

Brachychiton Rupestris

– a group trituration to C4

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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 as a kingdom, and mothers and babies as a lactation consultant who is also a homœopath. As well as having conducted and published these provings, Patricia is a regular contributor to journals both national and international. Her work (provings, conference papers and journal articles) is available for perusal at:

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Order: Malvales
Family: Malvaceae (Sterculiaceae)
Genus: Brachychiton
Species: *Brachychiton rupestris*

Abstract: Trituration using a mortar and pestle is the traditional method of preparing substances to be incorporated into the homœopathic pharmacopoeia. So, with the intent of exploring the medicinal potential of a species of Australian flora, one which has a long and well-documented tradition of being used for practical, medicinal as well as ceremonial purposes, *Brachychiton rupestris* [Queensland Bottle Tree] was selected for trituration.

It was originally classified in the family Sterculiaceae (the Cacao family, which is now within Malvaceae), and is native to Queensland. It is the east coast "cousin" of the Boab with which it shares many characteristics. It was named by Karl Moritz Schumann in 1893; the name deriving from the Greek: brachys, short and chiton, a tunic (a reference to the coating on the seed) and the Latin: rupes, rocky cliff face; crag (which is why it loves to grow in dry, gritty, loamy soil and is generally found in plentiful numbers along escarpments in central Queensland).

The primary sensation keynotes for the Malvales, as listed by Sankaran, are: Attached then Detached and Joined then Separated; with the primary compensation being described as Independent and Self Confident. Rubrics emerging from the trituration give approbation to these themes and appear to tell the story of a continent (where life is harsh and binding together in a spirit of mateship assists survival), which is on a counter-clockwise journey, having detached itself from the supercontinent of Gondwanaland, and is currently enjoying a fiercely independent status.

Key words: Malvaceae; Tradition; Ancestors; Cohesion; Separation; Spirals; Time; Water

Introduction

Brachychiton rupestris [Queensland Bottle Tree (family Malvaceae)] was chosen for trituration since the more well-known Australian member of the Malvales, the Boab, (*Adansonia gregorii*; predominantly found in the Kimberleys), has a Dreamtime connection with Australia's Aborigines. And, since both trees have a long and well-documented tradition of being used for practical, medicinal as well as ceremonial purposes, I wondered if any common themes would emerge connecting *Brachychiton rupestris* [brachy-rup] to the provings of *Lac Macropi Gigantei* and *Uluru*, both of which reflect the story of those who are understood to be the nation's original custodians. To my mind, having medicines from the animal, mineral and plant kingdoms (all uniquely associated with the continent) and connected in such a special way, could be clinically useful.

Apparently Australia's boab trees are closely related to those of Madagascar and Africa and are one of eight species of trees in the same genus, *Adansonia* [named after French naturalist, Adanson]. Six species of boab occur in Madagascar but only one in Africa and one in Australia. Therefore botanists postulate that the Malvales may have originated in the ancient supercontinent of Gondwanaland before it broke up over 60 million years ago. Recent genetic studies, however, indicate that Australia's boab is much younger (appearing a mere 17 million years ago), probably in Madagascar and it is thought that the giant seed pods sailed here, eventually washing up somewhere on the north-west coast from where they have spread over much of the north-western part of Australia.

This most interesting postulation reflects Sankaran's primary sensation keynotes for the Malvales which he lists as:



- Attached then Detached
- Joined then Separated

With the primary compensation being described as:

- Independent and Self-confident

Scholten's observations also corroborate:

- Mind: desire to belong to a group
- Mind: fear separation
- Delusion: separated from the world
- Delusion: split, confusion of identity
- Generals: sensation: bond, attachment and loss of connection



What do we know about *Brachychiton rupestris*?

The Queensland Bottle Tree, originally classified in the family Sterculiaceae, (the Cacao family, which is now within Malvaceae), is native to Queensland, and was given this name by Karl Moritz Schumann in 1893. The name comes from the Greek: *brachys*, short and *chiton*, a tunic (a reference to the coating on the seed) and the Latin: *rupes*, rocky cliff face; crag (which is why it loves to grow in dry, gritty, loamy soil and is generally found in plentiful numbers along escarpments in central Queensland).

It grows naturally between the coast and the Great Dividing Range, particularly in the Carnarvon Gorge, and there is no speculation concerning its origins.

