

C4 Trituration of Lac humanum Brisbane 23-24th July 2005

16 females and 2 males triturated over the 2 days; additional group “participants” were the supervisor/time-keeper (female) and the video-recordist (male).

The milk was expressed by the mother of a 5-month baby girl; chosen because she was a good mother. She was not on any medication nor had taken any homœopathic medicine since just before the birth when she was given Nat-m 200C.

She expressed over 2 days; both before and after feeds and in the morning and in the evening to give an even composition of milk (which had a high fat content).

6.5 grams of milk sugar was used at each stage of the trituration with each participant being given 1 drop of the milk for the first trituration.

C1 and C2 were triturated on the first day and C3 and C4 on the second day. The mortars and pestles were bagged and left at the workstations in the room overnight. Participants were asked to remove gems and watches for the trituration.

Patricia Hatherly on behalf of the AHA (Qld branch) www.homeopathyqueensland.org/index.html

F: 47 (01)

C1:1/100

Relaxed

Head heavy

Pain L hip joint

Bubbling sensation outer quadrant of L breast

Loss of track of time with strong desire to close eyes

Sighing

Identifying with my mother who worried about all her children up until she died. She never had the experience of breastfeeding

Scraping easier; bowl clearer

Lump sensation in throat; very thick ball of mucous/sputum

Humming sound in my ears and enjoying the look of various breasts around the room; feeling like a baby looking at breasts

Sharp pain in vertex of head

C2:1/10,000

Agitated; antagonistic with a sense of being “forced” to do this; like I was chosen to do it

Teeth clenching; inhaling deeply through nostrils and taking in something from the bowl

Annoyed by the small imperfection in the bowl; it seemed to be getting bigger and turning black

Impatient; less relaxed; edgy

Creative vs Bored; destructive; trying to create patterns; annoyed

Numbness L eye area

Pulling sensation L side of neck; Pressure on vertex

Nostrils feel very dry inside; slight blurring sensation

Severe discomfort L side upper back; felt like a lump

What am I doing here? Why am I chosen to do this?

C3:1/1,000,000

Mind feels very empty; no thoughts (initially)...then, after adding the second lot of lactose.....

I want to control this substance; to make it do what I want; be more efficient with my energy.

I can only go L → R; it feels awkward if I go R → L

Tingling sensation L side of face.

The scraping is so much better; all the sides are coming clean.

Later, tried using my L hand; felt really awkward; hand cramping; arm getting tired so quickly.

R side so much more relaxed.

Why is the scraping so important; what is its purpose?

Later...going L → R then changing rapidly to R → L; haphazard feelings; felt dominated by the situation. I want to rebel; getting sloppy; not keeping the substance in the bowl.

What is the purpose of my Life? Is it this?

I desire to stretch; it feels good.

C4:1/100,000,000

Thinking about human-to-human transmittable disease. Why do we have so much fear around them?

Strong pain in outer aspect of L breast.

I feel old.

I am feeling aware of time passing...my time...my mortality. I don't like these feelings.

This practice does not make me feel happy or excited...just too aware of my demise.

After adding the second lot of lactose the boredom is getting to me. I would like to communicate with the tapping sounds; laughing to my self. I want to see of someone responds!

After adding the 3rd lot of lactose it feels like particles are entering my nostrils. There is a sweet taste at the back of my nostrils

F: 49 (02)

C1: 1/100

1st stage; feeling of being sucked into the process.

As if invited to enter my personal inward spiral

Also a little reluctant to do that.

Stinging in eyes; eyes are very dry.

During the second phase of grinding and scraping I notice that the energy is starting to spin faster.

Whiteness, reminding me of clouds. Like soft white cushions.

Everything is very soft and very white. Purity.

Pain and heat in the soles of my feet and outer edge, especially left foot.

2nd stage; the pain in my feet has turned into pleasant warmth and tingling.
During the second phase of grinding and scraping I have a sense of anticipation. The impression is that I am not just here to enjoy, but that there will be demands on me following.

Industriousness.

Shooting pain in my left wrist; very sharp and sudden.

3rd stage; I have the sense that it is pleasurable to exist in this world, the reluctance is gone.

During the second phase of grinding and scraping, I notice that my eyes are still stinging and dry. My vision is blurred.

C2:1/10,000

1st stage; my eyes are starting to sting again.

Stinging in post-nasal sinuses.

Post-nasal drip.

During the second phase of grinding and scraping I have feelings of intensity.

Cannot think clearly.

Irritable. Everything irritates me.

Senses very acute, especially hearing.

Burning sensation at first in the face, left-sided, then both ears, especially left.

I want to move past this stage quickly. Feeling very uncomfortable.

Breathing accelerated. Tingling in face is increasing.

Pain in left wrist again.

Wanting to be creative; watching the patterns, the pestle makes in the mortar.

2nd stage; everyone in the group, including myself seems to be getting more and more inside themselves, less on the outside.

Tickling in my right breast.

Need to breathe deeply and get beyond this irritability, and feeling uncomfortable with self.

Dim vision.

Feeling more accepting of who I am.

During the second phase of grinding and scraping I notice a L-sided headache, dull ache.

Itching in L ear; feeding the headache.

Thirsty.

3rd stage; burning sensation in both my breasts, especially R.
Strong desire for fresh air, and taking deep breaths.
Burning face, especially cheek bones.
Impatient with the process.
During the second phase of grinding and scraping L elbow painful.
Aching in right forehead and temple (dull).
Shortness of breath.
Pain in lower back, R side, sciatic nerve.
Headache moved to L forehead and temple again.
Getting very fed-up with this process.

Dreams during the night.

Birds. Flight, escape, stifled.

I dreamt of two pigeons without heads. No blood, they just end at the neck. Someone (male) is holding one of them in his lap, trying to pluck its feathers, pulling on them. The pigeon cannot make a sound – it hasn't got a head. The pigeon wants to escape, flapping its wings. Then actually lifting off, and flying a short distance. Then bumping into a thin pole, and falling down. Without a head it cannot see where it is going. Many more attempts of flying, but it keeps bumping into things, and falling down. This is awful to watch. I am thinking that it would be better off dead.

Next I am in an egg and poultry factory. I am with several other people, don't know any of them. They are talking, arguing. I feel terrible about the chickens there. Someone ties a hand grenade onto a chicken and pulls the pin. I am trying to untie the hand grenade, but can't do it fast enough, I am terrified of it going off. Someone opens the barn gate a little (the light comes in), grabs the chicken from my lap, and throws it outside up into the air, and quickly pulls the gate shut. I am thinking, this is the first time, this chicken has seen daylight, and its only chance of flying, even if it doesn't get very far. Then we hear the grenade explode.

C3:1/ 1,000,000

1st stage; the lactose is clinging to the side of the mortar.
Clinging to the old, apprehensive to move forward.
Stuck in the emotions. Diffusing around the perimeter, leaving the centre wide open.
During the second phase of grinding and scraping I notice that the energy is beginning to flow. The substance is making very even, beautiful, symmetric patterns in the mortar, like a painting.
Nice concentration in the room, no-one is talking.

2nd stage; pressure in the sinuses is increasing, much tickling up high in R nostril. L → R movement of physical symptoms.

No more dim vision as yesterday.

There is a new clarity; the foginess in my brain is disappearing.

Head very clear; easy to concentrate on what I am doing.

The scraping is becoming very easy, as if the substance wants to become integrated.

I am feeling very awake and clear, even though I have slept hardly at all during the night.

