

## **Brachychiton Rupestris**

– a group trituration to C4

Patricia Hatherly

**Order: Malvales**

**Family: Malvaceae**

**(Sterculiaceae)**

**Genus: Brachychiton**

**Species: Brachychiton rupestris**



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A small quantity of apical and distal leaves and twigs as well as small pieces of easily-removed bark were collected in the rain on the morning of July 1<sup>st</sup> 2013 from a specimen of *Brachychiton rupestris* growing in parkland at Indooroopilly on the banks of the Brisbane River.

Indooroopilly, which is understood to be a corruption of either the local Aboriginal word nyindurupilli, meaning 'gully of the leeches' or yindurupilly meaning 'gully of running water', is the traditional land of the Aboriginal Jagera and Turrbal groups. Both groups had related languages and are classified as belonging to the Yaggera language group.

[www.suburbguide.com.au/post/indooroopilly?l=qld](http://www.suburbguide.com.au/post/indooroopilly?l=qld)

What was gathered was immediately bruised in a mortar and then placed in a lidded glass container and covered with 95% ethanol and left in a dark place for three days to macerate. The container was shaken twice daily during that time. On the morning of the third day it was decanted. The maceration left the leaves almost devoid of pigmentation, the colour of the menstruum having become very bright green.

The trituration was conducted in the suburb of Indooroopilly (not too far from where the specimen grows), over the weekend of 13-14 July 2013. It was a rainy weekend and the participants had to travel through dense fog to the venue on the first morning of the trituration.

Interestingly (and totally co-incidentally) the trituration was concluded just prior to a significant Water Grand Trine (July 18-25) involving Jupiter, Saturn and Neptune (all water signs). Apparently such a conjunction of these three planetary bodies has occurred just four times previously over the past three thousand years; this particular configuration having last occurred in August 928 BCE.



Thirteen homœopaths (11 female and 2 male) were involved in the trituration. Eleven worked with the substance over two days with one overseeing the process with respect to calling time and facilitating the post-trituration discussion at each stage, and one filming the event. Initially each participant was given one drop of the menstruum along with 6.5 grams of milk sugar for the C1 trituration and the subsequent levels proceeded as laid down in The Organon. All participants were asked to remove rings and watches while they worked with the substance, and to write down their reactions and observations. Mortars and pestles were bagged and left at individual workstations overnight.

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## **C 1**

### **Prover 1**

#### **01 C1 (i)**

- An immediate smell of turpenes; like oil of wintergreen; a sharp, clean smell.
- Pounding pressure on each side of the face above cheek bones and going up beside each eye socket into the temples; a feeling of fullness.
- Pounding increasing and moving to the centre of the forehead.
- A pulsing beside and below each eye socket as if a hand has my face in a strong grip, squeezing like a vice.
- During the first scraping phase this pressure settled into a gentle pulse in the centre of the forehead.
- While working with the pestle in the second phase, I suddenly dropped it...clumsy! I then felt the need to cradle the mortar in my left hand close to my chest and this led to a gentle sense of tingling in the parietal regions of the scalp, and the head fullness settled.

#### **01 C1 (ii)**

- The milk sugar has a distinct powdery feel as if pressing on something really soft like a cushion.

#### **01 C1 (iii)**

- An almost silky patina to the powder now. It seemed earlier that I was working with butter rubbed into flour but now there is a silky, smooth rich feeling to the substance.

### **Prover 2 (group facilitator and time-keeper; did not triturate)**

#### **02 C1 (i)**

- (2 minutes) headache; a point of pain in the centre of the forehead and left temple lasting a few moments.
- (3 minutes) desire to cough; a dry catching in the upper chest and I also observe prover 4 has a dry cough. The irritation persists with the sense that I'd like to "scrape" my throat and upper chest. A small amount of expectoration is finally successfully raised at 14 minutes.
- (10 minutes) itch in the upper palate with the desire to rub it with my tongue.
- (11 minutes) left nostril begins to run.
- (14 minutes) after expectoration a sense of rest and relaxation comes over me.
- (15 minutes) upper lids heavy.
- (16 minutes) headache; point of pain right side of forehead close to the middle. Catching sensation in upper chest persists.

### 02 C1 (ii)

- Desire to cough persists.
- A tickling, crawling sensation in the outer canal of the left ear.
- Itching sensation, outer corner of right eye.
- (6 minutes) a tight feeling; inner canthi of both eyes as if I want to rub out some “sleeps”.
- Affectionate feeling towards all participants and a desire to smile at any who catch my eye.
- Desire to “scrape” throat persists.
- Itching; outer corner of alar segment of left nostril.
- Time seems to drag in the second part of this section; everyone seems to be flagging a bit.
- Itch just inside the right nostril; alar segment.
- Itching outer canal of the right ear; and just inside the left nostril; alar segment.
- Itching where glasses sit on my nose and also outer cheek left side.

### 02 C1 (iii)

- Itch around the neckline; < left side.
- Catching sensation in upper chest persists.
- Both upper eyelids feel heavy; desire to press them and keep eyes closed.
- Itching in the inner canthi.
- Strong itching sensation in a distinct spot in the right temple.
- Itch left ear; outer edge of pinna (helix).
- Itch; right nostril; alar segment.
- Itching spots above both elbows; also itching spots along body.
- Itch; left nostril; alar segment and along left side of neckline again.
- Itching seems to come and go; in small spots; mostly around the face and head but also moving down the body.
- The catching sensation in upper chest persisted throughout the C1 section of the trituration.
- The myriad of sensations experienced during this phase has left me with an image of a sandfly.

### Prover 3

#### 03 C1 (i)

- Such a vibrant green! ...and here’s me wearing a green shirt today. I hardly ever wear green!
- As I grind I see delicate petal shapes; a bit like those of the maidenhair fern.

#### 03 C1 (ii)

- Clumsy! I nearly spilt the sac lac when adding in the second lot and it reminded me of the earlier observations I’d made of others in the group showing aspects of clumsiness.
- Working the substance with my eyes closed puts me in thoughts of home cooking; baking and the effort and love put in by the mother in preparing her children to be homemakers in turn.

- On opening my eyes I discover how much mess I've created with the contents spilling out over the edge of my mortar. Not to worry....it's been worth it....just being with the motion and having no thoughts of being careful. I did enjoy that feeling!
- I find myself spontaneously smiling; like a child playing in the sand or dirt; laughing at oneself. It overflows and I can't seem to keep the powder within the confines of the bowl.
- Everyone is sooooo serious and I feel completely the opposite! I keep smiling inside and I can feel it coming out and showing on my face.
- Clumsy again; the scraper flies across the table making me laugh!
- I'm trying to be careful but can't! It makes me laugh again inside and makes me think of spending time with friends and laughing at nothing.
- All my thoughts lead to internal mirth; spreading out onto my face with smiles and quiet giggles. I feel like doing a little sitting jig on my chair!
- It's like being on drugs; can't stop smiling. It's like my own private joke that just keeps on getting funnier because no one else knows of it. My husband would know just by looking at me (people who are close to you "get it"). That thought almost turns tears of joy into tears of sadness because he's not here to share that understanding. How sad would it be not to have children; so much love missed out for them not to have experienced this.

### **03 C1 (iii)**

- Thoughts of my husband turn my mind back to earlier this morning when we had coffee together, prepared by a barista who is the son of a mutual friend; such a cute dragon image formed on the milk and we have memory of it together...a shared memory.

### **Prover 4**

#### **04 C1 (i)**

- Immediate smell of menstruum is strong; a strong smell of alcohol.
- Pain left knee.
- Throat sore and pain in right scapula with need to cough.
- Feeling happy but tired eyes and sore neck. Eyes feel gritty as if there are "sleeps" that need wiping off.