It is also found on the dry plains of Queensland, and can grow up to 20 metres in the wild with a girth of up to 3 to 5 meters in diameter. Great variations in trunk-form exist and the distinctive bottle shape only begins to form after about 8 years of age. This happens because the trunk of the bottle tree, like that of the boab is not made of sapwood

like ordinary trees, but rather consists of a spongy fibre, which fills with moisture.

The leaves, which are thin, are about 100mm long and sit opposite each other. They may have entire margins or be deeply lobed. The bell-shaped flowers occur between November to January and are about 1 cm. long; pale, yellow with red markings followed by woody fruits which have a distinctive boat-shape appearance and contain 10-30 seeds embedded in hairs which are an irritant to the skin such that it is recommended that gloves be used when handling them. The Aboriginals dealt with this problem by roasting them in a fire. The seeds of *Brachychiton* were eaten raw or roasted, or pounded into a type of flour which was eaten with honey or formed into bread. Interestingly, any experienced bushman will attest to the fact that the lack of seed production in any given year, is a reliable sign of an impending flood!



www.anbg.gov.au/Gardens



http://en.wikipedia.org/wiki/Brachychiton_rupestris

Deemed a 'useful' tree, bottle trees were often left by early settlers when they were

clearing land; as, in times of drought, settlers would cut down bottle trees and peel off the bark, thereby exposing the fleshy fibre, which cattle would eat. A large tree could satisfy a hungry, thirsty herd for weeks. The wood is said to contain a nutritious jelly. However, reports exist that the high levels of nitrates could, unfortunately, be toxic in such a situation.

The indigenous people, however, knew the value of this tree long before white settlers arrived. And, as with the boab tree, the seeds, roots, stems, as well as the bark, had all long been a source of food for people and animals alike. In particular, they knew that the roots contained drinking water and that, by carving holes into the soft bark to create reservoir-like structures, they could access the significant amount of water which is stored between the inner bark and the trunk.

Furthermore, as is the case with the boab tree, the fibrous inner bark has, historically, been used to make twine or rope and even woven together to make fishing nets. The bark from the roots was also a source of fibre for nets and ropes; the women apparently wore their teeth to the gums in chewing the fibre to prepare the twine. The boiled tuberous roots themselves also provided food and were reputed to taste rather like turnips.

The Trituration

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 1st 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 Yagera language group. www.suburbguide.com.au/post/indooroopilly?!=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. Consistent with tradition, each participant was given one drop of the menstruum along with 65 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.



The Materia Medica

MIND

Affectionate
Cheerfulness;
 lightness; feelings of
Comfort; sensation of
Company; desire for friends
Compassion
Concentration active
Concentration difficult;
 calculating, when
 vacant feeling
Confusion of mind;
 eating, agg
 muddled feeling in head
 tasks; everyday tasks, for
 time, about
Connection; desire for
Connection; feeling of; people, to
Consciousness; Higher Consciousness, connected to
Consciousness, expanded; thoughts and feeling of
Contented
Desire to belong to a group
Detached; thinking, from
Dullness; think or concentrate; unable to
Embrace companions; desire to
Euphoria; elation
Fear; separation of
Harmony; sensation of
Impatience;
 restlessness, with
Irritability
Isolation; sensation of; feelings of completeness, with
Laughing;
 easily
 giggling
 infectious
 involuntarily
Meditation
Memory active; past conversations, for
Memories;
 childhood, of
 precious

Mistakes making; time, in
Nostalgia; inclination to weep, with, on thinking of the love of
parents
Oneness of people; sense of
Optimism
Purposeful
Reverence; old people [elders], for
Sadness; events, over; past or finished
Sensitive; noise, to
Sing; desire to;
 humming to herself
Smiling
Sympathetic; compassionate towards
Thoughts; vastness and timelessness, of
Thoughts persistent; Nature, of
Time;
 loss of conception of
 timelessness
Tranquillity; serenity; calmness

MIND - DELUSIONS

Delusions; alone, is; vast world, in a
Delusions; ancestors, is connected to
Delusions; bond;
 desire to; group, with
 shared events and memories, by
Delusions; brothers; older brothers, has; gives a protected feeling
Delusions; circle; must move in a, and complete during an allotted
time
Delusions; changing; everything is;
 growing and transforming
 small changes have big consequences
Delusions; child again, she is a; playing in the sand and dirt
Delusions; creative power, has
Delusions; dirty, unclean she is; sudden desire to wash face and
hands
Delusions; dissolve into The Web of Life, it must
Delusions; elevated; air, in
Delusions; fear of the unknown is what keeps us from moving
forward
Delusions; home; a place to call home, I need
Delusions; journey that she is going on, along a green tunnel-road
Delusions; knowledge is passed on through the generations

