

## **In Danger (wolf at the door) I feel Peaceful Inside**

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The invitation to take a case, and thereby share in someone's intimate process, is always a privilege; and, in the search for the Simillimum a differential diagnosis must often be made to ensure the best fit. *Lac lupinum* (*lac-lup*) and *Lac delphinium* (*lac-del*) share a thematic connection<sub>1</sub> as the search for the first prescription in this case demonstrates.

A man (41 y/o) made an appointment to discuss ways he could improve his immune system as he's never really been well since contracting glandular fever in 1981. He reports that his energy levels fluctuate and this has particularly been the case these past 12 months. Twice recently he's had to resort to antibiotics for a chest infection.

He is the father of 6 children and loves being a dad and being involved in their care. He owns a plant nursery so his working hours are flexible which allows him time to be with his family. Presently, though, he is facing financial difficulty as, at the time of the consultation, the country is experiencing drought, so running a plant nursery has limited financial viability.

However, he is also involved heavily in designing and running personal growth/spiritual development workshops for men and initiation workshops for teenage boys. This is his passion and he feels well-supported by the Universe in this work. "This work simply unfolds. I have an enormous amount of intuition regarding how to structure the programmes and all goes perfectly each time. I often have dreams about what is going to happen in the group work and I love working with the men. Its honourable work; we simply create a safe circle for them to unload their baggage." [The theme of "circles" is present in several of the *Lac* remedies.]

He has various supplements and eats well (organic food). Because he's not very hungry then, he prefers a vegetable juice on rising, with toast and something savoury on that a few hours later. He likes meat and salad for lunch... warm meat. Thai beef salad is a favourite. He has meat and vegetables for dinner. He loves the smell of coffee but rarely has one as it leaves him exhausted.

He describes his mother as "nervy" and that she cosseted them in the extreme when they were growing up as she was always fearful that they'd get hurt. [Theme: children in danger *lac-lup*] "She could never come to watch us play football and, I must admit, I'm a bit the same with my boys. I'd hate anything bad to happen to them. Mum's attitude is understandable as there's stories in the family of several pretty horrible things happening to her when she was a little girl....all involving death. I don't think she ever got over it." [Mind: horrible things affect profoundly *carc*]

He was the eldest of 3 children; born in western Queensland and breastfed only a short time as his brother was born 15 months after him. He had meningitis as a toddler and remembers the lumbar puncture. He's not sure if he had any childhood diseases. There is cancer in both sides of his family tree and he was born with two café au lait marks on his legs.

His father was an Army chaplain so they moved a lot. He went to 7 different primary schools. It was OK in that he always settled in; was good at sport so made "friends" but felt that there was no real connection socially as he was always moving on. He finished his high school as a boarder and found that "more settling".

His glandular fever occurred when he was in grade 11 just after his mother left his father. However he still managed to do well academically and was accepted into University to study Commerce/Law. With the marital split there was no money to support him so he gave up his university ambitions and worked in the public service.

He lived life to the full in his 20s and used a variety of drugs and drank heavily and smoked cigarettes until 3 years ago. He's recently had 12 months off alcohol to see if that would improve his health.

He married at 27 and began his nursery business at that time. "Up until my mid 30s I lived for the weekends when it was party time. I have an enormous tolerance for alcohol. Among our friends I'm known as a stayer."

"One day, at about 35, I got sick of looking into the bottom of a beer bottle trying to find myself so got into dealing with my "stuff" by going to retreats and doing meditation. It was at this time that I made the connection with the Men's Health business and became involved in a big way.

I became very interested in myth and legend....anything to do with The Mother. I think I was trying to find my feminine side. During this time I had an occasional dream of making love to a woman who had scars like deep vertical gashes up her arms and legs; no doubt, my wounded female side trying to express herself. I must say I was delighted when our last child was a little girl after 4 boys; it's helped me to continue to celebrate all that is feminine. Our eldest (at 13) hasn't yet had her first period and I'm looking forward to the day when she proudly tells us that its arrived and we'll all celebrate her coming of age."