All anger and apprehension is dissipated, and gender issues seem to dissolve, no longer important.

No more physical discomfort. I am feeling nurtured by the substance, but not in a warm and fuzzy way, rather nurtured into clarity and awareness of self and others around me.

3rd stage; the substance in the mortar is making me very happy, and I am aware that I want to make an excellent remedy. I am having the sense of the remedy leaving this room and spreading everywhere on the planet, being available to people everywhere and how beneficial it will be.

This is a very nice remedy. I look forward using it with my patients. A lot of energy in it. Very positive. The remedy has a feel of completeness.

C4: 1/100,000,000

1st stage; after the nurturing experience of C3 I am feeling excited.

Wondering what will be next? Expectant mood.

The vortex again. This time I am not apprehensive of it.

It is like the unknown element has entered (what is your name?). *Kathy* came into the group after we are three quarters done.

(This "participant" wasn't able to make the seminar and didn't go into details but arrived unexpectedly and un-announced and sat among the group during the 4th trit and then introduced herself.)

During the second phase of grinding and scraping I have a sense of determination to fulfill my destiny, despite the obstacles.

There is a strength coming from the substance, not to give up.

I can feel the tingling heat in my ears again, and the sides of my face, being part of the excitement.

2nd stage; feelings of: strength; divine support; high adventure; the ability to improvise; mystic vision and the revelations from that.

The vortex used to frighten me. It doesn't do that any more. It is exhilarating and I am looking forward to it.

During the second phase of grinding and scraping I have the sense that with this substance there won't be such a thing as getting old and debilitated.

The fountain of coping with difficulties.

Exchange: in the sense that not only am I receiving strength from the substance, but also that I am releasing my weaknesses into it.

3rd stage; have an understanding of the ebb and flow of being human and the ability of giving and nurturing others to help them come to their full potential.

Facilitating group experience, apart from my own destiny to be fulfilled.

That there is abundance. Thinking of the enormous amount of remedy base we have made this weekend.

During the second phase of grinding and scraping my thoughts turn to.....origins.

Divine origin of the soul.

The woman who gave her milk, which is eternalised in this process.

Opportunities for all of us, how unlimited it all is.

This group of people, making this remedy.

What a profound experience: Mother's milk.

How we are nurtured when coming into the body, and when that is given and received well, then that human being will be able to give so much also to others. And when everything doesn't go so well, then we have the remedy.

F: 42 (03)

C1:1/100

1st stage; more...is that it? I wanted more milk (*participants were each given 1 drop added to the 6.5 grams of sac lac*)

Uncertainty

Questioning

Quiet...Silence Please! (*during the first stage of C1 the participants were very chatty*)

Need to concentrate

Did I feed my children well? Was I in the best moment, state of mind while feeding?

Persistence

2nd stage; I can relax

I wish I didn't know what the substance was

I have a need to stare at the bowl for long periods

3rd stage; I want to play with it and make a sound

I notice others and am interested in what they're saying and doing

I try "looking" at the breast from the inside

Automatic

Staring; notice others staring

Softness; laughter; chatting

Detachment

I want to speak about the nurturance

Noisier; harshness

At the end of the first section of the trit there is a sense of completeness but I am disappointed that I wasn't focused

C2: 1/10,000

1st stage; I discover a hair in my bowl and am worried that it has become contaminated!
I feel like giggling; mischievous
Feeling that I'm "over" this now; it'd better heal some!
Careless
This is going to be a long afternoon
G___'s (*video-recorder*) got the best job!
Speed
Texture
Enjoying the sounds: ringing and tinkling of the mortars and pestles
Notice a lack of male voices and wonder if it's due to the comments?

2nd stage; am interested in the world outside
Look at patterns and they remind me of mashed potato as a child and how I would decorate it to make it interesting
Tinkering Christmas Cards
Wanting to nap; everyone looks tired
Purpose?
Thinking about my mother; her courage and how things change when the mother leaves.
My perception of self will change when she leaves

3rd stage; I want to value the experience but feeling antagonistic
Want to kip. The video won't be interesting; I won't be renting this one
Be the fool
Glad it is over but again disappointed that I wasn't focused

C3: 1/1, 000,000

1st stage; felt happy centred; thinking about the male/female issue and my mind went to a conversation with a friend's daughter's lesbian relationship. Is this a process of male/female equilibrium? There is safety in same sex relationships.
Collective of children; the safety they have in first relationships; there is a sense of intimacy in the relationships that children have with each other

2nd stage; felt like a child
How much intention?
How much Rx in giving
Feeling certain in what I am doing
Centred; feeling..."beyond"
Client says: "I love you all the time" and it has never changed
Is mother-love never enough?
Accept universal love; nothing is comparable in the material world
Sense of comfort initially feeding my baby girl as opposed to feeding my boy

3rd stage; Thoughts of how mother's love was "enough"
Yawning; eyes watering
Mother sad but never cried
Predicted the exact time of scraping; very "at one" with the experience
Opportunity for Universal Love
Feeling the seriousness of what we are doing

C4:1/100,000,000

1st stage; valuing the group energy
Lady (newly arrived to the group) beside me wanting to remain anonymous; not possible;
I have an acute sense of her smell
Time goes quickly
Looking at the mother like she's a stranger: Who? Why? How?
Aware of different intensities with the mortar and pestle; wanting to be softer with it;
wanting to stop; as if it had had enough

2nd stage; silent; centred
Wondered what my children were doing?
Anger and trust and a resistance to a new level of trust
Wanting to see beyond the bowl then realised there was a hair in there...contaminated!
Experimenting with different ways to grind; I notice the way others are doing it and I
seem to be more harsh

3rd stage; I haven't spoken to, or even know, the names of all in the room but feel so
connected to them.
The words: "exclusion"; "intrusion" seem like reactions; a feeling is just a reaction if we
care to indulge
Felt done; final!
Anticipation; excitement...pointless
Like a drawing I did last week; I wanted to sketch the children; to some it might seem
perverted
Have I done my best? It has To Be

F: 46 (04)

C1:1/100

1st stage; felt a desire to hold the mortar cradled in my hand as I worked the mixture
Felt quite quiet ++
Wanted to use my L hand to work the pestle (normally R-handed); swapped half-way
through again; remembered that I used both hands as a child
Had thoughts that any feelings or symptoms I would have wouldn't be of much
importance

2nd stage: L ear feeling very hot and aware that I should write these sensations down
Left ear still really hot ++ during the second scraping phase
Dull ache L temple
Male voices in the room annoying me slightly (*May be related to recent research done at the Uni of Sheffield that has found that males and females decode voices of each sex in different areas of their brains and that women find it easier to identify with the pattern of other women's voices*)

3rd stage; heat spreading further on L side of face; some heat also now felt in R ear
Heat over whole face; face feels flushed (and is)
Dull ache L temple is stronger; extending to L cheek bone
Neck sore
Not so aggravated by others speaking
Yawning +++

C2:1/10,000

1st stage; wanting to hold the mortar again
Why do people have to talk?
Feel anxious about writing and the time factor regarding the process of grinding etc...
Shoulders are heavy
Face hot again
Feel the need to scrape in a circular manner
Pain over the R eye; intermittent
Shoulders feel tense ++
Everyone is quieter during the second phase of grinding and scraping
Yawning again
Feeling that whatever I do in this process will be OK; not so anxious
Thirsty ++

2nd stage; pain in L cheek towards the root of the nose
Feelings of tenderness overshadowed by firmness; a need to be firm as has been taught but wanting to be tender/loving. I don't feel like using much force with the pestle; I notice that I grind softly and gently
Thoughts of my mother and how hard she was and how hard I can be....a sadness; a learned hardness covering the softness; like the soft powder in the hardness of the mortar being crushed by the hardness of the pestle
During the second phase of grinding and scraping I became contemplative; enjoying the silence of the room but feeling connected to the group
Head is hot
Shoulders still aching
Pain (slight) R temple
Upper back sore
Thirsty ++
Tired and yawning

That night

Very hungry +++; enjoyed immensely everything I ate; enjoyed the taste and textures
Slept on L side (very unusual); no dreams

However, I witnessed an event which I considered to be relevant.