Delusions; love between a mother and child, builds trust
 Delusions; messages are best conveyed by art, music and symbols
Delusions; old crone, sees
 Delusions; religious; "sanctity" of the Catholic Church has both
 purity and evil within it
 Delusions; scattered, his energy is
 Delusions; separated group, from
 Delusions; separated from the world, that he is
 Delusions; singing, he is; singing spiritual chants
 Delusions; small things may have vast and expanded meaning
 Delusions; time passes too slowly
Delusions; time passes too quickly
 Delusions; time seems to stand still; thoughts disconnected; am in
 my own space
 Delusions; time seems to be running out and there's important
 work to be done
 Delusions; time when things come to fruition cannot be rushed
 Delusions; tribe, belongs to a
 Delusions; water
 Delusions; working together as one, we are

MIND - DREAMS

Dreams; adolescents, of
 Dreams; amorous;
 erotic;
 licked all over in long, sweeping motions
 Dreams; animals; prehistoric
 Dreams; attacked, of being;
 drug-crazed youths with syringes, by
 missionaries, by
 Dreams; beach, of
 Dreams; birth
 baby; to a; who is deformed
 baby; to a; born with no legs
 placenta; stuck; extracted, needing to be
 Dreams; brothers, of
 Dreams; buildings; city, in
 Dreams; cars; automobiles
 Dreams; child, children;
 baby;
 limbs; lower limbs missing
 walking; mother, alongside
 danger, in
 Dreams; city
 Dreams; clothes; white wedding dress
 Dreams; countryside
 Dreams; danger;
 death, of
 escaping from
 hiding from
 Dreams; death;
 feigned; when attacked, guns, by
 Dreams; delivery; parturition
 Dreams; doctor;
 placenta, extracting
 Dreams; driving a car;
 beach, on
 countryside, in
 Dreams; efforts; unsuccessful
 Dreams; escape; Catholic boarding school, from
 Dreams; events not yet taken place
 Dreams; furniture, of; wooden table and chairs
 Dreams; games;
 playing a game of chess; self, with
 Dreams; guns;
 gunshots
 Dreams; hospital

Dreams; injections;
 drugs, of;
 face, into; extreme pain, with; causing them to scream
 loudly
 Dreams; landscapes
 Dreams; limbs, lower limbs missing;
 newborn, of
 Dreams; lost, being; a train goods yard, in
 Dreams; love, of;
 loved and honoured in a sacred way
 secure in the arms of her lover
 Dreams; journey; travelling;
 baby, with
 car, by
 group, with
 long
 returning; home, to
 water, by
 Dreams; money; has none
 Dreams; murder;
 unsuccessful; death feigned
 Dreams; pain, about
 Dreams; parties; of pleasure
 Dreams; people
 Dreams; pregnant, of being
 Dreams; prophetic
 Dreams; protection, about
 Dreams; railway lines and roads
 Dreams; religious;
 Catholic cathedral hosting two funerals
 icon; wayside, on; given scant attention
 missionaries; attempting to escape from
 Dreams; sand, of; long tract of sandy beach
 Dreams; school; boarding school
 Dreams; shooting;
 shot; of being shot
 Dreams; stairs; steps going up and down
 Dreams; sun, of; sunrise;
 white; glaring and covering the whole horizon
 Dreams; unremembered
Dreams; vivid
 Dreams; water;
 river
 river; mouth of
 Dreams; way; civilising influences cause her to lose her way
 Dreams; wedding dress; white
 Dreams; wounded of being;
 bloody
 shot

VERTIGO No symptoms

HEAD

Expanded sensation;
 deep breath, on
 Fullness;
 vertex
Headache; forehead; bones, frontal
Headache; forehead; eyes, above
 Headache; a point of pain in the centre of the forehead and left
 temple lasting a few moments
 Headache; point of pain right side of forehead close to the middle
 Itching; scalp;
 right
 Itching; temples; right;
 small spot
 Pain; headache; right;
 temple

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 increasing and moving to the centre of the forehead and settling into a gentle pulse
 Pressing sensation on both sides of the head just above the ears
 Pulsation; vertex
 Pulsing beside and below each eye socket
 s/if: a hand has my face in a strong grip, squeezing like a vice
 Tension; tightness; head, around
 Tension; tightness; scalp, in
 Tingling, prickling; vertex; pleasant;
 parietal region; relieves fullness; head, in

