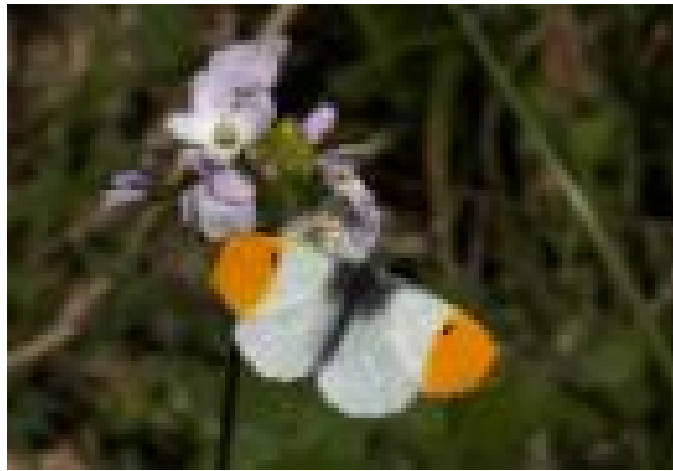


*A Proving  
of  
Anthocharis Cardamines*



*Orange Tip Butterfly*

*By*

*Su George*

## **Contents**

|                                   |         |
|-----------------------------------|---------|
| Poem                              | 1       |
| Acknowledgements                  | 2       |
| Introduction                      | 3       |
| The Proving Journey               | 4       |
| Organising the Proving            | 5       |
| Meditative Proving                | 6       |
| Lifecycle of Orange Tip Butterfly | 7-12    |
| Myths, Legends & Symbolism        | 13-14   |
| Colour Affinity                   | 15      |
| Repertory                         | 16-68   |
| Summary of the Physical Symptoms  | 69-70   |
| Themes                            | 71-91   |
| Meditation Transcripts            | 92-95   |
| Reflections & Observations        | 96-97   |
| My Journey                        | 98-99   |
| Significant Events                | 100     |
| Cases                             | 101-103 |
| Bibliography                      | 104     |
| Poem                              | 105     |

**Anthocharis Cardamines**

**Orange Tip Butterfly**

Butterflies, Oh butterflies,  
Your beauty is so rare.

Butterflies, Oh butterflies,  
How could anyone dare  
to catch you and hold you  
against your solemn will?  
They should just admire you  
and let you have your fill  
of flitting here and flitting there,  
gathering up your daily fare  
of nectar from the flowers bright,  
from break of day until dark of night.

Butterflies, beautiful butterflies,  
with so many colours rare,  
it hurts my heart when one dies,  
Yet, does anyone really care?

Butterflies, dear butterflies,  
you represent new birth,  
from chrysalis until you die,  
You beautify the earth.

Thankyou.

*Author Unknown*

### **Acknowledgements.**

First and foremost I would like to give special thanks to all the provers for their generosity of spirit, dedication and commitment to the proving. Thankyou to all the supervisors for their commitment and support of their individual provers and persistence and accuracy in recording the necessary data. Many thanks to the group of meditators for sharing your experiences and enhancing the whole proving experience.

Warmest thanks to Linda Gwillim for sharing her immense knowledge and for providing the necessary support and guidance and for keeping me on track throughout the proving process.

Thankyou to the team at Helios Pharmacy for their advice and prompt response during the proving and for their generosity and help in preparing the remedy.

Much appreciation goes to Jeremy Sherr for the invaluable guidance from his book “The Methodology of Provings”.

Also many thanks to the Butterfly Conservation Wales for sharing their wealth of knowledge and information on every aspect of butterflies. Special thanks to the individual photographers, for the use of their wonderful butterfly images.

A heartfelt thankyou to my family and especially to my husband Stuart for his invaluable advice, patience, support and sanity throughout the whole process. Also thankyou for being grammatically correct during the proof reading.

Final thanks must go to the butterflies, for their incredible generosity of spirit, wealth of wisdom and for sharing their knowledge.

## **Introduction.**

The beauty, variety and vibrancy of butterflies has always intrigued me. My journey began in November 2009 when I bought a butterfly essence spray and noticed several positive changes following its use. I became interested in the potential healing effect of butterflies as a homoeopathic remedy and contacted Helios to determine which butterfly remedies were already available. The following night I dreamt of a very striking butterfly with pale yellow wings and a bright orange wing tip, the experience encouraged me to explore and research the orange tip butterfly further.

I was also at the time struggling to find a suitable topic for my final dissertation and started dreaming about organising a proving, which at the time seemed a very ominous task. However, as much as I tried to put the idea out of my head I could not!

Everywhere I looked there were butterflies; fluttering outside on a day with gale force winds, visibly as items of jewellery, clothing, bags, boxes of tissues-butterflies appeared to be everywhere.

I attended a tutorial in December organised by the Welsh School of Homoeopathy, unfortunately the guest lecturer was unable to attend and instead the whole lecture was dedicated to the proving process.

I could resist no longer and so the proving of orange tip began.

I hope that by sharing the information that I have discovered throughout the provings, you will be able to feel and gain a deep understanding of the orange tip butterfly and all those individuals who require it.

## **The Proving Journey.**

### **The Butterflies.**

I decided to use butterflies hand reared by a British butterfly breeding centre, to ensure that I could obtain two male specimens for the purpose of the proving.

December 2009 five orange tip butterflies arrived from the centre, with instructions to store in a plastic box in the fridge and bring out into room temperature in late March, as the adults tend to emerge in late April or early May.

I removed the pupae from the fridge on March 16<sup>th</sup> and placed them in individual jars, ready to hatch in April or May, however I happened to check on them on March 23<sup>rd</sup> and to my complete amazement and shock, two beautiful male orange tip butterflies greeted me. I instantly panicked, as I had yet to contact Helios and request the equipment from which to make the remedy. I felt that it was unfair to keep the butterflies in the jars for a few days until the equipment arrived, so I decided to release them. I left the open jars in the garden for approximately fifteen minutes but the butterflies wouldn't fly, they just sat on the leaves in the jars. So I replenished their leaves and food which consisted of a fructose solution and transferred them to a large aquarium, where I observed for the next two days until the equipment arrived from which the remedy would be made.

I found that the beauty of the butterflies was most striking especially with the wings open but when the wings were closed, the underside of the wings provided the most amazing camouflage against the leaves in the tank. When the light was put on in the aquarium, the butterflies would unfold their wings and fly around the tank, however once the light was switched off the wings would immediately fold tightly up and the butterflies would rarely move. When they walked, the butterflies appeared to be almost ungainly, they were very unsteady on their legs and the wings- even though they were closed whilst walking, seemed too big for their bodies and yet when they flew, they were so graceful flitting from here to there.

The remaining butterflies all hatched within a few days of each other one male orange tip hatched on April 12<sup>th</sup>, a female hatched on April 15<sup>th</sup> and the final butterfly-a female on April 17<sup>th</sup>. This was interesting because all the butterflies were meant to be male pupae and actually needed to hatch simultaneously for the purpose of the proving, which only occurred with the first two male specimens.

### **Organising the Proving.**

The proving was conducted in accordance with the guidance provided by Hahnemann. The two male butterflies were covered with ethanol and from this Helios Pharmacy, made a tincture and then the remedy via the traditional method of dilution and succession. A 30c potency was used and one randomized placebo was included in the proving.

22<sup>nd</sup> July - 6<sup>th</sup> September 2010

The provers and supervisors guidelines are typed and the process of trying to find both provers and supervisors has already begun. This has been really difficult with individuals volunteering and then changing their mind and dropping out, or being too young- two male teenagers volunteered but due to their ages, unfortunately couldn't participate in the proving.

The geographical location of the participants was also widespread, which was slightly problematic during the case taking and attending the proving meetings. However despite all the setbacks we finally achieved the required number of participants, 10 provers and 10 supervisors. There was one male prover and one male supervisor.

29<sup>th</sup> August- Everything has been finalised, labelled and the remedies have been posted to all the individuals who are unable to attend the initial meeting.

13<sup>th</sup> August - 4<sup>th</sup> September - The baseline cases were recorded, and the initial meeting was held on 4<sup>th</sup> at the Welsh School premises in Carmarthen.

6<sup>th</sup> September - the Proving has begun!

### **Prover Code.**

| Prover | Potency | Sex    |
|--------|---------|--------|
| 01     | 30c     | female |
| 02     | 30c     | female |
| 03     | placebo | female |
| 04     | 30c     | female |
| 05     | 30c     | female |
| 06     | 30c     | female |
| 07     | 30c     | female |
| 08     | 30c     | female |
| 09     | 30c     | male   |
| 10     | 30c     | female |

Interestingly Prover 7 inadvertently took Tarentula 200c on day 5, therefore her symptoms have only been recorded until this date.

### **Meditative Proving.**

Many homoeopaths still disregard meditative proving results and only value traditional proving data, out of curiosity I wanted to undertake both proving methods and compare the outcomes to ascertain any similarities and symptoms.

I also wanted to undertake a meditative proving to enhance the experience of the proving.

A small group had already been practising meditation regularly within the school and therefore I decided to conduct a separate proving with individuals who were not involved in the Hahnemannian proving, to avoid any collusion.

The individuals held a 30c potency of the remedy for a one hour duration and then submitted their reports, the full texts of which can be reviewed after the proving data in Meditation Transcripts.



## **Life Cycle of Orange Tip Butterfly.**

The orange tip butterfly belongs to the super family Papilionoidea, family Pieridae, genus Anthocharis, species Cardamines, subspecies Britannica. The Pieridae are a large family of butterflies with approximately 1,100 species. Most Pieridae butterflies have yellow, white or orange colouration, many also having black spots. The distinct colouring of these butterflies is the pigment, which originates from the waste body products.

### **Habitat.**

The orange tip has a wide range of habitats including damp pastures and meadows, woodland margins and glades, riverbanks, ditches, hedgerows, country lanes and also gardens.

### **Distribution.**

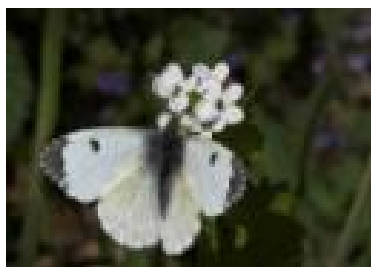
The orange tip is widespread throughout southern Britain, Wales and Ireland and has spread further north over the period of approximately twenty five years into Scotland.

It is one of the few species whose population has been increasing and therefore is not a conservation priority.

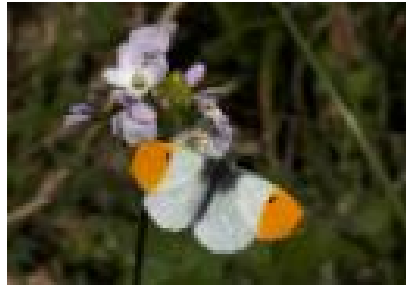
They are non migratory and may be found throughout Europe, as far as parts of Asia and Japan.

### **Appearance and Behaviour.**

The male and female of the species differ greatly in appearance. The male which is more striking in appearance due to the orange tip to the forewings, which provides the butterfly with its name and the female which lacks the orange colour and may be mistaken for any of the other species of white butterflies, especially the small white or green veined white except the female orange tip has a single black spot on the front edge of its forewings.



The orange colour warns predators of the males unpalatability and the male camouflages himself by hiding his forewings behind his hind wings whilst at rest, in order to prevent unnecessary attack from birds or predators such as spiders, wasps and other mammals.



However adult butterflies appear to be defenceless and fragile, whilst the larva is vulnerable to all forms of attack from predators, their camouflage at all stages is their main form of defence. Predators include spiders, wasps, birds and other small mammals.

Both males and females have the same mottled green and white underwings, which provides excellent camouflage. The green colouring is actually a combination of black and yellow scales.



### **Foodplants.**

The Cuckooflower and Garlic Mustard which grow in damp meadows and along hedgerows and ditches, are popular species of Crucifers on which females lay their eggs. Occasionally Hedge Mustard, Winter Cress, Turnip and Charlock may also be used on which to lay eggs and in gardens Honesty and Dame's-violet attract females due to their large flowers but larval survival can be poor on these host plants.

The presence of mustard oils in the plants attracts the females to feed and lay eggs, which she is able to detect using the sensory hairs on her forelegs.

### **Lifecycle.**

There is a single brood each year with males emerging a week or so before the females. The butterflies transform from egg to adult, via a complex series of changes known as metamorphosis.

The eggs transform into larvae and the caterpillar then undergoes a series of several stages known as instars of which, there are five at the larval stage and in order to grow, they larvae have to shed their skins known as moults. They then pass through a phase known as the chrysalis or pupa during which time the internal organs are rearranged and proteins and other chemicals are broken down and put back together in a different form, this transformation is from the larval to the adult structure.

The final moult is when the winged fertile adult or imago emerges and the main goal of the adult is to fly, mate and breed. The adults start to fly from the beginning of April and last until

June, although some may last until early July in suitable years. Butterflies are also important for pollination to occur, with the adult butterflies transferring pollen from one flower to the next, where germination and fertilisation can occur.

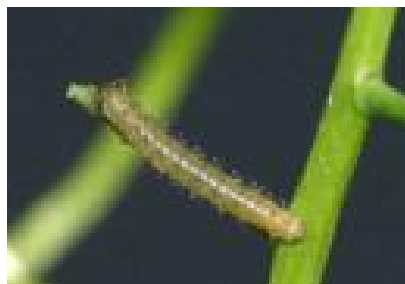
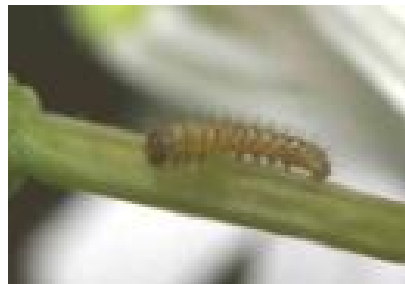
### **Eggs.**

Eggs are laid singly on the stalks of the crucifer species of foodplant and are greenish-white in colour. After a few days the egg or ovum turns bright orange in colour, before becoming darker and then hatching after one to two weeks.



