use my right – I have no control. Using right hand – I can't scrape with left. (3 C1 S3) (Prover 3 records that she is left handed).
- Its such a physical struggle to coordinate. (3 C1 G4)
- My mind is telling my body – come on, come on – for God's sake just get on with it – but my body can't. (3 C1 G5)
- Feels kift. (3 C2 G5)
- Very little coordination over my pen, Worse gripping. (5 C1 G2)
- Nearly dropped my bowl. Rather uncoordinated. (6 C2 G2)
- Hands shaking, powder everywhere. (10 C1 G5)
- During coffee break between rounds C1 and C2, prover 5 couldn't open the coffee – uncoordinated. Slow thinking, sloth like – how do I open the packet? (5)

Polarity:

- Multi-tasking – I can write and scrape at same time. (10 C2 S5)
- Happy to use both hands (I'm right handed). (8 C3 G2)

Itching, ankles, left (5)

Itching, arms (4) (5) (9)

Motion (9)

- Need to wiggle feet – to see they still belong. (9 C2 G2)

Nails – complaints of (2)

- brittle nails, dryness, split (2 C1 G4)

Numbness - upper limbs, left (2)

- Left arm numb – forearm. (2 C2 S1)

Perspiration- hand (9)

Pain – forearms – right (4) (9)

Pain – shoulders – right (2) (3)

- Stabbing. (2 C2 G6)

Pain – thumbs, left (3)

Pain – feet – heel – left – standing – shooting (5)

Pain – toes (8)

- Pain in right foot, second toe (8 C3 G3)

Sensitive – feet (2) (5) (8)

- Can feel cold air passing over left foot. (8 C1 S4)
- Pain shooting upwards left inner heel > standing (stone in left shoe) – jumped out of shoe and hit the pestle!! (5 C3 G1)
- Realised could have been the stone in my foot with an added sensitivity in my feet- to pain, to vibration (5 C3 G2)
- + bare feet – to increase the contact to the vibration (5 C3 G2)
(During the lunch hour Prover 5 stood up from the table in the cafe and experienced an intense, sudden, sharp shooting/stabbing pain shooting up left heel – observed by Prover 10)
- I would normally sit cross legged in a chair as I'm more comfortable with my legs like that. I adopted that position when we first sat in the room but had extreme urge to keep them in contact with the floor because I was in **hyper**

alert mode. My sense of sound and vibration was so acute. **Intruder threat** was uppermost in my mind, that's why I checked the front door was locked a few times! (2)

Sensitive, legs (9)

- (10) is banging her bowl and I can feel the *vibration* in my left leg – *my leg is picking up the movements / bangs in the room.*" (9 C2 G2) (see also – Mind, sensitive, noises to)

Stiffness, fingers (2)

Stiffness, toes (2)

Stiffness, shoulders (1) (2) (5) (2- right, stabbing)

- Stiff shoulders – stretch" (1 C2 G3)
- So stiff! Stabbing" (2 C2 G6)

Stiffness, thighs (1)

- Sensation in upper thighs, not stiff but a stiffness (1 C1 G4)

Stretching out, leg (5)

Stretching out, arms (1) (5)

Swelling – feet (8)

Tingling (9)

- Feel tingly all over, a kind of charged up feeling, like a coil being tightened. (9 C2 G2)
- The friction in the bowl is the same feeling as I had in my leg earlier. (9 C2 G6)

Tingling, legs (9)

- Tingling in legs, like they are waking up. (9 C2 S3)

Twitching – legs (5)

- Feel very still inside but notice both legs twitching. (5 C1 G6)

Sensation:

- *Sudden awareness of feet and legs. Previously been in head.* (5 C1 G4)

SLEEP

Comatose (9)

- I close my eyes and its like a part of me goes to sleep – a brain sleep. But then something is still awake, like the shell is awake whilst the core is asleep. Its really difficult to open my eyes again, because the core that should give the command is asleep, and the shell is waiting but can't do it without the command. Coma? (9 C3 G6)

Need of sleep, great (1) (2) (3) (4) (5) (9)

- Desire to sleep, still, alone. (2 C1 S6)
- I am so tired – my eyes so heavy and wet, please let me sleep. (3 C1 S4)
- So sleepy. (4 C2 S5)
- Want to curl up and sleep / close eyes. (5 C1 G2)
- I want to go to sleep. (9 C2 G5)
- Feeling tired, yawning (1 C3 G5)
- Just too tired/fed up (2 C3 G5)

Sleepiness, overpowering (Narcolepsy) (2) (3) (8) (9)

- I feel so slow – I'm so tired. I want to sleep and sleep and sleep. My mind is no longer in control. Sleep is needed now! (3 C1 S4)
- A lullaby, being rocked to sleep. Everybody is yawning. Soporific. Overwhelming desire to close eyes. I could just go to sleep. What if? Warm and comfy. Curl up like a cat, on top of the oven. (9 C2 G5)
- Want to sleep, peace, quiet. TOO LOUD!!! Yawning, too tired, need to rest, I want my bed. (2 C3 S4)
- So so sleepy again (3 C3 G6)
- Feel very tired leaning forward, almost like I could fall into bowl head first (8 C3 S5)

Sleepiness (1) (2) (3) (4) (5) (9) (10)

- Yawning. Very tired (1 C2 G6)
- Feel sleepy – totally chilled – lovely!!! (4 C2 S3)
- Drift off, like to go to sleep. Desire to go to sleep. Can I just do a meditative proving? (9 C2 G2)
- Sleepy; close eyes, leaning forward. Everything so loud around me. Are we nearly finished? (10 C2 S5)
- Was feeling light, fresh, now beginning to feel drowsy (1 C3 G4)
- Grinding like a drone makes you sleepy (1 C3 G5)

Sleepiness – sudden (8)

- Suddenly very tired, when leaning over bowl (8 C3 S4)

Sleeplessness (2)

- Insomnia. So tired. (2 C1 G3)

Sleeplessness – weariness, in spite of weariness (2) (5)

- So heavy and tired and yet so alert at the same time. (5 C1 S6)

Waking, itching, by (9)

- The little itches are waking me up, keeping me awake, so I don't drift off completely. (9 C2 G6)

Yawning (1) (2) (3) (4) (5) (8) (11)

- Great desire to yawn. (5 C2 G5)
- YAWNING – must yawn. (11 C1 S3)

Yawning – sleepiness, during (1) (2) (3) (4) (2) (9) (11)

- Yawn – feel very tired, can't stop yawning. (1 C2 G3) Can't stop yawning, feel very sleepy (1 C3 S5)
- Yawning – I want to go to sleep. (3 C1 G4)
- Tired – yawning. (4 C1 G5)
- Big yawn, quiet, sleepy. Relax, let go. (9 C2 G6)
- Yawning lots. Farmhouse, countryside. Can't stop yawning, feel very sleepy. (1 C3 S5)
- Tired, want to close eyes, big sighs, yawns (2 C3 G4)
- Feel very tired now – yawning (11 C3 S5)

Yawning – stretching, with (3) (5) (8)

- Big yawn and big stretch. (3 C2 S6)
- Huge desire to stretch and yawn. (5 C1 S6)
- Yawning again. Need to stretch my neck (3 C3 G2)

Yawning, frequent (1) (3)

- Yawning a lot. Everyone yawning. (1 C2 G5)
- Yawning, yawning, yawning. (3 C1 S2)

Polarity to sleepiness:-

- Renewed vigour; awake now. (3 C2 G1)
- Energy / awakesness rising. Smiling. (8 C1 S4)
- Lot of energy – me and everyone I think. (11 C2 S2)
- More awake (3 C3 G5)
- I feel so much more awake and alert and energetic! (9 C3 S1))

DREAMS

Dreams /experiences as recorded by provers on the day of the proving. Unless otherwise indicated, the dreams or experiences of awakening took place the night/early morning prior to the proving:-

- **Awake** a lot during the night – from 2:40am until about 5:30am. Did dream a lot but cannot remember it (1)
- Dream 10 days ago: In **white** swirly substance, stuck, dark, anxious, rigid. Was thinking of withdrawing from trituration on my supervisor's advice, due to sensitivity. Prover 5 visited me in dream and said not to make a decision until I see her. (2)
- **Awake** at midnight. Restless sleep before then, whimpering in sleep, reproaching myself. **Couldn't sleep, got up** at 4am. (2)
- **Woke up** at 3:30am. Can't remember time went back to sleep but it was after 4am. (3)
- 3:30am. I was up and at the bottom of bed, **feeling awake** and needing **to move**. Waking up as if commanded to do so (5)
- Hearing voices in dream last night. In a dream, prover 10 needed to tell me something. (5) (Prover 5 also felt there was a link to **communication**, thinking about words, patterns, word games, "Just a minute", scrabble, www (5 C2 S2).
- When prover 5 woke up in the night:- left ear throbbing, > pressure (lying on it) (5) (see Ear – pain – left – throbbing > pressure)
- Interestingly, in keeping with the theme of communication, www etc, in the morning of the proving, prover 9 recorded that she received an email from someone she knew over 20 years ago. He had never crossed her mind but felt the need/desire to **get in touch** (9).
- Around 4am found myself **wide awake** and very alert – I didn't know why. Tried to get back to sleep but couldn't for a couple of hours (6).
- Dreamt of pain in right cheekbone as if there was a **white** chip missing from it. Had to hold it with my fingers (9)
- Dream of being in a pub, bartender lewd, pub full of young men, football teams from opposing sides, one swore at me, drunk, aggressive. But also in dream was a young boy child, **unable to communicate** – suddenly was able to communicate and there was joy about this (10). Prover 10 also noted on walking to WSH on the morning of the proving a lot of groups of men in the street, particularly a large team of workmen climbing scaffolding on a building (10).
- Dream night after proving (17/04/16) of **black** horse rearing, trying to escape from overturned carriage...horse wild eyed, it thrashed about, bloodied (10)
- Asked to dream with remedy. Unusually cosy, comfortable night with much less heat and restlessness than usual. Put out a pad to record dreams. **Woke up** at least three times and **moved out of bed** straightaway – **extremely alert** (most unusual), knew I had dreamed but could not remember anything. (11).
- On 18/04/16: dreamt of last night's very special sleep! (11)

PERSPIRATION

- Hot (6)
- Profuse (6)

SKIN

Eruptions, blisters (1) (2) (3) (5) (9)

- Blister on my finger. (5 C2 S2)

- The start of a blister on my finger (1 C3 S6)
- Blister on my finger. Friction burns/bed sores. (5 C3 S6)
(Prover 5 felt that the blisters were quite marked; having taken part in triturations previously she had not experienced blisters to this degree)
- Pressure sensation on right middle finger as if I'm developing a blister from the pestle (9 C3 G2)
- Almost blister on right middle finger (9 C3 S6)
- Woke up in morning (day after proving) with two tiny blisters on top left of ring finger (3)

Eruptions – boils (3)

- Prover 3 experienced a boil in her hairline coming up on the right side, onset the day before the proving (16/04/16). She had never had one before. By 18/04/16 (day after proving) it had almost gone. (3)

Itching (4) (5) (8) (9)

- Itchy head left side, itching front in between breasts, itchy back, itchy chin. Starting to feel bored of the itching. (8 C2 S3)
- Thinking of poison ivy with the itch. (8 C2 G4)

Itching – wandering (8) (9)

- In little spots. (9 C1 G3)

Ulcers (2) (5)

- Sores, abscess (5 C2 S2)

GENERALS

Abscesses (2)

Air; open – desire for (3) (4) (11)

- Need fresh air. (3 C2 G6)
- Head a bit muzzy. Want to open window. (4 C1 G5)
- Want fresh air. Room too hot and stuffy. Want to be outside. (5 C2 G5)
- I'd like fresh air on my face. (11 C2 S5)

Clothes – shoes, remove, desires to * (5)

Darkness ameliorates (2) (5)

Dryness – of usually moist internal parts (2) (9)

- Dry. Cracked. Like a Salt Lake. Fissures. Eyes. Warts. Abscesses. So Dry. Vaginal Dryness. Eyes Dry. Mouth Dry (2 C1 G2)
- Dry mouth, lips, throat, nasal passage. (9 C1 S3)

Eructations, amel (3)

Food and drinks – chocolate – desire (11)

Food and drinks – coffee – desire (5) (11)

- I'd love a piece of dark chocolate and some coffee (11 C3 S1)

Food and drinks – coffee – aversion (9)

- No desire for coffee – unusual (9)

Food and drinks – nuts – desire (5)

(Note: many provers happened to bring in nuts or nutty type snacks e.g. biscuits with nuts, on the day of the proving)

Food and drinks – sweet, desire (6) (9)

- Licking up the spilled powder. Its nice and faintly sweet. Soothing. Milky. So much powder has come out. I'd like to eat it all! (9 C2 S6)
- Tough, hard, rigid dark exterior! Soft, tender delicious sweet inside – NECTAR, golden, sweet honey “honey honey, sugar sugar” The Hive, honeycomb (2 C3 S2)
- “Tell them about the honey, mummy” (2 C3 G3)

Food and drinks – water- desire (9)

- I'd like a big glass of fresh water. (9 C1 S6)

Heat, perspiration with (1) (2) (6) (8)

- HOT – feel a bit sweaty (1 C1 G2)
- Hot. Sweating. (2 C1 S2)
- Lots of heat and sweating. (6 C1 G2)
- Feel a bit sweaty, clammy. (8 C2 G4)
- HOT. Very hot. Feel sweaty on head under eyes and forehead (8 C3 G1)

Heat, sensation of (1) (2) (3) (4) (5) (6) (8) (9) (10) (11)

Note: Every prover experienced a feeling of being hot or warm. Although it could be speculated that the room was warm, it is worth noting that on this particular weekend, the boiler had broken down and there was no heating whatsoever in the school. Also, the proving took place in mid April and although it was a sunny day, it was not unusually hot. Therefore I think this can be taken as being relevant to the proving.