EYES

Agglutination sensation with the need to open wide
Dryness;
 burning
 dust, as from
Heaviness;
 lids, upper;
 desire to press them shut and keep them closed
 Heaviness; lids; upper, left; falling of lid
Itching; canthi, inner; rubbing amel
 Itching; canthi, outer; right
 Tension; tightness; eyes, around
 Tired

EARS

Formication; crawling, itching;
 outer canal of left ear
 outer canal of right ear
 Itching; behind left; scratching amel
 Itching; internal; right
 Itching; helix; left
 Pain; stabbing; sudden; right
 Tension; tightness; ears, around

NOSE

Coldness; tip
Coryza;
 left
Itching; tickling
 Itching; tickling; internal; left
 Itching; tickling; internal; right
 Itching; tickling; root;
 where glasses sit
 Itching; tickling; tip, external;
 right
 Itching; tickling; cough amel
 Itching; tickling; sneezing amel
 Obstructed; blocked sensation
 Smell; odours, imaginary and real;
 sharp, clean smells
 Sneeze; irritation, throat, in

FACE

Heat in
Itching
 Itching; eyebrows; rubbing amel
 Itching; eyes, about; right eye
 Itching; nose; wings; left
Itching; nose; below
 Itching; cheeks; left
 Itching; cheeks; right, then left
 Itching; mouth, around; right

Itching; jaws
 Itching; spots;
 rubbing amel
Pressure sensation; eyes, around;
 pounding;
 on each side of the face above cheek bones
 and going up beside each eye socket into the temples; a feeling of fullness
 Pressure sensation; pounding; eyes around and then moving as a gentle pulse to the centre of the forehead
 Pulsation; eyes, around;
 left and right as well as below socket
 s/if: a hand has my face in a strong grip, squeezing like a vice
 Tension; jaw; TMJ

MOUTH

Dryness;
 tongue; taste with, sour
 Itching; palate;
 desire to rub; tongue, with

THROAT

Catarrh; sensation of; cough amel
Dryness; itching
 Inflammation; sore throat;
 cough, with
 Lump sensation

NECK

Itching; left
 Pain;
 sore pain; right; dizziness, with
 Pain; lymphatic tissue; cervical
 Tension; tightness; base of neck and across shoulders

STOMACH

Appetite increased
 Contraction; nerves; solar plexus
 Eructations
 Thirst

ABDOMEN

Bloated; full of wind
 Full heavy feeling in; lunch, after

RECTUM No symptoms

STOOL No symptoms

BLADDER No symptoms

KIDNEYS

Ache; right kidney;
 warmth amel

MALE No symptoms

FEMALE

Libido increased

RESPIRATION

Deep; desires to breathe
 Laboured breathing; chest heaviness, with

COUGH

Dry, tickling; from chest, upper, in;
expectoration amel
Dry, tickling; from throat, in;
expectoration amel
sip of water amel

EXPECTORATION

Difficult

CHEST

Ache left rib; lower edge
Bubbling sensation
s/if: dough rising in the lower part of my chest; like a
bubbling and expanding of yeast
Catching sensation; upper chest, in; dry cough, with
Pain; pectoral muscle; right
s/if: pressure in behind the breast
Pain; sore; bruised; lungs; left
Pain; sternum; breathing deep agg
s/if: a ball behind the sternum; felt on the in breath
Pain; stitching pain; sudden; short-lived; heart region

BACK

Ache; right kidney;
warmth amel
Energy extending upwards; sensation of
Itching; small spots
Pain
Pain; dorsal region;
scapulae, between
left scapula
dull ache
extending into the upper arm and
then down into the forearm on the
ulnar side
right scapula
Pain; lower back; dull
Pain; sacrum;
drawing sensation; menses, during
Tension; lumbar region extending to right hip

EXTREMITIES

Tension; locked sensation

Itch arms; upper; back part; posterior;
small spot
Pain; aching; fingers; first; thumb; left
Pain; aching; fingers; first; thumb, right; base of
s/if: from over-exertion;
extends into right wrist
Cramp; right hand
I feel a sudden shock run down my hand. A cough
and a stretch of the fingers releases it
Hip, right; tension in, coughing, when
Legs, restless
Ache back of left leg
Pain; right leg
Pain; left knee;
kneecap
Feet, bruised; top of feet, between the first and second toes
Feet cold
Electric charge, sudden; big toe of right foot, through