### **Larva.**

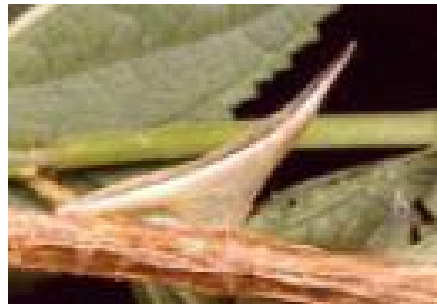
The larva eats its own eggshell on hatching and due to being cannibalistic, it will also eat any other orange tip eggs in the locality. The caterpillar mainly feeds on seed pods and occasionally flowers, buds and leaves and has excellent camouflage at all stages. This stage generally lasts for approximately twenty five days, during which time the caterpillar will have four moults.





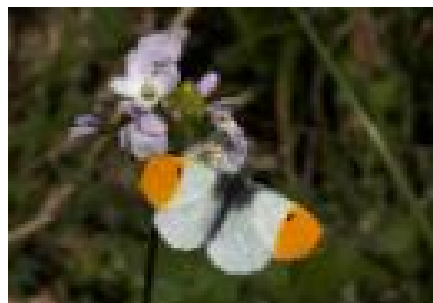
### **Pupa.**

The pupa or chrysalis is formed upright on a vertical structure or stem, where it will remain over winter for approximately ten or eleven months. The pupa is held at an angle by a silk girdle which is attached to the stem of the plant and is initially green in colour eventually becoming light brown.



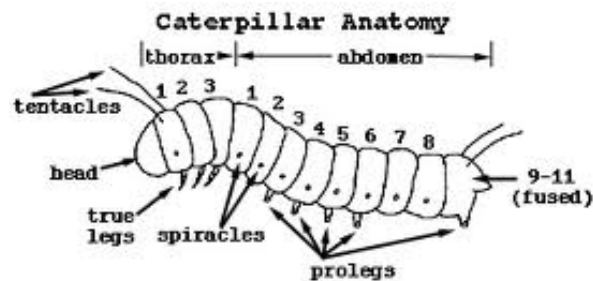
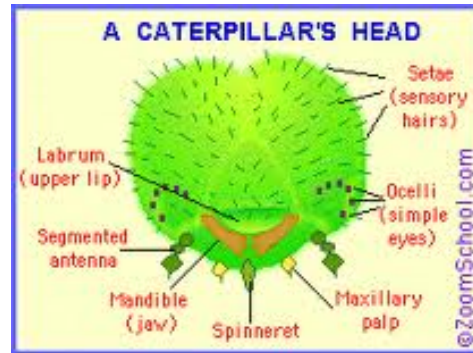
### **Imago.**

The male imago or adult butterfly is often more easily recognisable than the female due to its distinctive bright orange wing tip and there is currently no other British butterfly which is similar in appearance. The male is more active than the female and can fly for long periods in search of a mate. The female is more secretive and she is often found near the food plants where she will eventually lay her eggs. The female leaves a pheromone signal to deter other females from laying eggs on the host plant.



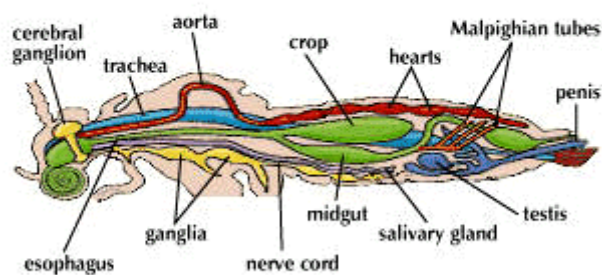
### **Physiology.**

The larva or caterpillars have a soft body with a well developed head, mouthparts and eight pairs of legs, which are like suckers and enable the caterpillar to hold onto the leaf or stem.



The adult butterfly however is very different and has a skeleton on the outside of its body, known as an exoskeleton and is divided into three parts; the head, thorax and abdomen and has two pairs of wings and three pairs of legs.

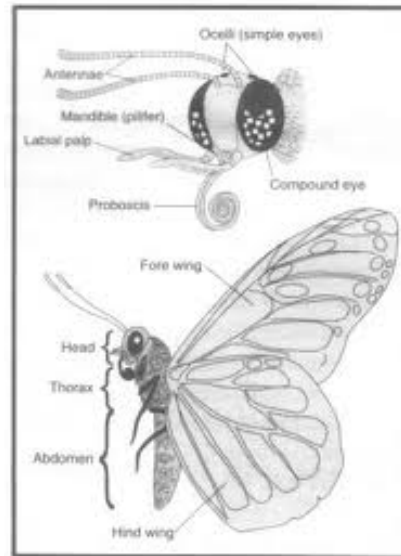
### Internal Anatomy of the Male Butterfly and Moth



### **Head.**

The adult head contains the mouthparts and main sensory organs and is covered with scales. Along proboscis is situated under the head and allows the adult butterflies to feed by sucking liquids or nectar through the long tube. They drink liquids to keep their fluid levels and energy levels high.

The adults have two large compound eyes which cover most of their heads and comprise of a large number of lenses which provides a complete but rather vague picture, therefore moving images are more easily seen than detailed images. The long segmented antennae act as their sense of touch, smell and taste.



Caterpillars have a hard head cap for protection and mandible mouthparts for eating, they do not have compound eyes, instead they have simple eyes and lack antennae.

### **Thorax.**

The thorax contains six legs and two pairs of membranous, scaly wings. The thorax is divided into three sections the prothorax, metathorax and mesothorax.

The flap their wings in order to fly and either hover or move in a backward and forward motion.

### **Abdomen.**

The abdomen has approximately nine segments and consist of the oesophagus, the stomach, small intestines, colon, rectum and genitalia.

The larva however have up to thirteen segments.

Male orange tip butterflies have scent scales on their wings which produce pheromones or chemical signals, which they use to attract and excite females before courtship and mating. They reproduce sexually and the females are egg laying.

### **Myth, Legend and Symbolism.**

Many cultures have been fascinated with the butterflies metamorphosis from caterpillar to winged butterfly and believe the butterfly, to be the symbol of the human soul and of mystical rebirth.

In ancient Greece the word psyche means personification of the soul and butterfly. The Greeks believed that a new human soul was born when a butterfly emerged from its pupa. Butterflies have been discovered in Egyptian hieroglyphs from as early as 3,500 years ago and Christian artists depict the butterfly emerging from the chrysalis, as representing the soul leaving the body at the time of death. Australian aboriginals believed the butterflies were the spirits of the dead, who had previously been in the form of caterpillars in order to reach the afterlife.

Some tribes in Mexico saw the butterfly as a symbol of the fertility of the earth, whereas the Aztecs believed that the happy dead were in the form of beautiful butterflies, who would visit their relatives to reassure them that all was well. The Maya associated butterflies with the spirits of dead warriors descending to earth and the Nagas of Assam believed that the dead go through a series of transformations and are finally reborn as butterflies but when the butterfly dies, that is the end of the souls journey.

Native American Indian legends told that butterflies would carry their wishes to the Great Spirit in heaven, in order to be granted, whereas the Blackfeet Indians believed that dreams were brought to them by butterflies in their sleep.

The Native American Zuni tribes believed that butterflies could predict the weather and that a white butterfly signified that beginning of summer.

Early Europeans believed that the butterfly was in fact the human soul and therefore they greatly respected and sometimes feared butterflies, however Northern Europeans thought that their dreams, were as a result of the soul-which was depicted as a butterfly, travelling through other worlds.

The Irish believed that butterflies are the souls of the dead, waiting to pass through purgatory.

### **Symbolism.**

Butterflies have been used by Chinese and Japanese cultures for many centuries as symbols of joy and happiness and have included them in paintings, drawings and manuscripts. In Japan a butterfly is a symbol of a false lover or Geisha and the Spanish word for butterfly which is mariposa, can also refer to a prostitute-a woman who moves from one man to another.

The Maori of New Zealand saw butterflies as a symbol of rebirth, longevity and immortality, a similar belief was held by the Native Americans in Mexico, who regarded butterflies which have been born from a chrysalis as a symbol of rebirth, regeneration and joy.

In Louisiana butterflies were a symbol of good luck, however a white butterfly flying into the house in Maryland was an omen of death.

The butterfly has been seen as a symbol of nature with the Shoshone Indians believing that butterflies were originally pebbles, which the Great Spirit blew precious life into. Hopi Indian folklore had a ceremonial dance known as “Bulitikibi” or butterfly dance, which they used to encourage the gods to provide them with a good harvest.



In Mexico a dancing flame reminded the Aztecs of a butterfly's wings hovering and therefore became a symbol of fire.

Mexican Indians saw the butterfly as a symbol of Tlaloc, the god of rain and believed that souls who pleased him, would remain in a state of bliss.





### **Colour Affinity of the Orange Tip Butterfly.**

The striking orange colour of the wing tip can be associated with the sacral chakra, which is linked with creativity and sexuality. This energy centre which is located within the pelvis, it governs our vital wellbeing and affects our relationships, emotions and sensory pleasure. It has an affinity with the sex organs, bladder and uterus in women and prostate in men.

The green colour which is located on the underside of the wings, is actually comprised of yellow and black scales. Yellow has an affinity with the digestive and nervous system and is associated with the solar plexus energy centre. This centre is directly linked to self worth, self confidence, self esteem and freedom of choice. It has an affinity with the stomach, small intestines, liver, gallbladder and spleen. Black is associated with the root or base chakra, which is located in the base of the spine. This energy moves up through the legs and feet and controls the adrenal glands. The root chakra governs the birthing process and has an affinity with the kidneys, colon, rectum and skeletal system of the pelvis, hips, legs and feet.

White is the colour of the upper wings and forms part of the mottling on the underside of the wings. White has an affinity with the crown chakra and enables us to strengthen our connection with the source, universe or cosmic consciousness and helps us to feel that we are one with all life. The qualities associated with the crown chakra are happiness, tranquillity, bliss, beauty and has an affinity with the skull, brain and skin.

## **Mind.**

Absent Minded.

Mind is elsewhere, a vacant feeling [P2]

Mind is really vacant, I feel spacey my thought process is very slow [P4]

*Absorbed.*

Feel as though I'm in my own world [P2]

I'm wrapped up in my own chaotic thoughts [P3]

I'm in my own world, it feels like a dream not a reality [P4]

Happy in my own little world [P8]

## **Anger.**

Raging temper, I feel like a volcano about to erupt [P2]

Very angry, I have so much rage that I frighten myself [P3] NS

Very angry, I wanted to shake or hurt my daughter [S3] NS

Really angry, I lashed out and hit my son. Also very indignant "How dare he!" [P4] NS

Annoyed and really frustrated [S6]

Really angry at husband, also really indignant "I'm not taking any bullshit" [P7]

Angry, real rage and fury towards daughter. Also indignant and cross [P8] US

Argued with husband, for the first time in 3 years [S8] NS

Angry- a sense of inward explosion [S10]

Antagonise.

Desire to provoke and antagonise my son [P7] NS

Desire to provoke and antagonise [P8] NS

*Anxiety, from anticipation.*

Feeling anxious and scared, a sense of anticipation and unease [P3] NS

Very anxious, sensation of a panic attack [P4] NS

Anticipatory anxiety, anxious about everything accompanied by moments of panic [P8] NS

Very anxious-panicky [P10]

*Anxiety, money.*

Bought a full trolley of food but I didn't have any money with me [P2]

Need to control my spending. I don't have it and yet I still spend it [P4]

Bills are coming in and not enough money to pay them. Really anxious about the lack of money and my security being threatened [P8]

*Anxiety, of conscience.*

Not working today but I feel really guilty [P1]

Feel guilty and ashamed, in an irrational way [P3]

Guilt- I should have done more [S6]

Feel guilty, I should have done more [S7]

Guilt about my Mum looking after my kids and my daughter being ill [P8]

*Anxiety, on waking.*

Anxious on waking [P2]

Woke up feeling anxious [P10]

*Anxiety, whilst driving.*

Very anxious whilst driving [P2]

Attention.

I'm attracting lots of attention, everyone wants to talk to me [P2]

I want someone to dedicate their attention towards me [S3]

*Beauty, desire for.*

Looking at the beauty of nature, all the beautiful colours of the trees, sky and mountains. I'm especially attracted to flowers. [P2] NS

I have a real appreciation of beauty and nature [P3]

Looking at the trees and the birds. Also a desire for beautiful things [P4]

Desire beauty-the colours of the leaves, calm sea, blue skies they all give me a pleasant glow [P5]

Overwhelmed by the beauty, when I climbed the mountain [P6]

The new moon was beautiful and I saw two beautiful large rainbows [P8]

Betrayed.

I feel very betrayed [P3]

Feel betrayed [P7] NS

I feel really used and abused by my family and a colleague [P8] NS

Boredom.

Listened to my friends problems and found it really boring- it's all so insignificant [P2]

Really bored listening to other people [S3]

Calm.