- I'm getting warmer and warmer. (3 C1 S1)
- I'm getting hot. (4 C1 G2)
- Very hot. (6 C1 G2)
- I've taken a few layers off now, getting warm. (9 C1 G2)
- Getting hot. (11 C1 S1)

Cold – feeling (3) (2)

- Cold and shivery – like the door has been opened (3 C3 G4)

Lassitude (2) (3) (4) (6) (9) (8) (11)

- Tiredness, lethargy generally. (6 C1 G4)
- Its hard work – yawning again. Its tiring. (11 C2 G5)
- I really can't be arsed – I'm too tired/sleepy. I'm so **heavy** (3 C3 S4)
- Feeling tired –slowing down. Don't want to do any more (3:53pm) (4 C3 G3)
- Tiredness – muscles won't work (6 C3 G3)

Polarity: Energy up. Not so tired at the end (8 C3 S6)

Very energetic scraping! (9 C3 S6)

Magnetism, amel (5) (6 C1 S5) (8) (9)

- Loving the patterns. Drawn to the pattern. (5 C1 S1)
- Drifting Off – back in room suddenly aware of others, hypnotic. (8 C2 S6)
- Sitting with my eyes closed, grinding – like being on a train, going and going. (9 C2 G6)

Motion – agg (9)

- Its the fast movement that seems to highlight that my vision is blurred, like I can't keep up with the speed of the movement. (9 C1 S5)

Motion – amel (2) (6 – C1 S5)

- Stiffness in toes + movement/stretching. (2 C1 S1) Painful movement. Movement amel. (2 C1 G3)

Motion – amel – rapid motion (5) (4) (6) (9) (10)

- I'm grinding fast, so is (9). (4 C1 G3)
- Fast and furious scraping, not just me. (4 C1 S6)
- I want to go fast – grind fast, everything fast. (4 C1 G2)
- Speed + fast grinding – smooth and effortless. (5 C1 G1)
- Do it fast – substance jumping out of the bowl. Frantic feeling in the room – Fast/hard/intense. (5 C2 G2)
- Speed – it seems too easy how the powder comes off the sides. (9 C1 S5)
- Scraping fast. (10 C1 S3)

Motion – desire for (2) (3) (5) (4) (10) (11)

- Stiffness in toes + movement/stretching (2 G1 S1)
- Skiing across the snow – freedom. (3 C2 G3)
- Lets go and dance. (3 C2 S5)
- My whole body moving on grinding. (4 C1 G1)
- Wanting to move with the grinding. Moving side to side. (10 C2 G1) (see also Mind – Dancing)
- Swaying. Rocking side to side (10 C3 G5)

Motion – rhythmical (4) (5) (6) (8) (10) (11) (see also Mind – sensitive, rhythm to)

- Concentrating on the process, Rhythm. Plodding. Mind free to think. Soothing motion. Mesmeric. Soothing. Rhythm of life. Cows in the field. Homestead harvest. The pace of life. (6 C1 S5)
- Rocking back and fore. Moving whole body – jiggling. (4) is swaying back and forth. Making rhythmical scraping sound with mortar. (10 C2 G6)
- (10) your eyes are flickering and your body is moving to the rhythm of the grinding (observation by 4 C3 G4)
- Body rocking rhythmically – small movements. Strong rhythm present in my body. (11 C2 S2)
- Attracted to the rhythm of sound and movement in the grinding (5 C3 G2)
- Song – “The rhythm of life is a powerful beat – feel it through your fingers, feel it through your feet. The rhythm of life is a powerful beat” (5 C3 G3)
- Synchronised stirring (8 C3 G4)
- Rocking legs with grinding movement. Stop, start grinding. Matching (4)'s rhythm grinding, synchronised (10 C3 G4)

Numbness (2) (9)

- Need to wriggle my toes, to see they are still there. Legs feel a bit numb. (9 C1 G4)

Paralysis (2)

- Stroke – mind active but paralysed body. (2 C2 G3)

Reflexes – increased (5)

- Quick reactions – when things nearly fell on the floor catch them in plenty of time (5 C3 S3)

Rubbing (9)

Side – alternating sides (2) (3) (4)

- Alternating left and right hands. (3 C2 G6)
- Still omnidirectional. (5 C1 G2)

Side - right (4) (5)

- Feel this is a right sided remedy. (4 C1 G4)
- Right sided itching. (5 C1 G5)

Side – left (5)

- More left sided itching. Right to left. (5 C2 S3)

Sitting erect, amel (3) (5) (8) (9) (10)

- Need to sit up straight – ramrod. (3 C1 G2)
- Want to sit up straight. (5 C2 S3)
- Notice sitting crookedly. (6 C2 S3)
- Sit up straight. (6 C2 G4)
- Feel upright in seat. (8 C1 S4)
- Needing to straighten back. (10 C2 S3)

Stretching, amel (1) (2) (4) (5) (9) (10)

- Need to stretch. (4 C2 S4)
- Stiff neck and shoulders - Want to stretch. (5 C1 S5)
- Wanting to stretch. (10 C2 S2)

Stretching out (1) (2) (5) (9)

- Desire to stretch and rub. (9 C1 S6)

Sun, amel (1) (5) (9) (10) (11)

- So lovely and warm in the sun. (9 C2 S6)
- Yellow, sunny. Fields of green crops – healthy, with sun blazing over them (1 C3 S2)
- Like warmth of sun (5 C3 G1)
- Lovely – here comes the sunshine (10 C3 G1)
- I would like to put the light on but feel it might be disruptive so don't and then the sun comes out (11 C3 G1)

Varicose veins (2)

Warm – amel (2)

Weariness (1) (2) (6) (9) (10)

- Resistance, tiredness. (9 C2 G5)
- Weary. Is it time to stop? (6 C3 S5)

3.2 Zebra Spider Themes

The following section brings together the themes which came through in the proving. The repertory section contains a lot of the detail in respect of statements made by the provers and I have also included in this section some key expressions which I felt were relevant to each theme; although there may be some repetition here.

Working on the themes felt a bit like “taking the case”, going through the mass of information from the notes and drawing out the juicy bits! In my analysis it has helped me to look at this information from a sensation method – what’s animal, what’s spider, which hopefully leaves me with what’s Zebra!

Overview of themes:-

- **Animal idea**
- **Spider idea**
- **Zebra spider:**
 - Mental themes**
 - **Absorbed – in my own world!**
 - **Alone – but ok!**
 - **Artful Dodger!**
 - **Busy - doing nothing?!**
 - **Bored – out of my brain!**
 - **Black or white!**
 - **Child I am**
 - **Confused – skittle or wand?**
 - **Delusions**
 - **Detached**
 - **Escape – Trapped – Freedom**
 - **I see you!**
 - **Movement – to my own rhythm!**
 - **Senses – too much!**
 - **Sunlight and Shade**
- **Zebra spider Physicals**
- **Zebra spider: Generals**

Animal

Drawing on the sensation method, I think we can see the animal in a lot of the language and sensations of the proving. Bold type is my own emphasis of particular phrases that were animal like:-

Heightened senses in the remedy; for example, heightened awareness (Alert); “car horn beeping in the distance and everyone stops. (11) is even checking what is happening outside. Drawn to the periphery. (9). Also heightened awareness of other people and what they are doing, observing them. Senses acute:

- All seeing / all hearing. Observant / observed / heard. (5)
- Senses heightened – sight, sound. (10) Aware of sounds outside, door closing. (10)
- Visual disturbance – other senses paramount especially hearing (2)

Often a sense of being threatened:-

- Heavy. Dark. **Handprints on me.** Anxious. (2)
- Looking in through window. Dread. Something not nice. Heart thumping a bit. (1)
- Destruction. Fear. Madness. Tears. Sadness. Horror. To save, saviour. Death, destruction, Strong, shining, save – where is the enemy? Who is the enemy? (6)
- 4 looks around as if she wants to **check us out and challenge us.** I feel defiant (9) (Defiant)

A sense of either being an outcast or the polarity - tribal. A sense also of persecution.

- Outsider feeling returns. **Different – not belonging. Outcast. Not wanted. Alone. I don’t fit in.** Out of rhythm with everybody. (5) (Delusions – outcast, she were an (2)(3)(4)(5)
- **Need to protect my pack.** Growling, biting, baring teeth (2)
- Why do people persecute me? (5) (Delusions – persecuted, he is)
- Sensitive to criticism. No bad intention – not meaning to be naughty. Feeling misunderstood. Why don’t people like me? Why are people threatened by me? (5)
- On my way in (to WSH) this morning – sense of chaos – traffic, roadworks. Feeling of being outside of something as I walk in the sunshine. Am I the only one? Am I late? (11)

The feeling of being an outsider and alone (see also Theme – Alone, but Ok!) was quite common; I also considered the rubric “Delusions, separated from the world, he is” which is common to other predators e.g. Androc, bit-ar, falco-pe, haliae-lc and loxo-recl (recluse spider).

A sense of being **trapped**; attempts to **escape**; and **survival** – are animal themes:

Delusions - trapped

- Stuck. Desires freedom. (2)
- Walled in, looking through blinkers strapped in – across the eyes. Imprisoned, despair (6)
- Alive, breathing. Drugged. A bind – imprisoned. Head aching, temples and base of skull, top shoulders. Bound. Help me! Mechanical. Pain in right back/side at bottom of back. Piercing pain. Let me free! Thank you. Deep breaths. **Survive.** (6)

Escape, attempts to

- Something wants to escape or be set free. (3)
- Powder literally jumping out of the bowl – trying to escape! That’s what I’d like to do. Room too bright / sounds too loud / smells too strong. (5)
- I want to escape. Tip table over, run out of the door and hide” (5)
- Bird trying to escape, leather straps across eyes, wings beating. Journey of hope, escape. Drowsy, must stop, rest (6)

Survival

- Not fearful – just survival of species? What I’m here to do. My role in the group. (5)

There were other examples of animal language and sensations but I feel the above captures the idea of the animal in the remedy. Lets now get stuck into the Spider themes.

Spider

I purposely decided not look too closely at themes of spiders in general before the proving and indeed before analysis of the proving itself – as I wanted to be as unbiased as possible in my approach; to be Hahnemann’s “unprejudiced observer”, not to be hunting for what was spider and risk missing what is peculiar to the remedy. Our Bill Rumble, a core teacher at WSH teaches us that to have “beginner’s mind” is so important in the application of homeopathy. The only real bias I think I brought into the process was a love for and curiosity about this little spider. So this “Spider” section is the last analysis section I worked on – after I had worked on the repertory and the themes of Zebra. So it was very pleasing to discover in the latter part of this process that so much of what is common to spiders did indeed come up in the proving.

In this I have found Peter Fraser’s book “Spiders – Suspended between Earth and Sky” immensely helpful in getting the idea of spiders in general. In this Spider section I want to point out the “background”, what themes are coming up that are common to spiders. In the Zebra themes that follow we go into more detail so that hopefully we may get then get an idea of what is unique and individual about Zebra i.e. the “foreground” as Peter Fraser puts it. This may not be an easy task, as the spiders are a very homogenous group of remedies. Peter Fraser says that the differentiation between them will “*almost always be difficult and rely on comprehending the slightly different emphasis in the common symptoms*”.¹⁴

Peter Fraser points out that in some classes of remedies we see:

*“a point of dynamism and change that is the same for all the group but which the individual remedies each handle in slightly different ways...one of the clearest points of this dynamism is when there is movement from one Realm to another. The Birds, Trees and Insects all involve movement from the Earth to the Sky”*¹⁵

He sees spiders as being “suspended between Earth and Sky”. This is because, although not all spiders are web spinners (and Zebra is not), they all have the ability to spin silk – this is the archetype.

“The web hangs suspended in the Sky but in order to function it must be anchored to the Earth in some way. At the centre of the web sits the spider motionless but in a state of tension and awareness, sensitive to the tiniest movements anywhere on the web”.¹⁶

So here is the spider - up in the air but also, necessarily, stuck to the ground – “not fully of the Sky” as Peter Fraser puts it. It can’t fly like the birds can. Its web must have a point of connection to the earth. But, it is not entirely grounded, earthbound, either. Zebra, as we know, is a great jumper! When Zebra jumps, it attaches a silk thread to the surface from which it jumps, like a safety line, just in case it misses its target. Then they can abseil down to safety. We also know that in some species of spiders, spiderlings will leave a thread of silk into the sky to be carried away by the air to disperse and migrate– referred to as ballooning - so at least in one point in their life cycle they can fly like a bird. How does Zebra approach this dynamic of movement/stuckness between the Earth and Sky?

Peter Fraser points out that with this state of suspension between the Earth and Sky there is confusion and disorientation in spiders. For example, a disconnection from time, clumsiness, making mistakes, weakness of memory and even confusion of identity are common spider themes. If we look at the Zebra theme “Confused” we can see a lot of these symptoms!

Part of the spider confusion manifests as emotional disconnection and is rooted in not being grounded or in touch with the Earth and also – not being able to be fully free in the Sky, in the way a bird can be:

“The Spider knows exactly what is happening both in the Realm of the Sky and the Earthly Realm but has no proper understanding of what this means. Having no real connection to the Sea or the Underworld they cannot comprehend the emotional or instinctual content of what they know. The most extreme form of this is Autism and Spider remedies can be indicated right across the autistic spectrum”.¹⁷

If we look at the detail in the themes in Zebra – “Absorbed, in my own world”, “Alone but ok!”, “Detached” we can perhaps see this. It’s not that they don’t feel emotions at all but a key expression coming through in Zebra is a sense of detachment and when emotions do come up they are fleeting or have a sense of immaturity about them, or, in the case of one prover who did experience emotions quite strongly early on in the proving, it was too overwhelming perhaps.

There can also be marked changeability in moods and this was quite strong in the proving; some provers would comment on despair, dark, heaviness and would switch to euphoria or lightness of energy in other parts of the proving.

There was almost a locked in sense to the remedy – absorbed in its own world, intent on whatever small task it is doing – totally absorbed in scraping and grinding, for example, and finding patterns in the powder. With a great love of symmetry, which one prover described as “loving symmetry but not perfect symmetry i.e. liking a pattern but not needing the pattern to be complete straight or congruent.

There was a sense of aloneness in this but most provers did not dislike their sense of aloneness, in fact they welcomed it, with a desire for solitude. Part of this connected to a huge oversensitivity to stimuli, wanting to shut down, close eyes, go and hide. Great sensitivity to noise, which some provers found painful or prevented them from thinking – see Theme Senses – too much! In this we see the great spider theme of hypersensitivity, and Peter Fraser describes this beautifully:-

“The Spider is sensitive to what is happening in the environment, but having no way of grounding and regulating this sensitivity it almost invariably runs out of control and becomes a hypersensitivity. The least disturbance to any sense is noted and magnified. The Spider on her web picks up most easily vibrations which are detected through hairs on her legs. It is thus vibration, in its earthly form of touch and in its airborne form of sound to which the Spider is most sensitive. The other senses of sight, smell and taste also tend to oversensitivity.”¹⁸

A couple of provers were particularly sensitive to vibration – one prover reported feeling sounds through her legs! Huge sensitivity to noise as we have noted but also some photosensitivity (see Physicals – Eyes) with a desire for darkness and to close eyes. Interestingly, Zebra belongs to a group of spiders, the jumping spiders, who have the most sensitive and best eyesight of all the spiders. Hunting spiders to rely more on their eyesight than webspinners. Often in these spiders we see sensitivity to colour and in Zebra this theme came up (see Theme Black – White).

Spiders have lots of energy – which one can imagine they need, in order to leap into action when an insect lands in their web, or in the case of a hunting spider such as Zebra, to jump or pounce on their prey. As Peter Fraser points out, this enormous energy must sometimes be held in reserve – remaining still on the web for long periods. So we have both restlessness and desire for movement and in the theme “Movement” we can see examples of this. For example, wanting to dance, moving whilst grinding – to a rhythm! Another spider theme, also connected to release of this nervous energy, are outlets such as fruitless activity (see Theme Busy –doing nothing!), which was quite pronounced in Zebra.