SLEEP

Disturbed; thirst, by
Dreams, vivid vs Dreamless

Interrupted

TEMPERATURE

Dry heat

PERSPIRATION No symptoms

SKIN

Itching; spots

GENERALITIES

Alternating sides
Breathe deep; desire to
Clumsiness; unwilldiness
Energetic
Heated; warm, hot, becoming;
feelings of irritation, with
feelings of restlessness, with
light-headed, with
red hand, with
Impatient; waiting for the finish;
restless legs, with
Itchiness; small spots, in
Lightness; internal
s/if: buzzing; tingling
Motion, rhythmical
Posture; erect amel
Sit upright; stretch; desire to
Tired
Dull; drowsy; focus comes and goes
Eyes feel heavy
Heaviness;
chest feels heavy and breathing is laboured
Lassitude
Slumber; profound and deep, could succumb to
Weariness
Yawning
Tension; tightness; muscles, in; a locked sensation
Thirsty
Increased hunger
Desires chocolate

Key Words/Themes

Ancestors; Aborigines [first people]; respect for old wisdom
and traditions handed down

- Awareness of the Australian bushland; its vastness and the timelessness of this continent and of its Aboriginal ancestors, the continent's custodians.
- I'm making holes like footsteps around a circle; it's like a corroboree and I muse on the fact that the Aborigines had no written language; just verbal symbols and dance and how the stars were important to them.
- This plant is not a child in the evolutionary ladder, but an ancestor.

Animals; birds: crow, eagle, galah, kookaburra; dragon;
penguin; large prehistoric seal

Calm; meditative; peaceful; quiet; spiritual thoughts;
comfortable; relief; relaxed; rest no sense of time;
timelessness; time is suspended; things cannot be rushed;
natural order; let it be purity; gentle; soft; sweet.

Clumsy; it was observed by all that, when the proving substance was being initially distributed, the person doing that tripped and almost fell over when rising from the seat to commence the process. Many of the participants also used that word when describing aspects of their trituration process; especially the tendency to drop their utensils and to be messy.

Cohesion was a word used by many participants when referring to the texture of the powder and the tendency for it to aggregate and form shapes and then break down. The desire to cradle the mortar was noted by several participants. Cohesion was also used when commenting on feelings of being bonded as a group. At morning and afternoon tea on the second day of the trituration, people chose to sit in one big group around one table rather than break into two groups. It was a tight squeeze but all moved out and around a bit so everyone could be accommodated.

Company desire for is one of the active reaction rubrics in Sankaran's Schema for Malvaes.

- *Stay connected lest you be thrown away!*
- *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.*
- *Being prepared to work together; to be united, inclusive. It is the natural order.*

Creation: volcanoes; glaciers; icebergs; mountains

- *Mountains form from volcanic action, then crumble; collapse over time.*
- *There's a dense, buttery texture to the powder and during the scraping phases the central mass reminded me of a glacial flow.*
- *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.*

Green; Blue; White

Heaviness: drowsy; sleepy; foggy; tired; tired eyes, hypnotic; dull; confused; can't focus; effort to focus; distracted; serious

Irritation: dry parched lips; thirst; feeling hot; cough and itch

Isolation: separation

- *Am closed off and in my own space; alone.*

Knowledge: respect for elders; desire to have access to knowledge passed down; secret knowledge

Landscapes: arid; cracked; dry; rocky/craggy; sandy; spinifex; pandanus palm; prickly pear; forests; big trees

- *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.*
- *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.*

Lightness: expanded; levitation; drift in space; spaced out; light-headed; dizziness, playful; laughing together; childhood; happiness bursting out; hilarity; mirthfulness; giggles; laughter; smiling; energised; elation, buzzing; tingling; "butterflies" in the stomach.

Locked

Motion: clockwise and counter-clockwise direction; journey; finding one's way home

Purpose: clarity; focus; purposeful; perfect order; particular; correct; do a good job, straight posture

Secrets; buried treasure

- *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.*
- *Working with the powder during this stage of the trituration was like facing a blank canvas and lacking inspiration! Throughout the whole three stages of this C4 level, 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".*
- *Some things are kept secret; deep, deep secrets!*
- *Scraping feels like I am digging around looking for buried treasure!*

Separation: use of the word "crackling" (with reference to the texture of the powder) was consistent throughout all proving diaries

- *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.*
- *Thoughts of impermanence; of how things come and go and change form.*