Feeling very calm and peaceful [P2]

Feeling of calmness and a desire for peace [P3]

Calm and relaxed [S3]

I feel calmer [P4]

Desire for calmness and quiet [S4]

I feel a sense of inner calmness and much more relaxed [P5] NS

Really contented feeling, since starting the proving [S5] NS

Really calm and contented [P6]

Calm and patient. Strong desire for peace and quiet [P7]

Very calm and peaceful, everything is flowing as it should [P8]

### **Cheerful.**

Really happy and jovial, laughing and giggling [P2] US

Happy, contented and playful- dancing with the kids [P3]

Very happy [S3]

Feel very happy and positive [P5]

Overwhelming feeling of happiness [S5]

Laughing and giggling, I feel very light hearted and contented [P7]

Happy and joyful and unusually contented [P8]

Feel deliciously happy [S9]

Feel light hearted and joyful [P10]

### *Children.*

Feel really caring and motherly towards my family, I just want to be with them and protect them [P2] NS

It resonates deeply and brings up issues of motherhood and fertility [P3]

Desire to be with my children and husband [P4]

Really caring towards my children and husband [P7] NS

I feel very protective of my mother. I desire the warmth and safety of my family [P8] NS

*Claustrophobia.*

Feel very crowded in [P1]

Felt claustrophobic, had to change my jeans they were too tight > loose clothing [P2]

Sensation of feeling trapped [P3] US

Feel trapped, I can't wear my seat belt as it's too restrictive [P8] NS

*Cleaning.*

I cleaned everything before going to work [P2] NS

Desire to clean and tidy- catch up with all my domestic chores [P3]

Strong desire to clean- cleaned the house three times today. Also sorting out all the old clothes [P4]

I have an aversion to dirt and mess, a strong desire to clean and tidy . I had a big clear out of my house [S5]

Desire to clean and tidy things away [P6] NS

I've been cleaning and painting the house. Strong desire to clear out and throw things away [P8] NS

*Company, aversion to.*

Desire to be on my own [P3]

Desire for time on my own, in my own space [S3]

I want to be left alone [P4]

Desire to be alone [P6]

Leave me alone- I want to be alone! [P8] NS

*Communication.*

I'm building bridges with a difficult colleague, it's easier via texting [P1]

Difficulty speaking- I'm swearing more and muddling welsh and English. I have to really try and concentrate. Also more sexual innuendo, which is most unlike me [P2] NS

Difficulty articulating words, I'm having difficulty expressing myself [P3]

Difficulty expressing myself, sentences are all jumbled. My language is more poetic, I can see my thoughts as pictures, which I then try to express into words [S3]

I'm forgetting my words, I'm misunderstanding words spoken by others and people can't understand me [P4]

Difficulty communicating [S7]

Difficulty communicating- a breakdown in communication with myself and colleagues. I have a non- verbal desire to express myself in mime [P8] NS

### **Communication, aversion to.**

Aversion to communicating with my supervisor [P1]

Didn't want to communicate with my family or colleagues especially about trivial stuff [P2]

I don't want to talk to anyone [P4]

I don't want to speak to my prover [S4]

I don't want to talk, I'm communicating via text [P6]

Aversion to communicating with my prover [S6]

Aversion to communicating with my supervisor [P7]

The prover and I keep missing each other's calls [S7]

Aversion to communicating with my supervisor and colleague [P8] NS

Didn't call prover [S8]

### **Concentration difficult.**

Difficulty concentrating, I feel very scattered [P2]

Difficulty concentrating, my mind is floating off [P3]

Lack of concentration, my thoughts just drift away [S3]

Easily distracted, especially when driving [P4]

Poor concentration [P5] NS

Concentration is poor [S5]

Concentrating is really difficult especially when driving [P8]

Concentration is really difficult [P10]

Lack of concentration [S10] NS

### *Confidence.*

Lack of confidence, I feel inadequate [P1]

I feel confident [P2] US

I can be true to myself and accepting, alternating with feeling inadequate and insecure [P3]  
CS

I'm not good enough to do this proving [P4] NS

I'm more confident, as a result of the proving [P5] CS

I'm more self- accepting, whereas before I found myself disapproving [S5]

I'm more self- accepting, it's a feeling of liberation. I feel confident and no longer inferior [P8] NS

### *Conflict.*

Conflict all around me at work, at home and with the children [P2]

The boys were fighting at home [P4]

Lots of conflict with my husband [P7]

I encountered an aggressive, confrontational female. Also more conflict and confrontation with another female [P8] NS

### *Confusion.*

Feel confused, my thoughts are all jumbled [P3]

I feel confused and disorientated on waking [S3]

I feel confused, my mind feels cloudy [P4]

I feel like I'm losing my mind [P8]



Confusion, driving.

I got totally lost and forgot how to change gear, I felt totally confused. Driving felt very unnatural [P2]

*Confusion, time.*

Making mistakes with dates and times [P1]

Confusion over dates and times [S1]

Lost track of the time, I was 30 minutes late collecting daughter [P2]

Confusion over dates [P3]

Confusion over days and dates [P4]

Confusion over days and dates [S4]

Confusion over days and dates [P8]

*Control.*

I feel in control [P2] US

A strong desire to be in control, everything is chaotic and out of control [P4]

Desire for control and order [S5]

Loss of control, nothing is going to plan [P8] NS

Everything is out of control, nothing is going according to plan [S8]

No control- a sudden change of plan [S9]

*Creative.*

Strong desire to bake things [P4]

Strong desire to create something-maybe to knit something [S9] US

## **Delusions.**

I'm growing bigger- either my head is getting smaller or my abdomen and chest are growing bigger. My body feels out of proportion, I **have** to push my abdomen out-I cannot suck it in. [P2]

I saw a brown patch attached to my arm and breast, it was like a wing [P2]

I'm sprouting wings and flying upwards [P3]

Everything is dirty [P4]

Someone is laughing at me, whenever I get frustrated [S5]

I was a tortoise, I had to keep my shell clean [S5]

I feel like a bird, with a real sense of freedom [P8]

I feel like a tortoise [P8]

## **Detached.**

Feel disconnected, as though I don't belong [P2]

Feel very detached, I reflect without emotion [P3]

Feel detached, remote and really lost [P8]

## **Escape.**

Desire to be outside, as free as a bird [P2]

Desire to escape [P3]

Need to escape, with a desire to break free [P8]

## **Fears.**

Fear of cancer, my old fears are resurfacing. Also a fear of being rejected. [P3] NS

Terrified when I climbed a mountain [P6] NS

Feel scared and defensive [P8]

*Forgetful.*

Really forgetful, I couldn't remember where I was. Begin sentences but then I can't remember the words [P2]

Very forgetful, forgot how to park the car, buy milk and speak! [P4]

Really forgetful [P5] NS

Forgetful [S5]

Very forgetful-forgetting everything, left the keys in the ignition and the door open for 3 days [P8]

Forgetful [S8]

Forgetful [P10]

*Forgiveness.*

Forgiveness and letting go [P3]

*Forsaken.*

Feel alone and unsupported [P2]

Insular- I'm entering an inner space, I feel very alone [P3]

Feel isolated and alone, forsaken feeling [S3]

People are ignoring me, it's as though I'm invisible [P4]

*Hide.*

Desire to hide under the duvet in bed [P3]

Desire to go back to bed and hide under the duvet. I don't want to get out from under the duvet [P4]

Desire to be wrapped up in my duvet and stay in bed all day [P8] NS

*Home.*

Desire to stay at home [P2]

Desire to be at home, feels really good [P4]

Desire to be at home with my family [P8]

*Indifferent.*

Lacking motivation and lethargic [P1]

Can't be bothered [P4]

Indifferent, I just can't be bothered [S4]

I can't be bothered, I have an air of indifference [P7]

Feeling indifferent and worn out, like Sepia [P8]

I can't be bothered [P10]

*Industrious.*

Very industrious [P2] NS

Very industrious [P3]

Very industrious, have to keep doing things >occupation [P7] NS

Very industrious- hardly settling at one thing, very like a butterfly [P8]

*Intuitive.*

I feel more mature, like a wise woman- wise beyond my years [P2]

I'm acknowledging an inner knowledge/intuition that is a gift. I knew that I was taking a placebo [P3] US

Very surreal day- I dreamt about today's events 2 days ago [P5]

Lots of synchronicity [S5]

Intuitive sense of what my Mum and other people are thinking and about to speak [P8] US

I followed my heart [S9]

*Irritability.*

Really irritable [P2]

Really irritated with annoyance [P3]

Very, very irritated [S3]

Feeling very irritable, lack of patience [P4]

Feel really irritated and impatient [P8]

Irritable and impatient especially with my family [S10]

*Learning.*

Desire to read, I have so much to learn [P2]

A sense of being on the verge of something dynamic and learning something new [P3]

Desire to read and learn [P4]

*Love.*

I feel full of love and very blessed. I have a heightened feeling of caring for others [P2] NS

Feeling of love and affection to all my family, friends and husband. It's a feeling of unconditional love [P3]

Feel more empathetic for others [S3]

I feel full of love [P6]

I feel more loving towards my family [P7] NS

I had a wave of love [S9] NS

**Mistakes.**

Lots of mistakes writing and spelling [P1]

Difficulty spelling words and reading [P2] NS

Difficulty writing and spelling- lots of mistakes and really messy and untidy [P3]

Mistakes typing on the computer and writing on paper [S3]

Difficulty writing, lots of mistakes writing and spelling [P4]

Mistakes writing and an inability to spell [S4]

Incorrect spelling [S5]

Lots of mistakes spelling [P10]

Mood Changeable.

Very calm alternating with anger [P2]

Feel chaotic emotionally and very unstable, I wept for hours > comfort and cuddles then laughed [P3]

Mood is very changeable [S3]

*Organised.*

Very organised, especially at work [P2]

Very organised [S3]

I changed my usual routine today, which is very unusual [P5] US

Very organised and efficient. A desire for routine, whereas normally I'm chaotic [P7] NS

Very organised [P8]

*Overwhelmed.*

I'm being pulled in several directions, everything is piling up there's too much to do [P1]

Overwhelmed [P2]

Really overwhelmed- too much to do [P4]

I'm much less overwhelmed, it's easier to cope [P5] US

Much less overwhelmed [P6] NS

Too much to do and not enough time, I feel desperate and overwhelmed [P8]

Too much to do, I'm really overwhelmed [P10]

Responsibility.

A strong sense of responsibility towards my family [P3]

I'm co-ordinating lots of groups, I'm the leader the one making all the decisions [S3]

Responsibility, aversion to.

Trying to avoid any responsibility [P1]

I desire no responsibilities [P3]

I need a rest from responsibility [P8] US

*Restless.*

I woke feeling restless, as though I need to go somewhere but I don't know where [P2]

I feel very restless and unsettled [P3]

I'm very restless [P4]

I feel restless, a hurried feeling [P8]

*Sadness.*

I feel sad [P2]

I feel sad with a huge sense of loss [P3]

I feel sad for a lost opportunity [S3]

I feel sad, with a desire to cry [P4]

I'm giving lots of grief and weepy remedies at present [S4]

I cried with grief and indignation [P8]

*Spatial Awareness.*

A lack of spatial awareness [P2]

Clumsiness [P3]

Unsteady with a lack of spatial awareness, I'm bumping into things, dropping things, falling over and very clumsy. Difficulty driving and parking due to lack of spatial awareness [P4]

Clumsiness and dropping things [S4]

Lack of spatial awareness playing sport, I can't co-ordinate anything [P5] NS

I fell backwards and dropped everything [S8]

Thoughts.

I've been thinking about the various stages of my life [P2]

I find myself thinking about all the past hurts [P3]

*Time.*

Time is passing too quickly [P2]

Time is disappearing too fast [P4]

Time is passing too quickly, alternating with passing too slowly [P8]

There's not enough time [P10]

Unappreciated.

I feel really unappreciated, similar to Platina [S3]

Vulnerable.

I feel vulnerable, after an emotional upset [P3]



## Vertigo

Lightheaded, as though not really here [P1]

Very lightheaded <moving head >lying down [P2]

Feel very dizzy and spaced out, as though drunk [P4]

Very lightheaded and spaced out, with loss of balance >lying down [P8] NS

## Head

Dry and flaky

Scalp is dry and flaky and more hairs are falling out [P2]

Scalp is dry and flaky [P3]

Dry scalp [P4] NS

## *Itching*

Head itching, sensation of insects crawling [P2] NS

Scalp itching [P3]

Hair itching+++ [S3]

Scalp very itchy, as though insects are crawling [P4] NS

Head intensely itchy, as if nits [S6]

## *Pain*

Headache right temple [P1]

Tension headache, as though a band across forehead and temples [P3]

Frontal headache >holding head [P4]

Headache above eyebrows >closing eyes and lying down [S5]

Pressing pain, like a band across eyebrows [P7] NS

Heavy, aching pain over left eye >lying down [P8]

Dull ache above eyes <LHS >lying down [P10]

Pulling upwards

Sensation my head is being pulled upwards [S5] US

### Eye

*Dryness and itching*

Right eye dry [P1]

Left eye itching [P2]

Gritty sensation both eyes [P3] NS

Eyes feel dry and itchy [P7] NS

Heaviness

Heavy feeling, as if need to close eyes [P3] NS

Pressure feeling and heaviness of both eyes [P4]

Eyes feel really heavy [P7] NS

## Vision

### Acute

Vision is acute, colours are brighter and can see everything in great detail [P4] NS

Everything is defined with greater colour and clarity [P5]

### Distorted

Only seeing part of the picture, I have dark patches in front of my eyes-I can only see part of my colleagues face [P2] NS

Vision is distorted, all the images are moving and turning [P4] NS

## Ear

### Fullness

Congestion in both ears, sensation –blocked [P3] NS

### Pain

Piercing pain in right ear [P2] NS

Sharp, shooting pains both ears >holding [P4]

Dull throbbing pain right ear [P8] NS

## Hearing

### *Acute*

Hearing is very sensitive, everything is loud [P2]

Hearing is really acute, much more sensitive to noise [P4]

Noises are amplified [S4]

Hearing is acute on waking [P10]

### *Impaired*

Sensation of hearing the conversation through water, lots of misunderstandings [P2] NS

Can't hear words spoken, also not heard by others [P4]

Mishearing conversations and words spoken [S4]

Hearing is very muffled < right ear [P8]

### Nose

#### *Congestion*

Nasal congestion with irritation < RHS [P1]

Nose blocked, really difficult to clear [P3] NS

Nose really blocked, sensation I can't breathe [S5]

