

Milk Matters

	Lac Macropi Gigantei Patricia Hatherly & Sandra Venables 2009	Uluru Boris Peisker 2000; contact proving Colin Griffiths 2010; meditation proving
Primary Issue	I am dispossessed...where can I live?	My spiritual intuitive self is disconnected from my physical rational self
Perspective on Life	My voice is not heard	With open communication (no secrets) we can come together to be truly creative; moving forward on the right path with a light step
Miasm	Syco-syphilitic	Syco-syphilitic
A/F	Having no sense of place	Being stuck; out of balance; constrained by the weight of ancestral (miasmatic) threads (Uluru represents the lower dantian [hara] of the continent)
Affinities	Sense organs: eyes; <i>ears</i> ; nose (<i>lac-m</i>) Limbs; lower Alternating sides Simultaneous side (<i>lac-vacc</i>)	Sense organs: eyes; <i>ears</i> ; nose (<i>lac-m</i>) Female: uterus; Male: testes Bones (indurations) [Peisker] Left side (both provings)
Agg	<i>tobacco</i> indoors (feels trapped) wind afternoon: 2-3 pm & 5-6 pm dust; cold (sneezing) <i>alcohol</i> cheese; wheat confrontation menses	<i>touch</i> alone
Amel	flatus (body aches with abdominal bloating) tea; warm drink; warm food morning confrontation mental exertion sunshine; <i>outdoors</i> (<i>coryza</i> ; headache; sneezing) short nap; lying down exercise; movement; sex weeping company	short conversation

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Vertigo	Vertigo; menses, during < turning head or moving eyes sideways > lying down S/if: objects turn in a circle S/if: room whirls Vertigo; transient; intense occipital headache, with < alcohol > looking downwards S/if: a cap on top of the head is exerting an intense inwards pressure on the brain Disorientation and slight dizziness Light-headedness S/if: like having gone up in an elevator which has stopped and the head has continued to travel in an upwards direction	Vertigo, slight; on entering a warm room Clumsy; out of balance; bump into things; knock things over
Mentals	Nostalgia for the past Belligerent Irritable; sense of hopelessness, with Embarrassment at being observed Self-doubt; confidence, lacks Company, aversion to; desire for solitude Secretive vs Desire to share a secret Concentration difficult; forgetful; memory poor Mind calm under pressure	Desire to sing and hum Belligerent; aggressive feelings Irritable < alone, when > short bursts of small talk Tranquillity; quiet, serene feelings Indecisive; cannot make mind up Mistakes makes; writing, while Concentration, good
Delusions	Body does not take so much energy to move head feels lighter than normal breath feels light upper torso feels light; relaxed S/if: having taken marijuana or LSD but with the ability still to focus mentally Possessed; S/if: possessed by energy of previous girl-friend light-headed, with > fresh air; > outdoors Talking ill about him; people are (<i>lac-cp</i>) Time; running out of time S/if: a cap on top of the head is exerting an intense inwards pressure on the brain	S/if: walking more lightly than usual S/if: has a weight on the head preventing being able to hold one's head up (Griffiths) S/if: feels massive (Griffiths)

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Dreams	Nightmares Chased; harassed by men <i>The Past- Ancestors</i> Foreigners Stealing Gifts <i>Women</i> Loss of Innocence Abodes Animals; <i>dogs</i> Nature	Beds Artists' paintings Images on a screen (TV; iPad) Amorous Celebratory feast; party <i>Secrets; searching to uncover a secret</i> Team sports: cricket; hockey; netball Cars; impeded progress Abodes Lessons Women; birth Animals; pre-historic; dangerous Dirty water [<i>lac-h</i>]
Food	coffee	alcohol
Desires	lemonade (<i>lac-eq</i>) water <i>wine</i> yoghurt (morning; waking, on) yoghurt; fruit; muesli <i>chocolate; sugar; sweet food</i> fresh sweet vegetables; cooked beetroot; tomato meat; partially cooked salt and sweet sour food spicy food; tomato and basil bruschetta	orange juice tobacco
Aversions	coffee; milk	
Physical	Contradictory symptoms	Restless
Generals	Alternating states Exhaustion Energetic; can multi-task Headache; forehead, temples; nausea, agitation and tiredness, with Eyes: bloodshot; feel bruised dry; burn; itch S/if: a plug has been inserted into the socket; blurred vision, with; objects appear far off watering; vision blurred <i>Wide; S/if:</i> wide; eyes open wide (<i>lac-lup</i> ; <i>lac-suis</i>) [Eye: Open lids, as if; wide: <i>syph</i>]	Hurried; desire to do everything quickly Cramping; rectum; lower abdomen a generalised feeling of pressure (both provings); < touch (Peisker) Head: pressure; forehead and temples on waking pounding on stooping pain on turning head quickly Eyes: dry as if filled with grains of sand itchy; must rub them right; inner canthus itches, 11pm; watering, with