#### **04 C1 (ii)**

- Neck sore; right side; a feeling of dizziness.
- I need to do this well; put more gusto into it!
- During first scraping I feel the need to be more methodical and turn the bowl anti-clockwise.
- Right eye irritated; need to rub it.
- Right side of neck feels tight; some pain; this too will pass!
- Tense; feels like my stomach is in my throat.
- During second scraping the pain in the right scapula returns; again I need to turn the bowl anti-clockwise.
- The phrase "Ahoy Me Hearties" plays over in my mind!

#### **04 C1 (iii)**

- Ache lowest left rib; under the edge.
- Itchy under my nose; comes and goes.
- I need to sit upright!
- During first scraping, the pain in the right scapula reappears.
- Feeling happy and observe the marks left in the bowl from the scraping are like the lines I sometimes get on my cheeks on waking from the creasing into my pillow.
- Right kidney aches; I'd like some sun on my back!
- This ache persists during the second scraping phase and the right scapula pain also returns.
- I cough and notice tension in my right hip.

#### **04 additional observations prior to beginning the trituration:**

I woke this morning with the feeling that I needed to be quiet. I had a bath and spoke over breakfast of having or needing a dragon to bring balance into our house. Everyone in my family laughed at me! (Maybe "dragon" is a keyword as [03] has mentioned it also.) I also talked about the toilet being too high and that it should be lower so we can crouch.

Dozed on and off from 4am and dreamt of being in a large room and an old friend [Margaret] came into the room and began talking to me about the different woods in the table and chairs.

#### **Prover 5**

##### **05 C1 (i)**

- Very excited about the colour of the menstruum; it's like an emerald!
- Happy connected feelings followed after a while by the need to be quite particular with my trituration; to go more slowly and do it the right way!

##### **05 C1 (ii)**

- The tip of my nose becomes cold; it feels as if it's about to run, the rest of my body feels warm.
- Nose running with the need to clear my throat.

##### **05 C1 (iii)**

- Feeling a little impatient now at the end of this round. I notice lower back pain; a drawing ache which I associate with my menses which has (surprisingly) started today; two days late.

#### **Prover 06**

##### **06 C1 (i)**

- I want to find a flow; the noise of the others scraping, clanging is annoying. It's too loud!

- During the scraping phase I feel the need to do a better job. I've popped my glasses on and see that I've made quite a mess.
- The substance looks like sand.

#### **06 C1 (ii)**

- No one motion seems to feel right; I try every which-way.
- Watching the powder fall into the bowl and the smoothness is a nice visual.
- Enjoying the mess!
- Only two left-handers in the group; wondering if others are mostly going anti-clockwise?
- I feel that I want to be more into the substance and not just the process.

#### **06 C1 (iii)**

- I keep thinking of white surf and sand and the sand dunes on Fraser Island...I went there for a holiday once.
- I am loving the mess of the powder; normally wouldn't!
- Time passes quickly!

### **Prover 7**

#### **07 C1 (i)**

- Feelings of: elation; lightness; optimism; joy; connectedness; peace and purity.
- I have a sense that all is well; perfect order prevails.
- A sense of comfort, relief and hope.

#### **07 C1 (ii)**

- A sense of relaxation prevails.

#### **07 C1 (iii)**

- I feel butterflies in my stomach.
- There's a feeling of lightness through my body; a buzzing, tingling throughout.
- I need to breathe deeply.

### **Prover 8**

#### **08 C1 (i)**

- I'm here feeling enthusiastic but tired, sleep-deprived.
- I feel the urge to sing; as if singing a soothing lullaby to a child.
- The smell of the green menstruum excites me; lifts my spirit.
- During the scraping phase my focus is pulled inward as I scrape the powder into the centre of the bowl.

### **08 C1 (ii)**

- A feeling of fullness in the face, jaw (TMJ) while grinding.
- Dull, drowsy feeling while grinding clockwise and this continues; I feel heavy. It reminds me of playing in the sand as a child and the smooth powder feels pleasant.

### **08 C1 (iii)**

- As the sac lac is added and ground in, my mind starts to focus. My attention turns inward; clarity emerges....this is like a meditation.
- I feel the need to scrape anti-clockwise.

## **Prover 9**

### **09 C1 (i)**

- Working clockwise feels right.
- Initially the powder lacks cohesion...like us as a group. However, during the second phase of grinding the substance feels more compact and the energy shifts. All feels calm!
- During the second phase of scraping, I feel the need to work anti-clockwise. The energy feels scattered if I work clockwise.

### **09 C1 (ii)**

- I notice some in the group working quickly; others more slowly but all are working clockwise during the grinding phase.
- I want to pound more than mix and have no sign of tiring; I feel energised!
- During the second grinding phase I need to work both clockwise and anti-clockwise and have a flashback to a past life of me as an old crone in very primitive conditions, grinding grain in front of a fire.

### **09 C1 (iii)**

- A feeling of tightness in my head.

## **Prover 10**

### **10 C1**

- Sensation of tightness around eyes, ears and head.

## **Prover 11**

### **11 C1**

- Felt the desire to mix gently and to work quietly, making as little noise as possible while turning the bowl clockwise.

## Prover 12

### 12 C1 (i)

- The substance is playful and feels like it doesn't want to be contained in the bowl!
- I muse on the idea of travelling long distances; along a green tunnel-road.
- I muse about people being scraped off walls!
- My left upper eyelid feels lower such that I'm having difficulty in seeing through the eyelashes.
- The substance is more submissive; easier to work with now. It has dissolved into the Web of Life; a lost plant form moving into that of Humanity!
- A general "locked" sensation. My grip on the implements is not relaxed; am clenching muscles and tell myself to relax!

### 12 C1 (ii)

- Clumsy hands and brain!
- Am grinding in small semi-circles, in opposite directions.
- I have an image of a pandanus palm on a beach-front. Planning a beach holiday would be a new, exciting adventure!



Wikipedia

- Mouth dry; has a sour taste.
- Thoughts of love and trust; thinking of my mother made me feel both happy and teary. Get to thinking about Simon & Garfunkel's: *Mother and Child Reunion*.
- Cracks in the powder put me in mind of the landscape (the dead land; ... the cactus land;...here we go round the prickly pear) of TS Eliot's poem *The Hollow Men* as well as the line from Tennyson's *Maud* (Part II): (Crack them now for yourself, and howl, and die). Also Lord Tennyson's poem: *The Eagle*:

**He clasps the crag with crooked hands;  
Close to the sun in lonely lands,  
Ringed with the azure world, he stands.**



**The wrinkled sea beneath him crawls;  
He watches from his mountain walls,  
And like a thunderbolt he falls.**

- Cracks...when I look at the powder, in particular at the way the cracks move as I work it, I am also reminded of the glaciers in my Canadian art book.

### 12 C1 (iii)

- White powder jumping out of the bowl like playful spirits.
- It's "rocking the boat"; trying to escape.
- I think of Antarctica and the classical music *Antarctica: Penguin Ballet* by Westlake plays over in my mind.
- Then an about face to contemplate Glen Hansard's music: *Song for Someone* (and if we're all for someone, and if we're born for someone, when will s/he come that someone and put things in their place.)
- Am in a meditative state; have completely lost any sense of time. It's nice to be alone with my thoughts. They "speak" like a 3<sup>rd</sup> voice in the dialogue.

## C 2

### Prover 1

#### 01 C2 (i)

- Immediate sensation of heat in the face (forehead) with pressure in the temples and a pulsation in the centre of the forehead.
- During the second lot of scraping I noted a pleasant buzzing sensation in my hair follicles on the crown of my head.