Nasal congestion [P8]

#### *Discharge*

Discharge lasted all day < LHS [P3] NS

Copious discharge [P8]

#### *Pain*

Right nostril is really sore [P3] NS

Nose is really sore, sensation –someone has pressed my nose into my face like a newborn [P8] NS

### *Smell*

Altered sense of smell [P1] NS

Altered sense of smell, can smell cigarette smoke [S3]

Altered sense of smell, like a wet dog- it was disgusting [P4]

Really like the smell of a wooden turtle ornament [S5]

Altered smell, everything smells sulphurous [P8] NS

### *Sneezing*

Lots of sneezing [P1]

Frequent sneezing [P3]

Frequent, violent sneezing [P8]

## Face

### *Clenched*

Jaw clenched, as though teeth have been clenched all night [P2] NS

### *Cobweb*

Sensation of a spiders web on my face [P3] NS

### *Discolouration/Heat*

Face is red and feels hot [P2] NS

Cheeks are red and hot [P4]

Face is hot and red [P5] NS

Face is bright red and hot to touch [P10]

### Mouth

Dryness

Really dry mouth [P3]

Dry mouth > cold water [P7] NS

Mouth dry, difficulty swallowing [P10] NS

Speech

Difficult –as though tongue tied [P1]

Speech slurred [P2] NS

Speech is rapid, as though in double time [P4]

Tingling

Tingling in centre of tongue [P2] NS

Tingling and numbness of tongue and lips [P3]

Tingling upper lip, sensation of needles [P7] NS

Ulcer

Hard ulcer inside cheek [P2] NS

Ulcer on tip tongue [P4]

Hard ulcer lower gum [P10] NS

## Teeth

### Pain

Aching pain back molars both sides [P3] NS

Pain in left wisdom tooth [P4] NS

### Sensitive

Hypersensitive <eating [P3] NS

## Throat

### Choking

Choking sensation in throat [P3] NS

Choking sensation, as though blocked [P4]

### Dryness

Dryness <swallowing [P3] NS

Dryness with a desire to swallow [P4]

### Fluttering

Fluttering sensation in throat, extending to heart [P2] NS

### Mucus

Mucus in back of throat, difficulty clearing it [P4]

Mucus sticking in mouth and throat [P7] NS

### *Pain*

Woke up with sore throat [P1] NS

Throat is painful, extending to left ear [P4]

Throat sore, as if scraped [S5] US

Sore throat [P10]

### *Swelling*

Back of throat is swollen and tender <empty swallowing [P2]

Swelling in tonsils <dry swallowing [P10]

### *Tickling*

Tickling in back of throat >warm drinks <swallowing [P3] NS

Tickling in throat [P4]

### *Tingling*

Tingling in throat and palate [P3] NS

Tingling in both tonsils [P4]

## Stomach

### *Appetite, diminished*

Appetite diminished [P2] NS

Appetite suppressed, no desire for food [P3] NS

Diminished appetite, not at all hungry [P4]



Diminished appetite, didn't eat until evening [S4]

Appetite diminished until evening [P6]

Appetite diminished, didn't eat all day [P8] NS

Appetite, increased

Felt absolutely ravenous [P2]

Increased appetite [P8] NS

Heartburn

Waking with heartburn [P3] NS

Heartburn as though pregnant [P4]

Heaviness

Heaviness in stomach [P3]

*Nausea*

Nausea lasting all day [P3] NS

Feel nauseous [P4] NS

Feel nauseous [S7]

Nausea on waking, as if pregnant [P8] NS

Pain

Crampy pain in stomach [P3]

*Thirst*

Increased thirst for water [P1] NS

Craving water [P3] NS

Thirsty for water [P4]

Thirsty for water [S4]

Thirsty for cold water [P10] NS

Thirstless

Thirstless [P4]

Thirstless [P8]

### *Vomiting*

Vomiting with burning, acidic bile [P3] NS

Vomiting [S5]

Vomited at 4pm [P6]

Vomited on waking [P8] NS

## Abdomen

### *Distension*

Abdomen distended, protruding more than usual [P2]

Abdomen very bloated, as though tightly stretched [P3]

Abdomen feels very fat [S4]

Abdomen feels bloated [S7]

Bloated sensation [S10] NS

Flatulence

Cramping flatulence [P2]

*Pain*

Low abdominal cramp, very tender to touch [P2]

Cramp low abdomen [P3]

Tearing pain low abdomen [P4]

Pain lower abdomen [S10] NS

Pressure

Aversion to wearing my seat belt, too tight and restricting [P8] NS

### Rectum

*Constipation*

Constipated [P2]

Difficulty passing stool [P3] NS

Constipated with straining and ineffectual urging [P4]

Ineffectual straining [P7]

*Diarrhoea*

Diarrhoea in evening, alternating with constipation [P2] NS

Diarrhoea alternating with constipation [P3] NS

Sudden diarrhoea at 10pm [S4]

Diarrhoea alternating with constipation [P7]

Diarrhoea, offensive smelling [P8] NS

Loose stool [S10] NS

*Painful*

Painful passing stool [P2]

Pain on passing stool [P3] NS

Painful spasms in rectum, on passing stool [P4]

Pain on passing stool [S10] NS

Urgency

Urgency for stool [P2]

Urgency [S10] NS

Stool

Dark

Stool dark [P7]

Stool darker than usual [P8]

Stool dark [S10] NS

Forcible

Violent, gushing stool [P2]

Forcible stool [S4]

*Hard*

Hard stool [P2]

Hard stool [P4]

Hard stool [P5]

Hard stool [S7]

Sheep dung

Very small stools [P4]

Small stool, like droppings [P7]

Smaller stool [S7]

Undigested

Undigested food in stool [P3] NS

### Bladder

Urination, frequent

Frequent urination [P3]

Pain

Pain during urination, sensation-not finished [P4]

## Female

### Itching

Itching and pain vulval area <tight clothes [P4] NS

### Leucorrhea

Clear, watery discharge [P2]

Brown, stringy discharge with strong odour of stale blood. Also an episode of post coital bleeding [P3]

Watery, bloody discharge [S3]

Menses, as if menses would appear

Sensation as if my period is due but only finished menses last week [P2] NS

Sensation as if menses due [P3] NS

### *Menses, bright red*

Period totally different, bright red with seed like bits [P2] NS

Bleeding bright red [P3]

Passing bright red menses [P4] NS

Menses bright red [P8]

### Menses, lighter

Menses lighter than normal [P3]

Flow lighter than usual [S3]

### Menses, painful

Menstrual cramps extending to back [P3]

Menstrual pain, sensation as though kicked <morning [P8]

Menses, copious

Bleeding heavier at night [P3] NS

Menses heavier than normal [P6]

Menses heavier than usual [P8]

Pain, Bearing Down

Bearing down, as if in labour [P3] NS

Bearing down sensation [P4]

Pain, Ovaries

Ovulation pain quite intense, sensation of congestion lower abdomen [S3]

Deep pinching pain left ovary [P4]

Sexual Desire

Low sex drive [P3]

Aversion to sex- disgusted thinking about it [P4] NS

Sexual desire is increased [P3]

Sexual desire increased for duration of proving [P6] NS

## Respiration

Arrested

Breathless, constricting sensation around my chest [P2]

Short of breath, whilst walking uphill [P4] NS

Deep

Desire to deep breathe, as though in deep meditation [P3] NS

Desire to deep breathe [P10] NS

Difficult

Unable to breathe out [S5] NS

Unable to breathe in >fresh air [P10] NS

## Cough

Dry, tickly cough >hot drinks <talking [P3] NS

Tickling cough [P4]

Barking cough until I choke [P8]

## Expectoration

Yellow

Expectorating yellow phlegm [P3] NS



Sputum yellow and sticky [P8]

### Chest

#### Anxiety

Anxiety felt in chest on waking [P2]

Anxiety in region of heart on waking [P10]

#### Ball, sensation of a

Sensation of a hard ball outer left breast [P3] NS

#### Calm

Chest feels calm, as though there's a shield around my heart [P8] NS

#### Eruptions

Red rash under left breast has gone [P3] CS

Red itchy spot under right axilla [S8] NS

#### Fluttering

Fluttering sensation in my heart [P2]

#### Fullness

Sensation that my heart is being squashed by my large belly [P2] NS

Feeling of being pigeon chested, my lungs feel high up and my heart is expanding to fill my chest cavity [S5] NS

## Milk

Sensation of milk coming into both breasts [S3] NS

Milk in breasts, a few drops of colostrum expressed [P8] NS

## *Pain*

Breasts very tender and sore [P2]

Pain in left breast and stabbing pain through heart [P4] NS

Pain under ribs RHS [S7] ROS

Aching pain in heart on waking [S10]

## Swelling

Breasts have increased in size, need to wear a bigger bra with a heavy sensation [P2]

Breasts are fuller and heavier [S3]

Fullness of both breasts [P6]

## Back

## Cobwebs

Sensation of spiders web on nape of neck [P3] NS

## Heaviness

Head is too heavy, need to rest my head on my shoulder [P3] NS

## Itch

Itching nape of neck, shoulders and right arm [P3] NS

Itching mid back [P8]

### *Pain*

#### *Lumbar*

Stabbing pain lumbar region >moving [P2] NS

Aching RHS lumbar region >moving [P3]

Pain back <moving [P4]

Ache lumbar region LHS extending to RHS, as if back could snap in two [P7] NS

Strong backache lumbar region [P8] US

#### *Neck*

Neck sore RHS >stretching [P2]

Aching pain LHS extending across shoulder [P3]

Pain neck and occiput <moving head backwards [P4]

Neck pain LHS extending shoulder >sitting still [S5] US

Neck pain LHS [P7] NS

Neck aching [P8]

#### *Shoulders*

Sharp pain right shoulder [P2]

Aching across shoulders [P3] NS

Pain in shoulders >stretching [P4]

Aching between shoulder blades [P7]

#### *Spasm*

Back spasm, unable to move [P4]

Muscle twitching in lumbosacral region >moving <sitting [P8] NS

### *Stiffness, tension*

Neck stiffness left side on waking, extending to shoulder [P2]

Tension and stiffness, in neck and shoulders [P3]

Stiffness back and shoulders [P4]

Stiffness neck >stretching [P7] NS

Stiffness lower back, as if paralysed > continued motion [P8] NS

Stiffness and tension nape of neck extending to shoulders > stretching [P10]

### Tingling

Tingling sensation nape of neck [P3] NS

Tingling sensation RHS lumbosacral region [P8] NS

## Extremities

### Fluttering

Fluttering sensation in both arms, both arms are very restless [P2] NS

### Heaviness

Heavy hands and legs, as if dragging on the floor [P3] NS

Heaviness in both arms and legs < left side [P4]

Heaviness in both legs, right leg is dragging >lying down [P8]

## Itching

Both arms and palms really itchy <scratching [P3]

Itching, dryness on inside of legs >scratching [P10] NS

## Pain

### Foot

Pain in my left foot [P5]

Left foot very painful, constant and intense [S5] US

Pain in right foot-aching [P8] NS

### *Hips*

Right hip aching [P2] NS

Both hips aching, sensation needs oiling [P4] NS

Pain both hips extending to feet > movement <rest [S5]

Pain right hip extending to left hip, mirror image [P8]

### Knee

Both knees shooting, boring pain [P2] NS

Left knee throbbing [P3] NS

### *Leg*

Aching right leg [P3] NS

Left leg shooting pain, extending to hip [P4] NS

Pain both legs >gentle movement <rest [S5] US

Pain right leg, shooting nerve pain >walking <sitting [P8]

## Wrist

Right wrist aching [P2] NS

Right wrist painful [P4]

## Stiffness

Left arm stiff and both knees [P4]

Both knees stiff, seized up after sitting down [S4] NS

Stiffness right leg [P8]

## Tingling

Right foot tingling [P2] NS

Tingling in fingertips < right hand [P3] NS

Tingling right groin extending to right thigh [P8] NS

## *Twitching*

Left hand and arm shaking, legs also internal shakiness [P2] NS

Trembling in both legs [P3] NS

Muscle spasm in left arm [P4] NS

Right leg muscle twitching and cramp >moving <sitting [P8] NS

## Unsteadiness

Lower limbs unsteady >lying down [P2] NS

Unsteady as if on a boat <walking upstairs [P4]

Unsteadiness and staggering [P8]

## *Weakness*

Both legs very weak [P2] NS

Left leg gives way on weight bearing [P3] NS

Left wrist weak, as though sprained [S3] NS

Knees give way whilst walking [P4] NS

Both legs weak and wobbly, right leg gives way on walking [P8] NS

### Sleep

#### *Disturbed*

Sleep disturbed with frequent waking [P1]

Frequent waking [P3]

Disturbed sleep [S4]

Disturbed sleep [P7]

Frequent waking [S7]

Sleep really disturbed, waking due to constant hunger [P8]

Falling asleep, late

Really late night last night [P1]

Went to bed really late, gone 1am [P3] US

Desire to stay up late, after midnight [P4] NS

#### *Heavy*

Slept deeply for a few hours [P1]

Sleep was really deep [P3] US

Heavy sleep alternating with difficulty sleeping [P4]

*Refreshed*

Woke up feeling really refreshed [P1]

Woke feeling refreshed, like a new woman [P3]

Waking up feeling really good [P7]

Very refreshed on waking [P10]

*Restless*

Restless sleep [P1]

Very restless sleep [P2]

Sleep was restless [P4]

Restless sleep [P8]

*Sleepiness, daytime*

Really tired 9-11am, with a desire to sleep [P3] US

Need to go to bed <1.30-2.30pm [P4]

Desire to sleep in daytime [S5] NS

Falling asleep during daytime, really tired [P8] US

*Unrefreshed*

Really tired on waking [P2]

Woke unrefreshed [P4]

Woke feeling unrefreshed [P8]



## Dreams

### *Anger*

Felt really angry and irritated [P1]