One theme we touched on in Animal idea was a sense of being under threat or a feeling of persecution and this idea came through in the proving. Some provers were particularly aware sounds in the building, with a fear of intruders. One prover described this as being hypervigilant and (unusually for her) had to keep her feet on the ground, ready to spring into action. Sometimes there was a less specific quality to this, a sense of just dread or fear of something, perhaps something looking in through the window.

The nervous tension in spiders can manifest on the physical level and many tensions are experienced in the head, back and limbs. If we look at the Head, Back and Extremities sections, many provers felt stiffness in neck, head – a couple of provers needing to roll their heads from side to side, many provers feeling the need to stretch, back aches and pains, needing to stretch limbs.

One oddity about the proving in terms of spiders in general was that heat or sensations of being hot came up for all provers. Spiders are generally chilly remedies. Coincidentally, the boiler in the building had broken down that weekend, so the building wasn’t heated. I don’t know that I can make a sweeping conclusion that Zebra isn’t chilly. I would go so far as to say there were strong sensations of heat in the remedy often with sweating, and not liking this, wanting fresh air for example. They also enjoyed basking in the sun – but also had a desire for darkness! Which is very like the Zebra spider.

I have already mentioned the introverted side to the remedy, not particularly social creatures. Just an observation but I know from having heard about previous triturations and taken part in one previously, often the provers will go out to lunch all together and stay together as a group. I was quite amused that the provers over the lunch hour didn’t all stay together for lunch, but went off, perhaps in little pairs or individually. I had lunch in a cafe with Linda and we were amused to spy on the other provers walking past in the street, usually in pairs or on their own, with sunglasses on!

Spiders can move from a state of great activity to a state of exhaustion and collapse.¹⁹ One of the big themes in the remedy was sleep – a strong desire for sleep and with this a sense of tiredness and lethargy – but, particularly during the last round of the proving – a burst of energy and increased speed and intensity e.g. suddenly frantic and fast grinding. One might normally expect that the third and final round would be less energised!

Another strong group of physical symptoms coming up common to spiders is nausea and vertigo. In the proving we saw references to nausea – particularly strong in the first round, when often physical symptoms are most pronounced in triturations. There was almost a sense of seasickness with this and < motion and sight of movement e.g. tables rocking. Spiders are known to be important remedies in travel sickness.

Pains are often sharp and stabbing and when pain sensations did come up in the proving there were often references to sharp pains.

In spiders there are often respiratory symptoms. Spiders have “book lungs” (see biology section) and are vulnerable to drowning. A marked physical sensation in the proving was a sense of needing to take deep breaths, breathlessness and in some cases, not being able to take a deep breath. In one prover this was connected to a sense of having a twisted spine or scoliosis and – once she experienced a curative effect during the proving of her spine untwisting, she was able to take a deep breath for the first time in weeks. Connecting with this, a theme of skeletal alignment in particular came up on the proving (see Back section).

There is often a need for attention in spiders or to draw attention to themselves. In the theme “I see you” we will see that in Zebra there seem to be particular issues about this – often not wanting to be seen, in fact, but to see others and observe others. I see you but you can’t see me. Sometimes provers did want to catch attention of others, e.g. by strong eye contact, but there was a polarity of not wanting eye contact, not wanting to be watched. One prover wanted to run out of the door and hide, another wanted to tip the table over in a tantrum, and had to restrain herself from doing so.

Last but not least, then, a childlike theme running throughout the remedy (see Themes “Child I am” and the Artful Dodger). This may tie in with emotional immaturity that we see in the disconnected emotions generally in spiders, but the intensity of the childlike themes coming through lead me to think that Zebra does have a strong affinity to the child, maybe a spidery version of a Baryta carb, in some respects.

At the beginning of this section I asked how does Zebra approach the dynamic movement/stuckness. So many of the themes touched on above are common to spiders. This is great to see in terms of confirmatory information, but as Peter Fraser says, often it may be difficult to distinguish spiders based on these common features. My idea of Zebra, which is personal and may not be exact or correct, is that that the child element is very strong; there is a marked autistic feel to the remedy; they are perhaps not so keen for an audience as *Tarantula hispanica* say, although being observed is certainly an issue – they may prefer to be the observer! This spider is known colloquially as the theatrical jumper - it is said to be aware of the human gaze, and changes its behaviour upon becoming aware of being observed by a human. It was beautiful to see expressions of the provers such as “I see you”; “to observe but not to be observed”; and this sensitivity to observation, the outsider delusion and the huge polarities/contradictory states we see in the remedy (see Themes Sunlight and Shade) may go some way to help to identify our little Zebra spider.



This was a painting I drew as part of some process work in my first year at WSH. Although not part of the proving, (or was it?) it seems to capture something of the essence of movement or idea of the spider – from ground to sky, at risk perhaps of being trampled by a boot, and a polarity or duality between light and dark coming through in parts of the proving.

Zebra - Mental/Emotional themes:

Absorbed – in my own world!

Key words: Absorbed; “in your own world”; Daydreaming; Introspection; Spaciness

There is a sense of being absorbed, “in your own world”, and I think we can see this in various rubrics including Absorbed; Absentminded – dreamy; Introspection; Spaced out feeling; Staring, thoughtless; for example:-

- Absorbed (2) (3) (5) (6) (8) (10) (11)
 - o Lost in process/thought (2)
 - o Become intent on scraping – looking inward (6)
 - o At one with process (8)
 - o I’m inclined to turn inwards (11)
 - o Looking at the wooden beams – all the cracks and holes – beautiful (5)
- Absentminded – dreamy (2) (3) (9) (11)
 - o Daydreaming – cannot stay in the present, its too noisy (3)
- Concentration, active (6) (10)
 - o Concentrating on the grinding – the white powder, the process (6)
 - o Very intent on what I’m doing (10)

The polarity to this rubric and also clarity of mind was Concentration, difficult and Confusion (see Theme Confused).

- Introspection (2) (3) (6) (9) (10) (11)
 - o Self absorbed. Unable to relate. (2)
 - o Drawing into oneself. Journeying, looking inward (6)
 - o Coming inwards again. Trying to ignore the others. More earnest in what I’m doing. (6)
 - o I don’t want to make contact (9)
 - o Looking at people but in my own world. (10)
 - o Feeling very self contained - here, but also inclination to drift off. (11) (also Absent-minded - Dreaminess)

Connected with this sense of absorption and “being in my own world” there was also a sense of solitude or not wanting to contact others (see Theme – Alone, but Ok!) but with great intent/focus on the job they doing with a marked degree of fastidiousness or conscientiousness over trifles (see Theme – Busy, doing nothing) and a theme that crops up throughout – aggravation from noise or overstimulation, which some provers responded to by wanting to escape, close their eyes, or for example “Daydreaming – cannot stay in the present, its too noisy (3) (see Theme Senses – Too much!)

Spaciness - subtheme

A number of provers experienced a spaced out feeling (4), (6), (8), (9) and (11) and many actually used the word “spaced out”, a sense of feeling spacey, lightheaded, also drifting off, inclination to drift off. There was almost a drug picture in this, prover 6 felt drugged, prover 11 alluded to cannabis indica, and prover 9 felt “almost as if drunk” (Stupefaction). This may also be connected to vertigo symptoms in the picture, with lots of dizziness (see Physicals – Themes).

Alone – but ok!

Key words: On my own, but not alone. Company – aversion to; desires solitude; Detached; Estranged.

A strong theme throughout the proving was a sense of being alone yet this didn’t feel uncomfortable, there was a sense of contentment and okayness in being alone, for example:-

- Company, aversion to (2), (3) (4) (5) (6)

- On my own, but not alone, contented. Doing my own thing – not answering to anyone. At last I can be myself, who I need to be (3)
- Don't need anyone – quite happy on my own. Contented (4)
- Detached, alone – OK. Alone but content. (6)
- Company, aversion to – desire for solitude (3) (4) (5) (6)
 - Room too bright / sounds too loud / smells too strong. Want to be alone (5)
 - Better peace and quiet and dark and *solitude*. Want to be alone (5)
 - Still feeling alone – but not lonely. Felt very on my own during the trituration but not alone. Happy to work independently (3)
 - Alone and strong (6)

Some provers expressed this in the sense of not needing anyone, being happy to work on their own. The polarity to this sense of being alone but ok in being alone was expressed in particular by Prover 2 who felt forsaken and craving love in rounds 1 and 2 of the trituration:-

- Estranged (2) (4) (5)
 - Desire for intimacy. Don't know how to relate. Aching heart. Aching in my belly to love and to be loved (2)
 - Desires hugs. To be cared for, nurtured. Aching all over for love, intimacy. So afraid of it! (2)

Whereas by round 3, prover 2 referenced: Dreams of intimacy, real connection, touch, to be held safely; from the film Avatar "I see you" (2). Also, "I'm happy. Intimacy and true connection at last.." (2) (Cheerful).

A couple of provers also expressed the polarity in terms of wanting to be sociable:

- Want to talk to people. Had enough of silence, Sociable creature (4) (Talking – desire to talk to someone)
- So much lighter, feeling much more cheerful. Nice to have interaction. Outgoing (9) (Cheerful)

Prover 5 particularly expressed a desire for solitude in terms of being overstimulated by senses and wanting peace, quiet and darkness and solitude (see Theme – Senses – too much!).

A strong feeling of **being on the outside**, alone, solitude yet not lonely was experienced by Prover 5, Round 1 (See Theme - Outcast). Tied in with this is the sense of being in their own world, as discussed in Theme – Absorbed; also a strong sense of being detached. Taking all of the above into account and also being absorbed, introverted, feeling alone and ok with this, but also the polarity coming through of craving love and affection, the strong delusion in the remedy of being an outsider and issues about being looked at, a picture seems to be coming through of an almost "locked in" state in terms of social interaction with a strong aggravation from overstimulation in terms of the senses and although speculative of me as the remedy has not been used clinically yet – perhaps an autistic or aspergers type sense to it.

Artful Dodger!

Key words: Contrary; Deceitful; Defiant; Disobedient; Escape; Mischievous; naughty school girl; teenage fun; rebelliousness – a "fuck you" defiance!

I had to borrow this expression from one of the provers – Artful Dodger - it sums up a defiant, naughty, rebellious side to the remedy. Some of these qualities are also very spidery. Lets look at the some of the ideas that may come up under this heading (see also theme Child I am).

- Contrary (2) (3) (5) (9)
 - Doing opposite to desired action. (2)
 - Don't like conforming. – don't like doing what I'm told (5) (see also Disobedience; Rebellious)
- Deceitful (1)
 - Devious, sneaky (1) (Note – a well known spider quality!)
- Defiant (9)
 - Prover 4 looks around as if she wants to check us out and challenge us. I feel defiant (9)
- Disobedient (5)

- How awful to have ADHD in school and feel forced to behave / to conform / to have no individuality/ to not be able to be myself. (5)

We also see the polarity; prover 11 observed: “They’re all so dutiful and obedient”. (11)

- Escape, attempts to (2) (3) (4) (5) (6) (9) (10) (see also Theme: Escape – Trapped - Freedom)
 - I want to escape. Tip table over, run out of the door and hide (5)
- Mischievous (1) (3) (5) (9) (10) (11)
 - Resisting urge to blow powder out of the bowl. (3)
 - Diving into my scraping. Feel naughty – laughing at people, noticing everybody. (10)
- Mischievous – children in (3) (6) (9) (11)
 - Feel split in two – the naughty girl who always does the right thing and the naughty girl who wants to be mischievous, destructive (3)
 - Feel like naughty school girl. (6)
 - Feeling naughty, nothing else happening so may as well have some fun. Giggling. (11) wants to poke me! Childish/teenage fun (9)
 - Desire to poke (9) gently – not nasty (11)
- Rebellious (3) (5)
 - Don’t like conforming – doing what I’m told. The rebel. The trickster. Want to have fun, to challenge, be artful. The Artful Dodger (5)
 - A “fuck you” defiance (3)

But within this sense of defiance and rebelliousness coming through, prover 5 expressed a sense of being **misunderstood**:-

- Sensitive – criticism (5)
 - Sensitive to criticism. No bad intention – not meaning to be naughty. Feeling misunderstood. Why don’t people like me? Why are people threatened by me? (5)

Busy – doing nothing!?

Key words: Industriousness; Conscientious about trifles; fastidiousness; tidy; desire for order, pattern, symmetry; Laziness; Mess; What’s the point?

Perhaps not surprising in a spider remedy but there was a strong theme of **industriousness**. Within this there was a sense of conscientiousness – but about small things, with a sense of perfectionism and methodicalness. Connected to this, again was a sense of being absorbed in the process (see Theme Absorbed), fastidiousness or perhaps more than a need for tidiness per se - a love of symmetry and pattern.

- Conscientious about trifles (also observer, detail of everything, in) (3) (4) (9) (10) (11)
 - Very into scraping. Trying for perfection. (3) Creating a masterpiece” (3)
 - Very proud of my little bowl” (6)
 - Scraping – like exploring the past, an archaeological dig. What’s under this? I’d like to do it gently, like archaeologists: using a brush rather than a scraper. (9)
 - I can’t move my chair but want to move it – otherwise my powders will fall over. (10)
- Checking, twice or more, must check (10)
- Counting (3)
 - Counting how many scoops of powder is in the bowl = + (3)
- Fastidiousness (3)(5)(9) (or Order; desire for)
 - I need all the powder to come off the sides – its annoying me, that I can’t get it all off. Need the pile of powder to be completely neat and tidy and in a circle. Not as tidy as I want it. (3)
 - So important to get the correct pattern in the powder. Neat, tidy, ordered (3)
 - I want to be neat on my table, but the wobbliness of it doesn’t sit right (9)
 - Realise my table is the wrong way round and can’t get legs in. Everybody else’s is right. Table seems to far away. Had to move table round (5)

Patterns and Symmetry

Prover 5 felt this was not so much fastidious as a desire for pattern:-

- Not fastidious re: cleaning it perfectly – but loving the patterns. Drawn to the pattern (5)
- Want to create patterns – see sequences. Desire unusual symmetry but without perfection (5)
- Need to make a neat pile in lower right quarter of bowl (3)

The polarity to tidiness and fastidiousness also came through (see Untidy); with lots of messiness and spilling powder everywhere! (3) (4) (5) (10).