#### 01 C2 (ii)

- Pulsation in the centre of the forehead persists. However pressure in left temple settles and only persists in the right temple.

#### 01 C2 (iii)

- Absolutely need to pound in a thumping, drumming motion and enjoy the sound that it makes. Am aware that the similar sounds are coming from the bowl of prover 3 who sits quite near me.
- This makes for a mess so I go more gently not wanting to spill any powder; I want to conserve it.
- The shape that I make is like that of a volcano – old, extinct – with the landscape fanning out from the core. However, the pattern only holds if I "step" (pound) gently. Heavy motion (the pestle is making distinct marks on the surface of the powder that look like footsteps) causes the "landscape" to collapse. Is this a message about what we're doing to our environment?

## Prover 2 (group facilitator and time-keeper; did not triturate)

### 02 C2 (i)

- Everybody is very focused; smiles play on faces.
- Tension across shoulders and at base of the neck; soreness. Desire to cough returns with a sensation of oppression “catching” in upper chest.
- Itching scalp.
- Thoughts about what motivates people to do the things they do.
- Pain in the left scapula; dull ache.
- Ache in base of right thumb as if from over-exertion; extends into right wrist.
- I get a sense that there’s cohesion in this group of very different individuals with different motives for being involved. It’s like we are all cocooned in a soft space together!

### 02 C2 (ii)

- Pain in left scapula extending into the upper arm and then down into the forearm on the ulnar side.
- Time is passing quickly.
- The oppression in the chest persists.
- Find myself thinking more (rather than just being with an empty mind like I was this morning). My mind is more active wondering about what else will emerge; less spontaneous; “innocent”.
- The green of the gardens surrounding the building seems very intense; full; it has solidity.
- Many people are cradling their bowls while recording their notes.

### 02 C2 (iii)

- Still some itchiness in small spots, particularly around the face.
- Cold feet.
- What an amazing bunch of people homœopaths are; so diverse and individual, yet united in this wonderful calling; sincere; well-intentioned!
- A giggle arises; it’s infectious, catching several people.
- The sky outside looks like a reflection in water. It’s watery, fluid. The movement of the branches looks like a current; soft water; cool and refreshing! It’s beautiful....all these “watery” colours: light blue; white; green.
- A couple of times during this segment I feel a thrill of energy passing upwards through my back.

## Prover 3

### 03 C2 (i)

- Still smiling but now more internally and I’m feeling heavy in the head. There’s a small pressing sensation on both sides of the head just above the ears.

- Eyelids are heavy; drowsy and a beautiful vision comes to mind of a young girl (18-20) in a long silk Edwardian-style dress of emerald green to match her eyes. She is a great beauty; young with dark hair.

### 03 C2 (ii)

- Back to smiles again!
- Tendrils forming in the powder put me in mind of spirals; Fibonacci; and I think of an asteroid crash-landing and forming a crater on Earth bringing information (spores) from outside our galaxy.
- I think of forests; big trees; fire and firemen suited up; yellow and orange. The whorled pattern in the powder could be a sun....or a slice of pineapple with the core still in.
- I notice a pressure sensation in the right breast.
- I notice the rhythm of my heartbeat; a tingling; itch behind the left ear with a desire to scratch it.
- Old crones; where does the beauty go? The softness is lost to harshness. It reminds me of the two contrasting waitresses I interacted with recently....one soft and sweet; the other strong and harsh.

### 03 C2 (iii)

- Am annoyed at the thumping sound being made by prover 1. It intrudes on my thoughts. My action is similar but so much more gentle. I feel that the powder is soft, like pure soft snow with no ice. This is a continuation of the observation of the contrast between soft and sweet vs harsh!
- Sudden stabbing pain in the right ear with a momentary feeling of being dirty, unclean, covered in the substance and wanting to wash my face and hands.
- The powder is so fine; it gets into everything!
- During the last grinding phase I am back to smiles again with the feeling that nothing can faze me. Anything that I disagree with is just funny to me; am empowered with my own "take" on things; laughing; comfortable with my own thoughts!
- During the last scraping segment I notice the formation of an anchor on the side of my bowl.

## Prover 4

### 04 C2 (i)

- Removing my ring from my right hand has made me feel sad/teary as it was a gift to me from my parents for my 21<sup>st</sup> birthday. . It's a green tourmaline and its colour matches that of the menstruum!
- My motion with the substance is softer; more gentle; quieter.
- The thought "parting of the ways" pops into my head, and I am aware of the birds outside the room.
- During the scraping, I again get that pain in my right scapula and let out a little sigh! During the second lot of scraping, this settles.

- I must sit up straight!
- Some indigestion and can taste the fruit that I had at breakfast.
- Thoughts of togetherness; family; and how coming together can lead to creativity.

#### 04 C2 (ii)

- Feeling warm; light-headed.
- I need a little cough to clear the throat.
- Pain in the left kneecap.
- It's tricky keeping this powder in the bowl!
- Thoughts of the kindness of others; compassion.
- During the second grinding phase my thoughts turn again to family.
- Pain in C7 of neck.
- I need to change hands to work the substance with my left hand rather than my right.
- Irritation in left eyebrows; needs rubbing.
- Nose is itchy.

#### 04 C2 (iii)

- Feeling excited and think of the hairstyle worn by the Jetsons!
- Am itchy under the nose.
- Pain in right scapula.
- Hand holding the pestle is a little red and puffy.
- Cough; need to clear my throat.
- Aware of the sense of ritual; we're expressing differences with similarity and it doesn't much matter what comes up.

### Prover 5

#### 05 C2 (i)

- Enjoying the process – especially the first third of the sac lac as I can grind more easily and not make such a mess! I find that I like to work with both clockwise and anti-clockwise movements.
- Pain in left thumb.
- Pain in lower back; and also in neck and right shoulder and I think that is from the grinding.

#### 05 C2 (ii)

- Feel the need to work the material from the outside to the centre.
- Mouth is dry.
- Headache; right side.
- Feel strong; purposeful; focused!

### 05 C2 (iii)

- Feeling tired now; my movements are slowing.
- Itchy nose.
- Thinking on the idea of Nurture; working the mortar and pestle puts me in mind of kitchen activities and Jamie Oliver and how traditions in cooking are passed down in families. Am pleased that my daughter has, recently, taken an interest in family recipes that were taught to me by my mother, and wants to cook them for a friend.

### Prover 6

#### 06 C2 (i)

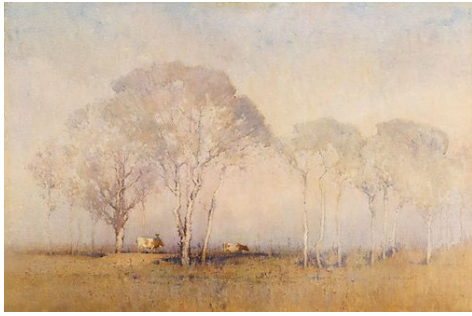
- Much more in control of the process but still splash some powder out of the bowl.
- If I work with small quick circular movements in just one area instead of working the whole bowl, I can control the process and that both pleases and suits me.
- I feel the need to sit with my back straight; aware of posture.
- With working in just one area I create quite a depression....a valley as a counterpoint to the mountain that most referred to in our first sharing session.
- While scraping I kind of feel like I'm colouring in...it's the sound that is made!
- I needed some quiet time after lunch and went for a walk in the grounds down to the river. I'm now remembering the beautiful big trees (maybe 40-50 years old) and the green grass down by the river banks. I briefly watched a galah strutting among the trees.

#### 06 C2 (ii)

- Wanting to slow it down.
- Pain in my chest; like a ball behind the sternum. I can't take a good in-breath without feeling it.
- I need to lean back in my chair and cradle my bowl.