Spirals; clockwise vs counter-clockwise; repeated patterns: ferns; flowers; seashells; nautilus shell

- *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.*
- *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.*

Time: moving slowly or quickly; feeling of being beyond time

- *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.*
- *Ours is a time of impatience.... 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.*
- *Time seemed to stand still; am disconnected; in my own space.*

- *Am losing all sense of time.*
- *Am in a meditative state; have completely lost any sense of time. It's nice to be alone with my thoughts.*
- *The hands of Time; the grains of sand; the molecules in the bowl are all un-countable! The single green drop is now part of the whole!*
- *Time passed quickly!*
- *Time is dragging.*

Twelve

Water: beach (surf; shells [nautalis]; sand; sandcastles); ocean; river

Essence...Survival Against the Odds!

Many words synonymous with "struggle" were scattered throughout the trituration diaries and its relevance is nicely expressed in an observation sent, subsequent to the trituration, by prover 6: *It does occur to me that this tree and the boab both have a special significance in this country. Both are ancient, wise, substantial and tough, and able to survive the harshest conditions. Every part of the Queensland Bottle Tree from the seed pods, to the bark, to the roots has adapted and so each has found its place in the landscape. Every part of this tree has a protective function which seems to promote its very existence; like the ability to store water under the bark and the hairy fibres around the seeds. Huge seeds; tough pods protecting them from fire etc. Survivors! It puts me in mind of old "bushies" who withstand fire and flood and still keep farming the land. There is an acceptance of what is.*

It is the evolving story of this continent, this matter of survival in a land understood to be first populated some 60,000 years ago by migration during an Ice Age through Asia out of Africa by a people who, despite relentless attempts to "civilise" them through integration, still hold true to their ancient culture associated with The Dreamtime. Subsequent settlement was about 250 years ago, largely by people rejected by society; incarcerated for as much as stealing a loaf of bread in order to survive. Deemed to be pariah they were transported in chains for good measure. Eventual freedom of convicts was hard-won, and the matter of survival in an unforgiving, isolated land continued. It is in such conditions that the iconic Australian tradition of "mateship" was borne.

The survival story is that of the land also. It's an ancient land characterised by cycles of drought, flooding rains and devastating bushfires which destroy all in their path, and after which the land is mightily regenerated. This is the syphilitic feature of the continent reflected in this medicine as it is with *Lac Macropi Gigantei* and *Uluru*. However, as with these other two medicines (one from the animal and one from the mineral kingdom), which tell the story of the continent and its people, there is also a sycotic aspect. It is underpinned by the existence of the Great Artesian Basin, but also discernible in the events associated with water that surrounded the trituration itself, as well as the tree's ability to sustain, as it did the indigenous and early settler populations, in ways discussed earlier. It is what nurtures this arid land. And, in such an arid continent, access to hidden water is perhaps one of the aspects that enables us to refer to Australia as "the lucky country" and enables us to flourish.

The continent's story is also that of Malvaceae; a matter of cohesion and separation/isolation with a yearning to again become a part of the whole. Geologists postulate that our continent originated in Gondwanaland (our mother). And, due to volcanic activity that controls movement of the tectonic plates giving rise to what is known as continental drift, this ancient landmass has broken away and moved south and east in an anti-clockwise direction over millions of years and is now slowly heading north and west towards Asia. On its arrival, the land in a sense having survived the inevitable isolation which ensues on breaking away from the parent and growing up as a consequence of the pitfalls of an individual journey, will have returned "home"!

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www.uq.edu.au/nuq/jack/Boab%20Origins.html

<http://www.boabsinthekimberley.com.au/the-boab-and-the-australian-aborigines/>

Websites (Brachychiton rupestris information):

Aboriginal Trail at the Australian National Botanic Gardens: www.anbg.gov.au > Gardens > Visiting > Exploring > Walks

Australian Native Plants Society: www.asgap.org.au/b-rup.html

www.bihrmann.com/caudiciforms/subs/bra-rup-sub.asp

www.home.vicnet.net.au/~wbotanic/Brachychitonrupestris.pdf

The Royal Botanic Gardens and Domain Trust: www.rbgsyd.nsw.gov.au > ... > Tours & Education > Self-guided tours

The Waite Arboretum Aboriginal Plant Trail: www.waite.adelaide.edu.au/.../aboriginal_trail_with_map_rev_2_11_06.pdf

Potencies of *Brachychiton rupestris* are available up to 200C and can be made up to LM's also.

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