



*The Weaving*  
*of*  
*LANA*

*By Della Hedger*

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# INTRODUCTION

*When I was a child I sat with my Nan and she taught me to knit. I watched her fingers weave the wool around the needles with ease and fluidity as if the wool was as much a part of her as her breath. Then I would watch my own slow, clumsy fingers attempting to mimic hers. As I have sat with my grandmother, so countless other women all over the Earth have also sat with their mothers and grandmothers, passing on this ancient skill from one generation to the next.*

*This is the journey of my relationship with wool – and I offer this proving as gratitude for the gift of creativity that has been passed down to me.*

*I honour my Mother and my Grandmother, I honour all the Mothers and all the Grandmothers and to them I offer this reminder:*

*“A woman sits in her comfy chair. Two needles and a ball of yarn keep her company..... This is not a revolutionary act. All the same, this woman is a revolutionary. She and millions of women like her, are making history in their homes. They are creating clothes for loved ones.....They are the heirs to Goddesses who understood that human survival depends on cloth. These ancients from China to Egypt, from Peru to the Pacific Northwest, understood that clothing contains the power of creation. The modern knitter is no different. She too, replicates the act of creation; she too keeps the child, the clan, the community alive..... Inside a stitch, just a single knitted stitch, lies the paradox of the ordinary, everyday textile hero. Her simple stitch helps keep the story of humanity alive; her work casts on stitches for the next generation”*

*Nora Murphy*

*From my love affair with knitting came the inspiration to work with wool for my final year homeopathic project. At first I felt compelled to work in a meditative way with wool, being inspired by the women in ‘The Mists of Avalon’ who enter trance like states whilst spinning. Whilst reflecting on how I could harness the combined use of spinning and meditative homeopathic provings, I pondered to myself whether wool (Lana) had ever been proven as a homeopathic remedy and so I began to cast on a new knitting project.... One like no other I had ever undertaken and one that has taught me some unique little stitches that I was quite unfamiliar with.*

## *The SUBSTANCE*

*When I first started my quest for the wool to use as the proving substance, it was a friend of mine that came to me and I knew I had to go and see her. Immediately she told me of some friends of hers in Carmarthenshire that had the perfect sheep for the project.*

*On the day we went to collect the wool it was very windy and cold. I was told that the best person to round the sheep up was the husband of my friends' friend. Apparently they followed him everywhere. He brought them into the yard and penned them in the barn for me to collect their wool. There were four Jacobs Sheep – *ovis aries* (which are an ancient breed of domesticated sheep) – A mother, her sister and her two twin daughters. They assured me they were completely organic and didn't use any dipping or any other harsh chemicals on their wool.*

*I decided to cut the wool from the softest, cleanest part of each sheep – a small piece from the throat of each animal. They were quite nervous but seemed relaxed enough to allow me to take a piece of their wool and as I did so I offered thanks.*

*Within a few days I begin preparing the substance for the proving. I Hoover the lounge, wipe down the table and as I reach for my book there is a clap of thunder and lightening and all the lights flicker. Si (my husband) comes in and switches off all the computer cables. I sit by the fire, it's singing. The sky has wanted to rain all day and finally it is. There are some hailstones. I've just put the first pestle and mortars in the oven to bake. I want to be indoors. The dog is asleep on the chair.*

*As I write this project up over a year later I am again sitting by the fire and as I write this last paragraph it begins to hail outside....*

## *Knitting in preparation for the proving.....*

*In April 2012 I was given a dream where I was told this remedy was linked to creativity. I saw a vision of a woman and her ability to birth was the action of her creativity, her ability to turn wool into clothing was a further expression of her creativity. And so I began knitting felted heart bowls for each participant of the proving. I knitted with pure wool and I asked the wool to talk to me whilst I knitted so that I could learn about its healing properties. I have had two messages from the wool. The first time it spoke to me it told me that it was really good for polycystic ovaries and on another occasion it told me it may be helpful in ovarian cancer.*

*Soon after we had a teaching weekend and on the board our tutor for that weekend – Linda Gwillim – wrote, “The ovary is the organ of creation”. I nearly fell off my chair. The synchronicity was beautiful.... Of course the ovary is the organ of creation! I hadn’t even thought of that!*

*I had also started to wonder at this time if the remedy had a link to the heart. I was surrounded by heart symbolism. Si was carving from wood the Queen of Hearts, I found myself making felt hearts for everyone and I couldn’t stop having this thought that the remedy would support people with an enlarged left ventricle of the heart or a hole in the heart.*

## *The PROVING*

*The triturated proving of Lana was carried out in April 2012 at a nature reserve in Southerndown, Mid-Glamorgan – just a couple of hundred yards from Southerndown beach. This beach has been a very important place to me in my life. I have had picnics there, gone swimming, had birthday parties, played tag with children, cried, walked and picked wild food. There couldn't be a better place for me to carry out this proving of Lana....*

*I decided to carry out the proving over a two day period, so that I was able to include an overnight dream proving as part of the process, with the intention of proving up to a C4. This also enabled the proving to have a nice gentle pace. The proving had eight provers (including myself) - 1 male and 7 females.*

- One mother and daughter*
- Six Mothers*
- Two Grandmothers*
- 1 Father*

*We had a lovely space to carry out the proving with a scrumptious open fire, our own kitchen where we shared food chatted and told stories of our lives. Over the two days we ate lots of cake and had a beautiful walk along the coastal path.*

*Each triturated round included three grinds and three scrapes, adding an additional third of the substance each time. At the end of each round people were invited to share the things that had come up for them and these were recorded on paper. Each prover was given a notebook to write the finer detail of their experience during the proving and I collected these books at the end of the process.*

*The proving continued the next day with everyone sharing their dreams and again these were recorded. We continued with a C4 round and half way through I felt compelled to stop as I felt all the information had been provided to us. All the participants agreed.*

## *Trip to Helios....*

About a month after the proving I travelled to Helios so that I could personally experience making Lana up to a 30c. I arrived on a beautifully warm day and was welcomed wholeheartedly by the staff at Helios.

I used the C3 powder to start making the 30c and as I opened the lid I found a hair in it... not surprising after all the hairiness of the remedy! I started by spilling the liquid everywhere with the substance in it and had to start again.

Mid morning I had a break with the rest of the staff and someone had brought some brownies in... I had to have one. I begin again with the 5c and am overwhelmed with nausea in my throat.

6c – feel a tingling in my vagina. Feeling lots of nausea in my throat, moving down to my diaphragm. Feel I need to clear my throat a lot.

7c – I notice people around me chatting. I feel tingling down the right side of my face and by my right ankle.

8c – I feel utterly astonished that when I look at the vile, it's hard to believe there's any medicine in there. Feeling constriction in my throat. I notice all the vibrations on the floor as someone walks past me. Someone says 'it's sea green' – that's how it is with nausea. I'm enjoying the breeze from the outside. My head is itchy. I'm finding it hard to spell.