#### 06 C2 (iii)

- While scraping I make a distinct stabbing motion around the bowl. It makes that "colouring-in" noise again and I am aware of others making the same sound with their spatulas.
- I have a flashback to a school classroom with its busy sounds. It's a nice feeling; familiar and warm. I enjoyed primary school!
- I hear people laughing around me and some are making funny noises with their bowls and it makes me want to laugh.
- I have made a huge mess!
- I can see fog scenes around the bowl; it's like trees in the mist... similar to what you see in a J. J. Hilder watercolour landscape painting.



[www.artgallery.nsw.gov.au/collection/works/14/](http://www.artgallery.nsw.gov.au/collection/works/14/)

## Prover 7

### 07 C2 (i)

- Feeling in quite a trance-like state and the sac lac feels silky and smooth. However, I am aware of a certain sense of clumsiness also.
- Yawning and feeling sleepy.
- Feeling itchy on and off in spots on my back.
- Itching in the scalp; right side.

### 07 C2 (ii)

- Both yawning and clumsiness persist.
- Itch is now felt on the face and moves from right to left.

### 07 C2 (iii)

- Clumsiness is settling but am still aware of it.
- Still yawning.
- Still itching.
- Nose begins to run.

## Prover 8

### 08 C2 (i)

- As I began to work the material I took a deep breath and felt a lightness of head; an expanded sensation!
- Discomfort in TMJ and temporary ache in the temple.
- Slight pain in pectoral muscle; upper right side.
- Mixing more vigorously; have a speeding up feeling!
- Slight twinges in neck and top of shoulders and left thumb.
- Notice sac lac bouncing out of the bowl; also noticing shapes (faces) in the mix when scraping.
- This brings me to thoughts of impermanence; of how things come and go and change form.

- Also thoughts of kids and sibling rivalry.

#### **08 C2 (ii)**

- Staring into the bowl results in sleepy, drowsy, hypnotic feelings.
- I have a full, heavy feeling in my abdomen as my lunch digests....maybe this is why I feel sleepy?
- Thoughts of how I can more effectively help others; particularly my kids.
- Although busy with my hands as I work the mixture, the sleepy, drowsy feeling persists. I love the powdery texture; it's like fallen snow.

#### **08 C2 (iii)**

- Noticing shapes of animals forming and reforming in the bowl.

### **Prover 9**

#### **09 C2 (i)**

- Powder has lack of cohesion in this first stage.
- I feel empty; tired; confused.
- Tension in scalp; headache.

#### **09 C2 (ii)**

- Substance is now beginning to feel silky.
- Nose is itchy.
- Abdomen has bloated; feeling full of wind since lunch.

#### **09 C2 (iii)**

- Feeling peaceful; a sense of wellbeing.
- Feeling a sensation of levitation; of having risen above the environment.

### **Prover 10**

#### **10 C2 (i)**

- Tired.
- Headache above the eyes

#### **10 C2 (ii)**

- Back pain

#### **10 C2 (iii)**

- Time passed quickly!

## Prover 11

### 11 C2 (i)

- Grinding is messy; during the scraping phase I felt the need to get air into the mixture, lest it all adhere to the bottom of the mortar.
- During the second lot of grinding I felt isolated, alone, associated with a sense of vastness.

### 11 C2 (ii)

- During the grinding phases, time seemed to stand still; am disconnected; in my own space.
- However, during the scraping I feel a sense of hurriedness with the need to work with quick movements.

### 11 C2 (iii)

- Hot in the face.
- During the last scraping phase, I feel the need to work with a cutting action.

## Prover 12

### 12 C2 (i)

- During lunch my brain felt “disintegrated” and I had trouble using my cutlery.
- Nose is immediately irritated as we begin working with the substance.
- Powder seems really smooth.
- Find myself thinking: “She sells seashells by the seashore”.
- What were you before this? ... not sure if this thought came from Me or Substance?
- Notice the need to work all phases in a clockwise motion whereas I wanted to go anti-clockwise during C1.
- “Power from the green witch lost beneath the sea”, from Susan Cooper’s book *Greenwitch*.
- Trouble working with the utensils; cramp in right hand.
- Energy is low; could succumb to a profound, deep slumber.
- Are we Jesus and the 12 disciples? ... it’s an amusing thought!

### 12 C2 (ii)

- Have a niggling feeling that I have forgotten something really important!
- I keep thinking that I see bugs in my powder, when it is only the dark shadows in the gaps formed as I work the substance.
- Thoughts of writing...what I have written and have yet to write.
- How important are Art, Music and Symbols in conveying a message!
- Thinking about me and my Life and feeling like I did at 17 when I first decided that I wanted to study homœopathy.
- What has become of all the people whom I’ve met along my journey?



## 12 C2 (iii)

- Feelings which cannot be put into words and connections which cannot be explained.
- I need a place to call Home!
- Powder is getting rougher rather than smoother!
- Connection is made....my son will be my grandfather (a thought for me alone). This also relates to a dream I had two nights before the trituration. I was told that I would have a son, his name and date of birth. His name was my grandfather's nickname and a name I would like to bestow. This was a very vivid dream and the next night I was conscious of a void, no dreams only darkness.
- Am aware of the passage of time
- What will be the future place of our profession? The dichotomy of Hedge Witch (representing the marginal culture of medicine and society which values spirituality and Nature) and Orthodoxy (those who throughout Time have persecuted and consumed the other) and the split begins again (if Homœopathy is consumed by Orthodoxy there will need to be a new 'Natural Medicine').
- Brain is back together again; remembering conversations of the day.

## C 3

### Prover 1

#### 01 C3 (i)

- Again, a feeling of fullness; crown of head; not painful.
- Eyes gritty ++; burning. I want water! Feeling very thirsty.

#### 01 C3 (ii)

- Everybody's quiet!
- Eyes still sore; burning and I'm still thirsty.

#### 01 C3 (iii)

- There's a dense, buttery texture to the powder and during the scraping phases the central mass reminded me of a glacial flow.

## Overnight sleep/dream observations

I slept at the venue. Although it is now a conference centre it was formerly a chapter house for retired Christian brothers and sits in the grounds of a Catholic boy's primary school. It is now a day school but was also a boarding school for young children. My two sons went to the school as day boys. I was early to bed and slept fairly well; woken at dawn by the call of the kookaburras. There was some thirst during the night which is unusual. I first woke at midnight for a big drink of water and a few more times subsequently for a sip.

I was aware that it was a busy dreaming night but they were of the wake-and-disappear variety! However I did recall the dream that I had before waking. It was of my youngest child; a son, trapped in a boarding school. He was under the control of the nuns and brothers and I had to try and help him to escape. His father was to drive the getaway car and was to meet us at a designated place on the far side of the complex. (It was a big brick institution).

We made it easily to that far undercroft area only to be met by a posse of nuns and brothers with guns who shot at us. Bloodied, we feigned death and were left there.

The dream then shifted to a group of us having to find our way through an industrial area through which ran some railway tracks. It had the look and feel of a big goods yard and we were lost. There was such a confusion of trains and tracks and noise. Which way were we supposed to go to get to the other side?

Then a woman turned up declaring that she was armed and a former member of "the Resistance" and that she knew how to help us. We followed her up and down several flights of steps. I recall there being a wayside icon of the Holy Family to my left as we approached the first steps.

I recognised it for what it was but paid it scant attention and followed the group. The dream then ended with the call of the kookaburras.