Late on the Saturday night outside the house where I was staying, approximately 50-100 teenagers spilled out into a busy intersection of 2 main roads and spread out. They were running and throwing bottles etc. It seemed as if a party nearby had got out of control. This resulted in the street being cordoned off with several police cars and police attempting to control and disperse the group, the members of which, mostly stayed together in a huddle in the middle of the intersection. My desire to go to the assistance of one girl who was vomiting violently outside my window was tempered by the drunkenness of the others and the presence of two other girls enjoying an intimate moment in the garden next to our fence.

(a "comment" perhaps about the rubrics "sex >" and "alcohol <" and how the latter results in the "need" to look to the group for "protection" instead of being able to assert individuality and independence)

C3:1/1,000,000

1st stage; had the feeling that I was working with a crystal singing bowl and I didn't want to grind; merely to go in a circular movement (L → R) around the bowl

Pain, brief, close to centre of head

Sensation in the nose

During the second phase of grinding and scraping the head became a lot clearer and the nose began to tingle and it became itchy

2nd stage; had a sense of myself being a part of a spiritual/religious order where all were intent on one purpose...the performance of a simple repetitive task in the group rather than alone else it would seem to be boring. I had the sense that i was both a monk AND a nun; we were wearing brown robes (*at least half of the participants in the trituration wore brown and/or green clothing during both days*); an orange glow was coming through the windows

Aware of sensations (not unpleasant) at root of nose and centre of head....like sinuses clearing (or about to become worse)

Towards the end of this second stage I was silently repeating the mantra "Less is More"

3rd stage; found I was now grinding R → L and was being more playful with the powder
My spine is straight (aligning chakras) and I find I'm making a circular motion more with
the wrist AND the elbow
It's like I'm on a spiritual/silent retreat; thinking of my daughter's boyfriend and his
meditative Kung Fu
I feel the need to scrape from L → R while turning the bowl from R → L
R ear is burning
Tired; yawning
Wanting chocolate and milk

C4:1/100,000,000

1st stage; who is this new person?
Front R tooth brief pain shooting up into the gum
Feel nothing emotionally
Time seems long
During the second phase of grinding I felt very tired and had fleeting thoughts of many
people
During this lot of scraping I became worried that I'd drop the mortar
What is my Soul's purpose?

2nd stage; Yawning +
Tingling lips
Wanting to close my eyes and feel the beating of my heart resonating with the mortar and
pestle
I got the answer to my question about my Soul's purpose....it's To Love
Feeling very emotional and want to keep my eyes closed
During the second phase of grinding and scraping phrases kept coming to me.....
"Even though I walk through the Valley of the Shadow of Death I will fear no evil."
(Psalm 23)
Feeling shaky and emotional with flushes of heat
Wondering why...why are these well-known clichés and phrases coming to me?
As I hold the mortar I reflect on the song: "You've got the whole world in your hands"
I want to scrape the mortar spotless

3rd stage; during the scraping another song snippet comes to me: "The female of the
species is more deadly than the male."
The names of Matthew; Mark; Luke and John come into my mind
I have the image of the silhouette of a delicate winged insect....a butterfly and feel that all
these images/snippets have been "sent" for me to reflect on.

F: 55 (05)

C1:1/100

1st stage; notice a pain L temporal region; dull; pressing

Eyes are dry; burning; stinging

Mouth dry

A gnawing feeling in the abdomen like a warm area of heat

2nd stage; formication in L parietal area; sensation as if the hair is gently blown

3rd stage; L side of head now has a dull pressure; a sense of fullness

I notice the gaiety and chatter in the room

Ache in L forearm

C2:1/10,000

1st stage; knuckle on L ring finger suddenly became itchy; red; puffy; stinging as if bitten
My attention is drawn to the circles that the contours of the pestle make in the powder...

RINGS; CONCENTRIC; MANDALA come to mind and I have the thought that for the next de-brief session we should go R → L (*initial de-brief went L → R around the group*)

As soon as I had that thought I simply HAD to change the manner in which I was

tritulating and began working the pestle in a R → L movement as if it was a compulsion

Pressure on my vertex

At the end of the first phase of scraping I sigh deeply and it's as if I'd been holding my breath

I notice I'm holding my jaw tensely

Instep of R foot and area going up to inner ankle bone has a bubbling sensation that becomes a gentle throb then passes

At the end of the second phase of scraping I become aware of a dull ache over L kidney

2nd stage; as I tip the second lot of lactose powder into my mortar it leaves a little trail of powder trailing down the paper from the last little mound of powder waiting to be added.

My first thought is that it looks like a mushroom cloud; my second that it looks like the brain; brain stem and spinal cord

I notice a pressure like a cap over both temples

Eructations; no taste; am still aware of tension in my jaw

Powder feels heavy; clinging; not smooth leaving a ragged, uneven collar around the top of the mortar as I grind the powder

At the end of the first phase of scraping I am aware of a short burst of fluttering palpitations

During the second phase of grinding I become totally self-absorbed and find my self working the pestle so that the contours in the powder become like eyelashes with the small bare patch in the centre of the bowl becoming the pupil...the Eye of Horus flashes to mind

The tension around the jaw persists and there is a pressure on the top of my head
A burning wave of heat travels up my back and over my shoulders from just below both scapulae; I have a sense it is from my heart chakra

During this phase of self-absorption I become mesmerized by the process of working the powder and feel cut off from the group; the other participants fade into the background
I feel the need to place the tip of my tongue at the junction of the soft and hard palate to form a bridge between the Functional and Governor channels thus initiating the Grand Macrocosmic Orbit (an esoteric Taoist practice that is thought to mimic a return to the womb; it is at this spot that the tip of the mother's nipple lies as the baby suckles)
I centre on myself and my own energies as they work around and around through the chakras

3rd stage; the powder becomes "heavy" again and I seem to have trouble incorporating the powder in the bowl. I have the need to really grind instead of going smoothly round and round

I work the powder energetically and it becomes messy

There is tension and agitation and I sigh deeply at the end of the first phase of scraping

The last 6 minutes of grinding seems to fly past and, again, I sigh deeply at the end of the last lot of scraping

That night

I'm into bed early (9 pm) as I am tired and want to maximise my chances for dreaming. My husband, who has been out to dinner with a bunch of his old footy mates, comes in at 11 and wakes me when he turns on the lamp at his desk and drops his keys and wallet with a loud clutter. Since I awake with a startle my dream is obliterated and I am cross about that. We have "words" and my husband opens another beer and goes downstairs to watch Foxtel as South Africa is playing the Lions. He comes to bed two hours later (noisily) and with a tweak of my L nipple probably hoping he'll "score". Again, as I'm startled out of my sleep, my dream disappears on me. Again I am cross and huffily turn over and offer my husband my back. I wake at dawn with the birds and the sun; aware that I've been dreaming about a baby but the details are hazy.