#### **Any other dreams?**

"As a child I used to dream of whales and, twice, had a scary dream of the Big Bad Wolf chasing me but I turned on him and grabbed him and flushed him down the toilet! I also remember having a dream occasionally of looking for a toilet and actually wetting the bed thinking I was using it."

He's a hot person and has a history of constipation. If he has aloe vera juice daily then his bowels are OK. His tongue has a white coat with a center furrow and clear edges (a common *lac* symptom). He says that he has a moderate amount of water each day and prefers it cold.

When asked what made him angry he nominated: "Any chaos around my children. If they get hurt; I get angry. My biggest fear is losing one of our children. So like my mother was with us, I'm hyper-vigilant regarding the children. I'm usually really nervous whenever any of them are involved in anything "risky". Though, having said that I've been less so this year since we survived Cyclone Larry [a category 5 cyclone which practically destroyed the coastal township where it hit landfall] without incident. I had 3 of the boys with me on a visit to one of my nursery plantations when the cyclone hit. Never for a minute did I feel that we'd be harmed.

I simply sat them down with me in a safe area of the house where we were staying and kept telling them stories (they love my made-up stories and, even on a weeknight they'll leave off watching TV to hear a story). When we were in the eye of the cyclone, I went outside to check on the damage and the absolute dead calm hit me keenly. It was surreal and the boys and I simply stood there taking it all in. The light was unreal....so bright that it was almost blinding and there were no birds or other everyday sounds that we were used to. For me, it was an apocryphal moment, and I came to an understanding (a deep Knowing) that I need no longer have mistrust of any chaos around my children."

## Rationale for choice of the Simillimum

This is a case of cancer miasm...the family history of cancer; the café au lait spots; the history of NWS glandular fever and the personal desire for perfection on a spiritual level all indicate this miasm.

Because of his strong need to protect his children and strong connection to the Mother/Feminine my initial thought was that this was a case of *Lac lupinum*. Nancy Herrick nominates that *lac-lup* belongs to the cancer miasm<sub>2</sub>. Certainly for the wolf, Life is a struggle; and, with their noble qualities, they represent perfection among the canids.

Other *lac-lup* symptoms from Nancy Herrick's proving<sub>3</sub> include:

Generalities: weakness, enervation, daytime, exertion from, slight weariness, afternoon  
desires meat, spices, piquant  
Rectum: stool tenacious  
Dreams: dogs [black]; whales  
danger, children to, hiding from  
bathroom, searching for \*

\* not included in the original proving list of rubrics although present in the proving diaries of provers #7 (pg 207) and #8 (pg 211)

This rubric, along with that of [bathroom using, being observed, while (pg 211) {cf *lac-h*}], has clinical approbation in several of my cases.

Additionally, there are the themes of ***Protection of Children in Danger*** and ***Circles*** to consider.

However, with the personal pursuit of spiritual perfection and, in particular, the desire for the attainment of the coniunctio (Freud's archetypical "marriage" of the masculine and feminine) and the strong desire to share this possibility with other males, my thoughts turned more to *Lac delphinum* which, apart from ***Danger*** and ***Circles*** (which are akin to the afore-mentioned *lac-lup* themes) as well as other the themes cited by Herrick, also has themes of ***Communication*** and ***Groups***. These are to be considered along with the Delusion: danger, impression of, yet remains calm.

Additionally there are similar rubrics in the *lac-del* proving<sub>4</sub> to support the choice of Simillimum for the pathological state:

Generalities: exertion, physical, aversion to  
weakness, enervation  
afternoon (3-4pm)  
exertion, from  
heat from, sun of

Additionally, we can consider:

Rectum: constipation; bowels, action lost, as if with  
Dreams: amorous  
clairvoyant, prophetic

We know from anthropological studies, that there is an evolutionary connection between the wolf and the dolphin. Even today, an occasional dolphin is detected with 4 rather than 2 dorsal fins, and this is thought to be a vestigial reminder of this evolutionary connection. The dream by prover #1 in the *lac-del* proving (pg 245) of a dog with its fur shaved perhaps provides an additional "clue".<sub>5</sub>

For dolphins, the group is everything. They rely on it for their survival. They, like the wolf are ever alert and communicate clearly using their sonar which affords them an extremely fine-tuned percipience which “translates” into a clairvoyant ability as in the *lac-del* type. They have a unique connection with circles. They cavort with nose to genital slit in sexual communication (conjunction of the male and female...the yin and the yang) and sleep in a pod with only one half of the brain shut down allowing them to remain alert against attack from predators. As they sleep they form a gentle spiral going down and then up to take a breath and to be able to achieve this without entanglement, the contours of the spiral approximating those of a sine wave (perfect fractality).