- Industrious (5) (6) (9) (10) (11)
 - o Fruitless production. (5)
 - o May seem fruitless at the time but feels necessary, almost essential. (5)
 - o Intent on the process. Small precise scraping movements – not so random as before. (6)
 - o Grinding was soft. This is very more energetic, business-like. (9)
 - o No emotion, just getting on with the job!! Detached. (9)
 - o Purposeful movements. Everybody is scraping, like in an old apothecary, preparing powders. (9)
- Industrious – finish his work, desire to (3) (6) (9)
 - o I don't want to stop. Really disappointed, because I thought I was just getting somewhere. (9)

The above industriousness can be contrasted with the polarity:

- What is the point of this? Its getting on my nerves. I've got better things to do than this (3)
- Industrious but a compulsion with an aversion. Does my life depend on it? (5)
- Grinding and scraping: I wonder if I'm doing it right? But it doesn't matter. Its only an exercise, a practice. Its not as if somebody's life would depend on it. No real gravitas. Not an exam! (9)
- Laziness (3) (5) (9)
 - o Feels like work – can't be bothered – but + + the patterns! (5)
 - o Nothingness. What's the point? Nothing to say. Could be at home. (5)
 - o I want to sit back and relax, put my feet up. (9) (see also Generals, Lassitude)
 - o I don't want to interact, to have to explain – too much effort! (9) (see also Theme Alone – but ok)

Also look up the Theme Boredom! In fact, lets move on to this now -

Bored – out of my brain!

Key words: Ennui, Bored; Can't be bothered; Impatience; Restlessness – fidgety;

In direct contract to being absorbed, industrious, focussed, immersed in the process we have also a sense of boredom. Connected with this, a sense of impatience (although in the case of two provers, this was also connected to hunger and a strong desire for lunch!), some restlessness and also laziness:-

- Ennui (3) (5) (6) (8) (9) (10) (11)
 - o Just going through the motions. I don't want to be here. (3)
 - o Bored of doing circles – want something exciting. (3)
 - o Methodical. Boring? (6)
 - o Mechanistic. Boring (9) Nothing happening. I could go back to sleep (9)
 - o Bored, yawning, looking forward to break time (9)
 - o Looks like (5) is **stamping on beetles** in her bowl, rather than grinding. Is she bored? (9)
 - o Can't be bothered. Are we finished yet? (10)
 - o I'm slightly bored – looking for things to distract me. Used a different technique to stop the watch – world shattering event! (11)
 - o I'm rather bored in an unintense sort of way (11)
- Impatience (3) (5) (10)
 - o Thinking about lunch. Thank goodness only one round to go – come on, lets speed up. Impatient to finish. (5)
 - o Want to get on with this. Want lunch. Hungry. (10)

- Impatient – restless (3)
- Impatient for this to end (10)
- Restlessness (2) (3) (8)
 - Restless, can't concentrate. Fidgeting (3)

Black or White!

Key words: **White - pure; quiet; soft; white birds; sunshine; light; cloud; bright white coil; blinding;**
 Black – darkness; numbness; no joy; rigid; depressed; black mane; heaviness; close eyes; peace; quiet; solitude.

A striking number of Proverbs mentioned the colour white or associations with white, for example:-

- Colours, white, desire for (2) (5) (6) (9) (10) (11)
 - Must keep everyone happy. Heavy hearted. Self denial. Incapacitated. Stuck. Rigid. Restrained. Straight jacket **pure white** (2)
 - Thoughts of snow. (6) Fjords, whiteness. Experiencing quiet, blankness...looking up – noticing the **white** wall. (6). **White** nothingness. (6). **White**, shining, peace. (6)
 - Soft, gentle, soft *white* powder. (9)
 - Strong sense of being enveloped in **WHITE** – like a tent falling on me – very pleasant. I can see **white** birds flying in flock but spread out – they are big and slender – beautiful. (11)
 - **White**, billowy (1)
 - Pure sunshine, light, **WHITE** (2); dark brown husk, hairy, strong dark ropes (2)
 - Abrasive. Swirly, **WHITE**. Dry. Dehydrated (2)
 - Puffs of white cloud (2)
 - Quiet, in my space. White linen cocooned around me (10)
 - Safe in my coil – bright, white, crystal like (9)
 - “Coil” – I was stuck in a Mr Whippy coil. (9 C1)

The significance of some of the proverbs' sensations were not lost on me, having observed my Teacher spider for a month prior to the proving. Prover 9 described being in a coil, like a Mr Whippy coil. Although not web weaving spiders, I had observed that the spider weaves a white silk cocoon in which it rests/sleeps. The spider comes out of its cocoon when it is active, to hunt its prey. Prover 11's experience of being enveloped in white – “like a tent falling on me” – was very synchronous in that when I had been keeping my Teacher spider and later on the specimens for a week prior to the proving, I had provided a white piece of tissue as cover along with scraps of card or wood – invariably the spider would seek shelter underneath the white tent (tissue paper) and form their cocoon! It was quite fascinating that this seemed to come out in the proving.

Some proverbs were drawn to bright contrasting colours and also the colours orange and red (see Mind – colours).

Of course, the spiders are black and white striped, hence the name Zebra spider! A message from a friend (not a prover) on 17/04/16 - had been wearing stripy tops ALL week, hadn't worn stripes since in her 20s, but was given some this week and had worn them non-stop. She had also experienced some mental/emotional that were unlike her this week. I felt this relevant to include as it seems that she was experiencing the “field” of the proving. I also observed that a couple of proverbs were wearing stripy tops and a lot of black and white on the day of the proving.

Although only one prover expressed a desire for colour black, there were several references to the colour black and also to darkness in the proving:

- Darkness, desire for (2) (5)
 - Blinding **white** light spiralling up. Too bright. Desires Dark. Safety in dark. (2)
 - + dark – desire to sleep. Darkness = numbness, no joy. Rigid, **Black**. Going through the motions (5)
- See **black** hairs in the bowl – on further inspection actually none there! (5)
- **Black** hole – lost at sea! (2)
- Dark, depressed, suicidal. No joy. Agoraphobia. Numbness. Handprints all over me. Turned to stone/rock. Rigid. **Black**. Darkness (2).

- A black mane blowing in the wind. Galloping pace, wild, free, dancing (2)
- Prover 10's dream of a black stallion rearing (see Dreams)

Many proverbs had a strong desire for darkness and to close their eyes (see Eyes section) although prover 2 felt she was lost in the dark (Delusions: Dark).

Underneath this heading it's worth mentioning other strong polarities coming through e.g. Darkness/Light, Heaviness/Light/Trapped/Freedom, Darkness/Sunlight, Despair/Happiness, Introversion/Social creature, Industrious/Laziness, which I will look at in more depth under Theme – Sunlight and Shade.

Child I am

Key words: Amusement; smash up; capricious; don't want to grow up; gentle, round and round we go; childlike; Boo!; Giggling; Impulsiveness; Immaturity; Jumping; class room; laughing – burst out; playing; baby in utero; germination

A prominent feeling throughout the proving was an affinity to the child – whether in terms of childish or childlike behaviour, of a sense of being nurtured, wanting lullabies, a childish sense of humour, a mischievous naughtiness, temper tantrums, an unruliness or rebelliousness (see Artful Dodger), an emotional immaturity, a sense of fun, carefreeness and playfulness. We can see the childlikeness coming through in various expressions:-

- Amusement, desire for (3) (see also Playing – desire to play; Destructiveness)
 - o Made a face in my powder – smashed up – too ugly. (3)
- Capriciousness (3) (9)
 - o I don't want to scrape! (9)
- Change, aversion to (2) (9)
 - o I don't want to stop! I don't want to move on. I don't want to grow up and develop. (9)
- Childish behaviour (3) (4) (5) (9) (10)
 - o Gentle gentle in a circle, round and round we go. (3)
 - o Feeling quite childlike and frivolous. (4)
 - o Something about children and youth. Singing a child's song in my mind because I saw a shape of a mountain in the powder. (4)
 - o I like grinding I do! Very childlike. (4)
 - o Can see the adults in TV advert for Haribo sweets, talking childishly. (4)
 - o 'La di da' singing in head, want to sing out loud and "Boo" everyone. (10)
 - o "The wheels on the bus go round and round" (3)
 - o An immaturity emotionally in the picture. Emotions feel reactive, in the moment. (5)
 - o Pre-puberty, care-free time (9)
 - o We're all like kids in a class room, playing (10)

Further expressions coming up in the proving pertaining to the child:-

- Visions of baby in utero (3)
- I don't want to play catch up anymore, I want to be present (3)
- Gentle, gentle, this needs to be looked after and nurtured (3)
- Baby milk formula (3)
- Germination, seedling, putting down roots. Seed, husk (2)
- Peter Rabbit, Squirrel Nutkins (4)
- + Lullaby
 - o Gentle, gentle, in a circle. Backwards and forwards, round and round (3)
 - o I can hear music, from far far away, soft, gentle – a hum in my head but far far away (3)
- Prover 11 started humming a nursery rhyme at one point in the trituration.

Giggling and Laughing

With this theme of the child or affinity to child coming through, we can see a childish sense of humour with lots of **giggling** often at silly things or uncontrollable giggling (Giggling) and laughing (Laughing). After the proving, prover 4 said she still had spider energy -went to see a homeopath and they were both giggling and laughing silly.

Impulsive

There is an **impulsiveness** to the remedy, which again had a childish quality to it but also a spidery edge to it!:

- Impulse; morbid (3) (4) (5) (10)
 - o Resisting urge to blow (3)
 - o Want to be impulsive (5)
 - o Want to shout out “Boo” (10)
 - o Want to run out of room but I won’t. Stick with it! Thank God we’ve stopped (4)
 - o Would love to tip the table over and run out of the door and hide! (5)
- Jumping (5) (8) (9)
 - o Before starting desire to hide in toilet and jump out at (X) and make her jump!!” (5)
- Laughing – desire to laugh (5) (6) (10)
 - o Desire to laugh – very impulsive (5)
 - o Involuntary –
 - Would have burst out laughing (6)
 - Exploded with laughter – tried to contain it but couldn’t (10)
 - o Hysterical –
 - Could get hysterical if allowed (5)
 - Slight hilarity (6)
- Anger (2) (3) (5)
 - o Provers 3 and 5 both felt they might have a temper tantrum and urge to push desk over in tantrum.
- Fear, impulses, of his own (2)
 - o Violent but suppresses as afraid of capability to do harm (2)

There is a lot of playfulness; for example:

- Playing – desire to play (3) (4) (5) (9) (10) (11).
 - o I want to play. Forgot what grinding was ☺ (3)
 - o Feel as though want to play with Rx and pestle and mortar. Spin it round and not hold on to it (4)
 - o Naughty / playful / + to giggle (5)
 - o The substance likes to climb high up in the bowl, teasing me “catch me” (9)
 - o Feeling quite playful – could be the coffee (11).

There was an element of mental retardation and in some of the expressions this had a childlike quality to it:-

- I don’t want to play catch up anymore, I want to be present (3)
- Feel disabled and immature (3)

The theme of child seems to be expressed throughout the proving and would seem to be a strong affinity for this remedy based on the proving data. This section would be very large if I listed everything here but if we cross-refer to other themes e.g. Artful Dodged; Bored etc we can see other examples.

Paradoxically to this affinity to child there is some data in the proving that made me think of an end-of-life remedy – see Theme – Senses – too much!).

Confused – skittle or wand?

Key words: Blank; Concentration – difficult; Distracted; All over the place; Focus – difficult; Flitting; Wandering; Jumping around; Confused; Blurry; Mistakes – spelling, writing, time – inarticulate; uncoordinated; Jerky; Rhythm; too fast; too slow; in my own time

Whilst some provers obviously felt active concentration in terms of being absorbed in what they were doing (Theme – Absorbed) or focussed and industrious (Theme – Busy doing nothing); there was paradoxically a strong theme of confusion and difficulty in concentration. We can also see this under rubrics such as Mistakes; and Thoughts, wandering; and also confusion about time. We can also see this extended to the physicals in terms of lack of co-ordination, for example (see Physicals). The polarity was also mentioned - clarity of mind by provers 3 and 8.

- Concentration, difficult (2) (3) (4) (5) (9) (10) (11)
 - o Easily distracted. Lost concentration (2)
 - o Losing concentration to be neat (3)
 - o Clockwise/anticlockwise – all over the place. Mind flitting from subject to subject. Hard to keep a focus (5)
 - o Mind drifting off – must remember to watch the watch!! Must try to focus and concentrate on getting the time right (11)
 - o Powder going everywhere – try to blow it off – blew envelopes on floor. Lack of concentration. Keep focused! (4)

We also see the theme of being distracted by noise, > quiet, coming up again:-

- o Its gone quiet – that's better, the noise is stopping my concentration (3)
- Confusion (1) (2) (3) (4) (5) (9)
 - o Quite confused really – bit blurry, nothing clear cut (1)
 - o Uncoordinated, Lost! So confused! (2)
 - o My mind feels divorced from my body. I know what I need to do but its a struggle. How do you open the packet? Is it the label side or the other side? Is it all out? Oh no, where's it all gone? (3)
 - o Am I meant to be scraping or grinding? (5)
 - o A bit thick in the head. Couldn't remember if scraping or grinding (6)
 - o Not sure what I need to do when I pick up the scraper (9)
- Confusion – identity (6)
 - o Identity – who am I? (6)
- Confusion – writing, while (5) (see also Mistakes – writing).
- Forgetful, words (11)
 - o It took me ages to find this particular choice of words (11)
- Mistakes (10) (9) (3) (5) (8) (4) (11)

Under the rubric Mistakes we can see difficulties in counting, differentiating objects, confusion about left and right, mistakes in spelling, mistakes in time keeping and in conception of time (speeding up or slowing down), difficulties in writing (observed also by me when working through the analysis of the proving notebooks!) :-

 - o Inarticulate in my writing. Writing very difficult (5)
 - o I have to concentrate on my writing. Seems jerky (9)

and mistakes in choosing the right word for something; as Prover 3 charmingly put it “I can't remember how to grind – do I use the skittle or the wand?”. She explained afterwards that she felt like a child who can't think of the right name for something so makes it up.

- Time

Under the rubrics Time – quickly, appears shorter, passes to; and Time – slowly, appears longer: passes too; we seem lots of time distortions, time going to fast or too quickly. The timekeeper felt she was getting absorbed by time! Distortions in time are quite a common occurrence in trituration provings although I think it came up quite strongly in this proving. What I think is more specific to the remedy in particular was prover 5's expression:

“Doing it to my own rhythm not everybody else's – late starting – IN MY OWN TIME” (5)

which seems to express a sense of non-conformity and having its own rhythm. In fact, this was my initial impression of the substance when I first saw the spider – “that it was moving in a time and rhythm of its own”.