I mull over the frustration of the previous night and wonder what it was all about and become mindful of the various comments made by participants about the seeming male/female "discord of energy" in the group. I become aware that the night's frustration is probably linked to that and ponder on the dilemma we have in so-called civilised societies where monogamy is practiced and how it is not in keeping with the general mammalian model which tends to have an alpha male with several females attached to him clamouring for his genes for their offspring.

Our proving group has 3 males and 17 females (a typical ratio in most mammalian models) and typical in 76% of the world's cultures. The one on one ratio in the West is possibly one of the factors that mitigates against the success of the mother bonding well to her baby. Every time a breastfeeding mother gets a let down she has a surge of oxytocin (such as she has during orgasm) and so, is nicely "topped-up" (from an endocrine perspective) several times a day and not looking for fulfillment in her mate during this time. This is possibly one of Nature's "gotchas" designed to optimize the chances of an infant's survival by keeping the mother entrained and not pregnant again too soon. In the West we don't value that bond. Instead we favour the adult-adult bond as being the superior one. We need to ask ourselves why is it that most women go into a state of "indifference to those loved best" just after birth? It's probably linked to the struggle she has to please both her mate and her offspring to her own detriment so she reaches for the bottle as a solution.

C3:1/1,000,000

Eyes dry and stinging

Pain over L eye

Itch L parietal region which changes to a sense of formication

The powder is smooth in the mortar and the room is quiet

No tension in the jaw today; instead some saliva escapes from the side of my mouth as I concentrate on the task.

I think about my 43 y/o cousin who is trying to conceive for the first time and a quiet tear escapes from my L eye.

During the scraping of the second phase I notice a short burst of prickling in the anal sphincter

C4:1/100,000,000

Words can hardly describe the feeling...very blissful

The whole series seemed to go very quickly as if I wasn't aware of time.

There was a constant pulsating pressure on the vertex and waves of heat kept travelling up my back; some from the scapular region; others from the sacral region

My mind was blank...still; aware only of the waves of warmth in various areas of my body and of a sense of peace

It felt "comfortable" as if I'd arrived home.

F: 43 (06)

C1:1/100

A feeling of energy seems to come from the bowl; I feel “witchy” as if I’m working with a vortex

My thoughts turn to my youngest daughter

I surrender to the vortex and am aware of the centre of the front of my tongue

I am annoyed by the late-comer as if she’s an “intruder”

There is a smell but can’t place it

My mind wanders to thoughts of inclusion/exclusion and am aware that these polarities provide a balance

There is beauty in others

Empathy

Lunchtime

Had awakened this am with a headache from 3 glasses of wine last night. I don’t usually react to alcohol in this manner; the headache is strong; frontal; very bad over the eyes.

The 2 Aspro I took before coming to the trituration have worn off and my head is pounding

C2:1/10,000

Whiteness; creaminess; softness; silkiness

Dreamy; am I doing it OK? It’s like a drug-state; mellow; opium; energised group therapy

Softened awareness; I notice the pink walls

A sense of timelessness; the sounds are soft and muffled like a heart beat

I could be baking bread

C3:1/1,000,000

My mind is free-ranging over various current astrological conjunctions

Thirstless

Young women...my daughter and her young friend menstruating today; ***The Red Tent***

Male/female problem touched on by others yesterday and today; have concern for the integration of the masculine into the world of the feminine

Today the scraping is artistic; form/chaos

Softness

C4:1/100,000,000

Want it to be beautiful; out there!
Forms in the edge of the vortex
I have the need to get “in sync”
Women in Africa preparing food
Women in Central America working the corn
Dignity
Women with family; telling stories to children; grandparents.....
Sense of peace
Grandmothers
Symmetry; form
Vortex of milk...of stories...of the family swept into the vortex
The vortex....family forming...breaking apart....re-forming
The mortar and pestle connects us to the Sacred...(Shiva and Shakti)
Forgiveness of Self; teary
Feel a connection with genes
Creation; Artwork....excitement of creation
Experimenting with Form/Position
Matriarchy – Creativity
Time passes so quickly
Power of the Feminine...The Dark Feminine??
The bowl contains the experiences of The Group

F: 56 (07)

C1:1/100

Flushing to upper body; especially the head
Exhaustion
Aware of heaviness around the L side of the head

C2:1/10,000

Head feels thick all over
Strange sensation R jaw area; like an imminent toothache
Ache just under L occiput travelling to shoulder
Difficulty swallowing; have the sensation of + mucous
Pulsating under R ear
Tip of nose itchy
Metallic taste on tongue and in mouth
Handwriting looking strange
Very sleepy; can't stop yawning
Thirsty

C3:1/1,000,000

1st stage; margin of R eyelid itchy
Ravenously hungry
Itchy areas: hands and face
Mucous in throat difficult to shift

2nd stage; itchy in various spots around body and shoulder; calf and face; just in spots
Headache becoming stronger
Becoming seriously annoyed about something...anything!
Must clear my throat

3rd stage; sleepy; overwhelming exhaustion
It's all a struggle due to exhaustion; I could sleep happily on concrete
There are no emotions coming through the tiredness; however I have the sense that they
are just there...under the cloud of tiredness
I'd be better off with some water

C4:1/100,000,000

Peaceful emerging through a tunnel of emotions
Thick head
Tired but pleasantly so; not exhausted
All other symptoms are there but are in the background; eg: taste in mouth
Huge thirst

F: 37 (08)
C1:1/100

1st stage; have a sense of love and care for the substance
Very aware of the sounds of the birdlife outside; cannot see them but can hear them
Feel the need to get the scraping perfect
It reminds me of having a mould made of my teeth at the orthodontist as a kid
Ticklish sensation R side of throat

2nd stage; beginning to feel like I'm more in a routine now; comfortable with what I'm
doing
Thoughts of a mother breastfeeding; feeling love for baby; wanting to nurture it and
finally getting into a comfortable rhythm
Aware of a dull pain over my liver region
Started scraping in an opposite direction this time

3rd stage; dull pain in liver gone
People talking in the room – discussion with my neighbour; we chat about what we like
to eat; some others are talking; others take notice and focus on what they are doing.
Those talking may be detached from the process...a reflection of modern society

C2:1/10,000

Yawning a lot

During the scraping thought the “tingle” sounds were funny; everyone so busy!

Notice that the powder is stuck less to the sides this time as there is less of it

Had a thought....why not try the other hand? Did for a little while

Sweet smell

Noticing colours in the room...red; orange; pink

Keep sticking my tongue out like when I'm concentrating

Thought I kept seeing an eyelash in the sac lac

Everyone is so great; mortars and pestles are making music

Almost feels tribal

Notice how rough the table feels

Mortar feels warm

Writing a story in my head of the experience today

Big toe begins to ache at the end of the process

C3: 1/1,000,000

1st stage; enjoy the whirring sound of the grinding

Substance is making layers on the sides of the mortar

Feel more like an individual today; focusing more on what I'm doing rather than what the group is doing

R hand getting sore; change to L and find it easier than yesterday

Conscious of not forgetting to incorporate the bits of the powder that lie at the top of the mortar near the rim

Notice that my scraping is harder; more definite

2nd stage; still really aware of the top areas

Remembering a time when I was 11 and my mum came to our Athletics Carnival in her lunch hour and brought me some chocolate-coated oatmeal biscuits. I remember thinking they were healthy

Feeling sad and lonely but connected to her

Thinking about how, at those kinds of events, I would sign up to go in everything...not a choice; a bit like my life really; over-commit and then suffer the consequences

Seeing the powder falling is reminding me of the sand dunes we used to play on when we were kids

Thinking about a business idea

Itchy R nostril

3rd stage; keep thinking about making cakes in my mum's kitchen when I was 6 or 7. I remember the kitchen and making the icing
Trying to work out my age the day my grandmother died; no emotion; cannot remember anything after that until the day of her funeral
And then....to the day of my cousin's wedding; crying because my mother was crying and not knowing why. I was 8
Again, really conscious of the top parts
Remember getting a tea set for Christmas from my dad's boss and of being in the car with it
Thinking again of signing up for all the events; questioning why? I don't think it occurred to me to say No; that it could be a Choice. It always seemed a matter of If you could do it...then you did it!
Thinking of the goldfish in my dream last night trying to get my attention. What was he trying to tell me?