Felt angry and irritated [P2]

Mood is changeable, angry [P3]

Wild feeling- ever changing [P4]

### *Animals*

Black dog who acted as though rabied, I had to catch it and put it in a cage [S3]

Lots of webs and little black spiders [P4]

Black Labrador and black snakes, very striking as I hate dogs [S5]

Dogs hiding in the darkness of the shadows [P10]

### *Beauty*

I was in awe of the beauty [P2]

Beautiful mountains and glaciers [P4]

Climbing a beautiful mountain [S5]

A beautiful blue sky [P5]

Beautiful flowers, a feeling of joy and unusual contentment [P8]

Heard an enchantingly beautiful song, the energy elevates the heart and soul [S9]

### *Birth and pregnancy*

I was shown where I came from, a feeling that my soul was reborn [P2]

Told I was pregnant by a colleague and I was lactating [S3]

A room with mothers breastfeeding, their babies- very peaceful [P4]

Baby born covered with vernix [P8]

### **Buried/claustrophobic**

I travelled to the core of the earth [P2]

I was paralysed, I couldn't even move my eyes [S3]

I was buried in sand, no one helped me [P4]

Underground with lots of people [S4]

Fear of being buried and destroyed by earth [P5]

Felt really claustrophobic [P8]

Fear of being buried alive, all the houses were buried under mounds of earth [P10]

Being buried alive, really unpleasant [S10]

### **Cleaning/dirt**

Cleaning the sand on the beach [P4]

Room was dirty and messy- I was appalled [P5]

Cleaning showers but it was like a shower of the psyche, all my toxins were washed away it expunged my vortex [P8]

### ***Conflict/fighting***

I said something and was misunderstood [P1]

Feel threatened, I'm being hassled and pushed about [P3]

Fighting between Native American Indians and white men, two men were killed [S3]

Being accused for something I wasn't responsible for [P4]

My ex-boyfriend was being cruel to me [S9]

Taunts from my ex-husband [P10]

### *Connection/inclusion*

Sense of being as one with the universe [P2]

Moving to a shared house with friends [S4]

Feeling euphoric and contented, part of the universe [P5]

Returned home to the family house [P7]

Seeking refuge in a communal house, a desire to fit in [P8]

I was providing evidence of evolution, examining the rocks, strata and layers of sediment- a happy joyful feeling [P10]

### *Control/organising*

Somebody else was in charge, I had to be in charge they needed to follow my lead [P4]

I was organising people and things [P8]

### *Danger/fear*

I knew danger lay ahead [P2]

All of my strong fears came to light [S5]

Felt like a child, fear of the unknown [P8]

I was very afraid and scared [P10]

Very unpleasant dreams, really afraid [S10]

### *Death*

Someone was dead on the road, it was very peaceful [P2]

Someone was killing everybody with a samurai sword [P4]

Grief for something lost [P8]

Partner suffocated himself [P10]

### *Excluded/invisible*

People were watching me but didn't say anything [P1]

I was going the wrong way, everyone else was going the other way. I was invisible and didn't fit in anywhere [P4]

Not invited to granddaughters birthday, I was excluded as though I was invisible [P5]

Neglecting my children [P6]

I felt excluded and abandoned, as though I was invisible [P8]

Abandoned by my stepdaughter, very upsetting [S10]

### *Families*

My family and taking care of them, being loved and nurtured [P3]

Children were abducted [P4]

Granddaughters birthday, all the family were there [P5]

Dreamt of my children [P6]

My partner and children, I wanted to join in with them [P8]

### *Freedom*

Feeling of freedom [P8]

### *Hiding*

I hid in a secret place, no one found me [P1]

I was hiding from people in cupboards [P4]

Desire to crawl into a small dark space and find safety and shelter [P8]

### *Intuitive*

Dreamt of a man who lives locally, the following morning I passed him on my way to work [P2]

A house with wooden shutters in a swiss style, the following day a swiss style chalet in the park burned down- the same as in my dream [P5]

A feeling that something bad is going to happen [P8]

### *Male energy/sex*

A powerful male energy, a whirlwind of passion [S3]

Nudity [P4]

Sexually aroused during a hug with a friend [S4]

Sexy dream about a man masturbating, there was no embarrassment [P7]

Very sexual- organs and soft tissue were visibly exuding body fluids [P8]

### *Mirroring*

I was two identical people [P4]

I have an identical twin [P8]

### *Smoking*

I was smoking a cigarette, it felt so nice as I inhaled it deeply [S3]

Smoking and yet I really dislike smoking [S5]

### *Spatial awareness*

Driving a small car and my legs were too big [P4]

Tried to cross a bridge, but my car and me were too wide to cross [P8]

### *Transformation*

A bus turned into a boat [P4]

Changing a wedding dress into a bridesmaids dress [S5]

I feel like I'm going through a process- a transformation [P8]

Saw myself in a mirror, I was much younger and beautiful [S9]

A girl passed through a window and transformed into an angel [P10]

### *Travelling*

Dreamt I was driving my car [P2]

Travelling on a bus, the desire was strong and impulsive [S3]

Travelling with a group of people and riding my bike very fast [P4]

Travelling at speed, very exciting and exhilarating [P5]

I was driving a black Porsche very fast [P6]

Travelling- it was all about the journey [P10]

### *Unremembered*

Can't remember my dreams [P2]

Not dreaming like normal, I can't remember them [P3]

Can only remember parts of the dream [P4]

### *Vivid*

Vivid, beautiful colours [P2]

Vivid, intense dreams [S3]

Bright vivid colours [P5]

Vivid colourful dreams [P8]

### *Water*

I was swimming, on my back flapping my feet [P1]

Queuing for water to drink but the taps were running with thick, dark oil [S3]

Snow and icy water and flooding [P4]

Rivers and rivulets flowing [P5]

I was near the sea and also dreamt of a toilet overflowing with water [P8]

### Chill

Chilliness

Sudden chill [S4]

Coldness [P5]

Really cold [P8]

Chilliness, shaking

Really cold and shivering [P2]

Feeling cold and shivering [P3]

### Perspiration

Nightsweats

Nightsweats [P2]

Nightsweats > uncovering [P7]

Nightsweats [P8]

## Skin

### *Biting Insects*

Sensation of insects crawling on my head and right thigh [P2] NS

Insect bites all over my body [P3] NS

Itching as though from insect bites in my hair, back and arms [S3] NS

Sensation of insects crawling on my scalp, very itchy [P4] NS

Insect bites on my abdomen, itching++ [P8] NS

### *Dry and Itching*

Dry, itching skin [P1] ROS

Itchy, flaky scalp [P2] NS

Dry and itchy patches, >scratching [P3]

Dry, itchy scalp [P4] NS

Skin is dry and itchy especially face, chest, neck and arms [P7] NS

Itching on abdomen and lumbar region [P8] NS

Dryness and itching on abdomen and both hands, >scratching [P10] NS

### *Eruptions*

Spot on the bridge of my nose [P2] NS

Very spotty chest, shoulders and back [P3] NS

Few pin head spots in my hair, back and arms [S3]

Red eruption on my back, forehead and hairline [P4]

Red eruption on my right leg [P7]

Red spots on my abdomen and right axilla [P8]

Red spots on my abdomen and under my right eye [P10]



### *Water*

Fluid feeling in both hips and ankles [P1] NS

Sensation warm liquid flowing through left arm, hand and knee [P2] NS

Sensation fluid flowing from both knees to feet [P3] NS

Sensation water trickling down chin < LHS [S3] NS

### *Wart*

Both warts have reduced in size and nearly gone [P2] CS

## Generalities.

### *Air*

#### *Open Air>*

>Outside and feeling the wind on my face [P2]

>Outside walking [P4]

>Being outside in fresh air [P8] NS

+Fresh air [P10] NS

### *Air.*

Desire to be outside and feel the wind [P2]

Desire to go for a walk in the fresh air [P4]

Desire to get outside and go for a walk [P8] NS

Desire to go outside [P10]

## Ascending

>Ascending, loss of balance walking upstairs [P4]

Weakness, worse for going upstairs [p8] NS

## *Cold feeling, Lack of vital heat*

Feeling really cold, shivering all over [P2]

Feeling cold with shivering [P3]

Sudden chill [S4]

Coldness and a desire for warmth [S5]

Really cold, need to be warm so stayed in bed all day [P8]

## *Energy*

### *Excess of Energy*

Energy was buzzing [P1]

Lots of energy, feeling really playful [P3]

Lots of energy [P8]

Really energetic [P10]

## Exertion Physical

>Physical exertion [P3]

>Being busy, doing things [P7]

## Floating

Sensation of weightlessness [P2] NS

A real sense of grounding, as though energy is radiating downwards rooting me to the ground [P3]

Feel ungrounded, a lack of gravity [P4] NS

## Food

### Cake

+ Cake [P4]

+ Cake [P8]

### *Chocolate*

+ Chocolate [P3]

+ Chocolate [P4]

+ Chocolate [S3]

+ Chocolate [P8]

### Eggs

Eggs taste revolting [P2]

+ Eggs [P5]

+ Eggs [P7]

### Sweet Food

+ Sweet food [P4]

+ Sweet food [S4]

+ Sweet food [P8]

### Wine

+ Wine and plenty of it [P5]

+ Wine [P7]

-Alcohol, sensation of a hangover but I haven't drunk any alcohol [P8]

### *Heat, Flushes of*

Sensation of heat, as though core temperature has increased [P2]

Unbearable flushes of heat, from feet to top of my head [P3]

Flushes of heat [P4]

Flushes of heat all over body [P5]

Flushes of heat [P8] NS

### *Heaviness*

Sensation of heaviness [P3] NS

Heaviness and slowness, worse in the morning [S3]

Heaviness [P4] NS

Heaviness especially of the legs [P8]

### *Lying ameliorates*

Lying down ameliorates [P2]

>Lying in bed [P3]

>Lying down [P4]

>Lying down in bed [P8]

Sensitiveness, energy

Sensitive to mobile phone energy [P2]

Sensitive to energy of others [P4]

### *Sitting*

>Sitting down [P3]

>Sitting down [P4]

Sitting, rather than doing anything [S4]

>Sitting, need to conserve my energy [P8]

### *Sun*

+Sunshine [P4]

>Dry, sunny weather [P5]

Sun is shining, feel much better [P8]

+Sunshine [P10]

### *Tension*

Feeling very tense [P3]

Tension on the left side of my body [P4]

### *Time*

#### *Aggravation*

Really tired between 1 and 3pm [P3]

Tired between 3-5pm [S3]

Very tired between 1.30 and 2.30pm [P4]

Exhausted 3pm onwards until early evening [P7]

### *Trembling*

Internal trembling, a nervous energy [P2] NS

Trembling [P3]

Tobacco

Aversion to smoking, no desire at all [P3] NS

I've stopped smoking, a real aversion to cigarettes [P8] CS

**Weakness and tiredness**

Energy levels are low [P1]

Feeling really tired, lacking in energy [P2]

Feeling tired and drained [P3]

Exhausted, I can't even hold a pen [P4]

Feel exhausted [P7]

Feeling generally weak and exhausted [P8] NS

Really tired [P10]

### **Summary of Physical Symptoms.**

It has become evident throughout the proving that the physical symptoms reflect the various stages and lifecycle of the Anthocharis Cardamines. The themes and lifecycles will be discussed in more depth in the next chapter.

#### **Egg.**

Pregnancy symptoms including nausea, heartburn, swelling of the breasts and abdomen, lactation.

#### **Larval Stage-Caterpillar.**

Itchy, red skin eruptions.

Diminished sense of smell, hearing and vision.

Tingling, twitching and muscle spasms.

General chilliness and shaking, alternating with flushes of heat.

#### **Pupa Stage-Chrysalis.**

Heaviness and weakness of the extremities.

Exhaustion and lethargy, alternating with restlessness and lots of energy.

Tiredness with a desire to sleep during the daytime.

Pressing, constricting pains < restriction.

Clearing out symptoms including; sneezing, nasal discharge, sputum, vomiting, diarrhoea and leucorrhoea.

#### **Imago-Adult Butterfly.**

Loss of spatial awareness especially vertigo, spaciness, clumsiness and unsteadiness.

Itching, dryness and flaking of the skin and hair.

Aching hips and legs > gentle movement < rest.

Tension and stiffness in back and neck >stretching, gentle movement.

Fluttering sensations of the throat, heart, chest and limbs.

Acute sense of smell, hearing and vision.

**Generalities include;**

+refreshing foods

+sweet food

+wine

>fresh air

>warmth

>lying down

<1-3pm



### **Themes- Lifecycle of the Anthocharis Cardamines Butterfly.**

What became evident throughout the duration of the proving, is that the symptoms displayed by the provers both physically and mentally, reflect the stages and lifecycle of the butterfly.

I have tried to clarify this further within the themes section, in order to provide a deeper understanding of the remedy.