Lots of confusion and distraction in thought processes and amusing to see the energy of the substance coming through in words such as flitting, wandering, jumping around, immaturity:-

- Thoughts – wandering (3)(5)(6)(8)
 - o Mind **flitting** from subject to subject. Hard to keep a focus (5)
 - o Thinking random thoughts (6)

- Thoughts **wandering and jumping around** (8)
- Difficult to focus or be present – I’m still at lunch. Mind **wandering** to jobs that need to be done tonight (3)
- Thoughts – vacancy / vanishing (5) (9) (11)
 - No thought? An **immaturity** of thought? No need for thought because all is provided? (9)
 - Overthinking. Trying to hard. Mind gone blank (5)
 - I can’t think of anything if I try to! (11)
- Thoughts – thoughtful (11)
 - I feel thoughtful but don’t know what I’m thinking about. (11) But also:
 - Contemplation. Profound calm thoughtfulness (11)

Delusions

Key words: Alone; Death; White; Flying; Heaviness; Different; Outsider; out of rhythm; Trapped

Below is a list of some of the impressions and images listed under the delusions section in the repertory. Some of these are common images or words that crop up in other points of the proving and perhaps not delusions as such. The main delusions of the remedy I think we can see are related to a **sense of separation - being alone, an outcast or outsider**; not just from others but perhaps also from the world, also perhaps with a feeling of **persecution**; and a sensation of **being trapped** with a desire for freedom (see Theme – Escape):-

- Alone, being (2) (3) (5) (6) – this has been a strong theme throughout (see also Theme Alone)
- Death – “fire in the distance – destructive, death, rescue them. White, strong, shining. Groans, death. (6)

Death and destruction appears elsewhere in the proving (see Black & White; also Sunlight & Shade)

- Floating or flying (6)
 - Go – flying over the frozen wastes – sun shining brightly. A small speck in the whiteness. Flying in the sky. The beating wings. Large black bird, beside it. Follow the remedy (6)

(See also Theme Escape – Trapped – Freedom)

- Heaviness (2)
 - This was a word used a lot by prover 2 – in contrast to prover 6’s flying
- Influence; one is under...(6)
 - Magic, a magician with me – powerful. Helping me, guiding me (6)
- Mission (6)
 - A quest...A mission. A quest – looking into envelope. Shamanic journeying. Onward. Follow the remedy, wherever it takes us. Help along the way. My phone – no charge. Cut off. Cut off is fine – more energy for the quest. Focus. Where are we? Go on. Racing along – must move on. Seeking. Alive. Fleeing? Help someone, got to save them (6)
- Outcast, she were an (2) (3) (4) (5)
 - Feel as though what I’m thinking and writing will be totally different to others – not as good or important (4)
 - Outsider (5)
 - Outsider feeling returns. Different – not belonging. Outcast. Not wanted. Alone. I don’t fit in. Out of rhythm with everybody (5)
 - Feel like the remedy has left me behind. I’m surplus to requirements (3)
- Persecuted, he is (5)
 - Why do people persecute me? (5) and see also:
- Watched
 - Looking in through the window. Dread. Something not nice. Heart thumping a bit (1)
- Separated from the world, he is (11) (a rubric seen in a number of predator species e.g. Androc, heliac-lc,)
 - On my way in (to WSH) this morning – sense of chaos – traffic, roadworks. Feeling of being outside of something as I walk in the sunshine. Am I the only one? Am I late (11)

This sense of being an outsider I think is such a central theme to this remedy; we see it all through the proving – being alone; being detached, being absorbed in one’s own little world, introverted; being different, not conforming – the rebel. As with any theme in a remedy, it’s always useful to see the polarity coming through too and the following expressions seemed to encapsulate more of a sense of unity and tribalness:-

- Frozen waters, colourfully dressed people – wearing tunics. Taking us in, protecting us, friendly. Feeling of warmth towards them – **unity**. Warmth, physical (6)
- **Togetherness**; achieving something important together; **tribal** even (6)
- Need to protect my pack. Growling, biting, bearing teeth (2)
- This is such a kind remedy – something benevolent about it. He’s quiet. Profound, calm, thoughtfulness. Contemplation. Such very dear people with me here – good women, we do this for the world. How many circles of women have done this or similar before us – ancestors, out taking note from a distance (11).

The other big idea of the remedy is a sense of being trapped – wanting freedom and movement, see Delusions – trapped, he us (see Theme – Escape). We can also see a smaller theme of body and mind being separated and altered sensations about size:

- My mind feels divorced from my body (3)
- My body is only there when I concentrate on it (9)
- Feel very small/tiny (5)
- Felt tall, like looking down from afar (8)

Detached

Key words Detached; no emotions; automaton; mechanical; disconnected; unfeeling

There seemed to be a strong feeling of detachment in the sense of lacking emotion or being an automaton; a sense of being disconnected and disengaged. Again, this connects to the sense of being an outsider and feeling disconnected from others and, in the words of one prover, disconnected from everything. Other words coming up associated with detachment include mechanical, mechanistic, “just getting on with the job”, boring – which again, ties with the industriousness and boredom themes. There were also references to analytical thinking, no emotion.

- Detached (5) (6) (9) (8) (11)
 - o No emotions, just getting on with the job. Detached. (9)
 - o Why is everybody looking around and grinning? No emotion? Not wanting emotion. Everybody is different. I don’t have to have any emotion. It’s just a job (9)
 - o Automaton. Eyes just staring. No contact (9)
 - o What a rush! The powder is going everywhere. I don’t care. No curiosity, detached, numb. (9)
 - o Feel a bit detached – semi-detached. The Kinks – what is that song? London 1960s, Semi-detached suburban, Mr Jones – is that the Kinks. Was it Manfred Mann? I’m back in the 70s music. I blundered with the time – 2 minutes too short. Feel a bit sobered by this. (11)
 - o Feel rather disconnected – not from the room/circle, but from everything else. (11)
 - o Unfeeling – not indifference, just no feeling. No emotion – only when mind drifted to my grandchildren (5)
 - o Detached, empirical, what’s the point? Horror, despair, walled in. Looking through blinkers, strapped in across the eyes, imprisoned, despair; Mechanical (6)
 - o Feel like I’ve disengaged a little (8). Detached (8)
 - o Nothing comes up – no feelings, no images. Mechanistic. Boring (9)
- Emotions
 - o Overwhelmed with emotion. Tearful. Sobbing. Can’t stop crying (2)
 - o Emotional feelings (6)
 - o Burst of emotion, almost tears – but gone quickly (10)
 - o Cried 10 minutes into my journey/drive here today. Walking from car park to WSH. Thought heart attack going to happen. So breathless. Major sobs on arriving at WSH, gasping for air. (11) settled me. Crying with emotion, totally overwhelmed emotionally (2)
- Thinking, analytical (2)(5)
 - o Analyses everything. So analytical (2)

- No real emotions. Striking. Just doing. Not indifferent – just doing (5)

What was perhaps more interesting is a striking lack of emotions in the proving or when they did appear they seemed to be fleeting and perhaps superficial. Except in the case of prover 2 who experienced very intense emotions in the early part of the proving – with a striking lack of sympathy from other provers, could we say a lack of empathy in the remedy?

- Wish (x) would stop snivelling (4)

Escape – trapped - freedom

Key words **Stuck; restricted; “let me go”; imprisoned; straight jacket; Escape; freedom; adventure; run; hide; go away; flee; home; sky**

There is a definite theme of feeling trapped and wanting to escape. Connected with this are references to hiding and also references to freedom, flying:-

- Delusions – trapped, he is (2)(3)(6)
 - Stuck. Mobility restricted. Bound (2)
 - Restrained. Straight jacket pure white (2) Stuck. Desires freedom (2)
 - “Let me go” said the eye. The all seeing eye (3)
 - Walled in, looking through blinkers strapped in – across the eyes. Imprisoned, despair (6)
 - Alive, breathing. Drugged. A bind – imprisoned. Head aching ,temples and base of skull, top shoulders. Bound. Help me! Mechanical. Pain in right back/side at bottom of back. Piercing pain. Let me free! Thank you. Deep breaths. Survive (6)
- Escape, attempts to (2) (3) (4) (5) (6) (9) (10) (Freedom)
 - Something wants to escape or be set free (3)
 - Skiing across the snow – freedom (3)
 - Dandelion – gone to seed -the seeds being carried on the wind – on an adventure up high in the sky, floating round and round (3)
 - Want to run out of room but I won’t. Stick with it! Thank God we’ve stopped (4)
 - Powder literally jumping out of the bowl – trying to escape! That’s what I’d like to do. Room too bright / sounds too strong . smells too strong (5)
 - I want to escape. Tip table over, run out of the door and hide (5)
 - Go away, must (6)
 - Bird trying to escape, leather straps across eyes, wings beating. Journey of hope, escape. Drowsy, must stop, rest (6)
 - A mission to flee, over land and sea, forever, eternity. Never dying, repeating on and on (6)
- Flying – desire to fly (6)
 - Want to go home. Soaring in the air. Homeward bound! Free. Up into the sky – like a bird. Icarus – burned by the sun (6)
- Hiding – desire to hide himself (1) (5) (6) (9)(10)
 - Remedy is hiding behind....?
 - Occasionally I see a black dot in my bowl and quickly rub it out, so it is covered up again. From psora to sycosis (9)
 - Hide. Eyes covered, only looking forwards (6)
 - Would love to tip table over and run out of the door and hide (5)

Perhaps oddly, in contrast to wanting to escape, freedom – there was also a desire to go home:-

- Home (1) (3) (6) (8)
 - Want to go home now. Don’t care (1)
 - Homeward bound – nearly there (3) I’m ready to go home – to be where my journey has ended (3)
 - Want to go home. Soaring in the air. Homeward bound! (6) Going home. Familiar territory (6)
 - Energy up. Thinking of home, family (8)

I see you!

Key words Looked at; Seeing but not seen; invisible; eye contact; communication; observant/being observed

Something that fascinated me about the spider initially was its colloquial name “theatrical jumper” or the actor – it is said to be aware of the human gaze (see Part 1 – the substance). I did notice myself - it seems to turn around and look at you or otherwise alters its behaviour upon noticing its being observed. Knowing this about the spider, it was fascinating to see issues around being observed or being looked at – and often not liking this; not wanting to make eye contact, for example, perhaps wanting to run off or hide; or sometimes the opposite of this, deliberately trying to make eye contact or otherwise get provers’ attention. Not only this issue of being observed, but it was quite striking to me, going through the provers’ handbooks, how many people were making observations themselves, or watching others during the course of the proving.

- Fear – observed, being (5)
 - o Don’t want to be looked at, don’t like being seen, want to be invisible – in a shroud of grey mist – an invisibility cloak “I am not here” – I am just observing- SEEING BUT NOT SEEN (5)

In addition there were fears of open spaces (2) and, as discussed, fears of being trapped in the proving and wanting to hide!

- Looked at; cannot bear to be looked at (5) (9) (10) (11)
 - o Aware of other provers looking at me (10)
 - o The energy is very quiet, I don’t want to look at anyone (11)
- Looked at, cannot bear to be – evading the look of other persons (9) (10)
 - o (X) is going so fast and harsh. But I don’t want to look up. I don’t want to make eye contact. I don’t want to make contact (9)
- Irritability – looked at (9)
 - o I don’t want to be looked at. Its none of their business. < irritability (9)

And the polarity:-

- I look up around at everyone, no one sees me looking (10)
- Like to communicate by catching people’s eye (5)
- Looking at everyone – everyone is engrossed, not smiling. Wish people would lighten up! Smile more ☺ (4)
- (9)’s eyes moving side to side – everybody watching her (5)
- Observer, being an (3) (5) (9) (10)
 - o “All seeing” – but not wanting to be seen (5)
- Sensitive, people, to presence of other (4)(5)(8)(10)
 - o Am very aware of people and their movements and mood and attire (4)
 - o Feeling sensitive to the energy of others – outsider (5)
 - o Very aware of others (8)
- Watched – desires (3) (4) (5) (9) (10)
 - o I am here. I have arrived. Can you see me? (3)
 - o Observant / being observed (5)
 - o We’re watching you! Looking up, “catch your eye”. Wanting people to watch me – I’m acting up, but coyly, slyly (10)
 - o Everybody is watching somebody. Poor (11) is watched by everyone! (9)

“I’ve made an eye, all the better to see you with” (3) “Let me go, said the eye – the all seeing eye” (3)

There were also lots of interesting symptoms under Eyes and Vision that are worth noting, in the physicals section; especially a big theme of wanting to close the eyes.

Communication

A word about communication here – the remedy does not seem to be a big talker; although the proving was conducted largely in silence this was not prescriptive. Given the introspection and love of solitariness we see in the picture, this does seem in keeping with that. However, it does seem to like to communicate with the eyes – or have an aversion to eye contact. There seem to be issues around communication; for example:-

- Speech – inarticulate (1) (5)
 - o Very dry throat – feels like a lump at back of it – kind of feel its to do with communication or inability to communicate (throat chakra) (1)
 - o In break – difficulty getting my words out (5).

Thinking about words, pattern, communication. Word games – “Just a minute” scrabble, WWW. Communication . Hearing voices in dream last night (5)

Movement – to my own Rhythm!

Key words Dance; jig; jerky; moving; jump; music; head bang; drumming; bash; tapping; humming; faster; hurry / slow; steady

Not surprisingly in a spider remedy – but lovely to see it coming through – is a sense of a love of rhythm and movement; dancing, jumping; also a connection with/love of music – rhythmical; and a sense of hurry but also a polarity of slowness. We can also see some of these themes in generals e.g. movement, desire for:-

- Dancing (3) (9) (10)
 - o Lets go and dance (3)
 - o Somebody is dancing a jig in their bowl – too fast, too jerky (9)
 - o Wanting to move with the grinding. Moving side to side (10). Moving with scraping – jiggling legs (10)
- Jumping (5) (8) (9)
 - o Before starting desire to hide in toilet and jump out at (X) and make her jump! (5)
 - o The powder is going right up the sides, like it wants to come out. It jumps out and is hard to wipe off (9)
 - o Powder jumping out (8)
 - Note: References to jumping – interesting in a jumping spider!
- Delusions – music: hearing music (3) (9)
 - o I can hear music, from far far away, soft, gentle – a hum in my head but far far away (3)
 - o Tinkling sounds – like bells on reindeer pulling a sleigh (6)
- Music, desire for (5) (11)
 - o Desire for loud music / rhythm to “head bang” to, want to “get off my head”. Don’t like doing what’s expected of me (5)
 - o Drumming to call him in (2)
- Sensitive – music to (4) (10) (11)
 - o (11) tapping hands together like music. Felt like pestle and mortar making music. Me and (11) in unison (4)
- Sensitive, rhythm to (4) (5) (6) (8) (10) (11)
 - o Like Rhythm, want to sway with [X]’s rhythm next to me. (5)
 - o Concentrating on the process. Rhythm. Plodding. Mind free to think. Soothing motion. Mesmeric. Soothing. Rhythm of life. Cows in the field, sunny day. Homestead harvest. The pace of life. (6)
 - o Want to scrape in rhythm with the other provers – hilarity. (6)
 - o The bangs sound rhythmical. (6)
 - o Fast scraping, rhythmical. (10)
 - o We need some rhythm – thought (4) had it but its gone. (11)
 - o Feel like I’m synchronising my grinding momentarily (8)
 - o Aware of all noises and whirring as everyone grinds – quite soothing at times. Peaceful. Rhythmic (1)
 - o Noise of ticking clock is soothing (10)
 - o I’m very aware of the room clock (11)
- Singing (4) (10) (11)
 - o Felt like singing and whistling. I like this Rx! (4)
 - o Polly put the kettle on - I’m humming it (11)
- Noise – inclination to make noise (3) (10)
 - o Want to make “ding” sound with pestle and mortar (10)
 - o I’m being very controlled but I want to bash the pestle into the mortar – bash bash bash (3)
- Sensitivity – motion in the room (5) (8) (9) (10)
 - o It all feels more speedy (8)
 - o Feels a bit manic around me – as if everything is accelerating (8)
- Hurry (3)(10)(11)

- Faster faster – get it all out (3)
- Feel like I need to hurry, do everything efficiently (10)
- Sense of sudden urgency – quick (11)
- I'm grinding fast, so is 9 (4). Fast and furious scraping, not just me (4)
- Slowness (3) (4) (9)
 - Slowly, slowly does it, no need to rush (3) I feel so slow (3)
 - God, (2) is grinding slowly! (4)
 - Need to slow down in all aspects of life and grinding. Close eyes (4)
 - I want to slow, steady, round and round (9)
- Mildness (3) (5)
 - Very gentle, don't want to hurt. Delicate (3)
 - Want to make small, quiet, gentle movements (5)

Songs that came up for provers:-

- Eurythmics! (1)

Senses – too much!