C4:1/100,000,000

1st stage; new person at our table; not happy about it
Close my eyes to try and centre; see the circular motion of the grinding
Focus on the patterns being made on the sides of the mortar
Thinking that this must be really boring for a new person to come into ; no-one's talking to; wonder what she was expecting; keep looking at her and wondering who she is
Seems like the longest 4 minutes of scraping yet
Thinking about our lunch-time conversation about the next galaxy and other dimensions and saw myself on a space-ship (like Star Trek)
Then opened my eyes and thought....what's the purpose to stirring this white powder around endlessly; will it turn liquid?
Seems like another long scraping time

2nd stage; thinking about my partner driving my car this afternoon and feeling connected to her. It's not my car but ours and a sense of us...not her and I
Wondering again if something magical is going to happen to the substance
Feeling at one with myself; realising that I do have a child-like approach to the world; that's OK
Have more energy; motivation; playing with it; trying to build it up the sides reminds me of making fairyfloss
Feeling hot; perspiring in R axilla
Heavy head above eyebrows/forehead
Reflecting on not having experienced stuff/events with others; am usually on my own and then told about it later-childhood/adulthood
Spatula feels awkward – panic; what if I run out of time this time and don't scrape it all?
I feel like I have powder all over me

3rd stage; another long scraping session

Q: So...what do I want to do with my Life?

Be gentle; firm but gentle; noticing the smoothness of the powder

Again feeling the care and responsibility that I started with

The more you go over the top parts (ie the past) the more that caves in and the less smooth it is

Firm yet gentle and consistent

F: 33 (09)

C1:1/100

1st stage; twinges (seconds only) of soreness a few times in L pectoral muscle

During the second phase I could smell milk very strongly

Noticed a similar twinge of pain in R scapula and the area of soreness in the L pec is now more constant and concentrated in a small spot

Notice that my vision seems clearer; more focused; its like colours are brighter

2nd stage; weird feelings of “hurry” vs “all the time in the world” feelings alternate

3rd stage; enjoying the sensuality of the grinding in the mortar and aware of the different feelings through my arm that occur when working with the lactose as opposed to grinding on the bare patches of the mortar

Feeling left out of the conversation between the people sitting next to me

Start feeling very angry and indignant that my bosses are going to cut my hours to save themselves money but I will still need to do all my duties; I’ll just have to get them done in a shorter time frame; I feel very used and unappreciated

C2:1/10,000

1st stage; working the lactose seems very difficult; no sense of flow; awkward; clumsy; irritable

R nostril itchy for a short time

2nd stage; feeling spacey like I’ve had too many coffees

Feel bored and trapped here that I have to do this

Feeling hot and sweaty

L upper scapula insertion point (for trapezius) very itchy (pre-existing injury)

Hand (L) holding the mortar kept clenching

Really didn’t want to talk

Thirsty

C3:1/1,000,000

1st stage; feeling that everything is going to be OK; have a general feeling of wellbeing

3rd stage; feels and looks like there's not much substance left; it is all dissolving into my body as I stir
I start menstruating (2 days early)

C4:1/100,000,000

Find myself: organising; problem-solving & planning
Grinding more vigorously than before; happy to do it as hard as possible
Stinging pain L breast; near nipple
Still planning and organising; mainly about clearing out all the junk at my house that isn't mine but is cluttering up my space. Nothing new will come into our lives until we clear out the old; determined to get it done
Shooting pain in L then R ears
Itchy L nostril; crawling sensation
Felt exhausted at the end of the trituration

M:50 (10)

C1:1/100

1st stage; flush of warmth in upper body

2nd stage; losing track of time
Sense of relaxation/peace and not wanting to talk and being slightly irritated by others doing so

3rd stage; Clumsy; spilled a bit; lacking concentration
Pressure behind L eye (temple)
Floaty sensation around heart
Seemed like there wasn't enough time for scraping
Happy to talk

C2:1/10,000

1st stage; vague sensation around heart and L scapula; extending up LHS to neck
Feeling of being alone; of possible invading female territory
I have the feeling that the mortar and pestle are like the Hindu symbols: lingam/yoni

2nd stage; flush of warmth to face
Itching at border of L scapular

3rd stage; Flush of warmth to face
Pressure; warmth at back of neck; LHS and LHS of shoulder

C3:1/1,000,000

1st stage; feelings of exclusion from the female group
Frustrated about not being included because of gender
Vague twinges around the heart
Issues of the ideal in relationships and polarity/unity
Momentary twinge in palm of L hand; sharp; needle-like

2nd stage; empty feeling
If this is about unity it's about me too ie men not being separated from the family unit

3rd stage; not an issue of rights on either side, but an issue of relationship from a truly higher-consciousness perspective. We move from our body perspective to more general perspective
Flush of warmth upper body

C4:1/100,000,000

1st stage; desire to spend more time with my children; to work less hard
Need to bring unity into consciousness

2nd stage; increased saliva
Flush of warmth upper body
Need to raise the Collective Consciousness
Sense of sitting back from earlier feelings to get a perspective
Sense that the whole world needs nurturing which will require consciousness
Sense of more clarity

3rd stage; flush of warmth

F: 61 (11)
C1:1/100

Peaceful; notice whole body seems to want to rotate in harmony with the trituration as if all the cells and muscles are affected

C2:1/10,000

Mixture seems moist during the scraping phase as if it's a paste
The mixture in the bowl reminds me of a breast...white contours with the nipple in the centre
Still feeling peaceful
Feelings of emotional balance and feel a connection to the mother who donated the milk

C3:1/1,000,000

Still feeling peaceful but thoughts turn to the earthquake that occurred in Japan overnight 6.6 on the Richter Scale; are these numbers significant?

C4:1/100,000,000

Am reluctant to begin working the powder; it seems soooo fragile so I start slowly and carefully; am reluctant to go too deep

It seems as if the powder is different from the other 3 stages; is more fine and I have a sense of “Nurture”

Notice that I have stopped breathing a few times

Thoughts of being surrounded with nails as if there’s an infusion of blood and that the powder is infused with blood

I have the sense that my internal organs must be bleeding also

F: 52 (12)

C1:1/100

1st stage; powder is clinging and I have a sense of sadness but am not sure what about

2nd stage; thoughts of support – particularly how breastfeeding mothers need support

3rd stage; feeling more like talking

C2:1/10,000

1st stage; itching in nose

Eyes become watery

Itching L eye

Mesmerised by the whiteness of the powder – pure; without Original Sin

My R hand is sore so use my L; am not usually good with the L but am surprised to see that it works well

During the scraping had thoughts of becoming part of the group and how little bits of the powder didn’t want to join; I felt like I had to scrape every little bit

2nd stage; dry eyes

Feelings that it’s OK to be part of the group and, in that way, become more powerful, complete etc.