9c – Someone puts a fan on, it's glorious and cool. It's so hot in here today. I feel uncomfortable with one of the men working here. He's quite cocky – I feel irritated.

10c – Someone is talking about a boys heart that isn't pumping properly. He has got a hole in his heart.

11c – Itchy neck and face. Still feel the nausea and I feel it in my belly now as well. Have become aware of my right ovary. The pouring of a drop becomes really tacky and slow. I'm quite sniffly.

12c – I just felt something very subtle change. I can't explain it, something magical just happened – like I just entered a bubble or a different realm or something.

13c – The pharmacist standing behind me is pregnant – everyone is commenting on how beautiful her bump is. During the tea break one of the women told me how she hadn't knitted since she was a child and that she had started knitting again when she

*was pregnant. I just looked at my hands and I thought they were old ladies hands - thought I saw age spots on my left hand.*

*14c - Some of the substance leaked out the top and it left a white residue down the side of the vial. Someone asked me what music I'd like to listen to - I said Bob Marley.*

*16c - Feel a bit dizzy and out of it. I need to get outside. I go outside for a while.*

*18c - Felt unbalanced on my feet. I had to move the floor mat so I felt more even. Made a mistake.*

*20c - My arm is starting to hurt.*

*21c - The vial smashed - it just popped as I put the cork in. Tried again - poured too much in... tried again.*

*22c - my tummy rumbles - I feel hungry.*

*27c - Cork felt really tight - felt I needed to be careful. Someone is talking about going on holiday to Wales tomorrow as I was just thinking about where my little sheep come from.*

*I was given some Lana 30c to give to each of the participating provers and Helios also very kindly gave me some medicating potency. I leave feeling very fulfilled and sit in a nearby park in the hot sun eating my lunch and watching all the busy workers sit and eat theirs.*



## PROPERTIES OF LANA

Wool is an extremely complex protein and is so resilient and elastic that it can be bent up to 20,000 times without danger of breaking, with each fibre having the elasticity that allows it to be stretched up to an extra third in length before bouncing back. It has a complex cellular structure allowing it to absorb moisture but at the same time repel liquid. The exterior wool fibres are hydrophobic (repel water) and the interior is hygroscopic (attracts water). No man-made fibre has ever been created that is able to do this.

### Warmth and coolness...

Wool functions as a temperature regulator, allowing the body to keep warm and stay cool. This is because it is highly absorbent. When the air is cool and damp, wool absorbs moisture from the outside but keeps a layer of dry, insulating air next to the skin. When it is warm, that same absorption capacity soaks up perspiration from the body, keeping that same layer of dry, insulating air next to the skin. This encourages our body's natural cooling system, which is why wool clothing is worn throughout the desert regions of the world, where it's hot during the day and cold at night. For this reason, sheepskin fleeces are also used as bedding for newborn babies as they are unable to fully regulate their own body temperature.

### Insulation...

Wool acts as a natural insulator. It keeps heat close to the body by trapping air within its fibres. When it gets wet it retains 80% of its insulation capacity, even when saturated, which is why fishermen often wore it whilst they were out at sea.

### Lanolin....

The word lanolin comes from the Latin word 'oleum' and means 'oil birth'. Lanolin is a wax produced by the sebaceous glands of sheep and acts as a waterproofing that assists sheep in shedding water from their coats. The role of lanolin in nature is to protect the skin from extremes of weather conditions. Hence it is a

natural emollient, softening the skin, which is why it is so often used in skin care products.

Lanolin contains ceramides, which is a waxy lipid molecule. There has been recent research showing that wool ceramides are similar to the ceramides already found in human skin tissue and are increasingly being used for pharmaceutical purposes as they have a natural ability to hydrate the skin and repair damaged skin tissue.

Lanolin is also often used for cracked nipples during breastfeeding and also used for babies when they have nappy rash. This is not only because of their ability to soothe the skin but also because it has natural antibacterial and anti-fungal properties.

# *SHEEP HEALTH*

*Sheep are prone to a number of diseases and health ailments but I'm just going to talk about some of the aspects that relate particularly to the proving of Lana.*

## *Bloat*

*Sheep that have grazed on too much rich vegetation or have a sudden change in diet can be prone to bloat. The animals can become low in energy with a rock hard bloated stomach. Bloat can also happen when animals have been put out to pasture after the winter and gorge themselves on greens. Bloat can be fatal for the animal and is often dealt with by giving the animals a simple hay diet, massaging the bloated tummy to force out gas and encouraging the animal to walk.*

## *Swayback*

*This is a copper deficiency most commonly found in lambs, which affects the brain and muscle control. They often lose the use of their limbs and drag them along behind themselves. This is avoided by giving the ewe a copper preparation during pregnancy.*

## *Grass staggers*

*Sheep can become wobbly when attempting to move or will lie on the ground shaking. This is due to a lack of magnesium in the diet.*

## *Abortion*

*Ewes can abort their lambs through a condition called 'ovine vibriosis', which is an infectious disease that causes abortion in late pregnancy. This can have a knock-on effect to other ewes creating an 'abortion storm' where up to 50% of ewes can lose their lambs.*

*In fact, in regards to abortion, it is commonly recommended that pregnant women avoid contact with sheep in the lambing season as it is thought that some infections can be passed on from sheep to humans, such as chlamydiosis, toxoplasmosis, listeriosis and Q fever.*

### *Scab*

*Scab is a mite that lives on the skin of sheep, which becomes intensely itchy and can cause their wool to fall out. The animals can become increasingly irritated as the mite spreads and can eventually cause the animal to become aggressive and even experience fits.*

## HISTORY OF SHEEP & WOOL

From archaeological digs throughout western Asia, it is thought that sheep were being domesticated in excess of 7000 years BCE, with breeds first reaching the shores of the UK around 4000 BCE. Jacob sheep happen to be one of the oldest breeds of domesticated sheep recorded. Originating from North Africa, being taken through the Mediterranean region, up through Spain to the UK and also along the Silk Road to China.

Initially sheep were used primarily for their meat and then around 6000 BCE there is evidence of sheep starting to be used for their wool, with archaeological remnants of woollen garments being found in Iran.

For thousands of years, in areas such as Jarmo, Northern Iraq, the use of wool in the making of clothing was carried out in the home for the purposes of clothing family members but by about 1900 BCE, according to the historian Elizabeth Wayland Barber, women had become so proficient at this skill that they began turning it into an industry. For hundreds of years women spun wool and made it into garments in their homes and essentially controlled the wool industry, using men to take their woven garments on the trade routes across Western Asia and towards Europe. By 1500 BCE the Greeks had discovered the art of spinning and weaving and from this point it became an industry controlled by men. The profits of this industry left the home and became big business where women were sidelined. Interestingly enough, Marija Gimbutas, the famous archaeologist noticed that around this time the importance of the Goddess in Greek culture started to shift with more emphasis being placed on the importance of the Gods. This story isn't unique to the Middle East & Europe. The craft of spinning, weaving and knitting has appeared in many cultures around the world with little evidence of its origins, in South America and Africa there is a history of using wool to make garments, although invariably from different species of animals such as Llamas for example.