Key words Alert; awareness; seeing; hearing; senses paramount; peripheral; too bright, too loud, too strong; sensitivity; overwhelmed; vibration; painful; jumpy; noise irritating; shut the fuck up; distracted / peace; quiet; calm; darkness; solitude

As discussed in Spider ideas, we know that oversensitivity to stimuli, hypersensitivity, is a known theme in spider remedies. And it certainly came through in this proving! So much so it impacted on other aspects of behaviour of the provers – for example, prover 5 wanted to run away and hide – sounds, senses all too much. Many provers wanted to close their eyes (see physicals – eye section). There seemed to be a hypervigilance in terms of alertness and anxiety with this e.g. some provers felt there might be an intruder in the building, hearing sounds. Quiet, desire for was very prominent.

- Alert / observant (1)(3)(4)(5)(9)(10)(11)
 - Car horn – we all looked up (1) (4) (9)
 - Car horn beeping in the distance and everyone stops. (11) is even checking what is happening outside. Drawn to the periphery (9)
 - I feel so much more awake and alert and energetic (9)
- Senses, acute (2) (4) (5) (6) (8) (10)
 - Someone knocking at the door? No, a car outside (4)
 - All seeing/all hearing. Observant / observed/ heard (5)
 - Aware of things going on outside, cars (8)
 - Visual disturbance – other senses paramount especially hearing (2)
- Suspicious (5) (11)
 - Feel can see 360 degrees – to see behind me. Suspicious? (5)
 - Keep hearing noise – think someone is trying to get in (11)
- Sensitive – external impressions, to all (5)
 - Room too bright / sounds too loud / smells too strong (5)
- Sensitive – light (5)(9)
 - Sensitivity to light and noise. Feeling overwhelmed re: vision and hearing (5)
- Sensitivity – motion in the room (5) (8) (9) (10)
 - Sensitive to everybody's speed and force (5)
 - Feel a lot more aware of others actions in room. Feels more frantic around me (8)
 - The table is moving sideways and I can see others' tables moving sideways too (9)
 - I am simultaneously aware of all movements around me, zoning out, whilst staring ahead, noticing every movement (10)
- Sensitive, noise to (1) (2) (3) (4) (5) (6) (8) (9) (10)
 - Bish, bash, bosh. Really loud noises coming from everywhere (3)
 - Vibration awareness. Aware of everyone making little "noises" (5)

- Really sensitive to vibration. Banging of bowl (5)
- Very aware of the noise around me (8)
- Everybody making lots of noise (9). Very aware of all noises around me (9)
- I can feel the noises in my legs (9) SENSITIVE TO NOISE (9)
- Noise = distractions (2)
- Sensitive, noise to – painful sensitiveness to (1) (2) (4) (5) (8) (9) (10)
 - Acute hearing – almost painful (4)
 - Noise of clanking around me is painful in ears (8)
 - Some of the pinging of the bowls by others really hurts my ear, < right (9)
 - Too noisy, desire PEACE (2)
 - Loud noise – clink of mortar – ouch! (10)
 (See also: Sensitive, noise to: slightest noise to; and Sensitive, noise to: shrill sounds, to)
- Sensitivity to people, presence of others and sensitivity to rhythm was also notable – see Themes “I see you” and Movement respectively).
- Startled, noise from (5) (8)
 - Jumpy with noise. “Oh” noise coming out (5)
 - Jumped at car horn. Jumped when prover 11 got up (8)
- Darkness, desire for (2) (5)
 - Blinding white light spiralling up. Too bright. Desires dark. Safety in dark (2)
 - Darkness, lie down in the dark and not be talked to, desire for (5)
- Irritability – noise, from (2)(3)(4)(9)
 - Too noisy. Shut the fuck up. I can’t hear myself think! (2)
 - Noise of pestle against mortar annoying me – grating on my nerves (4)
 - They are so harsh with their stuff – too noisy! Irritability, < noise (9)
 - Distracted by very loud noise of pestle on mortar. I want to shout “shut up” – I can’t think (3)
- Quiet, wants (2) (3) (5) (6) (8) (10) (11)
 - Desire to close eyes, be quiet and still. (2)
 - Ssshhh, its quiet time. (3)
 - Better peace and quiet and dark and solitude. (5)
 - Experiencing quiet, blankness. (6)
 - Frantic sounds of scraping like cries for help. Where are we? Peaceful. Weary. Stop and admire the surroundings, peace. (6)
 - Its so much quieter now – not so much banging and clattering – this makes me happy (3)
 - Just + to be quiet and gentle, playing with the powder. A childlike quality, not a worry in the world. (5)
 - Gentle, mellow. Feel at ease. (8)
 - Peaceful, calm, melody (10) Nice when it goes quiet (10)

End of life?

“Its very very quiet – I’m in an old fashioned armchair in front of a roaring fire, Victorian feel, posh house. Green chair – leather back, studded. An old fashioned metal fireguard. No dog – the dog is missing from the picture” (11)

“Peace. Energy. Quiet. End of the day. Shadows lengthening. Drawing in. Closing in. Red. Contentment. All at peace. Moving on. Tomorrow another day. Renew. Forever. Waking. The natural order. Mission never accomplished” (6)

“The road is heavy. Carry on, lightning speed. Silver. Coming back to life. The cycle. Ready to start all over again. Continual and continuous. Never ending. Keep going. Be alert” (6)

“Closing my eyes. Waiting room. Waiting to die. Waiting for (11) to call time” (10)

- Weary of life (2) (6)
 - Cold, tired. Desire to end it all. For Dark, quiet, stillness. But then thoughts invade (2)
 - Am I tired of life? Feel serious and weary (6)

Contrasted with prover 3 “I feel I’ve been reborn” (3 C2 G4)

It is speculative of me as I have no clinical data yet on the remedy and I also recognise that a lot of the desire for quiet came from oversensitivity to noise; but taking this into account, in some of the expressions above there seemed to be an almost

drawing in, end of life quality. This would tie in perhaps with the difficulty breathing, needing deep breaths, so prominent in the physical symptoms (see Physicals – respiration). And of course, when an affinity to the child is so clear in the remedy, its also possible that the opposite pole of life will also be in the remedy. For example, like the remedy Baryta Carb. In fact, in many ways it seems that this remedy is a spidery, edgier version perhaps of Baryta Carb.

Sunlight and Shade

Key words **Happy; bright; smiley; euphoria; upbeat; fun; bubbly; sunshine; laughing / Serious; death; destruction; despair; suicidal; heaviness; dark; numbness.**

Flitting; changeability

There seemed to be a polarity in the remedy in terms of happiness/sadness, cheerfulness/seriousness, darkness/lightness, heaviness/lightness. Marked changeability in moods, for example there is a much more seriousness and heaviness in rounds 1 and 2 but later on in the proving especially in round 3 there was a marked shift towards joy, euphoria, lighter energy; almost a bipolar feel to it.

- Cheerful (1)(2)(4)(8)(9)
 - o A song – “happy talking, happy talk, talk about things to do (4)
 - o Feel good, happy (8)
 - o Sparkling, bright, tinkling energy, smiley, mischievous, softness, quick (1)
 - o Much lighter, relaxed. Smiley, happier, pure sunshine, light, WHITE (2)
 - o So much lighter, feeling much more cheerful. Nice to have interaction. Outgoing (11)

But also alternating with seriousness:-

- o Its time to get serious (4)
- o Some people looking serious, some laughing, (observed by prover 10)
- o Half the class serious (4)
- Death – thoughts of (4)(6)
 - o Thinking of a friend who passed away last year (4)
 - o Dark, death, destruction, piercing, shining, despair (6)
- Despair (6)
 - o HOPE, hope, hope. Frozen wastes. Quest. Keep going on. Is there a point? (6)
 - o Despair of recovery. Nothing. Death (6)
- Euphoria (8)(1)
 - o With a sense of skeletal alignment; a feeling of euphoria, smiling, felt high up but not tall (8)
 - o Light, airy, fluffy, fun, energetic, peaceful, bubbly high energy, joyful, upbeat (1)

See also Laughing and Giggling rubrics.

- Heaviness (1) (2) (6)
 - o Big, sticky. Sludgy – need to stir. Not binding together very well. Dense. Feel a bit sad/down (1)
 - o Heavy. Dark (2) Heavy hearted (2)
 - o Tiredness - lethargy generally. Heaviness (6)
 - And the polarity:
 - o Light hearted (2)
- Sadness (1)
 - o Feel a bit sad /down (1) Sadness – dark, heavy, low energy, dread (1)
 - o No joy. Dark, heavy, stuck (2)
 - o Sudden thoughts of sadness, starting with others – then mine. Eyes feel tearful but don’t cry (8)
 - o Yawning – is this sadness creeping up on me, its all very amorphous (11)
- Smiling (4) (6) (8) (9) (10)
 - o Feeling happy and want to smile at everyone (4)
 - o Hilarity again – want to laugh. Can’t stop smiling (6)
 - o Smiling ☺ at others giggling (8)
 - o I can smile! ☺ A smiley face in the bowl (9)
- Suicidal (2) (4) (see also Weary of life)
 - o Dark. Depressed. Suicidal. No joy. Agorophobia. Numbness. Black. Darkness (2)

- Have started thinking about news I heard yesterday of a former pupil who hanged himself this week. (4)
- Mood, alternating (5)(6)(8)
 - Flitting between moods – tired, lethargic /laughing, playful, no balanced state. Tired yet alert. Marked changeability (5)
 - Serious (6 C1 S6); Hilarity again (6 C2 G1)
- Delusions - World, destroyed (6)
 - Fjords, whiteness. Lost in oblivion – feels fine. Experiencing quiet, blankness. The glaciers falling into the sea – the world being destroyed. An icy threat. Deep breaths. The future. People’s cries. Death,

And a polarity to the despair:

- Joyful, upbeat, energetic (1)
- Cool, everything is going to be fine. Peace, love and harmony (4)
- Ray of sunshine, hope, uplifting (6).
- Deep/steady (1 C1 G4). Energy shift – lighter/higher (1 C1 S4)
- Sunlight dancing off water. Was feeling light, fresh, now beginning to feel drowsy again (1 C3 G4)

Zebra – Physical themes:

Vertigo

Key words Dizziness; light headed; spaced out; vertigo with nausea

Many provers complained of dizziness particularly prominent during Round1, sometimes accompanied by nausea. Prover 9 felt almost that was physically going to throw up and a sense of sea-sickness or as if drunk. Spaciness also came up (see Mind – spaciness). This is of some interest to me as in Peter Fraser’s “Spiders” book there is reference to Aranea scinencia jumping spider, an unproved remedy with few known symptoms – yet the feeling as if drunk is one of the known symptoms.

Head

Key words Confusion; fuzzy; muggy; heaviness; fullness; itchiness of scalp; lice; heat – red, hot; clammy; rolling head; pain < noise; pain temples; pressure in head; sharp

Some of the confusion coming through in the mentals is also seen in “Confusion in head” with fuzzy, muggy, muzzy, cotton headed sensations in a few provers. There was also a sense of fullness in the head, and the theme of “heaviness” also came up, a heavy feeling in the head.

A picture of great itchiness of scalp was prominent, as if from lice in some cases. Before the proving started, when we were assembling together in the morning there was a topic of conversation of headlice and itching heads. This was unplanned and spontaneous and, although there is a possibility of suggestion, the fact that this subject came up at all and that so many provers experienced sensations of itching heads, I think is relevant to the proving.

A common theme coming up in the physicals is a sensation of heat and this was experienced with by some as heat in the head (5) red and hot, (6), (8) and (9). Prover 8 experienced clamminess and perspiration of scalp.

Another theme in the remedy touched on is movement and provers 10 and 11 experienced wanting to tilt or rock or roll head from side to side, which was a pleasant sensation. Prover 8 felt her head felt loose on her shoulders.

Various provers experienced pain sensations particularly in the temples. Noise is an aggravation for the head pain especially high pitched noises (9). A pressure sensation in the head is also mentioned by some; and a pressure sensation like something sharp or pointy like a nail in top of head (9).

Eye

Key words **Closing eyes; sleepiness; heaviness; photosensitivity; sensory overload; “eyes like slits”; > dark; dryness; watering; flickering /moving eyes; “all seeing eye”.**

One of the bigger sections in the physicals as lots of data in the proving relating to eyes and vision. This is good to see as we know from the biology section that jumping spiders’ eyes are quite a distinctive feature of this family of spiders.

Needing or wanting to close the eyes was a huge symptom, experienced by all provers. Associated with this in some cases was overwhelming sleepiness (see Sleep section); but also in some cases there was a correlation between oversensitivity to light and other stimuli, wanting to close eyes because + darkness (see Senses – too much!). Prover 5 expressed this as photophobia, with desire to “to curl up and sleep / close eyes. Eyes like slits – sensitivity to light and noise (5) and prover 2 “can’t keep my eyes open. Sensory overload (2). There seems to be a definite amelioration from darkness which ties in with the desire to close eyes.

The word “heaviness” comes up again, in terms of eyes or eyelids feeling heavy. Another word that crops up here and elsewhere in the proving is Dryness. Although exposure to sac lac powder could contribute to this, it does come up fairly regularly in other parts of the proving. In contrast to this, watering eyes was experienced by about 6 provers.

Again we see movement coming up. Prover 9’s eyes moving from side to side, everyone watching her (observation by prover 5). Prover 10’s eyes flickering and body moving to rhythm of the grinding (observation by prover 4).