The first scraping segment seemed to take forever

Feels like being seduced deeper into the vortex

Feels good to be part of the group yet still have my own space; yet; during the second segment of scraping I felt I had surrendered to the group

3rd stage; feeling the need to look around the group; to connect with others; am not so focused on the bowl

Towards the end feeling elated; feeling good in myself; feeling complete

C3:1/1,000,000

1st stage; substance seems to be more sticky; rides up the rim higher, harder to scrape; my hands are sore

2nd stage; seeing shapes in the bottom of the bowl; find a spiral and then, the features of a baby

What am I doing here? Do I really want to be here? No insights are coming to me

During the second phase I settled down; feeling much happier to just do the mechanical work of scraping and grinding

More shapes in the bottom of my bowl – a heart and then, a butterfly

Thinking about what was said earlier about the usual ratio among mammals for there to be one male to several females in each group

3rd stage; it seems to be a never-ending job; going round in circles forever

I settle down and feel that it's part of the Rhythm of Life

C4:1/10, 000,000

1st stage; it's all about circles; the C4 has 8 circles in the nominated value; I think of the Olympic Rings and how they are other circles that unite Humanity

I find it difficult to scrape during the first scraping segment

I think of my own mother and how it's her birthday and how I cannot be with her;

I connect on another level with her and tell her I love her

I wish the camera would be moved away from me

2nd stage; feeling happy; content like I could stir around in circles forever

I scrape the letters N and W in the bottom of the bowl

When I look closely at how the nomenclature for each stage goes up by 2 zeros each time

I have the thought that one of them is for the female and one for the male

Am noticing the knocking sounds from other people

3rd stage; goes so smoothly; how well the powder covers the bowl

I began to use my L hand again and “drew” a heart in the bottom of the bowl as I was thinking of the heart chakra and felt that the powder began to glow pink; I notice that the walls of the room are pink and remember how at a seminar once a presentation reminded us that the heart chakra is really pink and not green as is commonly believed nowadays

F: 35 (13)

C1:1/100

1st stage; thinking of the Circle of Life and find myself weepy; teary...with happiness
Am aware of my heart chakra
I'm ambidextrous but notice that I am almost compelled to work the powder in a R → L direction

2nd stage; finding myself irritable; thinking fastidious thoughts which annoy me easily
My mind is clear but vague; can't connect my thoughts
Talking irritates
Feeling floaty; disconnected from my body
Have the feeling while working the powder that I am making a nest; have thoughts of comfort and feeling the need for security (*Human mammals are altricial rather than precocious; ie they need a safe nest in which to complete their basic development; the mother's arms and breasts constitute this nest*)

3rd stage; thirsty; dry mouth; dry throat – like sand in the back of the mouth; gritty

C2 1/10,000

1st stage; thinking on the concept of Passages of Life....the layers; spots missing from Life; areas we cannot reach
Thinking about how important it is to be respectful and pay appropriate homage when it is due and how I get annoyed at those who don't do this
Feeling overwhelmed by it all; there's too much to do
Itchy cranky feelings all over my shoulders
Notice lots of doubts and fears rising...about my girls; about my Life; my relationship with my husband; about our sex life
Tired eyes; yawning; feeling exhausted mentally and physically

2nd stage; I feel helpless like I have no power...no force to achieve what I need to
During this phase I'm obsessed with patterns and rhythms made by the mortar and pestle; the sounds and feelings
It's routine...try to keep to the routine; elicits a morose mood
Feelings of responsibility...this is my responsibility (like a child? – to complete this task is non-negotiable; there's no way out)

3rd stage; wanting to find a distraction; feeling like throwing it
I want to escape...where's the escape with breastfeeding...with night feeds...children???
Fighting it doesn't work so have decided to make a choice – to yield – to relax
By choosing acceptance I place the rhythm of the child beyond my own rhythms
During the scraping phase I kept trying to create something; to make a shape that would stand up all by itself

C3: 1/1,000,000

1st stage; lactose seems thick and creamy and the edges look like little horizons
Tingling sensation on the vertex of my head
Time passed quickly
Felt like being very gentle; delicate with it

2nd stage; started feeling very warm flushes in my face
Felt very alone; wanting to pull away from the group
Thoughts of my girls (*twins*) weaning no longer makes me feel sad
Followed by angry thoughts; am angry that?? Am I an inadequate mother? Do I do enough?
Feeling violent with the spatula; wanted to snap it; to hear the sound of a sharp object
Got very messy; didn't care; felt like grinding the mortar with my whole arm/shoulder/body behind it; it became almost a rolling motion
Head feeling thick and heavy as if I've had extreme lack of sleep
Thoughts of doubt; of my benefit to the group..."what good am I? all my contributions are silly; why did I say that?"
Smell of cloves and spices
Thoughts of my grandmother and notice a smiley face in the powder
The powder is very sticky; like family ties...the lines from grandmother/mother/daughter

3rd stage; really wanting to find my rhythm now
Having difficulty with words; the spelling of words; head is foggy/dreamy much as it is during breastfeeding when it's sometimes difficult to remember words
Notice a "flower" on the bottom of the pestle: 4 petals and 4 stamens
Felt very clean during the last scraping; very pure; fluffy; soft
Wanting to play with it; to make fancy shapes
For the first time I looked up outside – wanting to see some "lightness". There was a little girl with an adult outside the fence; holding hands; swinging; playing. They stood there a minute and then the hands broke apart
I look up again and there's a pram
My eyes feel very clear; looking around; my head feels very light and I have clarity of vision

C4: 1/100,000,000

1st stage; thoughts of creating something; to "make" something out of this as in cooking
Am reminded that the movements of the scraper are somewhat like cooking with milk
Complete; complete coverage; all-over whiteness; the completion of....?
I do a drawing of Supergirl running in the bottom of the mortar
Thoughts of polarity /duality; soft/hard; white/dark; quiet/soft; smooth/rough....opposite sex

2nd stage; Thoughts that it's an aboriginal tool used to send messages
The grinding ebbs and flows to a musical tone like the whooshing sound made when one covers one's ear; communicating; reaching out to us; am very aware of others around me making the same sound so closed my eyes to capture the sense of Peace and found myself thinking of God

3rd stage; Secret Women's Business...like making herbs; have recollections of that long, long, ago time and note that it is different from Secret Men's Business which is done behind closed doors; hard walls; fortresses
Women's is being soft...herbs; breasts; quiet words; the look of Men's is all balls and brass
The milk is the bridge the common link between the two: male and female
Felt like something bit the middle of my back
I felt a sense of panic at the thought that I wouldn't get it all scraped perfectly
I wanted to get it all and not waste any bit and ended up with a whole heap on the table!!!
Finished with the thought of rather than asking the Rx...what can you give me....I asked
What can I give?

F: 41 (14)
C1:1/100

2nd stage; feeling "lost in space"; the room is now very quiet; the chatter has settled
Thirsty

C2:1/10,000

1st stage; notice a stubborn resistance as I make the motions → stiffness in my arm
The Rings of Saturn come to mind....connection to the outer
Thoughts of Methodology; Systems; There are ways that things should be!