## **Prover 2 (group facilitator and time-keeper; did not triturate)**

### **02 C3 (i)**

- Like yesterday, have a wave of affection come over me on seeing people's positive intentions and qualities regarding this process as they begin the work.
- Soreness lower ribcage; left side.
- Sneeze; preceded by a strong tickling desire to clear/scrape the throat.
- Sensation that we're working with something old and deep, not giving way its secrets easily. Insignificant; not showy; needing close attention to see the hidden beauty.
- This plant is not a child in the evolutionary ladder, but an ancestor.
- Time passes quickly.

### **02 C3 (ii)**

- Suddenly worried by the thought that participants may not have left enough powder in their mortars for the transition from C2 to C3.
- Some faces look more solemn than yesterday. There seems to be a lot more struggle.
- The thought arises about how much we are divided by judgement; celebrating diversity and difference is not easy.
- Finding myself spacing out and nearly forgetting to keep proper time; having to really think....should another batch of powder be added now? When did we start? The mathematical brain is becoming bamboozled!
- Some itching in right eyebrow and along jawline.

### 02 C3 (iii)

- Itch in the soft palate intensifying; < on right. It puts me in mind of spinifex... dry, sandy landscape fostering something sharp and spikey.
- Itch in soft palate continues; spreads to front half of my tongue as well as the hard palate.
- Am losing all sense of time! Having to calculate where we are up to when checking my watch. I have to double-check whether or not we're up to a grinding or scraping phase.
- Cold feet.
- A sense of struggle/quarrel in the substance.
- Involuntary human sounds during this round.

### Overnight sleep/dream observations

Slept at the venue; and, on finally falling asleep after a bout of interrupted sleep I had an image of a brilliantly bright horizon with a rising sun. It wasn't red but glaringly white (blinding) and covered the whole horizon. It was so bright that everything else became a void.

### Prover 3

#### 03 C3 (i)

- Cracks appear in the powder and it looks as if an eyelash has fallen in! As I work the powder I have thoughts of cohesion and separation; (cracks mean a pulling away).
- Thoughts of the reverence that young people have for the wisdom of their elders.
- The powder is soft to work with; quiet. Again I think on the differences between soft vs harsh as we can choose to walk quietly on powdered snow or make crunching sounds when we walk on ice snow.
- I seem to be thinking of things and then the opposite!
- Am happy to sit hunched over my bowl today as opposed to the need to sit ramrod straight yesterday.
- It's difficult to scrape all the powder from the sides. It's sticking as if the moisture in the air causes it to adhere to the sides...it has been a damp few days.

#### 03 C3 (ii)

- Powder now looks like a volcano crater and I feel calm and serene.
- It's a happy sort of feeling wanting to burst forth; a counterpoint to the sombre feeling I had before.
- I now seem to have more energy; felt tired before! I can now sit upright again as I have the energy to go beyond slouching.
- Feeling ravenously hungry which is unusual for me at this time of the day.
- Now am making a mess again! I can't seem to help it when things speed up from slow to fast.
- I reflect on the inert aspect of the milk sugar. Is it so inert? Every substance has an essence even sac lac! I feel very reflective as some powder jumps out of the bowl...will that make a

difference to the end substance? We will never really know but small changes have inevitable (and sometimes big) consequences. I am reminded of the movie: Sliding Doors.

- I notice that I like to move my bowl around and around when I'm scraping and I don't notice anyone else doing that.

### 03 C3 (iii)

- Time is dragging...how much energy from ourselves, gets added to this trituration?
- Feeling reflective; tired and yawning.
- I keep being reminded of carnations. The delicate fringe on the petals is what I keep seeing on the edge of my bowl.
- The last grinding phase is noisy and causes general mirth. People look up from their task and catch another's eye and smile; nice feeling!

## Prover 4

### 04 C3 (i)

- We are creating something together and the words of *What a Wonderful World* play around in my head.
- Nose feels blocked and area under it is itchy.
- Feeling more grounded; feet are flat on the floor.
- Pain in right scapula returns during the scraping phase and I need to turn my bowl clockwise.
- The words of that song continue to play in my mind and it reminds me of how each of us is a part of the world but a separate part.
- Time moves along quickly.
- During the second grinding phase my blocked nose begins to run but the itch remains and my right hip also aches.

### 04 C3 (ii)

- Feels like my brother has passed. (NB: this prover's brother attempted suicide on the day before the trituration [prover 4 was told about it on the night of the 13<sup>th</sup>] and was hospitalised in a coma. He did eventually pull through.)
- Nose blocks again and I feel a lump in my throat.
- During the scraping I no longer have scapula pain and wonder if wisdom is passed on after a passing; a handing on of Knowledge?
- The rhythm of Life has a powerful beat! ... There's still work to do. I feel purposeful though solemn.
- Face is itchy; feels irritated such that I need to rub it.

### 04 C3 (iii)

- Burped!
- Eyes feel sticky such that I need to open in a wide staring facial expression.
- Ache in the back of the left leg.

- Some pain in the right scapula still; need to sit more erect.
- Messy! ...well it doesn't really matter and I look around the room which is noisy and catch a few smiles!
- Face itches; nose and cheeks.
- Scraping phase is loud and I work quickly and cradle the bowl in my left hand to find that it causes the hand to ache.
- Woke this morning to find bruises on the tops of both feet along the liver meridian.

## Overnight sleep/dream observations

I had two dreams. The first was a short fragment of being in a darkened area near a river and, because of the height of my vantage point, I could see the mouth of the river.

In the second dream which occurred close to dawn, I was with a teenage girl in a well-lit shop. Two youths came in with syringes filled with drugs. We escaped through a back door and closed it behind us. I then waited with this girl and there was a window which opened and we could see the youths purposefully injecting the needles into each other's faces. The pain they suffered was harrowing to watch. It was seemingly beyond anything and felt all in their heads. They screamed so loudly that I placed my hands over the girl's ears so that she could not hear the screams. Then it all stopped and I felt the pain in my head (on each side and in the front). I then awoke and the pain disappeared.

I then remained awake with the tune of Nat King Cole's *What a Wonderful World* playing over in my head.

### Prover 5

#### 05 C3 (i)

- Distinct feeling that I must work clockwise!
- Nose itches as if I've inhaled powder; I need to clear my throat. There is a tickle that leads to a cough.
- Slight frontal headache.

#### 05 C3 (ii)

- Still needing to work clockwise but am now pressing down from the side of the bowl towards the centre, rather than going around and around.
- Sudden wave of tiredness.
- Throat irritation persists; coughing; need to clear my throat. It seems as if dust from the powder irritates and triggers the cough.
- Cough is dry; really annoying; a sip of water helps.
- I decide to grind anti-clockwise and the cough settles.

#### 05 C3 (iii)

- Grinding all over the place feels good! I need to work gently though.

- Suddenly head clears and there's no more tiredness.
- Still have the need to clear my throat but cough has disappeared.
- The texture and feel of the powder is more grainy; not as silky as yesterday. I feel somewhat detached from it today. It's as though my heart is not in it, but I'm still determined to do a good job! I focus on making the pattern in the powder look pretty but it doesn't work as that silkiness from yesterday has gone.
- Thoughts of the TGA and the fights the profession has to keep a presence in the community.

## **Prover 6**

### **06 C3 (i)**

- Thoughts keep intruding concerning the chat we had earlier today about the fight we have as so many organisations are against us. I'm so grateful for those colleagues who step up to take on the fight.
- Lots of fear and negativity in the world; difficult to stay focused on the task at hand.
- Distracted, also, with thoughts of family and children; trying to stay focused.

### **06 C3 (ii)**

- Feeling more insular today; less part of the group.

### **06 C3 (iii)**

- Time seems to be moving quickly.
- Lots of clanging noises and a burst of quick laughter from some members of the group.
- I was hoping to be able to report that I was less messy today. But, having just had my bowl slip in my hands, I can no longer do that...mess everywhere!