Eventually the Romans became the exploiters of the wool trade, using Greek slaves to spin and weave and by about 50 AD the Romans had a large wool processing factory

in Winchester. By 1000 AD England & Spain had become two of the main centres of wool production in the West. In fact wool had become a prized commodity and it was the wool industry that largely funded exploration to the Americas.

Wool had become such an important part of the trade industry that by the mid-1300's, King Edward III introduced the Woolsack into parliament. This is a pillow stuffed with wool, which is gathered from around the Commonwealth that the Lord Speaker sits on and is still used to this day. Its purpose is as a symbol of the wealth of England.

By 1660, woollen products represented two-thirds of all English exports and as with Spain, helped fuel England's colonial conquest to strengthen the empire.... England had invented the knitting machine, which transformed the industry and in 1699 England brought in the Wool Act to heighten their control of the industry. This opened up the market for England by forbidding exports of wool from the American colonies and tightening restrictions in Ireland so that wool could only be traded with England. This act was not revoked until as late as 1867.

In 1800's children from the age of 9 were used to work in the woollen mills. They were classified as apprentices were given basic board, food and an hour of schooling a week. They worked from 5am to 8pm in the evening in horrendous working conditions. Many of them developed hearing problems due to the noise of the machinery and eye inflammations and chest infections were commonplace due to the high volume of wool dust in the air. They received no pay and often ended up with severe spine and limb deformities from the nature of the work.

The corruption, maltreatment and greed created by the wool industry was slowly transformed with the assistance of Mohandas Gandhi who spun his own clothing as a way of igniting the people's heart and reminding them to take back their own power. It was an act of nonviolence, which in part led to the Indian economic rebellion of the British empire and supported Indian Independence in 1947.

## MYTHOLOGY & FOLKLORE

### *The Bible....*

*In the Bible wool is often used in reference to whiteness and purity, such as when Jehovah says, "Though the sins of you people prove to be as scarlet, they will be made white just like snow; though they should be red like crimson cloth, they will become even like wool". This sense of purity or perfection is also referred to with "The Lamb of God". This is a reference to Jesus as a perfect sacrificial offering of purity, in that Christians believe that Jesus sacrificed himself for the common good.*

*There is also numerous symbolic reference related to sheep in the Bible. It is suggested that the use of the word sheep refers to defenseless and innocent followers of Jesus or anyone else for that matter. So the followers of Jesus are said to be 'well cared for' whilst 'the masses' were considered to be 'harassed and helpless, like a sheep without a shepherd'.*

### *The Golden Fleece.....*

*The Golden Fleece features in Greek mythology in the story of Jason and the Argonauts. The Golden Fleece is said to have had magical healing properties, encouraging all things in nature to grow more healthily with greater vitality and if worn it was said to speed up the healing process. In terms of the possible roots of this story, one interpretation suggests that historically fleece was used as a method of washing gold from streams. There is evidence of this being used from 5000 BCE, where sheep fleeces were stretched over wooden frames and submerged in streams to collect gold deposits. They were then hung in trees to dry out and the gold would later be combed out.*

### *The Black Sheep....*

*This term, which refers to someone who stands out from the rest of the group, usually in a perceived negative way is thought to have come from the occasional black sheep that would be born on a farm. When this happened it would be considered commercially undesirable as it wasn't possible to dye black fleece and also because it*

stood out from the rest of the fleece and couldn't be sold in bulk. A black sheep had an added negative connotation in that around 16<sup>th</sup> century the colour black was often connected to the devil with dark or wicked intentions.

Welsh wool measuring.....

According to Susan Philpin who wrote 'Folk healing and healthcare practices in Britain and Ireland', at the turn of 19<sup>th</sup> Century a form of healing was used in Wales called wool measuring. This was most commonly used for people who were 'clefyd-y-galon' or 'sick at heart'. The actual process of how wool measuring worked is not that clear to me but from what I can gather, the healer would use a length of wool to determine the health of a patient and how the patient was progressing. The measuring would happen each day and this would inform the healer of the patients progress. The recipient would not need to be present so from what information I can find this form of healing was a kind of shamanic work that was undertaken.

This is just a flavour of some of the references to sheep and wool in our culture. There is the potential to write many pages on this subject but I mainly just wanted to use some of the references that I felt were connected to both healing and the proving of lana.



## THEMES OF LANA

Within this section I am going to run through some of the central themes of the remedy that came through the strongest in the proving. I have given a flavour of some of the statements made by the provers but for a more detailed analysis please see the appendix at the back of the book. Please note that provers 6 & 8 knew what the substance was.

### Rebellion / Freedom...

This quality came up for all the provers and relates to that idea of people 'being a sheep/following the crowd'. It was expressed in many different ways with 6 of the 8 provers all noticing how the substance kept coming out of the bowl. The substance was described by provers as flowing out, not being able to contain it, popping out, jumping out and that it has a mind of its own.

The desire for freedom and rebellion was also talked about more explicitly:

- p1 - 'It doesn't want to conform, will do what it wants. Sense the rebel.
- p2 - 'I want to be a rebel. Feeling of freedom. Running in the wind. Nothing seems to matter
- p6 - desire to break the mould. I'm wild
- p7 - 'Feel a need for freedom
- p8 - not meek but speak out loud. Free love - liberation. FREEDOM

### Desire to Philosophize...

This came out as a very strong theme in the proving with all of the provers tending towards a very philosophical outlook whilst taking part. This included asking rhetorical questions about the nature of the universe alternating with a sense of complete acceptance about it:

- p1 - 'I have the feeling - why does it matter? It just is what it is.
- p2 - 'Earthly, heavenly, what's the connection? What's inbetween? Where do we actually come from?

- p3 - Why continue? There can't be much else except presence and acceptance.
- p4 - Life is never perfect but that is what is perfect about it
- p6 - desire to philosophize
- p8 - I know everything because I know nothing

### Birth / Death / Circle of Life...

6 of the 8 provers referred to the circle of life and an acceptance of it in some context. This has come through as being an important central quality to the remedy in that many of the participants drew pictures of spirals and there was a strong sense of this remedy being used at the beginning and end of life. This resonates with the idea of knitting blankets for newborns or knitting a death shroud for those passing through.

- p3 - witnessing birth and death. Death brings birth.
- p4 - the circle of life revolving inexorably - nothing to fear
- p6 - desire a shroud. Blanket for the newborn.
- p7 - Sudden thought of a baby I knew who died recently. Comforted as she was part of the cycle of life as it is. Feels easier.
- p8 - spin the wheel of life, who shall I be next time?