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Lac Macropi Gigantei

Ear: blocked
 Deaf; right ear pops and then becomes deaf;
S/if: is switched off
 Nose: coryza; watery; copious; itching, with
 sneezing, constant
 obstruction; blocked; watering, itchy
 eyes, with
 Face: cheekbones sensitive
S/if: cheek bones feel like egg-shells
 pimples; pustules
 Mouth: dry; parched; thirst with
 metallic taste in
 increased saliva, with
 lips tingling, with
S/if: swollen as if touched by a stinging nettle
 Throat: dry [as of sand]; raw pain; thirst with
 voice croaky; hoarse
 Neck: tension; muscles, in
 Stomach: thirst with decreased appetite
 two meals a day suffices
 vs
 ravenous appetite
 eructations; nausea
 Abdomen: *bloated; distended, meals, after*
 rumbling; intestines, in; meal, after
S/if: something is moving inside
 Rectum: constipation vs diarrhoea
 flatus offensive
 urge to stool at night; sleep, during
 Stool: *balls; hard, small balls; difficult to pass*
 Bladder: copious urination; increased thirst,
 with
 Female: profuse leucorrhoea
 menses early[day 22]; heavy
 libido increased; desire for caresses
 Male: libido increased; morning
 Respiration: breathing difficult; constriction
 of lungs, sensation of
 dry cough > warm water
 Chest: heavy sensation in
S/if: a rock sits on chest; breathlessness, with
 < exertion (walking a long distance
 or going uphill)
 pain and breathlessness

Uluru

Ear: sudden sensation of closing
 enhanced hearing (Griffiths)
 Heart pulse heard in ears (Griffiths)
 Nose: coryza; itching eyes, with
 sneezing; wakes to sneeze and
 blow nose
 sensitive to smells (Griffiths)
 Face: pain; jaws; extending to ears
 < left side

 Mouth: dry
 toothache; left side
 pain; palate; left; a raw feeling

 Neck: pain; aching pain; left sub-
 maxillary gland
 feels rigid (Griffiths)
 Stomach: thirst; menses, before

 Bladder: sensation of fullness
 (Griffiths)
 Female: menses flows morning
 and night
 menses protracted
 Male: pleasant sensation around the
 testicles, without sexual arousal
 but the feeling of being
 contained well

 Chest: desire to cough during
 inhalation, as though breathing
 in dust
 sense of restriction (Griffiths)

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Lac Macropi Gigantei

S/if: a rope has been tied around chest
palpitations; pulse rapid, hard
nervous causes, from

Back: pain; sore back on touching under
right scapula
pain in shoulder; right; between spine
and scapula
< deep inspiration and movement
pain; aching pain; centre of back along
thoracic spine

S/if: back feels tired

Extremities: cold hands and feet

S/if: ice has been applied to the skin
heaviness; tired legs
weakness in knees while walking

S/if: is missing a step and could fall forward
cramps; calves

Sleep: *fitful; disturbed by every noise*
short nap refreshes
sleep; interrupted sleep; wakes alert,
from

vs

sleep; sound, deep; wakes tired, from

Temperature: cold; feeling cold with a desire
to be in the sunshine
heat; sensation of heat through
whole body; particularly the
palms

Perspiration: clammy; internal heat, with
profuse single parts; axilla

Skin: outer layers of exposed skin (arms and
shoulders) feel buzzing; alive;
invigorated; cool; fresh; sensitive to cold
which does not <

S/if: having taken a cold shower on a Summer's
day

itching < warmth (shower; clothing)
> scratching
cold applications

Uluru

Back: pain in the dorsal region (D4)

S/if: there was a sharp knife being
pressed between the shoulder blades
(Griffiths)

Extremities: heaviness hands (Griffiths)

Temperature: sensation of heat across
the whole back; heat rises from
the lower back up to the
shoulders. (Griffiths)
hot flushes and perspiration
with mounting of blood to the
head

S/if: desert sun is shining on my head
heat felt in the legs which rises
to the lower back and is <
around the buttocks while
sitting. (Griffiths)

Bibliography:

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[translation into English by Vera Externest; available www.patriciahatherly.com]