#### **Egg.**

#### **Pregnancy, birth, relationships, children and family.**

#### **Mind.**

This resonates deeply and brings up issues of motherhood and fertility [P3]

All the physical symptoms are similar to pregnancy [P8]

Delusion- My body feels out of proportion, I have to push my belly out, I can't suck it in [P2]

I'm trying to avoid any responsibility [P1]

Strong sense of responsibility towards my family [P3]

Feeling of unconditional love to my family [P3]

More loving towards my family [P7]

I just want to protect the children [P2]

I feel very protective of my mother [P8]

Feel caring and motherly towards my family [P2]

Desire to be with my children and husband [P4]

Feeling very irritable, lacking patience especially with my family [P4]

Irritable and impatient with my family [S10]

Wanted to shake or hurt my daughter [S3]

Lashed out and hit my son [P4]

Really angry at my husband [P7]

Rage and fury towards my daughter [P8]

Argued with my husband, first time in 3 years [S8]

Laughing and giggling [P2]

Playful and dancing with the kids [P3]

Laughing and giggling, very light hearted [P7]

Feel light hearted and joyful [P10]

### Dreams.

Told I was pregnant by a colleague and I was lactating [S3]

A room with mothers breastfeeding their children, it was very peaceful [P4]

Baby born covered with vernix [P8]

Taking care of my family and being loved and nurtured [P3]

Grandaughters birthday, all the family were there [P5]

Dreamt of my children [P6]

Dreamt of my partner and children [P8]

Felt angry and irritated [P2]

My ex-boyfriend is being so cruel to me [S9]

Taunts from my ex-husband [P10]

### Physicals.

Trembling both legs, cramp left foot [P3]

Cramp right calf and sciatic pain right leg [P8]

Ache lumbar region, SE- back could snap in two [P7]

Strong backache lumbar region [P8]

Aching, bearing down SE- as if in labour [P3]

Bearing down sensation [P4]

Breasts are very tender, sore and heavy [P2]

Breasts are fuller and heavier [S3]

Fullness of both breasts [P6]

SE- milk coming into both breasts [S3]

Milk in breasts, few drops of colostrum expressed [P8]

SE- heart being squashed by my large belly [P2]

Abdomen distended, protruding more than usual, very tender to touch [P2]

Abdomen very bloated, as though tightly stretched [P3]

Abdomen feels bloated [S7]

Nausea on waking, as if pregnant [P4]

Nose is really sore, SE- someone pressed my nose into my face, as though a newborn [P8]

#### Generals.

Really tired, lacking in energy [P2]

Feeling generally weak and exhausted [P8]

Craving eggs [P5]

Craving eggs [P7]

+ ginger tea [P8]

#### **Larva Stage - Caterpillar.**

**Anxiety, vulnerability, insecurity, anger, conflict, predators, water/fluids, hunger.**

#### Mind.

I'm waiting for something to happen with a real sense of unease [P3]

Feel anxious with panicky moments [P8]

Feel anxious, my security is being threatened [P8]

I felt like I was going to be crushed [P2]

All my old fears are resurfacing [P3]

Feeling very vulnerable [P3]

Hysteria after a massive spider crawled on my arm. My acquaintance is threatening like a snake [P8]

I keep thinking about worms and insects. I'm seeing butterflies everywhere [P2]

I was intrigued by 3 magpies and 3 pigeons standing in the middle of the road [P2]

I stood watching 2 red kites circling and swooping, I felt a huge sense of release [P3]

There's conflict all around me [P2]

Lots of conflict with my husband [P7]

Encountered 2 aggressive confrontational females [P8]

Desire to provoke and antagonise my son [P7]

Raging temper, I feel like a volcano about to erupt [ P2]

Raging anger [P3]

Angry- a sense of inward explosion [S10]

I feel inadequate [P1]

I feel inadequate and insecure of my self identity [P3]

I'm not good enough [P4]

### Dreams.

I feel threatened [P3]

I felt really angry and irritated [P2]

Mood is changeable, I feel angry and lost [P3]

A wild feeling- ever changing [P4]

Lots of spiders webs with little black spiders [P4]

A black Labrador and black snakes, I hate dogs and I was terrified [S5]

Dogs were hiding in the darkness of the shadows, I was scared [P10]

I was swimming on my back [P1]

Dreams of snow, icy water, glaciers and flooding [P4]

All my strong fears of slugs, toads and dogs [S5]

A woman had a head and shoulders but no body [P8]

Organs and soft tissue were on display, exuding body fluids. It was a slippery, slimy feeling [P8]

### Physicals.

Anxiety felt in chest on waking [P2]

Anxiety in region of heart on waking [P2]

Head is itching, as if insects are crawling [P2]

Hair is itching ++ [S3]

Head is intensely itchy, as though I have nits [S6]

Insect bites all over my body [P3]

Itching as though from insect bites, in my hair, on my back and arms [S3]

Red eruptions on my back, forehead and hairline [P4]

Very spotty chest, shoulders and back [P3]

Impaired hearing, SE- hearing conversations through water [P2]

Hearing is very muffled [P8]

Spiders web sensation felt on my face [P3]

SE- spiders web on nape of my neck [P3]

SE- water trickling like drops down my chin [P3]

Strange bubbling sensation in my lumbar region [P8]  
Shivers running down my back [P3]  
Fluid feeling in both hips and ankles [P1]  
Warm liquid flowing through left arm and left knee [P2]  
SE- fluid flowing from my knees to my feet [P3]  
Tingling sensation nape of neck [P3]  
Tingling sensation right lumbosacral region [P8]  
Tingling right foot [P2]  
Tingling in fingertips < right hand [P3]  
Tingling in right groin extending to thigh [P8]  
Thirstless [P4]  
Thirstless [P8]  
Felt absolutely ravenous [P2]  
Increased appetite, woke due to hunger [P8]

### Generals.

+ raw garlic [P3]  
+ refreshing food- berries, salads [P8]  
-meat, feel repulsed [P3]  
> physical exertion [P3]  
>being occupied [P7]

### Pupa Stage - Chrysalis.

**Cocoon, home, clearing, hiding, detached, connection, confusion, time.**

## Mind.

Desire to stay at home [P2]

Desire to be at home, feels really good [P4]

Desire warmth and comfort [P8]

Desire to hide under the duvet in bed [P3]

I don't want to get out from under the duvet [P4]

Desire to be wrapped up in my duvet and stay in bed all day [P8]

Desire to clear and sort out old clothes and things [P4]

Desire to clean and clear [P6]

Desire to clean and clear out [P8]

Delusion- I was a tortoise and had to keep my shell clean [S5]

Delusion- I feel like a tortoise [P8]

Lethargic and lacking motivation [P1]

Indifferent, I just can't be bothered [P7]

I feel indifferent and worn out [P8]

I feel as though I'm in my own world [P2]

I'm in my own world, it feels like a dream not a reality [P4]

I feel disconnected, as though I don't belong [P2]

I feel detached and remote [P8]

I feel very alone [P3]

I want to be on my own, in my own space [S3]

I lost track of time [P2]

There's not enough time [P10]

Confusion over days, dates and times [P8]

I feel grounded but my head is in the clouds [P2]

I feel fragmented, my energy is rushing around [P3]

My mind feels cloudy. I feel ungrounded with a lack of gravity [P4]

I feel confused, all my thoughts are jumbled [P3]

I couldn't remember where I was [P2]

Very forgetful [P4]

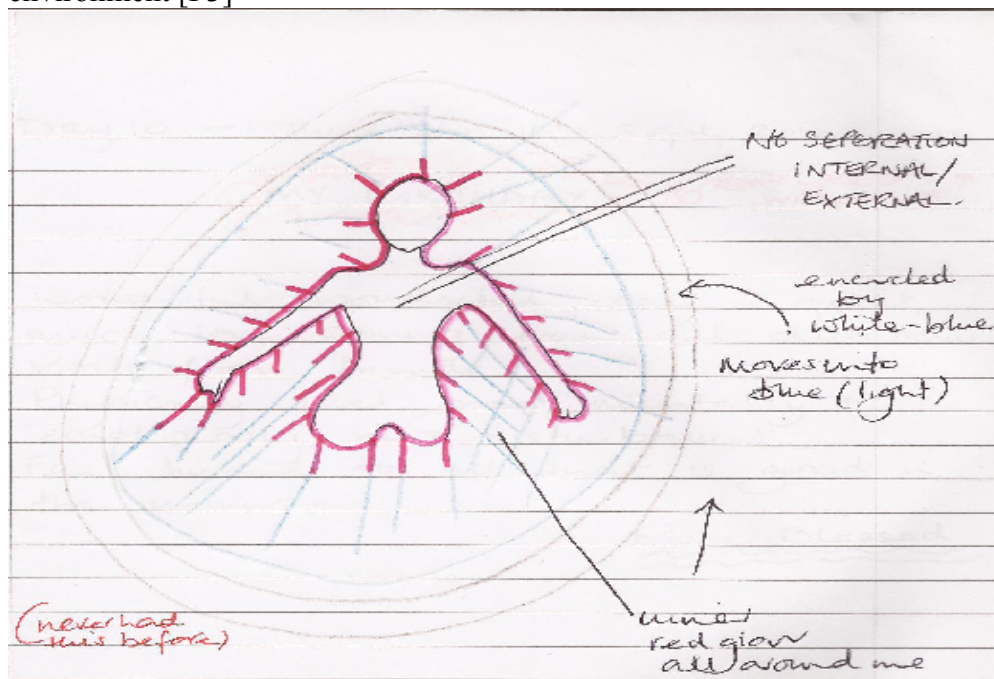
I feel like I'm losing my mind [P8]

I have an inner wisdom, I'm wise beyond my years [P2]

I have an inner knowledge [P3]

I feel very connected to nature [P2]

The world is holding me safely, I'm radiating energy and I am expanding into the external environment [P3]



I'm more connected [P4]

It's the call of my ancestors, it's where my soul belongs [S4]

Connection-there is no separation between the massive picture and the personal one [P8]

Delusion- I'm growing bigger all the time, my head is getting smaller and my abdomen and chest are getting bigger [P2]



### Dreams.

I hid in a secret place, no-one found me [P1]

Desire to crawl into a small dark space and find safety and shelter [P8]

I was paralysed for days, all my muscles were weak [S3]

I was buried in sand, no-one helped me [P4]

I was buried alive, it was really unpleasant [S10]

I was cleaning the sand on the beach [P4]

I was invisible and I didn't fit in anywhere [P4]

I was invisible, no-one listens to me [P5]

I felt excluded and abandoned [P8]

My daughter and I stood on a rocky ledge, I knew that there was going to be a big explosion. We got off the ledge just in time, the rocks were blown into tiny pieces and there were dust particles everywhere. There was a sense of being as one with the universe, we were part of the rock, the earth, the air and the sky-when I woke I felt that it was the remedy communicating with me [P2]

### Physicals.

4 provers experienced vertigo or light headedness

SE- my head was being pulled upwards [S5]

Heavy feeling, I need to close my eyes [P3]

My eyes are really heavy [P7]

Foggy vision, as though white clouds are in front of my eyes [P2]

My face is red and hot [P2]

My cheeks are burning red hot alternating with cold [P4]

Heavy feeling in my face, very unpleasant [P6]

Appetite diminished [P2]

Diminished appetite, not at all hungry [P4]

Crampy pain in stomach [P3]

Cramp in lower abdomen [P2]

Tearing pain in lower abdomen [P4]

Abdominal distension, protruding more than usual, very tender to touch [P2]

Abdomen is very bloated, as though tightly stretched [P3]

My lungs feel high up in my chest, SE- pigeon chested [S5]

SE- my heart is expanding to fill my chest cavity [S5]

SE-my heart is being squashed by my large belly [P2]

Heaviness in my uterus, as if being dragged down [P3]

Back spasm, I'm unable to move [P4]

Heavy legs and hands [P3]

Heaviness in arms and legs [P4]

Sleep was really deep [P3]

Really tired in daytime, desire to sleep [P3]

Desire to sleep in daytime [S5]

Falling asleep in daytime, really tired [P8]

Nightsweats [P2]

Hot and sweaty [P8]

Chilliness [S4]

Shaking and trembling internally [P2]

### Generals.

Energy levels are low [P1]

Really tired and lacking in energy [P2]

I feel weak and exhausted [P8]

>lying down [P2]

>lying down in bed [P3]

>lying down in bed [P8]

Really cold and shivering, alternating with flushes of heat [P3]

Coldness with a desire for warmth, I wore my dressing gown and socks under the duvet [S5]

Really cold, so stayed in bed all day [P8]

SE- of heat, as though my core temperature has increased [P2]

Flushes of heat all over my body [P5]

SE- heaviness, as if I'm rooted to the ground [P3]

Heaviness and slowness [S3]

>sitting down [P3]

>sitting, I need to conserve my energy [P8]

SE- weightlessness [P2]

Very unsteady and staggering [P8]

### **Imago - Adult butterfly.**

**Claustrophobia, freedom, spatial awareness, flitting, fluttering, acute senses.**

#### **Mind.**

Claustrophobic feeling- a desire to be outside, as free as a bird [P2]

I'm feeling trapped [P3]

I feel trapped, I can't wear my seat belt-it's too restrictive [P8]

Desire to escape [P3]

I need to escape and break free [P8]

Desire to be outside and feel the wind [P2]

Desire to be outside in the fresh air [P4]

Delusion- I'm sprouting wings and lifting upwards [P3]

Delusion- the wind is blowing through me [P2]

Delusion- I feel like a bird, a real sense of freedom [P8]

Lack of spatial awareness [P2]

Clumsiness [P3]

Unsteady, a lack of spatial awareness. I'm bumping into things, very clumsy [P4]

I'm attracting lots of attention, everyone wants to talk to me [P2]

I want someone to dedicate their attention towards me [S3]

Woke feeling restless, as though I need to go somewhere but I don't know where [P2]

Feeling very restless and unsettled [P3]

Very restless [P4]

Restless, a hurried feeling [P8]

Difficulty concentrating, I feel very scattered [P2]

Difficulty concentrating, my mind is floating off [P3]

Lack of concentration, my thoughts just drift away [S3]

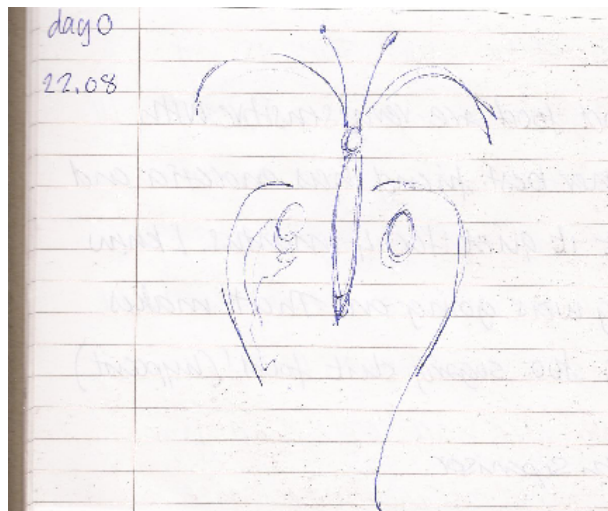
Concentration is really difficult [P10]