### Protection / Home / Comfort...

When I think of knitting some of my first thoughts are of a woman, sitting in a chair, by the fire, all cozy and so it was not surprising to me that there was lots of reflections on home and desire for warmth and coziness within the proving.

- p1 - want to be by the fire in the warm. Love my family, love my home. Love my friends.
- p2 - Thinking of Auntie Ann - shoes off - comfy carpet.
- p3 - I feel nourished and nurtured and cozy and warm.
- p6 - desire cozy, comfort and warm
- p7 - a feeling of coming home

### Care of children / Pregnancy / Fertility...

The quality of knitting, spinning and weaving is one of creation. Not just creation in its own right but creation with the purpose of clothing, protecting and caring for others. With this came a sense in the proving of wanting to care for children but also reflecting on pregnancy, whether past or the desire for the future.

- p1 - Thinking about my belly. See belly shape in the bowl. Pregnant belly.
- p2 - oh god - who's looking after the children - minor panic. I can't have another baby
- p3 - I am feeling broody. Looking at young children and wanting to look after them.
- p6 - I was a godmother looking after someone else's baby
- p7 - Lkening three minute scrape which seems a long while to the time a babies head is born before its body can come out.

### Lack of food / wealth...

There was a strong sense for all the provers of being hungry and not having enough food. From the research carried out on sheep, this resonates with sheep bloat where the animals gorge even when they are not hungry but constantly eat, especially rich foods, like fresh spring grass.

- p4 - Thinking of the dustbowl of America and the scarcity of food.
- p5 - Thoughts of feeding the hungry - a beggars bowl.
- p6 - Feels very psoric
- p7 - As though I had chopsticks and was scraping around a bowl of rice.
- p8 - I'm finishing off a bowl of soup - I'm scraping around the edge because I'm hungry.

### Cold / Snow / Outside...

5 of the provers talked about snow and from the references in the Bible, both wool and snow are used interchangeably in referring to purity. Many of the provers also talked about the outdoors, specifically wild countryside landscapes.

- p1 - Thinking of snow again

- p2 - shoveling snow / Thinking about Ireland - fields, stonewalls, wild landscapes.
- p3 - White like snow and silent like walking through a snowy landscape.
- p4 - snowy mountains come to mind.

### **Grounded/Ungrounded - Connection/Disconnection...**

This theme came up for 7 of the 8 provers and related to both the connection with self and also our connection to the wider universe.

- p1 - feel a bit more grounded / feel connected to everything
- p3 - strong and connected to heaven and earth / feel detached
- p4 - feel the substance must be very grounded
- p5 - very grounded substance / connection through my crown chakra
- p6 - basic and grounded / refugees - people who are displaced
- p8 - feel disconnected from my body

### **Creativity / Storytelling...**

As mentioned earlier, the common uses of wool have a creative purpose so it felt clear that there would be some form of creative link. This creativity also came through as a link to the ovaries as the organ of creativity.

- p1 - reminded of a song I made up with my sister that we used to sing in the bath
- p4 - Each person is like a stone mason - carrying their story in time, which is infinite
- p6 - blanket for the newborn, patchwork knitted blanket / folk songs, folk stories
- p8 - women sitting around together, baking and preparing

### **Female heritage / Ancestors...**

The spinning and weaving of wool has been women's work for millennia and so naturally this remedy is a link back to our female line... the remembering of those that have walked before.

- p1 - I want to feel the bond again - seeing the umbilical cord connection with my mum and my nan.
- p5 - Thoughts of my mother being passive aggressive towards me.
- p6 - Importance of the maternal line - the eggs being formed in the grandmother.
- p7 - Thoughts of my mum and dad
- p8 - Letter M for mother in the powder.

### Mineral / Fossil / Ancient...

This quality of thoughts of ancient sites and minerals came up for 5 of the 8 provers, mostly relating to rock formations in some way.

- p3 - Ancient earth, ancient and unperturbed
- p4 - iron age hill forts. White cliffs of Dover
- p6 - fossil, old, ancient. Very aware of the rock strata in the cliffs
- p7 - thinking of stone circles I've visited

### Acceptance / Rejection...

Some of the provers expressed this as an acceptance of self whilst at other times it was expressed as a rejection of one particular member of the group. All the provers picked out the same group member and for me this represents that quality of being a 'black sheep' - someone that doesn't fit in with the rest of the group. I think this aspect of the remedy could be beneficial for people that have been adopted or rejected by society in some way.

- p2 - Irritated that .... Kept on scraping. Stop it, Stop it now!
- p5 - Acceptance of others suffering
- p6 - Acceptance of self - warts and all.
- P7 - ..... is mixing so fast and energetic, it's a bit annoying
- There's always one on the outside. One person in the group on the outside.

### Polarity...

This came through constantly in most of the provers books, a little of which has come up already from that sense of being grounded/ungrounded, acceptance/rejection. It was also expressed in the physical symptoms with a feeling of being hot then cold and also on an emotional level with an alternation between joy and grief or irritability and calmness. It is important to remember that the Jacob sheep is a dark brown sheep with white patches...

- p1 - feel heavier - not as light as before
- p5 - feel passive aggressive/ now feel completely different - kind, nicer and polite
- p6 - chilled out / irritated. Black/white. Not enough/too much

### Hair...

I feel this has to be mentioned here because it came up again and again through the provers books that there was hair in the substance, that hair was annoying, that they were finding hairs. This is a complete speculation on my behalf but where this has led me is that the remedy clearly has a link with the ovaries and for two of the provers the condition of polycystic ovaries came up. It is possible that this could tie in with the idea of polycystic ovaries as quite often this is connected with a hormone imbalance, which causes an overproduction of hair.

- p1 - saw a bit of hair and couldn't get it out
- p2 - keep seeing hairs on me
- p5 - there's a hair in my bowl
- p8 - my hair gets in the bowl

# REPERTORY

## MIND

[Note: within this section I haven't included every single reference to each expression, just an example of each. For the complete text of each prover please see the appendix]

### - ACCEPTANCE

- Feel like I'm looking into a crystal ball. But just seeing and accepting. (p1)
- Acceptance of others suffering – not getting drawn into it. (p5)
- It's OK to just be me and just be. Acceptance of self, warts and all, on all levels, appearance, thoughts, emotions. (p6)

### - ALIENATED

- Irritated that X kept on scraping. Stop it. Stop it now! (p2)
- X is crying. I'm not going to notice it, be cold to her, distant and back off. Completely ignore her – turn away (p5)
- What about adopted children – not belonging – the outsider of their own lineage (p6)
- Feeling like I have something to prove in order to be accepted. Yet end up knowing I'm OK and I don't need to try so hard (p6)
- X is mixing so fast and energetic, it's a bit annoying (p7)
- There's always one on the outside. One person in the group is on the outside (p8)
- Feel like X is attention seeking (p8)
- I've been condemned, outlawed, not accepted by people (p8)