## **Prover 7**

### **07 C3 (i)**

- Itching in random places on my body; worse on the tip of the nose.
- Have a sense of vastness of "us"; our lives; our environment. Feelings of infinity and peace.
- All is well; feeling calm and peaceful.

### **07 C3 (ii)**

- Itching; mainly on the face around the right eye; the outer corner.
- Itching also in the right ear and around the right side of my lip.
- The process is soothing and calming. What is in my mortar is but a small amount yet it represents something vast! The microcosm vs the macrocosm!
- The smoothness of working with the material causes me to become deeply inward-focused with an ongoing sense of the vastness. It is a small thing we are doing with vast and expanded meaning.

### 07 C3 (iii)

- Itching around right eye and ear persists and the right side of the tip of the nose also itches.
- Still musing on this “expansiveness” theme and the fact that we are but small figures in a large landscape.

### Prover 8

#### 08 C3 (i)

- Feel ready! Walls...collapsing; crumbling.
- Aware of all of us being methodical and attentive to process.
- Dull pain in the lower back.
- Aware, when scraping, of how this has a healing function on me as the “remedy maker”.
- Awareness of the need to pound while grinding, but in a gentle way.
- Awareness of the crows calling outside the room.
- The powder pushes up the sides of the mortar, then crashes; falls back like waves (watery) hitting the shoreline; wearing it down.

#### 08 C3 (ii)

- Awareness of the land; time; bush; native animals and birds.
- Hypnotic feelings; powder forms into flower petal shapes. Shapes of forests and clouds form on the sides of the bowl. The room seems quieter during the grinding phase.
- Quietness persists during the scraping phase.
- I see an image of an Aboriginal person in the powder.

#### 08 C3 (iii)

- Thoughts of Time; its procession and how we can't have the Past back and that reliving the Past in one's mind, doesn't correct anything.
- Powder is getting finer and finer; silken; fluffy; buoyant.
- Awareness again of the Australian bushland; its vastness and the timelessness of this continent and of its Aboriginal ancestors, the continent's custodians.
- As I watch the powder form on the sides of the bowl and then fall back in, it seems like mountains forming from volcanic action, then crumbling; collapsing over time.
- The energy in the room appears to be very focused; quieter now.

### Prover 9

#### 09 C3 (i)

- I feel calmer than yesterday; the rhythm is slower.
- During both grinding phases I noted that I pounded in synch with my heartbeat.

#### 09 C3 (ii)

- As I grind I feel that the slower pace is therapeutic and is introducing a “calming” energy into the substance.

- During the first scraping, the word “gentle” comes in to my mind.
- The word “focus” keeps popping into my head during the second grinding phase and I have a feeling that Time is suspended. It’s a feeling that something is still out of reach and that we are ahead of our time; that we will come into our own time and that we’ll be more aware. Physical feelings will give way to the spiritual and intellectual.
- A feeling of isolation (but completeness as a consequence) comes to me during the last scraping phase.

### **09 C3 (iii)**

- While grinding I look around the room and feel that the group is experiencing the same sense of completeness and isolation. There is lots of noise coming from our implements and we’re all totally absorbed in the process.
- Some laughter among a few breaks this quiet spell.
- During the final scraping I felt a strong urge to smooth out the substance. The thought came to me that we, as homœopaths, will be the ones to smooth the way for the health of future generations....we will come into our own!

### **Prover 10**

#### **10 C3 (i)**

- The powder is getting heavy. It has a sticky consistency and feels almost “complete”
- Big toe on the right foot has a sudden electric charge through it!

#### **10 C3 (ii)**

- Cohesion vs Isolation comes to mind when I begin to work in the next amount of sac lac.
- Throat is irritated.
- Nose itches and I sneeze.

#### **10 C3 (iii)**

- Irritation in the nose persists.
- So does that electric sensation in the right big toe.

### **Prover 11**

#### **11 C3 (i)**

- Feeling forgetful! I left my phone and my glasses behind today.
- The substance feels heavy and I have to change hands while grinding.
- Ache in my left lung.
- During the first scraping I am aware of a “high” sound. It’s like the crunch underfoot that is made on rocky terrain. The word craggy comes to mind.
- During the second grinding it’s as if I’m working with soft snow and I want to grind with a lot of force.
- So, I sit up straight!
- As I look around outside, it is misty; foggy and feels good.



- I have a distinct need to stretch during the last scraping phase.

### 11 C3 (ii)

- The room is quiet. There's a sense of stillness in the air so I feel the need to work quietly.
- During the scraping the words "Aboriginal" and "didgeridoo" come to mind.
- During the second lot of grinding various itchy spots pop up on my face.
- I still feel the need to mix the substance gently.

### 11 C3 (iii)

- Itching persists but has settled to the side of the face, and I have the need to wipe my face.
- Now I really want to grind down into the powder; to squish down on it!

## Overnight sleep/dream observations

In my dream I was pregnant with a little girl but she was born deformed. She had no legs; only the upper part of her body. My placenta wouldn't come out so I had to go to hospital. There was only one doctor there and it was difficult to attract his attention.

The dream shifted to us being at a party and the doctor was there and it now became someone else needing his help. She was wearing a white wedding dress and he put his hand up inside her under her dress and brought the placenta out.

## Prover 12

### 12 C3 (i)

- Am conscious of the sounds of others. It sounds like clapping sticks; musical and rhythmical.
- I think about a dream that I have from time to time. It's about having some older brothers; and, as I'm an only child, it gives me a protected feeling.
- During the scraping phase I feel the need to work in a full circle and feel the need to complete that during the allotted time.
- It's like an oar in a canoe: dip/dip/swing.
- While beating into the powder I feel tribal and it's as if I'm making a medicine for someone who is injured.
- Time seems to be moving slowly during the grinding and I'm mentally impatient to move on.
- During this last grinding phase I work the material so that it resembles a thin layer of eggshell inside the bowl.
- When scraping, however, time seems to be running out! There's important work to be done!

### 12 C3 (ii)

- I can't imagine not eating for a day while doing a meditation.
- I need to swap to my left hand as the right is becoming cramped.
- Still forming the eggshell shape!
- Feeling really sleepy. It's hard to keep my eyes open.
- The powder looks like flaky pastry like when your fingers first begin to rub the butter in.

- Scraping seems much lighter this time and there's no need to hold on so hard.
- Not so difficult to keep the powder in the bowl today.
- I have George Harrison's *My Sweet Lord ... Hare Krishna* tune running through my head.
- I then have the image of the house where I bought my harp. It's in the Glass-House Mountains; a rainy, forest place. I could imagine triturating there; a special place.

### 12 C3 (iii)

- The Native American character from *Star Trek Voyager* flashes into my mind.
- I'm making holes like footsteps around a circle; it's like a corroboree and I muse on the fact that the Aboriginals had no written language; just verbal symbols and dance and how the stars were important to them.
- The Eagle's song *Long Road out of Eden* comes to mind and I picture the album cover with its barren dry land, and an evening sky with a star emanating a strange greenish glow.

## Overnight sleep/dream observations

In my dream I was playing chess and moving each piece which equated to an aspect of my Life. I would move a piece, play through what it related to, know the outcome and then turn the board around and play the opposing piece as well. I forgot it all when I first woke, and then remembered the chess but not the parts of my Life each play related to.

This morning, before the rain came, the sky was cloudy but glowed a vibrant violet colour. This disappeared and all was rain which was unexpected given the previous sky.