Very industrious [P2]

Very industrious [P3]

Very industrious, I have to keep doing things [P7]

Very industrious, hardly settling at one thing-very like a butterfly [P8]



### Dreams.

Felt really claustrophobic [P8]

I was driving my car [P2]

Driving a small car and my legs were too big [P4]

I tried to cross a bridge, but my car and I were too wide to cross [P8]

I was driving a black Porsche very fast [P6]

Desire to travel was very strong and impulsive [S3]

Travelling with a group of people [P4]

Travelling at speed, it was very exciting and exhilarating [P5]

Travelling-it was all about the journey [P10]

Feeling of freedom [P8]

The house was calling for recognition [P8]

### Physicals.

Tension as though a band across my forehead and temples [P3]

Pressing pain like a band across my eyebrows [P7]

Only seeing part of the picture, dark patches in front of my eyes [P2]

My vision is distorted, all the images are moving and turning [P4]

My vision is defined with greater colour and clarity [P5]

Hearing is very sensitive [P2]

Hearing is acute [P4]

Altered sense of smell, earthier smells [P1]

Altered sense of smell, everything smells sulphurous [P8]

Jaw is tight, as though my teeth have been clenched all night [P2]

Increased thirst for water [P1]

Thirsty for cold water [P10]

Breathless, SE- constriction of my chest [P2]

Tension in my neck and shoulders [P3]

Stiffness in my neck > stretching [P7]

Stiffness and tension nape of neck, extending to my shoulders > stretching [P10]

Stabbing pain lumbar region > moving [P2]

Strong backache in lumbar region [P8]

Neck feels loose, SE- could turn head 360 degrees [P2]

Unsteady < walking [P4]

Unsteady and staggering [P8]

Leg gives way on weightbearing [P3]

Both legs are weak and wobbly [P8]

Dry skin [P3]

Dry skin [P7]

Dry hard stool [P2]

Hard stool [P5]

Difficulty passing constipated stool [P3]

Constipated with straining [P4]

Fluttering SE in throat extending to heart [P2]

Fluttering SE in both arms, also arms are very restless [P2]

Restless sleep [P1]

Very restless sleep [P2]

Sleep was restless [P4]

Restless sleep [P8]

Energy was buzzing [P1]

Lots of energy, feeling really playful [P3]

Feeling really energetic [P10]

> physical exertion [P3]

> being occupied, busy doing things [P7]

### Generals.

+ biscuits and cake [P8]

+ cake [P4]

+ chocolate [P3]

+ chocolate [P8]

> outside and feeling the wind [P2]

> outside [P4]

> outside in fresh air [P8]

> fresh air [P10]

> sunshine [P4]

> dry sunny weather [P5]

> sunshine [P8]

> sunshine [P10]

### **Mirroring.**

#### **Mirror image, twins.**

#### **Mind.**

Hall of mirrors, each one shows a reflection or an aspect of yourself [P3]

Husband and I are mirroring each others symptoms. Daughter's moods are mirroring my own [P3]

My husband is mirroring my physical symptoms [S3]

Prover and I are mirroring each others physical symptoms [S5]

Teaching piano, I drew a crotchet rest completely back to front-a mirror image [S5]

I found a dead shedding grass snake, which I feel is mirroring the qualities that I dislike in myself [P3]

#### **Dreams.**

I was two identical people [P4]

I dreamt of having an indential twin [P8]

I saw myself in a mirror, I was much younger and beautiful [S9]

#### **Physicals.**

Pain in right extending to left hip-a mirror image [P8]

### **Colour.**

#### **Orange, creativity, sexuality.**



### Mind.

I can see energy fields and an orange light connecting everyone [P3]

Attracted to wearing bright flowery dresses and orange cardigan [P2]

I wore a dress and really enjoyed it, I looked feminine and flirty [P8]

Strong desire to bake things [P4]

Strong desire to create something, maybe to knit [S9]

Sexual innuendo whilst talking amongst my colleagues, they were all really shocked [P2]

### Dreams.

A powerful male energy, a whirlwind of passion [S3]

Sexually aroused during a hug with a friend [S4]

Sexy dream about a man masturbating [P7]

### Physicals.

Big lumps of hard orange ear wax [P7]

Large painful orange spot on my chin [P4]

Sexual desire is increased [P3]

Aversion to sex, I'm disgusted thinking about it [P4]

Sexual desire has been increased for the duration of the proving [P6]

+orange food [P8]

### **The Personal Journey.**

**Reflection, resurfacing of past issues, cleansing, transformation, self acceptance.**

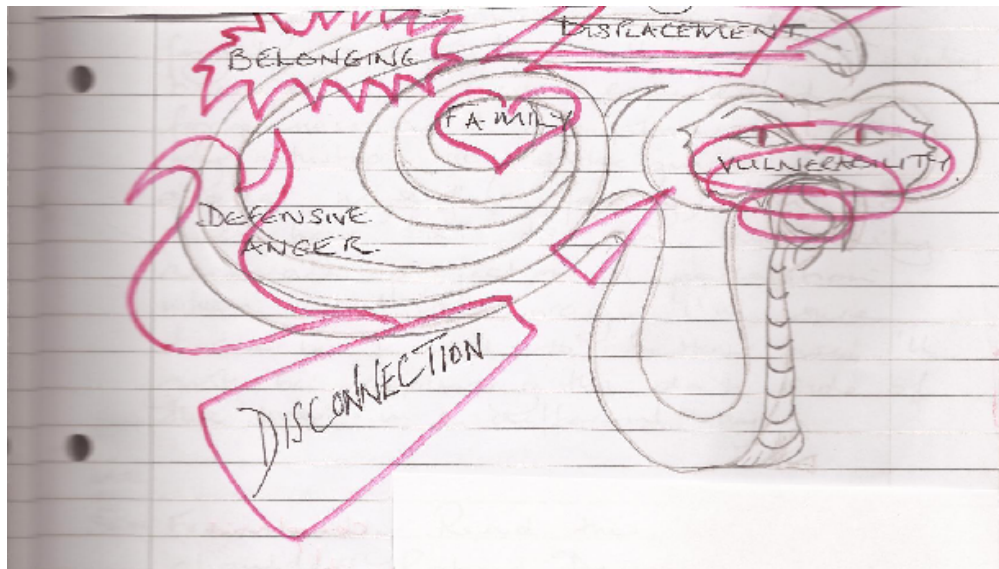
### Mind.

All my fears are resurfacing [P3]

I'm wrapped up in my own chaotic thoughts [P3]

I lay in bed "fluttering" through the stages of my life [P2]

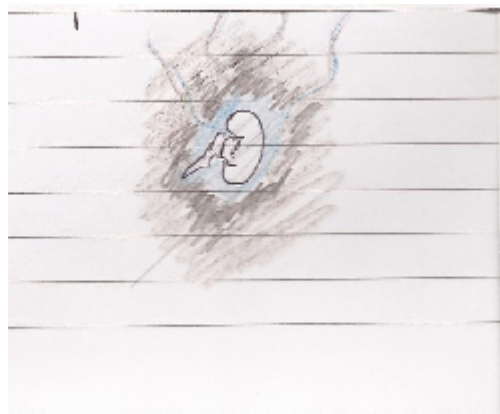
I find myself thinking about all the past hurts. Deep, painful emotions from the past are being dragged to the surface-a sense of emotional purging. The remedy has brought up every single past issues, I want to get beyond the hurt [P3]



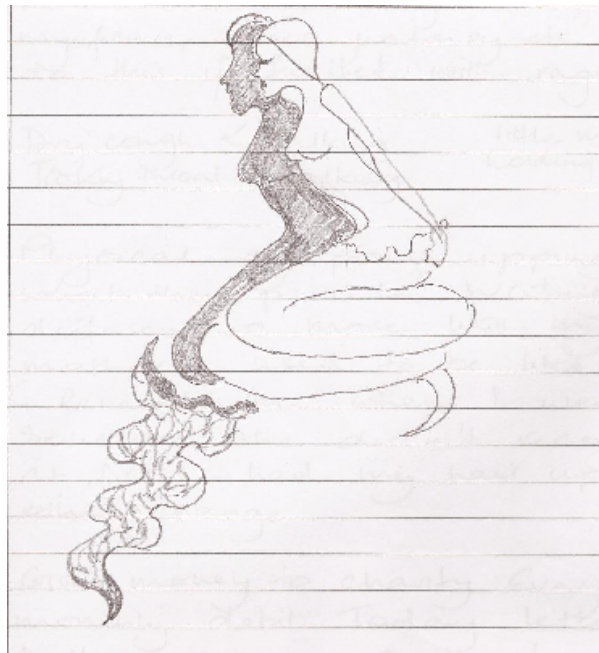
Whilst dusting a butterfly mobile, I had thoughts of my daughter as a baby [P8]

There are leaves of all colours on the ground, it's a time of shedding ready for new life, its all part of the cycle of life [P2]

A visual image of a clean blue soul, being pulled from the blurred murkiness [P3]



An image of a reptilian woman shedding her skin and morphing into another being [P3]



There's a sense of being on the verge of something dynamic, new and changing [P3]

I want someone to witness how I'm changing [S3]

I feel really contented since the start of the proving [S5]

I can be true to myself and accepting [P3]

I'm more confident as a result of the proving [P5]

I'm more contented than normal, I had a feeling of love throughout the proving [P6]

I'm more self accepting-a feeling of liberation. I no longer feel inferior after years of being manipulated [P8]

The proving has given me an inner strength and helped me to achieve things that I have found difficult in the past. I feel powerful, justified and proud. I finally feel at peace with who I am [P2]

It's a process of rebirth; intense emotions followed by calmness, in preparation for the next part of the process. A feeling of contentment and reconnection, all my life I have felt a deep sense of loss but now I'm whole again and a lot lighter [P3]

It's about sharing the beauty of the process and where it leads us to. It brings down the defences, allowing the heart to be light and happy. I feel gentler and calmer at the end of the proving [S3]

### Dreams.

Grief for something lost [P8]

A bus turned into a boat [P4]

A wedding dress changed into a bridesmaids dress [S5]

A girl passed through a window and transformed into an angel [P10]

I travelled to the core of the earth, it was amazing. I was surrounded by rocks and I could see a vortex opening, I kept thinking why am I here? I was in awe at the beauty, flashes of bright light came and went. I had a strong sense that I didn't belong there, was it death or was I shown where I came from, a feeling that my soul was reborn [P2]

I feel like I'm going through a process [P8]

It was like a shower of the psyche, all the toxins were washed away as though I have expunged my vortex [P8]

### Physicals.

Both my eyes were watering [P4]

Lots of sneezing [P1]

Violent, frequent sneezing [P8]

Nasal discharge which lasted all day [P3]

Copious nasal discharge [P8]

Vomiting with acidic bile [P3]

Vomitted on waking [P8]

Frequent urination [P3]

Diarrhoea [P2]

Sudden diarrhoea [S4]

Chest feels calm, as though there's a shield is around my heart [P8]

Expectorating yellow phlegm [P3]

Yellow, sticky sputum [P8]

Clear vaginal discharge [P2]

Brown, stringy vaginal discharge [P3]

Watery, bloody vaginal discharge [S3]

I woke up feeling really refreshed, like a new woman [P3]

## **Meditation Transcripts.**

### **Meditator One.**

I see wings and have a wonderful peaceful feeling. I can hear the sound of birds wings.

I have a feeling of detachment, dissolving... nothing matters, I'm being taken outside of myself and extending into the auric layers

Sensations-

Headache with pressure in the brow area and my ears

Tingling and pain in my occiput which resonates through my torso

Sensation of energy moving through my spine and exiting through my upper back

Feeling of being stretched and pulled upwards through my vertex...my head feels clearer more energised

All my chakras are open, my energy is being grounded in my abdominal centre

Itch under right nostril

Feel nauseous

Empty sensation in solar plexus

Pulling pain in left breast towards outer side of body

Cramp in right arm.

### **Meditator Two.**

Sensation my crown chakra is opening

I NEED fresh air, I feel as though I can't breathe...I can't do this, I feel completely overwhelmed

Feel very tearful

Attracted to the bright colours of the carpet, it's so vibrant

Sensations-

Sensation of energy flowing up my spine

Feeling of lightheadedness and dizziness

Tightness and pressure sensation across my forehead, also affecting my vertex  
Nasal congestion and a feeling of being unable to breathe  
Irregular palpitations of my heart and my hands feel cold, which were previously warm  
Heavy sensation central chest  
Pulsing sensation across my back from my ribs upto my neck  
Intense sharp pain lumbar region  
Heaviness felt in my solar plexus, as though a weight pressing inwards  
Pelvis and legs feel numb, I can't feel my legs -I have to check that I've still got legs! Could this be used to treat Multiple Sclerosis?  
Heavy sensation pelvic area, I wish I was talented and then I could create something wonderful  
Left arm is twitching with spasms in the muscle  
Left hand and fingers are now twitching and shaking, I wonder if this would help Parkinsons Disease?  
Tingling sensation both legs, I've got to move them.... Feel really restless  
Shaking of hands and legs, as though in shock  
Reflection at the end of the meditation-  
I feel completely calm, at peace. I feel full of love and compassion and lighter in some way.  
I've made lots of spelling mistakes in my report could this remedy be good for treating learning disorders and dyslexia?

### **Meditator Three.**

A feeling of stillness  
I just want to get it right  
I feel really impatient and I doubt myself "Can I really do this?"  
I feel pathetic, paranoid and angry  
Sensations-  
Body feels tingly, almost electric

I feel nervous, as though in shock

My body feels heavy with a floating sensation, almost suspended

A real sense of expansion and contraction, when I breathe it feels as though I have a bubble around me- that is me!