[Note: all the references to X are the same person – highlighting the quality of a black sheep in this picture]

### - AWARENESS HEIGHTENED

#### BODY OF – EYES

- Saw eye peaking out (p1)
- Staring into eyes (p2)
- Eyes eyes eyes, I keep seeing eyes. Different animals, just their eyes and sometimes eyelashes (p2)
- There is an eye in the bottom of my mortar, unblinking (p3)
- There is a beautiful eye in the bottom of my bowl. Very eye like - perfect eye (draws an eye) (p5)

### - CHILDREN

#### NURTURE – DESIRE TO

- Dreamt my son's friend drowned in a dark pool and I whipped him out and resuscitated him. He breathed and then turned on his side and was sick (p1)
- Children – are they safe in school. Children playing on the yard. Oh God – who's looking after the children – minor panic (p2)

- I am feeling broody. Looking at young children and wanting to look after them (p3)
- I am looking after many people – a mother to many. Caring for a whole tribe – looking after the village (p5)
- (Dream) I was looking after a tadpole, it was largeish with a broad tail. I had it in a small plastic bag in water. I pulled it out of my pocket and the tail snapped off. I was disappointed (p5)
- (Dream) I was a godmother looking after someone else's baby. Children were attracted to me and I ended up with all the children on the bus – loved it (p6)
- Protecting children from the environment. Annoyance that people want to but do nothing about it (p7)
- The powder is an egg. I have to look after it and care for it. It is my responsibility. I am the sole caregiver. Remedy for mothers bringing up children on their own (p8)

## - CONNECTION

### SENSE OF

- Feel connected to everything. Salmon symbolizes circle of life and connection (p1)
- Strong and connected to heaven and earth, spirit and ground (p3)
- Everything is connected to everything (p4)
- Connection with my crown chakra / Connected to higher self (p5)
- Keeps us connected to the past / Connection where there is disconnection (p6)
- We are all linked together, one to the next in a circle (p8)

## - CREATIVE

- Reminded me of a song I made up with my sister that we used to sing in the bath. "I'm riding on my bicycle.... (p1)
- Tribal – music and dancing and singing (p3)
- Each person is like a stone mason – carrying their story in time which is infinite (p4)
- Looking at the pattern of the tea leaves at the bottom of the bowl (p5)
- Noticing the pattern in the bowl / +rhythm, pattern and colour (p6)
- Blanket for the newborn, patchwork knitted blanket (p6)
- Spinning a yarn – the importance of oral storytelling, passed down from generation to generation (p6)
- Women sitting around together, baking and preparing / Women together wringing out the washing and making clothes (p8)

## - CURL UP

### DESIRE TO

- Thinking about bedtime – curling up in bed (p1)
- Hot water bottle. Warmth, comfort. I want to snuggle up and lie down (p2)
- I feel I want to curl up and snuggle, held safely in this all encompassing, all known, all forgiving space. Womb? (p3)
- Everytime I did (wake up at night) I really wanted to curl up in a foetal position (not usual) (p3)
- Desire to curl up in a ball (p6)

## - DEATH



## THOUGHTS OF

- Deep appreciation for the life circle (p1)
- Closed my eyes and found myself in a dark tunnel. I'm an adult crawling through it towards a light. Then I'm in a white room. Everybody's white. There are no colours. People are dancing (p2)
- (Dream) People dying – stepping over people on the ground in the street. Appears to be normal. Parts of bodies, intestines, bowels. People waiting to be buried (p2)
- Witnessing birth and death / Death brings birth, pain brings happiness / Putting the powder in – ashes to ashes, dust to dust (p3)
- The circle of life / Back to dust before rebirth as something or someone else (p4)
- Desire a shroud / Cycle of life – in/out, come/go, birth/death (p6)
- How beautiful a circle is – relates to life. Then sudden thought of a baby I knew who died recently. Comforted as she was part of the cycle of life as it is. Feels easier (p7)
- Thoughts of my mum and dad. That they are in the latter part of their life. Particularly dad (p7)

## - DELUSION

### BODY – OUT OF THE BODY

- Feel as though I'm not in my body, but watching (p1)
- Stretching up through my head, like a channel to the other world – more out of my body, lifted (p5)
- Feel disconnected from my body like I don't know what I am feeling (p8)
- I'm going to leave my body, fly away. I have to work to keep myself inside my body (p8)

### FOOD – LACK OF

- Thinking of the dust bowl of America and the scarcity of food and livelihoods that that meant for the farmers (p3)
- Thought of feeding the hungry – a beggars bowl, scraping together, scraping the bottom of the bowl (p5)
- Now this is the opposite - Delhi slums – scraping by – poverty – no wastage (p5)
- Feels very psoric / not enough – too much (p6)
- Feel as though I had chopsticks and was scraping round a bowl of rice (p7)
- I was slightly annoyed last night that the meringue was cut into 8 pieces. I thought it would be too much and that some would get wasted (p7)
- It's like I'm finishing off a bowl of soup – like I'm scraping around the edge because I'm hungry. There's not enough food (p8)

### WATCHED – SHE IS BEING

- Are people looking at me now when my eyes are closed? (p2)
- Seeing/observing, being watched (p6)
- Felt a bit scared of a ghost watching me at night (p8)

## - FIRE

### NEAR THE FIRE DESIRES TO BE

- Want to be by the fire in the warm (p1)
- Felt wide awake (at night) and peaceful in the quiet dark and sat in front of the fire (p4)
- Thoughts of a campfire (p5)

- I wish the fire was going / I sit by the fire and I stare / By the fire (p8)

## - FREEDOM

### DESIRES

- [note: 6 of 8 provers made lots of references to the substance spilling, jumping, flowing, popping out of the bowl, referring to it as 'not wanting to be contained']
- Feeling free (p1)
- Feeling of freedom, running in the wind. Nothing seems to matter (p2)
- Had a great sense of freedom, wanting to run down the hill as if I could fly (p2)
- Thinking about freedom, no ties (p2)
- Independence – giving on your own terms, willing but out of own choice (p3)
- I'm wild. Don't want to be farmed, disentangled, carded, combed, knitted, reformed. Leave me alone to blow in the wind, to be natural, as I am, free, wild, untainted, disorganized, unfocussed, creative, naturally beautiful (p6)
- Feel a need for freedom, to be on my own in life (p7)
- Spilling it again. Freedom... FREEDOM (p8)

## - GROUNDED

- Feel a bit more grounded. Know where I am – well aware of the outside (p1)
- Mortar wants to sit on the ground – good connection to the ground / Feels very grounded (p3)
- Feel the substance must be very grounded (p4)
- This is a very grounded substance – earthy (p5)
- To be grounded in myself (p6)