## C4

### Prover 1

#### 01 C4 (i-iii)

- Working with the powder during this stage of the trituration was like facing a blank canvas and lacking inspiration!
- Throughout the whole three stages I felt "hot and bothered" and very much aware that the substance was holding back from me; keeping its special secret.
- This got me thinking about why it was thus, and I mused on the fact that sharing sessions over the past two days mentioned barren desert landscape a lot (very much an Australian image) so maybe this is a desert plant...a tree? Several participants have mentioned Aboriginal; and clapping sticks, corroboree and didgeridoo have also been mentioned. So, my thought is...if this is a plant sacred to the Aboriginals this is probably simply a matter of the "secrets" of stage 4 (the spiritual stage) being for the initiated only. If this plant has a place in Aboriginal culture it'll be an instance of "not whitefella's business; blackfella's business only".

NB: The trituration group consisted of Caucasians only; Australians, people from the UK and Europeans.

## **Prover 2 (group facilitator and time-keeper; did not triturate)**

### **02 C4 (i)**

- Again spacing out; detached; thoughtless.
- Singing a spiritual chant in my mind; it repeats of its own accord.
- Nearly missed giving the cue to change from scraping to the second phase of grinding!
- The ringing of the mortars and pestles does sound very musical; it focuses into the forefront of my mind and I have the thought that this trituration is like a village community working together; preparing a feast; doing it for everybody; a laborious job, all done by hand.
- Oops...nearly missed my cue again!
- There is a strong pull for me to just drift into my own space. It's a hypnotic environment; no boundaries; no structure. I'm having to force myself to be disciplined to keep time.

### **02 C4 (ii)**

- I have a physical sensation of dough rising in the lower part of my chest; like a bubbling and expanding of yeast.
- There is the same catch in my chest as yesterday with the desire to cough.
- Cold feet.
- I rarely sit so patiently doing nothing; there is no need to do anything!
- Thinking about the need for new people to rise up from the crowd to take on positions of responsibility. It will happen. I have a sense of reassurance about it.
- Watching all at work on the trituration is a bit like watching a time lapse film. Compression vs Exposition such as one would expect in the formation then dissolution of an iceberg.
- I feel monosyllabic but that does not provide sufficient support and orientation when calling time. The triturators need clarification regarding whether or not it's a scraping or grinding phase!

### **02 C4 (iii)**

- "Gut Ding Will Weile Haben" .... A good thing wants time to come to fruition! It can't be rushed!
- Ours is a time of impatience; wanting test results, but they don't last.
- True development cannot be forced or jumped over... it's step by little step.
- The Beatles refrain "Let it be; let it be; let it be; let it be" comes to mind.
- Why can't Life be full of awareness always?

## **Prover 3**

### **03 C4 (i)**

- Musings on letting go and letting others be in control sometimes; of narrow-mindedness and being opened up... How can one be thought of as open-minded and then by others as narrow-minded?

- This trituration has been good for me to do as I have been able to meditate and think thoughts clearly where normally a monotonous process such as weeding ends up with me tending to think the same thought over and over.
- Is this a kangaroo paw?
- During the first scraping phase I find that the energy and focus needed to do that makes meditative thinking not possible.
- Grinding again....and visualise the Old World...Italy with its Catholicism; people in prayer; angels with soft, white, pure wings.
- Purity vs Evil..."sanctity" of the church has both purity and evil within it.

### 03 C4 (ii)

- Thoughts of the Australian landscape come to mind... green open plain; the odd large shady tree; undulating ground with Springtime freshness.
- During the scraping, the pattern which forms on the side of the bowl reminds me of the mountain in the movie: Close Encounters of the 3<sup>rd</sup> Kind. In the movie he felt compelled to draw, create, and model this image in his mind.
- The concept that aliens may well be among us has come several times and in several different instances of late. Where did all this technology come from so suddenly? Where is it taking us? How can we take Homœopathy into the future with this type of speed?
- I believe that the time is very close....maybe 5-10 years and all that is needed is bravery, courage, belief in oneself and in the natural order of things in Nature.

### 03 C4 (iii)

- As I add the last lot of sac lac I feel compelled to admonish the material....we've come so far; don't fall out now for out of the bowl you become useless; of no importance! Stay connected lest you be thrown away! Being united and working together is needed to achieve this goal.
- Annoyed at the thought of so much narrow-mindedness!
- Am reminded of a movie where an alien god comes to rule planet Earth telling its inhabitants that this is what they crave/need...i.e. to be told what to do as being dominated is the more natural state.
- Kneel down and give subservience to those who know better. A hierarchy is established on the basis of fear. Fear is what keeps us from moving forward; fear of the unknown. Cancer is the big fear and doctors take control; dominate; take control of the mind and the body. This happens as they are seen as the saviours in the minds of the fearful.
- Yet there is no complete alternative. There are still so many questions to be answered before domination can be overthrown.
- What is fear anyway? The ultimate fear is simply that it will descend upon us earlier than expected. It will come suddenly, out of nowhere. Death itself can't be the fear as it's the great equaliser; to die is the fate of everything!
- The hands of Time; the grains of sand; the molecules in the bowl are all un-countable!
- I smell it for the first time....the smell of the milk for the newborn. It evokes feelings of love and nurture.
- The single green drop is now part of the whole!

## Prover 4

### 04 C4 (i)

- The tune *Colour My World* hums through my head as I work and the cracks and ridges that form when I scrape makes me think of potential...I can create anything I want.
- I seem to be swaying to and fro as I work with the material; are motion and movement important to enhance creativity?
- Buying into belief systems and fears is so self-limiting. It's like, in my dream, shooting yourself in the face! I know that I am fine so long as I stay on the path of Creation.
- I scrape in a circular motion and the pain in my right scapula returns.
- I bring the bowl closer to my body and become very hot!

### 04 C4 (ii)

- This feeling of being hot persists and I notice that my hands have become red. I take off my scarf to cool down. Lips are dry.
- As I work the powder during the scraping phase, the pattern on the inside of my bowl looks like the nautilus shell and has a pale green hue. I really want to preserve this pattern; not break it! There is a feeling of lack of completion as the pattern emerges. Am I coming home?
- I need to work the material delicately; not bruise it! I have thoughts of not struggling in this matter of creation; don't try to take over!

### 04 C4 (iii)

- *Colour My World* comes back to me as does the pain in my right scapula.
- The pain forces me to consider the notion of constriction. We need to keep safe when going about this business of creating. Creation equates to freedom of space! No constriction! The desire to be more creative is a strong one.
- Some things are kept secret; deep, deep secrets!
- Flecks of green seem to float through the powder, and it reminds me of the sandcastles I built as a kid and them being kicked down by one of my brothers.
- I feel a sudden shock run down my hand. A cough and a stretch of the fingers releases it.

## Prover 5

### 05 C4 (i)

- I need to clear my throat occasionally.
- Am feeling that I'm in a meditative state; tapping into a Higher Consciousness....the Collective Unconscious.
- My thoughts are relaxed, wandering and I feel very connected to the group.
- Find myself making flower or seashell patterns in the material and it reminds me of the poem *Imagination* by Samuel Taylor Coleridge (1772-1814):

**What if you slept?**

**And what if,**

**In your sleep**

**You dreamed?**

**And what if,**

**In you dream,  
You went to heaven  
And there plucked  
A strange and  
Beautiful flower?  
And what if,  
When you awoke,  
You had the flower  
In your hand?**

**05 C4 (ii)**

- Time seems to go really quickly, and have no physical symptoms; no cough; no itch.
- The powder is such a fine soft consistency; so white!
- I still have thoughts of seashells and the ocean and concentrate on making nice flower petal patterns. They remind me of the yellow flowers that you sometimes find on the beach in the dunes.
- I feel a bit spaced-out and my mind wanders back to the time when I lived near the beach and the sandcastles that I built.

**05 C4 (iii)**

- No force needed during the grinding. It's so effortless and smooth!