My left eyelid won't close properly

Tightness in my nose, I have to breathe through my mouth

My mouth is watering and it is really difficult to swallow

Great difficulty swallowing, everything feels stuck

I cannot feel the saliva when I swallow, it doesn't feel as though I have swallowed- I want to swallow really hard but I can't

Tightness in my lower jaw and throat

Shiver across my neck and shoulders

Tightness of my upper body, mainly on the right side

Can really feel my heart pumping the blood around my body, getting stronger with a flowing sensation

Pulsing sensation in my stomach

At the end I cry and I have no idea why, I feel a sense of shock with shivering, shaking and coldness.

#### **Meditator Four.**

My crown chakra is pulsing, throbbing like a heartbeat

Feeling the need to communicate clearly but a sense of being misunderstood and that communication is difficult; why can't it just be easy?

Could this be a remedy for dyslexia?

Sensations-

Really strong sensation in my vertex, as if it is "opening"

A sense of freedom

A strong desire for fresh air, sun and light

I need my personal "space", with air around me



I see lots of the colour purple

A sense of needing a soulmate, no communication would then be required, there would be a nonverbal understanding with body language alone

A desire for symmetry and symmetrical patterns, this is very important [wings?]

A need for simplicity

Pulsing sensation in my throat chakra

Marked increase in the wetness of the mucous membranes

Nose is running and my dry mouth has increased salivation

Restriction around the heart

Moved remedy to heart chakra and felt an intensified openness of the crown chakra and a sense of connection through this opening

Can see images of symmetrical eyes- deep all seeing, all knowing, all communicating eyes

Towards the end I have an aching sensation in both legs, however during the proving I have no sense of any legs

At the end I feel cold and shivery.

### **Reflections and Observations.**

“Throughout the proving I had a feeling of fluidity and of ease both mentally and physically.”

Prover One

“At the start of the proving there was a lot of confusion over dates and times.”

Supervisor One

“At the end of the proving, I feel at total peace with who I am, what I’m doing and the future.”

Prover Two

“I feel as though something has reached deep within me, pulled out the tangles and reconnected me on a deeper level and yet, it has kept me very safe during the process.”

Prover Three

“The process is so clear, it involves looking at old issues and letting everything happen, as it needs to happen. Inevitability comes up again and again.”

Supervisor Three

“Many times throughout the proving, I felt completely spaced out, as if on drugs.”

Prover Four

“During the proving process stiffness, inflexibility and a desire for order have been uppermost in all the physical, emotional and spiritual symptoms.”

Supervisor Four

“The proving has given me a feeling of wellbeing and an ability to cope with life. I feel more confident and everything appears to be so vibrant.”

Prover Five

“The prover and myself have mirrored each others physical symptoms throughout the proving.”

Supervisor Five

“I had a wonderful feeling of love, patience and contentment throughout the proving.”

Prover Six

“During the proving, I became incredibly tidy and organised which is most unlike me!”

Prover Seven

“After the initial proving meeting, I started to itch violently and felt really nauseous. The remedy has a really “nice” feel to it.”

Supervisor Seven

“On reflection, I feel as though the remedy has expunged my vortex.”

Prover Eight

“Since the start of the proving nothing has gone according to plan and I feel totally overwhelmed.”

Supervisor Eight

“I have experienced a strong desire to create something.”

Supervisor Nine

“All the symptoms occurred at the start of the proving and settled down towards the end, similar to the lifecycle of the butterfly. There are many changes from egg to caterpillar and pupa, however it then lies dormant with many internal changes, until it finally emerges – transformed into a butterfly.”

Prover Ten

“Organising the proving has been a totally exhausting and chaotic experience. Nothing has gone according to plan, everyone is “flitting” about without any firm commitment. I feel totally frustrated, overwhelmed and scattered which is most unlike my normal self. However once the proving commenced, there was a feeling of peace, calmness and going with the flow of life.”

Co-ordinator

## **My Journey.**

The initial idea of the proving, originated from a series of very vivid dreams and these continued throughout the duration of the proving. The most striking dream was the night before the proving commenced, I dreamt of a Native American Indian who transformed my upper body into that of a beautiful eagle, whilst my lower body remained in human form. It was clearly about the theme of transformation and was the most striking, surreal and vivid dream that I have ever encountered.

I also had another incredibly vivid dream where someone was literally sucking the life force from within me. I was terrified and knew that I would die if they continued, I felt totally helpless.

Throughout the duration of the proving from the very birth of the idea, I had a strong sense of connection with nature and the universe, I also developed a strong intuition with a deep inner knowledge and wisdom. I became very interested in meditation, which I practised daily and yoga, I even considered training as a yoga teacher- interestingly this quickly diminished upon completion of the proving. Throughout the proving, I also became really creative and started writing monthly articles for a local magazine regarding health and fitness, I have never done anything like this previously but felt compelled to seek some sort of attention or recognition. Once again this feeling resolved after completing the proving and I stopped writing.

Communication became a real problem both verbally and non verbally and my mood alternated from a feeling of bliss and calmness to anger and indignation. I had a strong desire to be at home with my family, alternating with a desire to escape and to be alone and free. I felt as though I was constantly “flitting around” with an inner restlessness, I also felt spaced out and everything felt very surreal. My concentration was really poor, I felt confused and forgetful and feeling totally out of control, disorganised and overwhelmed. I felt very claustrophobic whilst indoors and had to open windows and yet I craved warmth and sunshine.

I had a strong desire to rest and sleep, due to feeling completely exhausted and frequently had the desire to wrap myself under duvets and blankets and return to my own “cocoon” especially mid afternoon. I also developed a feeling of vulnerability due to numerous conflicting issues and events that occurred around me for the duration of the proving, I also appeared to have attracted large numbers of big, black hairy spiders who continually chased me or landed upon my head!

My physical symptoms revolved around sensations of constriction as though from a tight band and pressure around my head, ears, jaw, chest, heart, abdomen, pelvis, shoulders, lumbar region and calves. I developed intermittent “fluttering” heart palpitations and spasms, numbness and twitching of the muscles in my legs, arms, hands and gluteals.

I developed poor spatial awareness and became incredibly unsteady and clumsy whilst walking, with frequent episodes of vertigo and lightheadedness. I also had the sensation that my vertex was open and that my energy or soul was rising upwards through it. My sense of sight, hearing, smell and taste all became very acute.

The journey since the very birth of the idea for a proving, really has been one of transformation. The proving has enabled me amidst all the chaos to reflect upon my life, to clear out the unnecessary dross and to reconnect with the real me. It has enabled me to appreciate the beauty of the world around me and to enjoy and savour every waking hour. I have found an inner strength and contentment, along with a refreshing self acceptance and a new energy for life!

### **Significant Events.**

The butterflies started hatching on March 23<sup>rd</sup> and the final butterfly was hatched on April 17<sup>th</sup>. The proving commenced on Monday 6<sup>th</sup> September and was completed on Saturday 9<sup>th</sup> October.

April 17<sup>th</sup> - Eruption of Mount Eyjafjallokull in Iceland. Over one million Britons were stranded abroad, due to the unprecedented cancellation of all air travel. Over 29,500 European flights were cancelled, as the dust cloud travelled at speeds of 20-80 mph and at a height of 24,000feet.

April 20<sup>th</sup> - Explosion at Deepwater Horizon oil rig, which resulted in 210,000 gallons of oil per day flooding into the Gulf of Mexico. Many animals were killed or endangered by the slick including hundreds of species of fish, birds, sea turtles, whales dolphins and manatees.

September 16-19<sup>th</sup> - Pope Benedict XVI visited Britain and held several open air masses, which were attended by thousands of people. The tour around the U.K. lasted 4 days.

September 23<sup>rd</sup> - A huge full moon which glowed bright orange and lasted for approximately four days.

## Cases.

Thankyou to all the patients and relevant Homeopaths for sharing their knowledge and experiences of the remedy Anthocharis Cardamines. Here are a few brief cases demonstrating the language and theme of the Orange Tip butterfly.

### **Case One.**

Male aged 52 who is recovering from an acute episode of Atrial Fibrillation for which he received Aconite 200c, which reverted the heart back into a normal, regular rhythm. However, since the episode he has felt anxious and unable to take a deep breath due to a sense of heaviness in his chest. He also felt nauseous, a lack of appetite and exhausted, with weakness in both legs which was much worse on standing but better for lying down and resting. He felt slightly lightheaded and generally shaky and cold both internally and externally in his extremities.

Orange Tip 30c in water was given and sipped over the duration of a few hours. The following day his energy was restored, his anxiety and appetite had improved, the sensation of chest heaviness and nausea had resolved. He could breathe normally and his legs were much stronger and the lightheadedness, shakiness and coldness had resolved. He hasn't experienced any further episodes of fibrillation since.

### **Case Two.**

Female aged 40 presented with intermittent muscle twitches and spasms, mainly in the buttocks, legs, feet and in the left hand, which was also accompanied by a tremor. Her mood was calm and contented and she described herself as a "hippy, dippy tree hugger". She was much better for being outside in nature, especially on warm, sunny days and had an aversion to winter and cold, wet weather saying "I could hibernate all winter". She enjoyed sitting and reading but couldn't concentrate on one book, she was currently "flitting" between four books. Whilst she felt contented, she still felt that she was "searching for something more, as though I have an inner restlessness". Last week her energy dipped and she felt "exhausted" and had a strong desire to go back to bed during the daytime and "snuggle under the duvet". Her sleep pattern was good and she dreamt about past negative events and building "relationship" bridges, which resulted in a positive outcome.

Orange Tip 30c was given in a split dose of night and morning. Initially after the remedy "everything felt surreal, as if on drugs" there were lots of "clearing out" symptoms; sneezing, nasal mucous, increased muscle spasms and twitches, breasts felt enlarged and tingly, nausea with heartburn, bloated abdomen with increased wind and a sore throat with increased mucous. However within a few days her energy improved, she felt "far more settled" and was able to "concentrate on doing one thing at a time", her original physical symptoms had all improved and she felt "full of life".

### **Case Three.**

Female patient who was feeling “overwhelmed there’s too much to do”, “time is just going too fast”, “I’m always doing something, at present I want to start clearing-decluttering” “I feel frustrated at not being able to do the things, that I want to do, creative things. I need quiet time, ME time!” “I’m flitting from one thing to another”. She feels apathetic and her energy is low, whereas generally she is happy and contented.

Family life is normally really important but at present she “feels claustrophobic, I just want to get away from people, I don’t even want to talk to anyone, I just want to be on my own”, “I feel a loss of connection”. She loves being outside in the fresh air especially on a warm, sunny day. Her sleep pattern has altered, she’s going to bed later and has difficulty getting up in the mornings, recently she has started going back to bed in the daytime “I curl up under the duvet”. At present she has the sensation of blocked throat “as though my throat is plugged with mucous” and generally has felt “tense”.

A single dose of Orange Tip 200c was given and she reported feeling “lighter and brighter” “I feel much calmer and more relaxed, I’m now doing much less” “My sleep is good and I wake up feeling really refreshed and my energy is better”, “I am happy and relaxed with my family now”. “I feel that the remedy has moved me out of my wallowing and given me balance, I’m waking up, something has been sparked inside me and I’m starting to connect!”

### **Case Four.**

Male patient who is a vicar, has been suffering from post viral chronic fatigue for the past few years. “I just can’t be bothered, I’m too exhausted”, he feels indifferent and apathetic and has difficulty concentrating “I was trying to read a book but just couldn’t focus and I found it so difficult to do one thing at a time”.

“I feel completely exhausted, I just want to lie down and go to sleep now” His sleep is deep and yet he wakes feeling unrefreshed, and has been going back to bed most afternoons. His eyelids are heavy and he has intermittent blurred vision, he is also experiencing vertigo and dizziness with unsteadiness whilst walking, his legs are weak and wobbly and he has poor spatial awareness. His right ear feels blocked with a pressure sensation. He has a frontal pressure headache extending above both eyes and a tingling sensation on his vertex “as if it is open”.

He is currently also experiencing bouts of nausea and abdominal bloating with flatus and diarrhoea several times per day and “my abdomen feels really large and protruding”. His right shoulder feels tense and aching which extends down his arm.

A split dose of Orange Tip 30c was given night, morning, night. After the remedy he reported that “My energy is better, I’m no longer exhausted and I don’t have to go back to bed in the afternoon.” He is waking feeling more refreshed and has been busy doing more, over the past few weeks. “I’m more myself again, enjoying doing things. I’ve been enjoying reading once again and I can concentrate and focus better.” “I feel more grounded, no longer spaced out”. All the physical symptoms have improved and he appears brighter and full of life “I’m interested in life again and I’m enjoying spending time with my wife and family”.



**Please could you send any cases, that have responded well to Orange Tip Butterfly, in order that I can accumulate as much clinical data as possible.**

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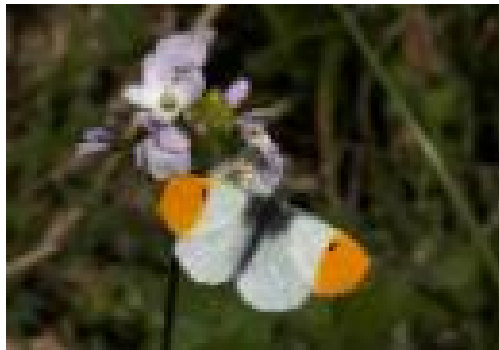
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### Poem

You were born with potential  
You were born with goodness and trust  
You were born with ideals and dreams  
You were born with greatness  
You were born with wings  
You are not meant for crawling, so don't  
You have wings  
Learn to use them and fly.

Rumi, 13<sup>th</sup> Century Poet.



Thank you.