## - HAIR

- Saw a bit of hair couldn't get it out (p1)
- Keep seeing hairs on me, loose hairs, and have to remove them (p2)
- There's a hair in my envelope, get it out! (p2)
- Itch in ear – slightly painful like someone is inserting a hair into it (p3)
- There's a hair in my bowl – eyelash? Should it be there? (p5)
- Yet another god damned hair (p5)
- Hair static and sticking out (p6)
- My hair gets in the bowl, I pick it out (p8)

## - HOME

### TALKS OF

- Love my family, love my home, love my friends (p1)
- Thinking of home and comforting things. Hot chocolate and fires. Home is where the heart is. Feels yummy. Happy thoughts of home and family (p1)
- Thinking of Auntie Ann – Custard – Shoes off – comfy carpet – shag pile, cream and clean (p2)
- Substance is clinging tightly to the side of the bowl – feels at home there (p4)
- A feeling of coming home (p7)
- I want to be still, at home, with no-one bothering me (p8)

## - IRRITABILITY

- Feeling a bit more frustrated – it's (powder) not doing what it was (p1)
- Irritated when powder flew out and went on scarf – had to rub it off! (p2)
- Really irritated by telephone bleeping. Want to stop it! (p2)
- People irritating me with their little tap tap tapping (p5)
- Irritated by any stuckness in the bowl / irritated by hair on face (p6)
- Feeling a bit more annoyed that we're still doing this (p7)

## - MOOD

### CHANGEABLE

- Feel heavier – not as light [as before] (p1)
- Feel passive aggressive...../ .... Now feel completely different..... kind, nicer, polite (p5)
- Feel restricted/het up. Complete switch in how I'm feeling (p6)
- Chilled out / irritated (p6)
- It's OK to be up and down (p7)
- A little anxious / contented (p7)

## - PHILOSOPHIZING

[note: this is a small sample of a vast number of philosophical comments from the provers]

- I have the feeling – why does it matter? It just is what it is (p1)
- I'm open to whatever comes and goes (p1)
- Thinking about dreams and how strange they are and how real they feel (p2)
- If I had to tell people what it's like to be me what would I say? Would anyone really be interested. I'm really not that bothered about what people think. Should I be worried about not caring? Should I care? (p2)
- Joy of life and no worries. Not out of naivety but out of knowledge that it is a choice to be joyous – else we just get lost in the neverending wheels of life and suffering (p3)
- It doesn't matter – all that matters is happiness and joy and that can be created anywhere. It's an attitude not a circumstance (p3)
- Life is never perfect but that is what is perfect about it. (p4)
- Is time linear? Not sure (p4)
- The universe has more than enough for me. Humans are grabby, needy. We take more than we need (p5)
- Be in the now – ever present. Attending to the reality and not the delusion. Not the assumption from the past or the projection into the future (p6)
- Desire to philosophize (p6)
- Different families express love in different ways. Emotions can change in a very short time (p7)
- The warp and the weft of life holds all the knowledge. What we think is honest might not be. It is all our projection (p8)

## - PROTECTED FEELING

- Thinking of my goldfish in his bowl – Feel safe, looked after, Fed (p1)
- Women's breasts – large and comforting. A man's head next to them (p2)

- I feel nourished and nurtured and cozy and warm (P3)
- In our process of reincarnation we have the gentle first stepping into a body whilst being in the womb. Hearing the universal beat in our mothers heartbeat – gentle, soothing, soft, connected, nourished, nurtured, safe, heavenly (P3)
- Feel at ease, at home in the vastness of the universe (P4)
- Desire cosy, comfort, cwtwch (P6)
- A very comforting feeling just before grinding (P7)
- Want to be nestled somewhere safe. Away from danger and the cold (P8)
- Bed felt really comfy and safe, like a cocoon (P8)

## - PURITY

### DESIRE FOR

- Want to keep the substance nice and tidy and pure (p1)
- Substance doesn't feel pure anymore. It feels stained, dirty, like sludgy snow at the side of the road compared to pure whiteness (p2)
- Thoughts of dust, fluff, things getting in the bowl that shouldn't be there (p5)
- I don't want to touch the substance. As if I would make it impure, smooth and perfect (p8)

## - QUESTIONS

### SPEAKS CONTINUALLY IN

- Thinking about the culling of badgers then of vaccination. Why do we interfere? Spiral that intervention causes. Why can't people see that? (p1)
- What have I been put on the earth to do? Why am I here? Does there have to be a reason? Am I meant to achieve something or just live? Does there have to be a goal or just life as I know it? (p2)
- Stuck in a never-ending loop. What is the point? Everybody is scraping away, not getting anywhere. What are we hoping for? (p3)
- I can journey on, but to where? (p4)
- Spin the wheel of life, who shall I be next time? (p8)

## - REBELLIOUS

- Strong and independent. It doesn't want to conform. Will do what it wants. Sense the rebel (p1)
- (Dream) Feeling quite strong and rebellious and answering back in a rebellious way (p1)
- I want to be a rebel and scrape with my grinder. I just started to grind with my scraper (p2)
- I don't care if I offend (p5)
- Desire to break the mould and not follow the pattern (p6)
- Fuck off and leave me alone, desire to turn my back on everybody – on the world (p6)

## - RULES

### AVERSION TO

- I started scraping before Della gave the go ahead to start scraping. (p1)
- Why is X adding the powder? They haven't been told to do that! WAIT! (p2)

- X stopped, I want to stop too but I should keep going. (p2)
- When would I make the decision to not do what someone might be expecting of me? (p3)
- Why should I do as I'm told (p6)
- Not meek but speak out loud. Free love – liberation (p8)

## - SENSES

### ACUTE

- Noticed colours in the toilet seemed vibrant (p2)
- Pink of the flowers in the room too bright (p2)
- Smells are acrid (p3)
- Only clear thing is the powder in the bowl – sharp focus down to tiny grains (p6)
- Sense of smell increased (p6)

## - SENSUAL

- A sexual sensual feeling. Remember lying back on mattress on floor feeling sensual (p1)
- Sexual acts – enjoyment of sex but in the process of baby making. (p2)
- Sensitivity in my vagina – feel like I would like sex. (p7)

## - SIGHING

- Keep sighing (p2)
- Hear deep sighs from X (p5)
- More sighs from across the room (p5)
- Desire to Sigh out (p6)
- Big sigh – always more breath (p8)

## - STUPEFACTION

- Feel in a bit of a daze – not sure what I'm doing (p1)
- I feel scatty (p1)
- Head in a fog (p6)
- Woollyheaded (p6)
- Confusion of where we are in the process (p8)