Prover 3 felt she was having a conversation with an eye as she was grinding and scraping the sac lac. “Let me go” said the eye. The all seeing eye. Another eye – it won’t close. I’m careful not to hurt the eye. “I will guard you as you sleep” said the eye. The eye wants to be closed now. “You don’t need me anymore” said the eye. “You can do this by yourself” (3). Prover 4 mentions “Prover 9 – my your eyes look big – all the better to see you with”(4).

Vision

Key words **Acute; peripheral; clarity; 360 degrees / blurred; haziness; fogginess; < reading, writing; dark lines or dots; “all the better to see you with”.**

There was a strong contrast between acute peripheral vision and blurred vision. Prover 3 felt a clarity to her vision and Prover 5 in particular noted very strong peripheral vision, almost 360 degrees as if able to see behind her, but with a lack of focus directly ahead. Again, this is fascinating in terms of the biology of the jumping spider which does have this ability of peripheral vision, with its eight eyes position around its head.

On the other hand, many provers experienced blurriness of vision. Prover 9 felt this as like a film over her right eye, which started the night before the proving and was very strong during the proving. Many provers had difficulty seeing to write clearly. Other words that came up were haziness and fogginess.

Some visual disturbances or possibly illusions were noted. For example, prover 5 thought she could see black hairs in the bowl – which weren’t there on closer inspection. Dark lines kept appearing on first opening eyes. I think it unlikely that this was remnants of the substance left in the powder at this stage and prover 5 confirmed that it was not actual but rather imagery. She also had a vision with eyes closed of the world with all its longitude and latitude lines clearly seen – which was lovely imagery in terms of the web, although we know these are not web weaving spiders. Prover 9 had a similar experience, seeing a black dot in the bowl “almost like a little beetle” – which she also saw at a late stage of the proving, again which is why I think it unlikely that this was an actual remnant of the substance she was seeing.

Again the movement or connection to dizziness was felt by prover 9 “the eyes still feel funny, like everything is swaying” (9).

Again, there was an aggravation from writing “vision suddenly goes funny when writing, as if it jumps sideways” (9). Prover 2 felt she was unable to see through the darkness, no flow. Prover 3 continued her conversation with the eye “its an eye – I’ve made an eye, all the better to see you with”. (3).

Ear

Key words **Fullness; sensation of water in ear (right); sharp pressure; throbbing (left) > pressure/lying on it; humming**

The word “fullness” came up again, as also in the head section. Particularly right ear in prover 9, with a sensation of fullness, pressure, as if water in it, right ear as if stopped. Prover 9 experienced this as a sharp pressure. I wonder if the remedy may be useful in earache.

The theme of itching is also coming up, particularly inside the ear and the right ear seems to be more affected. However, prover 5 did have an experience the night before the proving where she woke in the night and her left ear felt like plastic, throbbing, which was > for lying on it or applying pressure.

Perhaps auditory illusions in terms of hearing a low humming was noted in at least four provers.

Hearing

Key words **Acute; sharp; loud; magnified; illusions; buzzing; hypervigilant – hearing intruders; vibration; < high pitched noises – ouch!**

The huge sensitivity of the remedy again comes out with hearing but also see Mind section, (Theme – senses, too much!).

Hearing is acute, hearing noises downstairs (4), for example but also very aware of the sounds of scraping (6) and clanking noises, which sounded sharp (8). Sounds seemed to be very loud – magnified (1).

Possibly auditory illusions again. Prover 5 thought she was told to stop but not (5). Prover 9 felt sounds sounded different and create new sounds, like a big fly buzzing!! Prover 9 wondered is someone trying to get in? Think I can hear knocking (11). This may tie in with the hypervigilance/alert state that seems to come up (see Senses – Too much and Animal themes).

A fascinating observation by Prover 9 was that she felt she could feel movement/vibration in her legs. Hearing noises as vibration. High pitched noises – ouch! (9). Prover 5 also touched on vibration – not hearing clearly human voice yet other sounds crystal clear – a vibration (5).

Nose

Key words **Runny nose; watery; dryness; irritation; sniffing**

Various provers reported a runny nose or blocked nose. Nose runny clear, watery, want to sniff (5). Itching is also reported. Dryness also comes up again, “like inhaling dust” (9) – this could be associated with the sac lac powder/trituration process.

Face

Key words **Tension and clenching of jaw; swollen; dryness; itching; tingling like a cold sore; irritated by a hair sensation**

A number of provers had a lot of tension in the jaw area and a sensation of clenching the jaw (see also Teeth grinding). Prover 5 felt the bottom jaw felt clenched, jutted forward. Prover 9 felt a strong sensation in her right upper jaw, like a bubble or swollen gland there and an almost toothache like sensation.

Dryness comes up again, with lots of dry lips. Itching is experienced particularly near eyes, nose and mouth; also of eyebrows. A couple of provers felt a tingling like a cold sore sensation around the lips. There was also a sense of being irritated by the sensation of a hair on the face.

Again we see heat sensations, with a hot face. Some experienced perspiration with this.

Mouth

Key words **Dryness; burning; salivation; ulcers**

Dryness comes up again. Prover 5 felt as if tongue was burning. There was also salivation, profuse in two provers.

Ulcers seem to be a possible field of action in the remedy. Prover 9 had the sensation as if she'd bitten the inside of her mouth, like an ulcer. Prover 3 woke up on the day after the proving with a huge ulcer on left under side of tongue. She described it as a classic ulcer, huge, white with red raised edges, but was almost gone by two days later. Although she confirmed she does suffer with mouth ulcers from time to time, this one was unusual as it cleared up quicker than normal.

Teeth

Key words **Milk teeth; ridged; cracked; clench; grinding; toothache**

Prover 2 seemed quite concerned with her teeth, a desire to clean her teeth and the importance of brushing – even milk teeth. (It is interesting to note the reference to milk teeth, given the affinity to children seen in the mentals). Her teeth felt ridged, cracked. I speculate that the remedy has a syphilitic feel to it for various reasons but her description of the teeth here seems syphilitic.

As noted in the face section, there is a desire to clench teeth together and bite teeth together, also grinding teeth.

Prover 9 felt a peculiar sensation in her left upper jaw, around the molar, like when you bite tin foil with a filling. Makes the side of the face/cheek feel a bit enlarged. So could have an affinity to toothache.

Throat

Key words **Dryness; irritating; tickly; lump in throat; sharp; heartburn; raw**

Various sensation manifesting in the throat area included:-

- Dryness of throat ; associated with needing to clear throat and cough; dry tickly cough (see also Cough section);
- Several provers complained of a lump in throat, which prover 9 felt was irritating and frustrating. Prover 1 felt a lump in throat which could be associated with the throat chakra and difficulties in communication;
- Prover 6 felt a sharp pain (the sensation sharp comes up quite frequently in the physicals);
- Prover 11 felt heartburn in her the throat; and prover 6 felt a harsh sensation there.

Stomach

Key words **Churning; Collywobbles; gnawing; burning; increased appetite; burping ameliorates; heaviness; nausea < motion, as if sea sick**

A couple of provers (1) and (4) felt anxiety in their stomach; a churning or “collywobbles” in pit of stomach.

Prover 9 also felt a gnawing or burning sensation in pit of stomach.

There was a good appetite noted by 4 provers – a couple quite impatient in round 2 in anticipation of lunch!

Lots of burping coming up (pardon the pun!). A sense of satisfaction from having a nice big burp. Sometimes difficulty in burping, wanting to burp but cannot. Prover 9 felt burping > to release pressure from stomach.

Again we get the word “heaviness” coming up, stomach feeling heavy, “heavy belly feeling”.

In correlation with the vertigo symptoms discussed, we have lots of reports of nausea by seven provers, provers 9 and 11 searching for a vomit bucket! For prover 9 in particular the nausea was associated with looking at moving objects, for example seeing provers' tables moving particularly affected her; as if sea sick. "Waves at sea!...Nausea strong << looking into the bowl, << seeing motion. Thank god we've stopped (9). "I've reached the shore after a trip at sea" (9). Provers 9 and 11 also felt this sensation of nausea rising to their throat.

Prover 11 felt queasy, "I can feel my digestive system right from my throat down to my rectum – as if I can see it".

Prover 3 made an interesting comment "circles, spirals and nausea. Cycle needs to be broken. Destruction of pattern, nausea gone", given the association with love of patterns in the mental section.

Abdomen

Key words **Fleeting pains; wriggling sensation of worms**

Some pain sensations noted in right lower abdomen, fleeting (prover 10) and flatulence moving through bowels, down left side (prover 9). Prover 11 felt her gut was turning over, lower abdomen and a queasy sensation – like full of wriggling worms in my abdomen (11).

Rectum

Key words **Pressing; loose**

A pressing down pain/sensation in rectum for one prover, another prover noted bowels felt loose.

Urinary

Key words **Urging**

Urging to urinate noted by four provers.

Female

Key words **Dryness; itching (vaginal); twinge (ovaries)**

Dryness of vagina noted by one prover, itching of vagina by another. One prover felt a slight arousal in vaginal area.

Prover 3 felt a twinge in right ovary. Also a pulling inwards pain, left ovary.

Respiration

Key words **Breathless; deep breathing; gasping; air hunger; yawning; > untwisting spine**

I was surprised at the many references to breathing appearing in the proving. There was particularly a sense of needing to take deep breaths "deep breathing – yawning, need more oxygen (3), desire to take deep breath (9), waiting to breathe deeply (3); deep breaths (4), (6), (9), "alive, breathing...deep breaths (6). Also gasping for air (2) and (6); sighing to get breath out (2). Yawning ameliorates (3) (4) (5) – "air hunger – yawning". See also frequent reference to yawning in sleep section; and a sense of difficulty in breathing.

In terms of breathlessness, the experiences of two provers in particular was quite marked:-

- Prover 2 described in her notebook her experience before the proving started: "Cried 10 minutes into my journey/drive here today. Walking from car park to WSH. Thought heart attack going to happen. So breathless. Major sobs on arriving at WSH, gasping for air. Prover 11 settled me. Crying with emotion, totally overwhelmed emotionally (2).

- Prover 3 described her experience of a curative effect noted during the proving:-
 - o “I’d not been able to take a deep breath for weeks but didn’t think anything of it. I just thought its because I’m unfit and busy. It felt like I had only the top third of my lungs. This is unusual for me as I was taught breathing from my stomach many years ago. Even though I couldn’t draw a deep breath, I wasn’t breathless.” During the proving, she noticed that she could finally take a deep breath, “like a weight had been lifted off my shoulders”. She felt herself “untwisting” (her spine and ribcage) during the proving, and was breathing easier from her stomach again. (See also Back section, prover 3 has scoliosis). Checking up with prover 3 on 30/04/16, just under two weeks after the proving, she reported that her breathing has continued to be > since the proving.

This was one of the most striking physical curative effects noted in the proving, together with > skeletal alignment (see Back section) and given the amount of provers experiencing difficulty breathing or needing deep breaths, and air hunger I am very interested in this and feel it may be a good field of action in the remedy.

Cough

Key words **Dry, tickly**

As noted in the throat section, lots of dry tickly coughs.

Back

Key words **Skeletal alignment; sitting up straight; ram rod; untwisting; compressed or fused spine; hump back; breathing < back straight; leaning to the side**

A big affinity to skeletal alignment coming through here – and two provers experiencing something of a curative effect during the proving in this respect. See also Generals – sitting up straight, ameliorates. Although anecdotal and not specifically related to the proving, I was recounting to some interested homeopaths my experience of the proving at an event some months after the trituration had taken place, and when mentioning the possible affinity to alignment, a lady mentioned that was odd because as soon as I’d started talking about the proving she had felt the need to sit up straight, which I also noted in myself. This is entirely speculative on my part, having no clinical data as yet, but I wonder if the remedy may have an affinity to spinal deformations, possibly from in utero (with Prover 3 having an image in mind of a baby in utero). It would match the syphilitic miasm which I think we see in the remedy, although it is also somewhat tubercular like many spiders, with its love of freedom, wanting to escape, to move and the respiratory aspect to the remedy.

Prover 2 felt there was an affinity to a compressed or fused spine. Prover 3 felt right side back twinges, moving position in spots – “feel like my twisted spine is straightening”. Humpback/ hunchback. Weight of world on it (3). Prover 10 wanted to straighten back. Prover 3 associated the untwisting of spine with being able to take a really deep breath, “like I have not been able to for months”.

Various provers felt aches and pains, often in the neck region or between shoulder blades, also a lot of stiffness in neck region and a need to stretch. This is perhaps not as striking as the sensation of alignment; given the context i.e. sitting at a desk grinding and scraping over a pestle and mortar over a period of a day is likely perhaps to lead to some stiffness and aches in the back and neck.

A sensation of heat in the back was noted by a couple of provers. Given its appearance in various physicals I think this may be specific to the remedy.

Other notable comments in respect of skeletal alignment:-

- Keep leaning to the left when grinding (1)
- Rigidity of spine especially in between scapulae (2)
- Need to sit up straight – ram rod (3)
- Wanting to lean towards right (3)
- Feel as if bending over too much (6)

- Sensations travelling upwards (skeletal alignment) (8)
- Alignment feels important (9)
- Leaning to left side (10)
- Sit up straight. Align (6)

Prover 3 records that she has got scoliosis and cordosis and a deformed shoulder blade. As noted in the respiration section she had been experiencing difficulties in taking a deep breath in the weeks prior to the proving but during the proving felt as if her spine and rib cage was “untwisting” and she found she was able to breathe deeply again.

Another prover felt very aligned during the proving – and a sense of wellness with it, as if she was being aligned from the feet upwards. With this upward alignment (which she described as an upward motion in the body) she also felt a sense of peace, like she had taken an ecstasy drug, feeling good about herself, “liking myself”. Usually have a lot of busy, negative thoughts but in the proving felt a sense of peace, the noise went. Felt positive, self-contained, confidence was up, lost negativity, felt I was going up high with a sense of distance looking down on the pestle and mortar.

Another prover went to a cranial osetopath the day after the proving, to have body realigned.

Extremities

Key words Uncoordinated; awkwardness / ambidextrous; sensitivity of feet; sharp pains; + bare feet; contact with floor; vibration in legs; tingling

Perhaps the biggest rubric in this section was “Incoordination”. Such was the feel of general incoordination being experienced, both mentally and physically, it may be more appropriate to include this in the generals section.

In any event, we have awkwardness, fingers: (3) and (5) – “my fingers won’t turn the page”. Under incoordination, lost of symptoms:-

- Not very coordinated (1)
- Uncoordinated, Lost! (2)
- I’m left handed but keep wanting to use my right hand – I have no control. Using right hand – I can’t scrape with left (3)
- Its such a physical struggle to coordinate. My mind is telling my body – come on, come on – for God’s sake just get on with it – but my body can’t. Feels kift (3)
- Very little coordination over my pen, < gripping (5)
- Hands shaking, powder everywhere (10)

During coffee break between rounds 1 and 2, prover 5 couldn’t open the coffee - uncoordinated. Slow thinking, sloth like – how do I open the packet? (5).

