

The dolphin and the human

Lac delphinum – a useful remedy for birthing women

by Patricia Hatherly BA DipEd, BHSc (Hom)



Patricia Hatherly has been in clinical practice in Brisbane for 20 years. She is the author of *The Homœopathic Physician's Guide to Lactation* (2004) and *The Lacs – A Materia Medica & Repertory* (2010). She has also published several provings.

Sharing knowledge is her passion. This is why she has developed her e-Newsletter *Milk Matters* so that colleagues and students can share the insights that she has gained from working with *The Lacs*. Patricia is a regular contributor to journals both national and international. Her work (provings, conference papers and journal articles) is available for perusal at: www.patriciahatherly.com.

The playfulness and curiosity of the dolphin and its seemingly special connection to humans is well supported by a myriad of media anecdotes, highlighting what appears to be a special sort of 'communication'. This special bond is, perhaps, underpinned by the *Aquatic Ape Theory* [AAT] which suggests that dolphins may share a direct heritage with humans. This may explain common physical anomalies between humans and dolphins.

Like dolphins, human babies negotiate the birth canal in a spiral motion, and women who seek a natural birth are well supported by water during that time. Both also depend on support from others. For the dolphin it is always the pod, for survival is dependent on safety in numbers – and for the human it is the family, with the midwife offering the particular emotional support needed during birth.

Keywords: water; spiral; birth; dolphin; midwife; support.

Nancy Herrick notes that the energy of a *Lac del* case can seem very much like *Phosphorus* (who is very much a 'people-person') and nominates **clairvoyant** as a theme. I have proffered **life's a ball of fun** as the keynote essence of *Lac del*, and this aspect is borne out in Herrick's proving:

Mind: activity; desire for amusement; desire for antics; plays play; desire to; playful in the water.

Themes: laughter play communication groups.

An intriguing recent report is of the protection offered to long distance swimmer Adam Walker as he swam Cook Strait between the north and south islands of New

Zealand as part of his attempt to be the first British man to complete the *Oceans Seven* (the seven long distance swims in the world). As he was reportedly stalked by a shark, a pod of ten dolphins surrounded him and swam with him for an hour offering him protection until the shark swam away (au.ibtimes.com).

The *YouTube* clip showing Adam surrounded by the dolphins has attracted some three million viewers since it was posted at the end of April 2014; such is the fascination that people have for a story like this!

So, what is it about the dolphin that can explain this special bond? The answer may well lie in our evolutionary origins. We know from anthropological studies, and it is noted by Herrick, that there is a possible evolutionary connection between the wolf and the dolphin. Even today, an occasional dolphin is detected with four rather than two 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, of a dog with its fur shaved, perhaps provides an additional 'clue' and, certainly, there are aspects in *Lac lupinum* and *Lac delphinum* that attest to the fact that *Lac del* (in its sycotic presentation) bears this out.

However, the *Aquatic Ape Theory* [AAT] suggests that dolphins may



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share a more direct heritage with humans. This theory is at odds with the more accepted theory that an ancestor (such as Lucy – see box below) came down from the trees and walked upright creating a slight divergence in the *Out of Africa* evolutionary pathway that connects us to other primates. The AAT, first proposed by German pathologist Max Westenhöfer in 1942, attempts to explain certain common physical anomalies which may have resulted from alternating periods of attempting to adapt to rapid fluctuations between wet and dry climate conditions.

Paleoanthropologists who have evaluated this theory have been critical. However it remains an intriguing proposition that may give some approbation to the human / dolphin connection, as seemingly borne out by a range of vestigial anatomical traits. These include the gill slits which we develop while in the womb; the webbed fingers and toes occurring in 9% of the population; the apparently redundant palmar fascia and palmaris longus muscle tendon unit; our subcutaneous fat; the diver's reflex instinctually exhibited by newborns when placed under water; our ability to cry tears; our sweat glands (the dolphins have hair follicles); the same normal body temperature setting of 37 degrees Celsius and our vocal skills (Joseph, 2014).

Other similarities can be observed in the bony skeleton. The vestigial hind limbs of the dolphin seem human-like with clearly defined anthropomorphic thighs, calves, feet and toes. The bones of the flipper are proportionately akin to the human's humerus and corresponding radius and ulna. And the

scapula bones in the dolphin and human are similar (Mead, 2002).

Interestingly, dolphins are known to share 13 of 22 chromosomes with humans and, of the remaining nine dolphin chromosomes, many seem to be rearrangements of their human counterparts (Bielec, 1998). A dolphin embryo in the early stages looks remarkably similar to a human embryo. The similarity also extends to the brain. The brains of humans and dolphins are a similar size with comparable well-developed neocortical areas and are much larger than the ape's brain. The development of a larger brain mass is reliant on the consumption of Omega 3 fatty acids (easily obtained in a high fish diet). A feature, which is known to contribute to higher intelligence, is the amount of lactose in a species' milk. Humans and dolphins, as well as primates, all have high lactose milks. However, other aquatic mammals have low lactose milks, thus making the dolphin unique in that regard (Hatherly, 2014).