## - THOUGHTS OF

### ANCIENT MINERALS

- Ancient earth, ancient, unperturbed (p1)
- Iron age hill forts, eroding cliffs, white cliffs of Dover (p4)
- Very aware of the rock strata in the cliffs. Old ancient wisdom, mineral (p6)
- Thinking of stone circles I've visited (p7)
- Lana a lady as old as the hills (p8)

### COUNTRYSIDE

- Feels like I'm in the mountains skiing (p1)
- Thinking about Ireland – fields, stonewalls, wild landscapes (p2)
- DREAM – of being out in the country, it felt good – green and space and hedgerows (p3)
- Snowy mountains come to mind (p4)
- Wind, moorland, desolate countryside, elements, snowy mountains, fresh air (p6)

## **MOTHER**

- Thinking about my mum when I was 5 (p1)
- Feel the connection with my mum, feel the strong bond (p1)
- Thoughts of my mother recently being passive aggressive towards me (p5)
- Importance of the maternal line – the eggs being formed in the grandmother. Crone wisdom (p6)
- Noises remind me of the whirr of my grandmothers sewing machine (p6)
- Thought of mum and dad – they are in the latter part of their life (p7)
- Really aware of my mum it's like we're the only two people here (p8)
- Letter M for mother in powder (p8)

## **SNOW**

- Thinking of snow again (p1)
- Nice to see the white snow (p1)
- Shoveling snow / Want to write in the snow / Dreamt of snow outside (p2)
- Still thinking about fresh powder snow on mountainsides (p4)
- Thoughts of snow (p7)

## **- TIDY**

- Oh no, spotted a small red thread in the beautiful white. Get them out, don't want them there. Want to keep the substance nice and tidy and pure (p1)
- Want to make it into a neat pile in the middle. Tried to get the edges perfect, it was beautiful (p2)
- This scraping can be done very neatly – meticulous. Feeling meticulous, need to put things tidy (p3)
- Feel quite organised, not making mistakes (p5)
- Has to be done properly. Want the powder to cover the bottom perfectly (p8)

## **- TIME**

### **QUICKLY, APPEARS SHORTER, PASSES TOO**

- Time just went very fast (p2)
- Wow – time just flew then (p3)
- Time is speeding up (p3)
- Time passes really quickly (p6)
- Time passed in a flash – over before I'd really begun (p6)

## **VERTIGO**

### **- NAUSEA**

- Slightly nauseous – giddy feeling (p7)
- Intense nausea as if faint on standing (p6)

## **HEAD**

### **- HEAVINESS - morning**

- < morning. Muzzy head. Almost like a hangover feeling. Woke up feeling heavy (p1)

Heavy foggy head on waking (p7)

- LIGHTNESS – SENSATION OF

Lightheaded (p2)

Feel a bit lightheaded and dizzy (p5)

Spacey – lightheaded (p6)

**EYES**

- CLOSING THE EYES - desires

Feel droopy eyed – sleepy (p2)

Feeling dozy, could close my eyes and go to sleep (p3)

Heavy tired eyelids (p4)

+ close eyes (p6)

- COMPLAINTS OF

Right eye irritation (p2)

Eyes dry <left. Now both eyes really dry. +to close them (p3)

Left eye hot and sore – like it's red (p5)

Pain above Right eye (p6)

- TIRED SENSATION

Feel droopy eyed – sleepy (p2)

Could close my eyes and go to sleep (p3)

Tired eyes/ heavy tired eyelids (p4)

Eyes feel heavy and tired (p7)

**VISION**

- BLURRED

Blurred vision (p2)

Blurry vision – like I want my glasses (p3)

Eyes starting to unfocus (P4)

Blurred vision on trying to write/ everything out of focus, blurred, really hard to see (P4)

**EAR**

- ITCHING - left

Left ear – strong itch (p1)

Left ear itching – sharp pointy pain/ Left ear itching - external (p3)

Itching on bone underneath left ear / Left ear itching(p6)

- ITCHING – meatus - left

Left ear itching inside, slightly painful – like someone inserting a hair into it (p3)

Left inner ear itching (p6)

Left ear – strong itching deep inside (p8)

**FACE**

- CLENCHED JAW

Aching jaw (p6)

Need to relax jaw (p7)  
Tense jaw – front teeth ache (p8)

## **MOUTH**

- APHTHAE (also see ulcers)
  - Had severe mouth ulcers 4 days before / Mouth ulcers are unbelievable – as if they're saying stop, stop (p2)
  - Mouth ulcers (p6)
  - I never get ulcers and I had about 3-4 ulcers in my mouth for about a week after the proving (p8)
- SALIVATION - profuse
  - Swallowing saliva (p2)
  - Extra salivation (p6)
  - Lots of saliva in mouth (p7)
  - Lots of saliva in mouth (p8)

## **STOMACH**

- APPETITE - increased
  - Feeling hungry – want to stop and eat (p2)
  - Feel overfed and sludgy (p5)
  - Empty feeling in stomach – extreme hunger (p6)
  - Picked a card – appetite – always hungry / Hungry (p7)
  - Tummy rumbling – I'm hungry (p8)
- ERUCTATIONS – desire to
  - Keep burping (p2)
  - Need to burp (p7)
  - Burping – I want to burp (p8)
- NAUSEA
  - Nausea feeling / Nausea in stomach – want to throw up but can't (p2)
  - Nausea (p6)
  - Slight nausea (p7)
  - Strong nausea (p8)

## **FEMALE**

- MENSES – too early
  - My period just came after two months of having no period (p1)
  - My period started 2-3 days early (p3)

[note: one of the meditative provers also started her period early after the meditative proving]
- PREGNANCY
  - See a foetus shape in the bowl. Been thinking of babies since our course weekend. (p1)
  - Emotional about not being able to have a baby now with my current partner. (p2)



- Baby swirling in womb. I dreamt my daughter had a baby last night on her own. (p2)
- Womb? Mother, babies /It's like it was in the womb / I am feeling broody (p3)
- Likening the three minute scrape which seems a long while to the time a babies head is born before its body can come out. (p7)
- I want to be pregnant and have a healthy child in my belly. I want it to be my husbands (p8)
- I see another foetus (p8)

- **TINGLING** - voluptuous

Awareness of genitals – buzzy feeling – erotic down below (p5)  
Sensitive vagina – tingling (p7)

- **OVARIES** – complaints of

Pain in region of R ovary / sharp stabbing in right ovary / R ovary pain, dull (p2)  
Awareness of ovaries / polycystic ovaries (p6)  
Sensation in Left ovary / dragging in left ovary / polycystic ovaries (p8)

## **CHEST**

- **PAIN** - mammae

Pain in Right breast – slight (p2)  
Slight pain in Left breast above nipple (p5)  
Slight ache under Left breast (p7)

- **SWELLING** – sensation of - mammae

Breasts became large and hard from ovulation to menses (p3)  
After the proving I developed large, hard, sore breasts from my ovulation to menses.  
Extremely sensitive and painful to touch (p8)