Interesting *lac-del* proving dreams associated with this were provided by several provers:  
#2 (day 2) “Restless and turning at night. Like doing 360’s. Laying on one side, then a few minutes later, do a ½ turn, like on a rotisserie all night.” (pg 247)

#10 (day 1) “...We were walking in a circle clockwise, around the perimeter of a crowded mezzanine in a mall. I asked why was she walking in a circle, and she said enemies were coming to get her, and she has to keep looking over her shoulder as she was trying to avoid enemies. There was a languid swimming feeling as we were walking.” (pg 256)

However, even more interesting is the fact that there are dreams of a similar nature in the *lac-lup* proving which tends to substantiate the phylogenic connection:

#2 (day 6) “I was in an elevator which was a chute or circle going up and down the outside of a building. The chute went in a circle, transporting me like an elevator. It would suck me into a spin to stay on. Feeling of rushing up and down, sucking me into a spin, suction.” (pg 190)

#5 (day 8) “We go inside and open a secret door to find a slide like a spiral hamper chute....down a water tunnel. I am afraid to go down.” (pg 203)

With these two dreams there’s a sense of high energy rather than the gentle languor of those from the *lac-del* proving; the latter dream possibly resonating with the trepidation that must have existed when the wolf took to the ocean to ensure its survival.

For this man, the search for some feminine balance in his life has tied him to his mother’s baggage and it was this that led me to strongly consider *lac-lup* for the Simillimum. However with his work as a Spiritual Warrior honouring all that is masculine, he has moved through the possible negative impetus of his miasmatic tie and is using it to attain an appropriate sort of perfection ...a spiritual one. And with having survived the deadly force of a category 5 cyclone (a destructive spiral) and protected his children during that event by remaining calm amid the chaos, he has constructed his own initiation into full manhood; his personal totem being that of the dolphin rather than the wolf.

I prescribed one dose of *lac-del* 1M and saw him a month later when he reported that all the respiratory symptoms had settled and that he was feeling fantastic in himself having just purchased 5 website addresses. He was in the throes of formulating a new direction for his business and was quite excited regarding the prospect. [NB; **Theme: Communication: lac-del**]

He had some digestive disturbance that settled with a follow-up prescription of *lac-h* and then got through the following Winter with just a minor cold that needed no homœopathic medicine.

## References

- 1 Herrick N Dolphin's Milk; A proving  
*The Materia Medica of Milk* (Eds: Hiwatt C; van der Zee H)  
Homeolinks Publishers Haren 2002; pg 123
- 2 Herrick N Wolf or Lac Lupinum  
*The Materia Medica of Milk* (Eds: Hiwatt C; van der Zee H)  
Homeolinks Publishers Haren 2002; pg 223
- 3 Herrick N *Animal Mind, Human Voices*  
Hahnemann Clinic Publishing Nevada City 1998
- 4 Herrick N *ibid*
- 5 Herrick N *ibid*
- 6 Herrick N *ibid*
- 7 Herrick N *ibid*

### Abstract:

Clinical cases which have themes of **Danger** and **Circles** need to look to both *Lac lupinum* (*lac-lup*) and *Lac delphinum* (*lac-del*) when deciding on a Simillimum. Fossil remains indicate that dolphins and whales were four footed land animals that lived over 50 million years ago; and, since they are mammals, it is understood that it is from the wolf that they evolved. In a manner of speaking, we all "evolve" as we undergo the tests that Life serves up to us. It is possible, as shown in this case, that moving from the *lac-lup* to the *lac-del* state is attainable through working on one's spiritual process.

**Key words:** *Lac lupinum*; *Lac delphinum*; danger; circles

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