Because of the smaller brain size, the ape has an easier time of it when giving birth. However, both the human and dolphin produce young with large heads making it

Dolphins have a natural affinity for pregnant women

necessary for the baby to advance through the birth canal in a spiral motion. In fact, the birthing dolphin, herself, can be seen to spiral round during the process (www.dolphintrainer.com). **Spirals** and **circles** are common *Lac* themes and are particularly significant in *Lac del*. Herrick reports that there is a tendency to 'use large gestures ... [in] ... a circular movement' (1998). This is supported by the *Lac del* dreams such as this by prover #2 reporting on day 2:

Restless and turning at night. Like doing 360s. Lying on one side then, a few minutes later, do a half turn, like on a rotisserie all night.

This is a most interesting dream as dolphins reportedly sleep in a pod where each gently spirals down and back up again to take a breath with only one half of the brain shut down ... the outer eye ever alert for danger. And the only way the pod can do this in a nested manner is for the spirals to approximate those of a sine wave which employs the ratio of the golden

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mean (1.618). Aficionados of sacred geometry appreciate that a spiral based on golden mean ratios represents perfection in fractality as this particular ratio allows a wave to re-enter itself without destroying or cancelling itself out. It optimises spin density and allows perfection in compression and self-awareness (much like the dolphins who manage their sleeping pod without entanglement and by remaining aware).

Such a spiral is called 'the dance of the phi spiral', and is believed to create a sacred space ... the space of love: 'lo-phi' (Winter, 2002). And, the lotus flower, which it delineates, is a symbol often used by those who promote natural birth; the pentagon, which nests neatly within its orbit, having long been accepted as being synonymous with the feminine. ➤

Lucy

Lucy is the common name of AL 288-1, several hundred pieces of bone representing about 40% of the skeleton of a female *Australopithecus afarensis*. It was discovered in 1974 at Hadar in the Awash Valley of the Afar Triangle in Ethiopia. ... Lucy is estimated to have lived 3.2 million years ago, and is classified as a hominin.

The skeleton shows evidence of small skull capacity akin to that of apes, and of bipedal upright walk akin to that of humans, supporting the debated view that bipedalism preceded increase in brain size in human evolution.

([http://en.wikipedia.org/wiki/Lucy_\(Australopithecus\)](http://en.wikipedia.org/wiki/Lucy_(Australopithecus)))

➤ Interestingly, anthropologists consistently observe that birthing practices across all cultures demonstrate a propensity for a woman to seek out a birthing place, which affords her a direct connection with the Schumann resonance (see box on page 39), which occurs naturally in the land (Hrdy, 1999). This is a phenomenon of waves that vibrate at rates between 7 to 30 hertz (Hz) with the lower vibrations generally occurring in quiet places of nature among wooded areas and the higher rates in the cities which abound with steel, tar and cement. It is among the trees, streams and grassed areas that the lower, more physiologically appropriate, pattern is found and it is this lower vibration that resonates with the alpha waves emitted by our major organs such as the brain and heart.

So in the 'secret women's business' places (the sacred spaces chosen for birth which have a resonance with the lower scale, [7 – 10 Hz]) the energy around birth is then one of love rather than fear, and the Earth's gravitational field seemingly rises up to greet the incoming body and incarnating vital force and the birth tends to be straightforward and uncomplicated as the baby, like the dolphin, negotiates the pelvic floor in a spiral motion.

It seems that dolphins have a natural affinity for pregnant women. Is it the simple fact that we share a similar birthing experience that reportedly makes dolphins good midwives for birthing women? Perhaps so, and this is given approbation by the famous

Russian male midwife Igor Charkovsky, who afforded women in his care a very special birthing experience by taking them to the Black Sea to give birth with the dolphins. Michel Odent, the well-respected French surgeon and obstetrician, observes that the special connection between humans and dolphins at the time of birth is probably due to the fact that 'dolphins, humans and apes are likely to have evolved from a common ancestor millions of years ago' (*Lancet*, 1999).

So, we have many physical attributes in common, but human and dolphin also share an emotional bond, in that they need to feel a sense of belonging to a group; to feel supported. During the birth process, women like to feel that support and are less likely to panic thereby producing cortisol rather than the large amounts of oxytocin which facilitate uterine contractions. Specifically, it is the posterior pituitary which produces the oxytocin (the hormone of love) needed to facilitate birth (Buckley, 2003), and it is my contention that *Lac del*, in such an instance, potentiates the function of the hypothalamus in its capacity as a sarcode (Hatherly, 2002; 2011).