## **BACK**

- **PAIN** – lumbar

Twinge in back – lower left side (p1)  
Pain in lower back – LHS – sharp (p2)  
Weakness in my lower back (p5)  
Slight tingling sensation in my lower back (p7)

- **PAIN** – weakness with

Backache general (p2)  
Aware of weak lower back (p5)  
I don't need back support, I always usually need back support (p8)

## **EXTREMITIES**

- **PAIN** – hands - aching

Hand aches as I hold the bowl (p5)  
Aware of hands aching (p6)

- PARALYSIS

Left hand felt paralysed (p2)

Can't write – feel wobbly – can't pick up the pen properly – paralysis (p8)

- RESTLESSNESS - legs

Restless legs (p6)

At night m legs felt agitated +to keep moving, like I want to run (p8)

- SHUDDERING – upper limbs

Shivers running up my arms (p3)

Shivers going up right arm to right shoulder (p5)

- WEAKNESS – hands – grasping objects on

Can't hold bowl +to let my arms hang (p3)

Hand aches as I hold the bowl (p5)

Loss of grip with Left hand (p8)

**SLEEP**

- FALLING ASLEEP - difficult

Feeling awake all night (p6)

Took a long time to get to sleep (p8)

- SLEEPINESS

Feel tired (p1)

Feel tired all over (p2)

Feeling dozy (p3)

+sleep (p6)

Sleepy feeling (p7)

Feel tired (p8)

- WAKING – too late

Overslept (p6)

Awoke an hour later than usual (p7)

- WAKING – heat – from and with

Woke up very hot (p2)

Hot at night (p3)

Hot (p6)

Really hot in bed but I didn't want to take layers off (p8)

**DREAMS**

- TRAVELLING

(DREAM) On a boat, a big ship like the Titanic. It sailed the same route for tourists (p5)

(DREAM) Travelling on a bus (p6)

(DREAM) I'm in a bus depot, it's like a youth centre and all the buses are double deckers (p8)

## **PERSPIRATION**

### **- SLEEP – during - agg**

Woke up really sweaty – especially across my boobs. My top was soaking wet (p1)

Woke up sweating loads and very hot (p2)

Sweating loads at night. Normally only get sweaty on upper chest at night when too hot but soaking with sweat also on arms and legs. (p3)

## **GENERALS**

### **- COLD - feeling**

Cold on outside (nose and legs) (p1)

Fresh air feeling around nose (p5)

Cold immediately (p6)

### **- FOOD & DRINK**

I have no prover notes on these food desires but they come from the food desires during the proving, the meditation day and the knitting circle for the blanket.

Butter – desires

Coffee - desires

Eggs - desires

### **- HEAT – Bed in - agg**

Woke up very hot (p2)

Hot at night (p3)

Hot (p6)

Really hot in bed (p8)

### **- HEAVY**

Feel heavier (p1)

Heavy sinking feeling in stomach (p2)

Feel weak and heavy (p3)

Eyelids heavy (p4)

Head feels big and heavy / heaviness in chest / heavy sinking feeling (p7)

### **- SLEEP – after - agg**

< morning. Muzzy head. Almost like a hangover feeling (p1)

I felt no anxiety on waking – usually do. I normally wake up feeling exhausted and anxious – sometimes even a horrible sick feeling in the pit of my stomach. So it was nice not to feel that for a change. (p4)

Awoke an hour later than usual – heavy foggy head on waking (p7)

## THE MIASM

Through the process of carrying out the proving of *Lana*, two distinct miasms danced with me through both the experiences of the provers and through my own life experience during this time. These two miasms are the Psoric and Sycotic miasms.

### Psora...

This miasm was expressed strongly in relationship to food, a sense of being hungry and not having enough. People were thinking about food, were eating more than usual and references to the scarcity of food. Interestingly enough, during the proving there was an absolute abundance of food from cakes to pies and fresh coffee!

In Harry van der Zee's book 'Miasms in Labour' he talks about psora being that space of preparing for that journey on and the first steps we take in the individuation process. This resonates with the core sense in the remedy of the cycle of birth and death and the remedy being associated with transitions in life. In simple terms he describes this as an 'expulsion from paradise'.

On a physical level, psora is the 'itch' and this can be seen in both the diseases that sheep are susceptible to and in the common allergy to wool that some people experience.

### Sycotic...

Psora moves into the sycotic miasm and this is the other miasm that featured strongly. There was lots of polarity within the remedy from irritability to calmness and connection to disconnection. The sense of the sycotic theme also comes up with the bloat that sheep are susceptible to where they aren't able to stop eating. This also comes up with the history of wool and the extremes to which the industry funded the British Empire and subsequent control of other nations by England – that feeling of always needing more!

Van Der Zee talks about sycosis as the hopeless fight with no exit and on some level I can relate this to the quality sheep have of being shepherded without control over their own destiny.

## THE BLANKET

In the Summer of 2012, a couple of months after the trituated proving of Lana, I felt an overwhelming desire that included as part of my project was something that I could give back to the School in gratitude for all that it has given me. The idea shone like a beacon from my belly.... To make a community blanket, made by all of the students, past and present of the school, that will be kept in the school to keep future students warm during the winter.

I sent a message out to all the students requesting knitted squares (perfection not necessary) and slowly knitted squares started to travel in through my letterbox. Some people enclosed little notes expressing memories of Grandmothers and Mothers teaching them to knit when they were young, or memories of knitting for their children when they were babies. During Winter School 2012 my year group held a knitting circle to collect more squares for the blanket.....

What a beautiful collection of wool, needles and people sitting together, chatting, learning to knit, teaching others to knit, making mistakes, drinking quantro hot chocolate. The whole experience was so delicious, the epitome of what knitting is really about for me... a coming together and sharing of an ancient craft that belongs to us all.

People made the most beautiful squares, some of which weren't square... a mass of colour, mistakes, knitted strips, precision squares, creative splashes and linear blocks. The vast array of difference represented all the people present. Since the knitting circle many of the participants have told me how they have taken up knitting again or shared the skill with someone – beautiful stories of their own creativity. In fact, since doing the proving my mum has started knitting a jumper – the first thing she has ever knitted in her life! The power of Lana calls on each of us to tap into our creativity, for it sits inside of us waiting to burst out.

On writing, the blanket is about to be sewn together by a group of local knitters and what isn't finished there, will be completed by myself, my mother and my grandmother – what perfect companions to fully complete this project.

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## GRATITUDE

*I offer deepest gratitude to the following people....*

*Bill Rumble for his wily ways and his quality of bringing in the shamanic clown.*

*Linda Gwillim for her solid, grounded wisdom and her vibrant inner knowing.*

*Petra Wood for questioning me so deeply on the journey.*

*Simon Hedger for his wild spirit and consistent strength standing behind me.*