2nd stage; lots of annoying mental chatter
Need to close my eyes
Thoughts persist of: systems; methods; patterns; incorrect vs incorrect ways
There's a great intellectual battle; how do you distinguish between what is me and what is the Rx? To do so would mean relinquishing the Ego
Everyone is looking flushed and now there's a very different feeling in the room

3rd stage; Look out to the mountain...peaceful
Feel judged
Spiral – Tunnel
The powder keeps riding up the sides as if it's trying to jump over the edge

C3:1/1,000,000

1st stage; eyes are burning; prickling; sore; like a film coming over the eyes blurring the vision

Patterns form in the powder

Vibrations of the movement going up the arms into the body

Great feelings of disappointment

2nd stage; feeling that each one was holding a cupful of the blueprint of Life – a cupful of Potentials as if it's a condensed version of all that is possible

You mould; shape; change it yet it holds all the keys

The parts that remain during the scraping process help to shape the future so must remain

It's a journey with all parts connected

3rd stage; what of those who don't receive this cup?

Lock and Key

Kaleidoscope effect on the powder in the bottom of the bowl

We are all given opportunities to scrape

C4:1/100,000,000

1st stage; this is the point from which we all began and we need to belong and always be able to return to this point

Thoughts of belonging; of home

2nd stage; notice a butterfly pattern form

What's it all about? Breath? Movement?

3rd stage; people who are lost and frightened

From where thy soul comes - let them know

The substance may have reached it's destination but it enables me to start

I feel compelled to say: "Thank you"

F: 56 (15)

C1:1/100

1st stage; it occurred to me that I had a dream last night about breastfeeding. I normally don't remember my dreams much but it was a nice feeling. I don't remember many details...just the feeling of the warmth

Thoughts of the milk in the dropper as it was shared out; of its whiteness and now the whiteness of the powder

There is a silence now in the room and yet a busy-ness with it of the mortars and pestles

I lose a sense of time

2nd stage; My strokes are becoming more gentle now
I am more aware of the consistency of the powder; sometimes smooth; sometimes rough
and of the patterns and the motions
I am thirsty and did not bring water with me

3rd stage; notice laughter

C2:1/10,000

1st stage; am aware of the need to do a good job; I should mix so that the remnants of the
C1 are collected
Aware of the rhythm and sounds of the clinking and whirring of the mortars and pestles.
Industrious sounds and concentration

2nd stage; change hands and my movements become slower; I feel less speedy and more
relaxed; it's much more enjoyable using the L hand
The room is quiet with no talking; only the whirring sound; very rhythmic
I feel like giggling; it all seems so ridiculous all this scraping
Some lovely patterns are emerging on the sides of the bowl during the scraping
I'm not wearing my glasses and it all seems a bit messy around me
The movement of going round and round is mesmerizing
Am feeling tired; almost zoned out
Each stage of the C2 seems longer than the C1 which seemed to go quickly
I feel thirsty again
Am unable to keep going with the L hand so switch back to the R as it seems to have
some energy left in it
My eyelids feel heavy and I want to close them
I looked up and noticed one lady looking at me and we both smiled; her face looked
lovely; serene and soft

3rd stage; am very, very tired and aware of my smell
The timekeeper allows a momentary break after the addition of this last lot of lactose and
during this break the issue of oneness and division of the group came up in conversation
After the small break and opportunity to converse I feel energised again

C3:1/1,000,000

1st stage; just before we began this morning one of the participants (who did a C4 trit in
Israel with Jorgen Becker a few years ago) read some of her notes from that seminar to us
and, as I begin the work this morning, I get to thinking of the great minds that have
created Homœopathy and shaped it and I feel in awe and wonder why it isn't more
accepted and honoured
I remember a very silly dream last night of how the President was hovering in a
helicopter outside here to take with him what we had produced
I change from R hand to L and back to the R again; it feels right

2nd stage; I am aware of the silence in the room; the concentration and the whirring. This is a cocooned state while the buses and cars and busyness happen outside
My thoughts are of patients and cases and the need to get it right and it occurs to me that I need to trust more and try to control less
I drink some water which tastes cool, clear and wonderful; now I am burping
I need to clear my throat; I have something stuck which I can't seem to shift with coughing
I am having thoughts of my daughter at the Steiner School and how they used to grind down rocks and carry them in plastic bags
I am thinking of my children and the importance of family
My throat still feels like I can't clear it

3rd stage; I am feeling warm and energised and a bit spacey
Change again to using the L hand
My vision is a bit blurred without my glasses on but I quite like it...it's not so black and white

C4: 1/100,000,000

1st stage; I am aware of relationships and my thoughts are with a person I saw at lunchtime and his pain over a relationship with my daughter. I feel his pain and I realise how fragile we all are
My instinct is to want to nurture but I realise this is probably a form of control and I need to relax and let things be
I have changed hands several times
I'm seeing that my L hand is not as strong and, whilst it is a nice change to go at a slower pace, I need the R hand to really do the job. So, a combination of the two is, of course, perfect

2nd stage; in the break there is a joke and laughter and I can see the need for some relief from the silence and intensity
I'm stretching arms and then legs
I feel that I need to be as centred as I can be and yet a part of me wants to laugh

3rd stage; it itches above my L eyebrow
The process is nearly complete and I wonder how much a part of this mix I am
I feel like I'm in the snow country; white is everywhere

F: 48 (16)

C1: 1/100

1st stage; after about 5 minutes become annoyed that the powder is not as uniform as it started out as; had been enjoying the circular motion; thinking it looked like a breast with the empty circle in the middle looking like a nipple
I wonder if I would have thought that if I'd not known the nature of the substance?

Got cramps in the hand twice during the first lot of grinding
During the scraping phase I was aware of people talking and laughing and felt that they should be concentrating on what they were doing
How can they be laughing when I feel so miserable?
I like the uniformity of the circles formed during grinding
I enjoy looking at all the circles formed even though I have thoughts such as : “Is this a downward or an upward spiral?”
During the next scraping phase I began to think that I must start up yoga again as I am so in need of nurturance of the self

2nd stage; am enjoying the extra volume
Wanting to slow down the rate of the movement of the pestle...to become less intense; to be more gentle
Wanting to play with the powder; am not so concerned with uniformity
Not needing to have a circle or “nipple” in the middle
During the scraping I lost the sense of needing to be uniform – just doing it without thought or determination
All these people talking – how can they be open to what is coming up for them...judgemental, aren't I?

3rd stage; it's starting to look like ice cream
Feeling cold
Wanting to be very gentle during the scraping
When it came time to talk in the group I felt like crying then felt nauseous and that lasted for 5 minutes

C2:1/10,000

1st stage; wanting to be hard; hurtful to pulverise the powder into oblivion
Pain above L eyebrow
Don't care about being messy; whereas I did during the C1
Noticed I made quite a mess during the scraping phase
During the second phase of grinding I became mindless; far away
Itchy L nostril (felt the need to write that in my L hand...messy writing!)
Am worried about others not talking this time; was it something I said?
Pain above L eyebrow intensifies at the end of the 2nd phase of grinding
During the second phase of the scraping have the thought that the pestle is very phallic

2nd stage; the faster you go the more mess you make; that's how my life feels
Wanting to go this way and that with movement and then wanting to cradle it and be more conscientious with my movements
I have an itchy L eye and, for a moment, thought that an eyelash had dropped into the powder but I was mistaken
Itching in L nostril and eyelids are tingling
Wanting to write again with my L hand

3rd stage; feeling indifferent; emotionally detached

Genitals itch

During the 2nd phase of grinding I begin to think it looks like ice cream again and I feel cold