A polarity to this was seen in a sense of multi-tasking, ability to use both hands – I can write and scrape at the same time! (10) and “happy to use both hands – I’m right handed” (8); almost a sense of ambidextrousness coming through; whereas prover 3, though left handed, felt she had to use her right hand.

Another notable theme was sensitivity in the feet and legs. Prover 5 had a peculiar experience during the lunch hour, where she stood up and experienced a very sharp shooting pain in her left heel. Later, during round 3 when taking off her shoe, a stone flew out and hit the pestle. She realised that the pain could have been the stone in her shoe –but noted an added sensitivity in feet – to pain, to vibration, desire to have bare feet, to increase the contact to the vibration.

Prover 2 also need for her feet to be in contact with the floor: “I would normally sit cross legged in a chair as I’m more comfortable with my legs like that. I adopted that position when we first sat in the room but had extreme urge to keep them in contact with the floor because I was in hyper alert mode. My sense of sound and vibration was so acute. Intruder threat was uppermost in my mind, that’s why I checked the front door was locked a few times!

As noted previously, prover 9 was very sensitive to vibrations – “(10) is banging her bowl and I can feel the vibration in my left leg – my leg is picking up the movements / bangs in the room” (9) (see also mental theme Senses – too much!). She also felt a tingling sensation in her legs. Prover 5 felt very still inside but noticed both legs twitching. Also a sudden awareness of feet and legs, previously had been in head.

A feeling of stiffness and desire to stretch out limbs was quite common. Heaviness is also coming up again – “Limbs feel heavy” (6).

Sleep

Key words **Sleepy; eyes heavy; close eyes; tired; soporific; overwhelming; curl up; yawning; insomnia;**

One of the most striking themes in the physicals was related to sleep, as also seen in the Dreams section. Sleepiness was experienced by many provers; with great desire to sleep:-

- Desire to sleep, still, alone (2)
- I am so tired – my eyes so heavy and wet, please let me sleep (3)
- So sleepy (4)
- Want to curl up and sleep / close eyes (5)
- I want to go to sleep (9)

There was an almost overpowering sleepiness or need for sleep:-

- I feel so slow - I'm so tired. I want to sleep and sleep and sleep. My mind is no longer in control. Sleep is needed now! (3)
- A lullaby, being rocked to sleep. Everybody is yawning. Soporific. Overwhelming desire to close eyes. I could just go to sleep. What if? Warm and comfy. Curl up like a cat, on top of the oven (9)
- Want to sleep, peace, quiet. TOO LOUD!!! Yawning, too tired, need to rest, I want my bed (2)
- Feeling very tired leaning forward, almost like I could fall into bowl head first (8)
- Sleepy; close eyes, leaning forward. Everything so loud around me. Are we nearly finished? (10)
- Insomnia. So tired (2)

“The little itches are waking me up, keeping me awake, so I don't drift off completely (9)

Also a lot of yawning with sleepiness, desire to stretch and yawn and frequent yawning reported by lots of provers.

A polarity to sleepiness was also apparent:

- “So heavy and tired and yet so alert at the same time” (5)
- Renewed vigour; awake now (3)
- Energy/awakens. Smiling (8)
- Lots of energy – me and everyone I think (11)
- I feel so much more awake and alert and energetic (9)

So a big sleep picture is emerging. From the “Dreams” section we can note that there were several provers who woke in the night and had difficulty in getting back to sleep but I don't think the overwhelming sleepiness experienced – often quite early in the day, before lunch – can be explained by this. The fact there were sleep problems in the night is indicative that there is an affinity to sleep disorders in the remedy. Such was intensity of some of the provers experiences, sometimes quite sudden sleepiness, it makes me think of sleep disorders such as narcolepsy.

Dreams

Key words **Awake; as if compelled; communication**

The dreams recorded are set out in full in the Dreams part of the Repertory section. The main themes are summarised as follows:-

- Disturbed sleep; waking during the night: (1), (2), (3), (5), (6), (11)
 - o From 2:40am until 5:30am (1)
 - o Awake at midnight. Restless sleep before then..Couldn't sleep, got up at 4am (2)
 - o Woke up at 3:30am. Can't remember time when back to sleep but it was after 4am (3)

- 3:30am. I was up and at the bottom of the bed, feeling awake and needing to move. Waking up as if commanded to do so (5)
- Around 4am found myself wide awake and very alert – I don't know why. Tried to get back to sleep but couldn't for a couple of hours (6)
- Asked to dream with remedy. Unusually cosy, comfortable night with much less heat and restlessness than usual. Put out a pad to record dreams. Woke up at least three times and moved out of bed straightaway – extremely alert (most unusual), knew I had dreamed but could not remember anything (11)

So a picture of disturbed sleep and waking in the night, often between midnight and 4am or around 3:30pm, waking and not able to get back to sleep. A number of provers felt they had to get up. Two provers in particular had a very odd sensation in respect of this; prover 5 felt almost compelled or commanded to get up and prover 11 also felt she had to move out of bed straightaway on waking, very alert which was unusual for her. This seems to be an “SRP” of the remedy – waking in the night feeling alert with a compulsion to get up. Contrasted with the great sleepiness in the day. I set out the above in the Dreams section, as provers were asked to record dreams in their notebooks – there were not a lot of dreams recorded but this unusual experience of insomnia.

In terms a few dreams that were recorded, prover 2's dream ten days prior to the proving I thought was interesting, “in white swirly substance, stuck, dark, anxious, rigid. (Some of these phrases are matched in the prover's experience on the day, especially her experience of being in a white coil like Mr Whippy. I was delighted to tell her at the end of the proving that I had observed the spiders weaving a white coil around themselves in which they rest or sleep.

The colour white comes up again and an association with teeth in prover 9's dream of pain in right cheekbone as if there was a white chip missing from it; had to hold it with my fingers (9). She also experienced this pain sensation in the proving. Prover 5 woke with throbbing in her left ear, better for applying pressure. So > pressure is coming up a little.

In contrast, black imagery in a dream of a black horse rearing, trying to escape from an overturned carriage (10).

There was a small pattern of things being communicated in sleep. For example, in prover 2's dream above, she was having doubts about taking part in the proving. Prover 5 visited her in the dream and told her not to make a decision until she sees her. A prover 2 said, she did not see prover 5 until the day of the proving, and felt able to continue with the proving.

Keeping with this theme of communication, prover 5 heard voices in her dream, and that one of the provers had to tell her something. She also felt during the proving that there was a link to communication, thinking about words, patterns, word games, WWW. Also, although not a dream, prover 9 recorded that she had received an email on the morning of the proving from someone she knew over 20 years ago, who had felt the need to get in touch. My own dream before the proving included a young boy, perhaps toddler age but who was non-verbal. Suddenly he was able to communicate.

Perspiration

Key words Hot; profuse

Quite frequent references to sweating and heat in the proving.

Skin

Key words Blisters; boils; itching; ulcers

An indication that blisters might be particular in the remedy. Five provers experienced this. Again, arguably the process of trituration – grinding and scraping, might account for some of this but one of the provers who experienced that has taken part in a lot of triturations and she had not experienced blisters to this degree previously.

Prover 3 experienced a boil in her hairline coming up (on the right side) the day before the proving and by the day after the proving it had almost gone. This was a new symptom for her so I think related to the remedy.

A lot of itching coming up again.

Provers 2 and 5 felt there might be an affinity to ulcers. This would seem to be backed up by Prover 3's experience of a mouth ulcer (see Mouth section) after the proving.

Generals

Key words + dancing; + open air; + sun (also ++ darkness); + bare feet; Dryness, of usually moist internal parts; eructations >, Food and drink +/- coffee; ++ nuts; + sweet; HOT; sweating; Lassitude, lethargy / increased energy; motion < vision, > stiffness; + fast motion, + rhythm; right sided; ambidextrous; > sitting up straight, > stretching, > sun

- Dancing, desire for
- Desire for open air, fresh air (< room hot and stuffy)
- Desire for sun; (provers wanting to sit in sun during break);
 - o This was in contrast to the often mentioned desire for darkness in the proving. Whilst writing up this section, coincidentally a friend of mine recommend me to watch a BBC documentary “A year in the Lake District” as it had a small section on jumping spiders living in the dry stone walls of the Lake District. I enjoyed watching this and was reminded that these spiders to like warm, sunny walls – but also like to be able to retreat to the dark, for safety from predators etc.
- + to have bare feet
- Dryness – of usually moist internal parts e.g. eyes, mouth, vagina
- Eructations ameliorate
- Food and drink
 - o + chocolate (11)
 - o + coffee (5) (11)
 - o – coffee (9) *unusual for this prover
 - o + nuts (many provers happened to bring in nuts or nutty type snacks on the day of the proving)
 - o + sweet (one prover felt she wanted to lick the sac lac powder)
- HEAT - perspiration with (1) (2)(6) (8)
- HEAT, sensation of – recorded by all provers! Note that the boiler had broken down on this particular weekend so it was not particularly hot in the building!
- Lassitude and lethargy; sleep and heavy / polarity of energy being up;
- Magnetism – possibly e.g. being drawn to patterns, drifting off, aware of others in room – hypnotic
- Motion both aggravation and amelioration:
 - o < fast movement – vision blurred, can’t keep up with speed of the movement (9)
 - o > movement – e.g. stiffness > stretching
- Motion – desire for fast motion
 - o I’m grinding fast, so is 9. Fast and furious scraping, not just me (4)
 - o Speed + fast grinding – smooth and effortless (5)
 - o Do it fast – substance jumping out of the bowl. Frantic feeling in the room. Fast/hard/intense (5)
 - o Speed – it seems too easy how the powder comes off the sides (9)
 - o Scraping fast (10)
 - o Skiing across the snow – freedom (3)
 - o Lets go and dance (3)
 - o My whole body moving on grinding (4)
 - o Swaying, Rocking side to side (10)
- Motion - rhythmical
 - o Body rocking rhythmically – small movements, Strong rhythm present in my body (11)
 - o Attracted to the rhythm of sound and movement in the grinding. The song “The rhythm of life is a powerful beat – feel it through your fingers, feel it through your feet. (5)
 - o Synchronise stirring (8)
- Reflexes – increased (5) – quick reactions
- Side – alternating sides but a predominance of right sided symptoms throughout physicals
- Ambidextrous?
- Sitting erect, ameliorates
- Stretching, ameliorates
- Sun, ameliorates
- Weariness

3.3 Idea of Zebra

The following is a summary of the proving data; which has not yet been used clinically but is intended as an indication only of the remedy from the findings of the proving:-

AFFINITY: (main affinities)

Mind; nerves; coordination; sleep. Eyes; spine; respiratory; skin; children

MODALITIES:

Better: open air, sun and/or darkness; bare feet; solitude and quiet; movement (rhythmical); stretching, sitting up straight; own company; activity – tasks, methodical

Worse: heat (of warm room); NOISE, being observed

MAIN SYMPTOMS:

Mind themes:

- Absorbed; introspective, daydreaming; unable to relate to others; spaciness
- Aversion to company; liking own company, desires solitude; independent; but also polarity of wanting connection, to have interaction; difficulty in communication
- Detached, estranged
 - o No emotions- just getting on with the job, an automaton, mechanical, disconnected
- Contrary, a rebel, defiant; naughty; non-conforming
- Industrious – with fastidiousness, fruitless production; a love of order and methodical tasks
- Drawn to patterns and symmetry; also of colour; themes of white (also black/darkness)
- Boredom and impatience;
- Childishness or childlikeness; childish behaviour; love of lullabies; giggling
- Impulsiveness – to run, jump, escape, hide, to laugh out loud uncontrollably;
- Confusion/attention to detail:
 - o concentration difficult; distracted; mind flitting, thoughts wandering;
 - o mistakes in time, speech inarticulate; writing and spelling difficult, writing jerky;
 - o thinking analytical;
 - o attention/focussed on task in hand
- Delusions:
 - o Outsider; is alone in the world; an outcast.
- Escape;
 - o Sense of being restricted, imprisoned. Desires freedom, to run and hide;
- Observed; being observed – wanting to be seen, noticed or aversion to being looked at; a sense of observing others “I can see you but you can’t see me”.
- Movement, love of. Jumping, dancing. Sensitive to rhythm
- Oversensitive – senses, esp. of hearing, loud noises, vibration; desire for quiet
- Polarity between cheerfulness, upbeat; and despair, seriousness

GENERALS

- + dancing, movement
- + open air, sun / also darkness
- + bare feet
- Dryness, of usually moist internal parts
- > eructations
- +/- coffee, + nuts, + sweet
- HOT – sweating
- Lassitude, lethargy / increased energy
- Stiffness,+ stretch
- + motion, rhythm
- Mainly right sided
- Pains sharp and shooting

PARTICULARS

Vertigo:	Dizziness, light headed; with nausea; like sea sickness
Head:	Confusion, muggy, heaviness; fullness Itching of scalp; sensation of heat in head
Eye:	Desire to close eyes; heaviness; photosensitivity; > dark
Vision:	Acute peripheral; blurred, haziness, < reading, writing; illusions
Ear:	Sensation of water in ear; pressure in ear
Hearing:	Acute; sounds loud, magnified, painful.
Nose:	Runny! Watery, irritation
Face:	Tension and clenching of jaw; dry lips; coldsores
Mouth:	Dryness, ulcers; salvation
Teeth:	Grinding, clenched; ridged;
Throat:	Dryness; irritation, lump in throat
Stomach:	Churning, anxiety in stomach, eructations; nausea
Female:	Dryness, vaginal,twinge in ovaries
Respiration:	Need for deep breathing; gasping, air hunger; > yawning, > spine straightening
Cough:	Dry, tickly
Back:	Skeletal alignment, > sitting up straight, ram rod. Sense of scoliosis of spine untwisting
Extremities:	Uncoordinated; awkwardness / but also ambidextrousness; sensitivity of feet; sharp pains in feet; + contact with floor; feeling vibrations in legs;
Sleep:	Very sleepy, soporific, cannot keep eyes open; yet at night - waking at unusual hours and feeling unusually awake, insomnia; woken as if compelled to get up;
Perspiration:	Hot, profuse
Skin:	Itching, blisters, ulcers;

4. Conclusion

4.1 Future plans

Co-incidentally, as I write this final section, early May 2017, almost exactly two years on since first meeting Zebra in my back yard, I spied a little Zebra today. The first I've seen this year. It felt good to see her again; I knelt down on the ground, on her level. Upon becoming aware of my movement she turned round and stopped briefly, looked at me defiantly, turned and skedaddled! Aren't you finished with me yet? Not quite, Zebra. I hope that this will not be the last time we meet. If I encounter your energy pattern in a patient, I hope I will recognise it. If others find this proving useful, in terms of our spider materia medica I would love to hear about this with any feedback in terms of clinical data or experiences with the remedy. My email is: katydavies333@gmail.com

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