In a situation such as the following case example, my preferred potency is 200c:

Rx: *Lac del* 200c – night, morning, night – two weeks before the due date of a woman having her third baby after two caesarean sections. It had been a stressful, unplanned pregnancy and she was distraught at the thought of not having her mother around to help her cope.



A reconstruction of Lucy on exhibit in the National Museum of Natural History, Washington DC, United States

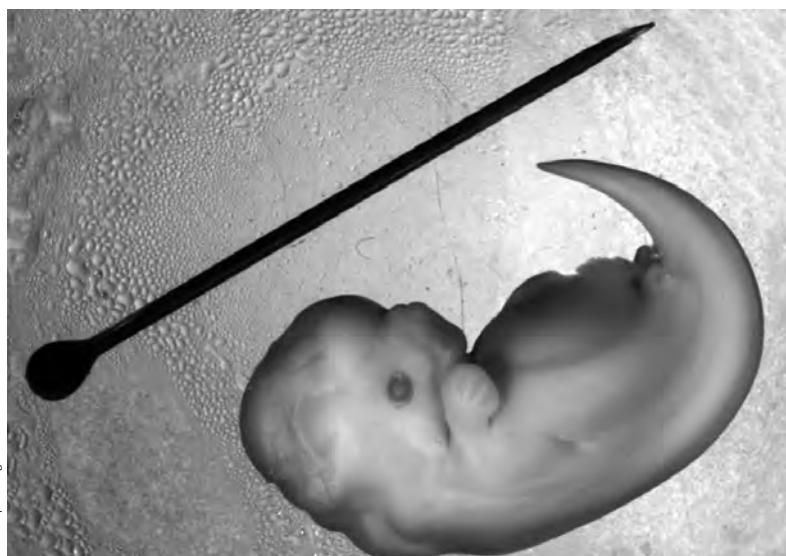
A few weeks later I received this email from her:

I would just like to thank you for your support and the recent remedy given to me on my last visit. My baby came a week earlier than expected and was the first baby of the day to be born at the hospital on International Midwives Day!

My labour started at midnight. I stayed at home through the contractions till 3.30am, and then headed off to hospital with contractions getting more and more intense. I then had to wait for theatre staff to arrive in order to have the baby. During this stressful period at hospital I visualised dolphins surrounding me which calmed me, especially whilst they were preparing me for the C-section. It helped to put me in a happy place.

After the operation my obstetrician said I was almost, or could have been, fully dilated which

Does this picture look familiar? It's actually that of a dolphin embryo in the fifth week of development!



The energy around birth is then one of love rather than fear

Schumann resonances

The Schumann resonances (SR) are a set of spectrum peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field spectrum. Schumann resonances are global electromagnetic resonances, excited by lightning discharges in the cavity formed by the Earth's surface and the ionosphere.

(http://en.wikipedia.org/wiki/Schumann_resonances)

surprised me greatly as my other labours have been on and off for 24 hours or so. However, I am happy that the baby got some of the labour hormones and got to choose when to be welcomed into this world!

Rubrics in the case that led me to the prescription included: (see chart, *below*).

Herrick has given us:

Mind: Delusion: danger; impression of, yet remains calm *Lac del*
And, after working with several birthing women where *Lac del* provided unique emotional support, I have added:
Mind: Anxiety regarding a safe situation to birth in *Lac del*.

Perhaps, one day, anthropologists will confirm a special evolutionary link between humans and dolphins. For now, it is mere conjecture. However, it remains intriguing that anecdotes abound of people in distress being assisted by dolphins and it particularly intrigues me that the brain / pelvic floor / spiral motion during birth connection, is reflected in the usefulness of *Lac del* as a remedy to alleviate the distress surrounding birth due to a perceived lack of support. If the picture presents as *Phosphorus* and birth is imminent, consider *Lac del*.

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The lotus flower is a symbol often used by those who promote natural birth

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Patricia Hatherly can be contacted at patricia@patriciahatherly.com. □

Themes:	Pregnancy / baby; fear; guilt with responsibility
Generalities:	Swimming > Ice cold drinks > Exertion, (physical) aversion to; heaviness of body and lethargy, with
Mind:	Calm Relaxed feeling; letting go Tranquillity; serenity; calmness Isolation; sensation of A/F: fright or fear Fear of impending danger Anxiety; children, about her Doubtful of self; inferior feels
Stomach:	Acid reflux; heartburn Nausea; morning Thirst increased
Bladder:	Morbid urge to pass urine; frequent; sense of fullness, with
Sleep:	Sleepiness; afternoon
Dreams:	Mother, of