Become very messy

Feeling happier than I did this morning

That night

Breasts tender; wanting hot chocolate (having it a bit lately but the desire was *very* strong)

Indifferent to husband; wanted to be left alone; realise that I have to cut back on my work load; suffering burnout and need to look after my self better

Woke with a very sore neck L side > heat of shower after which L nostril ran for 1 hour (clear coryza); eyes heavy and stinging; tired

C3: 1/1,000,000

1st stage; time seemed to go quickly although during the first scraping phase time seemed too long and I wanted to stop way before we did so. However, during the second scraping phase I was quite fastidious and didn't want to stop

Itchy L nostril and wanting to write in my L hand again

During the second phase I noticed that the bowl was far away from me...like it was at a distance and I was OK about that

2nd stage; still holding bowl away from me; not interested; indifferent and wanting to write with my L hand again

Again quite fastidious with the scraping and wanted more time; would rather scrape than grind; I'm not so interested in the pestle today am more concerned for the bowl

I wonder what someone looking in from outside might think? It feels like being in a room full of industrious elves; was it Rumpelstiltskin for whom the elves wove gold from straw?

It seems to go forever and I am reminded of a family story of when my maternal grandmother came to visit me in the hospital as a newborn she is reputed to have said:

“That's not it, is it?”

3rd stage; am holding the bowl gingerly only because of the extra bulk in the bowl

Yawning

During the first scraping phase I began fastidiously but later began to play with the powder

During the second scraping phase had an intense pain over the L eye

At the end of this trituration the powder wouldn't come out of the bowl when I attempted to bag it. I was being very careful but ended up with powder all over myself and the table

C4: 1/100,000,000

1st stage; at the beginning of this last phase I felt quiet; relaxed; and part of the 'whole'
Found myself grinding with determination and kept "seeing" 'El Toro' in the bottom of
the bowl; this represents Spain to me and I'm mindful of my need/desire/dream since the
death of my aunt to be true to myself and go there.

Scraping seemed to go on too long

2nd stage; kept "seeing" faces in the bottom of the bowl:

Peter Costello; FD Roosevelt; Abraham Lincoln; Tibetans (3 of them including a small
child); Geronimo

I then had the need to cradle the bowl in the palm of my hand; keeping it close to my
body and remembering the times I used to prepared veggies for my babies and 'saw' the
face of my mother in her 30s

Everyone seems to be scraping frantically and furiously

3rd stage; felt hot and incredibly tired; difficulty keeping eyes open; overwhelming
fatigue

Feelings like at the beginning of the C1 trit of the bowl being like a breast with the clear
space in the bottom representing the nipple

L side of neck/cervical region very sore

Heat again

Aches in joints of L hand and L foot

At the end of this stage took the opportunity to speak to my work colleague about my
need to step back from the amount I've been doing and felt a big relief when I did that.

F:32 (17)

C1: 1/100

1st stage; increased feeling of energy (had felt lethargic prior)

Appetite diminished

2nd stage; dull pulsations in both temples which slowly diminished by the end of this
stage

3rd stage; eyelids heavy

C2: 1/10/000

1st stage; headache R sided; intensified above the eye; temple region

During the grinding was aware of how quite the room had become

Coryza cleared up

2nd stage; found myself staring into space with a general feeling of contentment
My headache clearing up
Twitch upper lid of L eye
Thinking about my mother and wondered how long she breastfed us and of my relationship with my siblings

3rd stage; headache gone
Twitch in L eye persists; seems to diminish but flares again during the final scraping phase
Coryza in L nostril increases

C3: 1/1,000,000

1st stage; twitch over L eye returns
Notice the solid nature of the powder; there seems to be hardly any movement in the bowl

2nd stage; need to catch my breath and cough
Chest is “itchy”
Thirst increases
Constant tickle in throat with a desire to cough

3rd stage; slight prickling sensation in R temple
Impatient; seems as if time is too slow

C4: 1/100,000,000

Itching and tingling of face that comes and goes
Sighing
Feeling contented
Feeling the need to be more gentle with the powder as opposed to the firmness and gusto thus far
Eyelids felt tired; heavy and continued the rest of this stage with closed eyes

M: 56 (18)

C1: 1/100

1st stage: intense headache accompanied by a feeling of calmness

2nd stage: feeling relaxed

3rd stage: warmth

C2: 1/10,000

1st stage: headache reducing

Anxious; feeling that I must do things correctly

2nd stage: the headache went almost completely and the anxiety reduced
Feeling more relaxed and calm

3rd stage: felt contented
Thirsty ++; mouth dry

C3: 1/1,000,000

1st stage: noticed different sensations in my L side
Feeling angry; unsettled
A sense of coldness
Pain L wrist
Feel the need to cuddle the bowl and pull it towards me

2nd stage: the pain in the L wrist went but still feeling angry and unsettled

3rd stage: the feeling of anger gradually reduced during the final stage

C4: 1/100.000.000

1st stage: feeling unbalanced; angry; irritable and restless

2nd stage: feelings of frustration continued

3rd stage: I finished feeling totally relaxed and quite sleepy

F: 48

The Supervisor

C1: 1/100

Rhythmic sounds
Feet had been painful; but, on walking, noticed that they were tingling; not painful
Great sense of industriousness in the room
Concentration and enthusiastic tinkling of the ceramic
Tingling lips
More chatting in the room; talking of babies and grandchildren

C2: 1/10,000

Tired; wanting to sleep; head, not eyes, tired
Wonder at the therapeutic value of a woman leaving the massage room; she smiled and breathe deeply as she walked through
Focus on physical activity of motion/process
Cessation of whirring in head (brown and crown chakras); desire to inhale more deeply and, on doing so, notice a sensation of sweetness in the air about 15 minutes into this phase
Focus on the seriousness of the task
Quietude and concentration
Yawning
Sensation from eyes to head of clarity and tingling
Feelings of arduor...is this "post-lunch syndrome?"
Pain L hand; shooting neuralgia
Notice a sombre mood in the room half way through this phase of the trit
Pain in head (both temples)
Feel like swaying in a circle
Fidgety; want to get up and move
Burning eyes and pain L temple
Sensation of swirling and whirring with the sound of the trituration
Stinging, burning eyes

C3: 1/1,000,000

Notice the rhythmic sounds
Tingling lips again
Thoughts of the previous evening; reviewing the day's events
Menses have commenced...early

C4: 1/100,000,000

Pain R temple extends down to R ankle
Pain L axilla
Pain heart extending to L hand
Feel an injection of energy in the room; feels very "alchemical"
Room seems warmer
Can see a yellow light
Have a sense of Beauty associated with the profession; there's both Beauty and Intensity associated with the effect from all the concentration

M: 25

The video-recordist

C1: 1/100

Bubbling pain L ear; lasted only a second
Rising sensation in neck

C2: 1/10,000

Slouching; conscious of bad posture
Tired; want to curl up and sleep
Feeling content (and full) after lunch

C3: 1/1,000,000

Irritated by the break in rhythm of the trituration; tinkles and taps aggravate
Scraping is like nails on a chalkboard or teeth scraping; sends shivers up my back
Thinking about vortex analogy with darker interpretation; the Destroyer
Feeling argumentative
Planning timing for tonight
Feet are cold
Want to pick things up; look at them; touch them
Fell asleep towards the end of this phase

C4: 1/100,000,000

Asleep; half-remembered thoughts about time and 9 o'clock
Felt calm and relaxed
Contemplative; complete