**Prover 6**

**06 C4 (i)**

- Thinking of "connections" as [a colleague who would have liked to participate but wasn't able to give the time to the whole weekend] popped in to see us at lunchtime. We are connected due to our history together as homœopaths; formerly as students and now as colleagues.
- Groups and families evoke warm familiar feelings!
- What is together breaks apart due to change. Change is inevitable and it shapes us. It breaks us down then re-builds and lightens us.

**06 C4 (ii)**

- Thinking of the conversation had over lunch about the fire nature of Phosphorous and of how basic allopathic treatment is compared to the energy healing of homœopathy.
- There is quiet concentration in the room; we are working as one.

**06 C4 (iii)**

- Still musing about Phosphorus and its desire for company and it evokes thoughts of togetherness and of how, if we don't have family, we make up for it in our lives by joining in with others.

## **Prover 7**

### **07 C4 (i)**

- Thinking about the concept of “right thought”; of putting things together that I have dismantled through incorrect thought, or by allowing things to just be...

### **07 C4 (ii)**

- Thoughts of how I/we try to manipulate reality; i.e. we try to change what is rather than be accepting of it. This almost constant argument that we have with Life is what causes our stress!
- As homœopaths we are very comfortable with the repetitious nature of this physical process of trituration, even if we’ve not done it before. Not many people would be prepared to sit for several hours and put all their effort into grinding a powder and get so much out of the process....this is Alchemy!
- It all comes back to this fact of being prepared to work together; to be united, inclusive. It is the natural order.

### **07 C4 (iii)**

- I have great appreciation for the efforts of all who have gone before me.
- There are so many aspects of Life (even material objects) that I can enjoy thanks to all the efforts of other people and even animals and plants etc. They have all laboured that I may have the enjoyment.
- This trituration also illustrates how the effort of others enables us to reap the fruits of their labours; i.e. the providing of new medicines for Humanity.

## **Prover 8**

### **08 C4 (i)**

- Powder appears to be flaky with big cracks re-appearing.
- Aware of thoughts of how easy it is to buy into the judgement of others.
- Scraping feels like I am digging around looking for buried treasure!
- It’s quite noisy in the room during the grinding phase; lots of clinking.

### **08 C4 (ii)**

- Powder still cracking around the edges.
- Slight pain left side of temple. Also pain in right leg; legs are restless.
- Aware of laughter outside the room; feels intrusive and irritates me.
- Feeling restless; edgy. I want this process to finish; am becoming uncomfortable.
- I want the mixture to look smooth, unbroken, formed, finished.
- Still have that sense of digging for buried treasure when scraping.

### **08 C4 (iii)**

- Thoughts of Big Pharma vs the Natural Healing Industry and what can be done to fight the good fight.
- I want the mixture to turn out perfectly....whatever that means!

- A sense of heaviness comes over me. My chest feels heavy and my breathing laboured.
- Struggling to stay with it. I feel dull, drowsy; focus is coming and going.
- Spacy, drifting; aware of thoughts floating in and out. It's difficult to keep going and I find myself pausing a lot during this part of the process.

### **Prover 9**

#### **09 C4 (i)**

- I feel restless; overheated
- Feel "flat"; am closed off and in my own space; alone.

#### **09 C4 (ii)**

- Irritated. Pressure is building in my head.

#### **09 C4 (iii)**

- I feel as if someone else is here participating and that "I" am absent...somewhere else!
- All the positive energy of the last stage has disappeared; it's all negative!

### **Prover 10**

#### **10 C4 (i)**

- Feeling happy. This is easy!
- There's lovely consistency and cohesion with respect to the powder.
- I have an important job to do and want to do it well. I can't try too hard, though, lest my hand hurt.
- The headache which was on the vertex has gone but I have some discomfort in the middle of my back.

#### **10 C4 (ii)**

- Am on autopilot!
- Eyes feeling heavy, hypnotic. I could go to sleep!
- Short burst of stitches in my heart region.

#### **10 C4 (iii)**

- Yawning!
- Did not hear the call to scrape; am in a world of my own.
- Overall, feeling happy and there's a sense of accomplishment.

### **Prover 11**

#### **11 C4 (i)**

- During the grinding I see cloud shapes around the edge of the bowl where the mixture adheres.
- During the scraping it sounds like the tinkling of bells and puts me in mind of birds calling.
- The last grinding phase seems to send me back in time.



### 11 C4 (ii)

- A feeling of lightness and there's an obvious blue-green colour to the mixture now.
- If people could see us working like this, they'd possibly think we were strange. However if they stayed a while with us they would have a change of mind.
- Thoughts fly in and out of my mind: significant vs insignificant.
- Mixture seems moist, claggy and wants to join together.

### 11 C4 (iii)

- I want to make a clear edge during the scraping
- Not so foggy in the head now and have a sense of urgency about how well the original substance has been mixed.
- During the last scraping I pile the mixture to form "rocks" in the bowl.
- There's a strong smell of citrus.
- I don't want this process to finish!

## Prover 12

### 12 C4 (i)

- I find myself asking the powder....Who are you? What do you want us to do?
- The tune to *Eidelweiss* plays over in my mind...."small and white, clean and bright, you look happy to meet me!"
- The powder sticks to the sides of the bowl like icing.....parting is such sweet sorrow!
- Around and around and around we go....where we stop, nobody knows; it's the Cycle of Life.
- A feeling of sadness wells up in my chest and I now want to pat the mixture gently and work softly, caressing rather than grinding.
- Scraping is like trying to scrape frost off a windowpane and lots of frost remains.
- Soft white rabbit (name I heard given once to a plant that looked like an emerald green petunia in a very vivid, important past dream of mine).
- We all make different connections inside ourselves.
- We must change the world with magic/homœopathy.
- You are never alone.

### 12 C4 (ii)

- I find myself dabbling a pattern much like that of the nautalis shell. Is it a prehistoric relic that comes from the sea?
- We cannot entrust this making of medicines to machines.
- "All shall find the light at last; Silver on the tree", line after green witch (C2(i)) from Susan Cooper's book *Greenwitch*
- Am drawing spirals.
- Asking questions and having them answered from a deep internal/external force.
- Conscious of bowl and mind; not body.

### 12 C4 (iii)

- Working clockwise but pushing it backwards.
- Creating ripples and folds in the powder like wrinkled skin or paper.
- It looks smaller than it was!

- Must treat everyone gently.
- No need to feel afraid anymore; we are supported.
- It's like emerging from a trance, being lifted up!
- I knew it was the end as it fell off the sides so easily.
- For the first time, I make a smooth-sided flat-topped mountain.

**Postscript:**

**Prover 12** reported that she did not dream for a full week after the trituration, which was mildly distressing because "I always dream and I was conscious of there being nothing while I was asleep".

**Prover 1** reported that, after the trituration and before she decided to clean her mortar and pestle, she ingested the smidgen of C4 powder left in the bowl and had an interesting dream that night of a long and convoluted journey both in a car through the countryside and then on a long sandy beach where a prehistoric seal approached, and then on foot through a cityscape where she was approached by people trying to sell her an easier option of a train ride but she demurred as she had no money on her. This journey began initially with a group of people, but concluded with only her toddler/baby who was able to walk alongside holding her hand. She made it home where she was met by her lover who welcomed her into his arms.

On the following night she had another dream which again involved a journey home; leaving school and finding her way through the city roads to be held up by two funeral processions which were lined up to be celebrated in the Catholic cathedral. She skirted around them and went another way.

Two provers reported having amorous dreams (a sense of being cherished) and increased libido.

Several provers reported a strong desire for chocolate in the week following the trituration. One noticed a marked increase in appetite and another, an aversion to meat.