



Meerkat
A Dream and Meditative Proving

Final Project

Welsh School of Homoeopathy

17 Bridge Street,

Carmarthen, Carmarthenshire

SA31 3JS Wales

by

Violaine King

Malvern

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Why Meerkat?

I was taking the case of a young boy, and during the case taking he said he loved animals, the environment, nature. He said that if he were an animal he would be a meerkat or a dog. He talked about a nightmare. He said, 'Nightmares are friendly!' In his nightmare he was picking up soil, frogs and poisonous things. He was pulling roots out of the soil.

When I was working the case I looked at meerkat on U-tube. They keep their mouth in the sand to catch their food. They eat poisonous scorpions! So I looked for a remedy made from meerkat, but with no success. I got very frustrated. In my gut I knew that it was what he needed - his personality, the way he moved and the restlessness of the case. I thought through the possibility of doing a proving of that remedy, but I thought I couldn't possibly do that. Trying to organise it, finding people, the logistics of it all was too much and out of my reach. That was in July 2011.

During the summer holiday I was starting to think more and more about doing the meerkat proving for my final year project. On the first weekend back at College my friends and I were talking about it, one person mentioned getting some milk to make the remedy. I got more and more excited, and decided to go for it. After I got home that weekend, I sat in the family car and on the passenger side hooked on the sunshade mirror, was a prospectus of the West Midlands Safari Park and on it advertising their new space with a meerkat on the front just looking at me!

The next day I went to the library, to see if they had any book on meerkats. And I found Meerkat Manor, flower of the Kalahari by Tim Clutter-Bock. I started to read it.

Proving Methodologies

During my course, I became intrigued about proving methodologies. What symptoms do I note? How do I choose which ones are important? I was aware of discussions in the homoeopathic community about Meditative proving and dream proving not being a proper proving. I had completed a dream proving at college and I remembered what a fantastic experience it was, and how dreams are fascinating. I've always had a lot of dreams. So I knew that I wanted to do a dream proving. But all the same I started to read Paul Herscu's book on proving.

In summary, a proving is a basic scientific experiment of administering minute doses of substances to relatively healthy individuals and recording the changes that result. Medicines can be defined as substances that, in their gross form, have some physiologic, mental, or emotional effect on the organism. Our job in conducting the proving is to accurately record only the effects this medicine on a variety of individuals. In so doing, a reliable symptoms picture of the medicine is essential to produce effective and reproducible results in prescribing.

Herscu talks about different methodologies of proving and their misconceptions. I felt I understood his point of view, but I was uneasy about his view that dream proving or meditative proving can be dangerous and full of inaccuracies. He goes describes the hawthorn effect. It makes the person increasingly introspective about his or her state and therefore make him more aware of the minute by minute experience of life.

I understand that people would be more aware of the minute by minute experiences and the draw back is that they would observe many more symptoms to make sense of. But is it a strong enough reason to shut the door to meditative proving and dream proving. I feel It is a valid form of proving particularly for people who have a highly developed intuitive reasoning. I can't stop thinking about left brain versus right brain and how we need both and that both are valid. But sometimes one side is more developed than the other. The balance is something that we want to achieve. With working and or being aware of it can be enough to achieve what the person wants. But it doesn't mean that one or the other is not valid.

I was thinking about the two sides of a coin, about polarity/opposites - the most scientific on one side and the intuitive people on the other. And of course we need both. Both are right and valid in their strength and shortfall.

I began to think that I was going to experiment with different ways of proving the remedy. I decided to have three groups. One group will know the remedy, the second won't and the third will receive a placebo. I want to observe how the three groups respond and would prefer for homoeopaths to make up their own minds and decide if this proving is good enough for their own practice. I will keep a diary to record my observations.

Life of Meerkats

As a human observer of meerkats I think they are funny, cute, affectionate (to each other), amusing, playful, fearless and amazingly unselfish. But they can also be vicious, ruthless, murderous, uncaring, infanticidal and vindictive especially to weaker individuals. There seems to be a bi-polarity to their natures.

Meerkat is Afrikaans for "mongoose". The name is used across southern Africa to refer to all of the Mongooses and sometimes to other small burrowing mammals too. One reference suggests that the word is from the Afrikaans phrase 'meerkat ashund' - *more cat than dog*. The early Dutch settlers applied this word to the unfamiliar animals they found in the Cape of Good Hope. A more likely explanation is that it was the result of a mix up. In Dutch, meerkat is a guenon, a monkey of the cercopithecidae family. There is some evidence that meerkat was simply applied to the wrong animal by early Dutch settlers.

Though meerkat is still used in South Africa to refer to all meerkats, the name has become synonymous with the Kalahari meerkats, Suricata Suricatta, which is restricted to the arid, sandy area of South Africa, Botswana, Namibia, Angola, and Southern Zimbabwe. The genus was first classified by German taxonomist Schreber in 1776 but had previously been prescribed by the French zoologist Buffon.

Three separate subspecies of Kalahari meerkat are recognised:

- *Suricata Suricatta Iona*, in South Western Angola
- *Suricata Suricatta Majoriae* in Western Namibia
- *Suricata Suricatta Suricatta* from the Kalahari and the central and Southern parts of South Africa.

However, although all Kalahari Meerkat in South Africa belong to the last subspecies, Meerkat from the eastern edge of the species range around Port Elizabeth are shorter, darker and sturdier than the desert population and many zoo Meerkat appear to have come from this lineage. Zoo Meerkat, who do not have to dig for their food, are also often seriously overweight and so look very different from wild animals.

The Kalahari Meerkat are leggier than the other mongooses, adapted to travelling several miles a day and armed with long carved claws that are good for digging rapidly in loose sand and light soil. They live in stable colonies for up to thirty or more. One dominant female is the mother of almost all the pup produced in the group, which are guarded, groomed, carried and fed by other members, including males as well as female. They are well organized, they have a system whereby they take turns with being on sentinel duty, watching for predators. They form gangs to dig out the burrows they spend the night in.

Meerkat are only active by day. They live in desert where there is little ground vegetation. They sleep in the burrows at nights. They wake up at dawn. They often sun themselves for one hour. At about 9 or 10 in the morning they start foraging for ants, beetles larvae, geckos and small vertebrates. One individual stands on guard duty, surveying the horizon for danger and giving urgent alarm calls when an eagle appears. In the middle of the day, they lay half asleep in the shade. They still keep a watchful eye out for predators. They move restlessly, covering several miles each day, before returning in their burrow around 5 o'clock for the night.

When a female is pregnant, she becomes more and more aggressive. The pregnant meerkat

chases other females away from the group. If an evicted female comes back and she's not pregnant she is allowed to stay. When a breeding female meerkat dies, all females over a year old compete intensively for the breeding role. Individuals that had been living peacefully with each other, rarely showing any sign of aggression, suddenly turn into vicious rivals. Sometimes the situation is rapidly settled, the violence subsides and the other females resume their usual behaviour, but if two or more females are closely matched in age and weight, it can last several months, only ending when one competitor is either killed or chased out of the group. When the subordinate female compete for the dominant position, it is almost always the oldest female in the group that succeeds, though if there are several females from the same or successive litters, this rule is sometimes broken. Then it is generally the heaviest of the competitors that becomes dominant.

Newly dominant female meerkats show increased level of oestrogen and testosterone. The frequency with which they threaten or attack other group members rises, as does their marking of burrows or stumps with their anal glands. They also increase in body size and weight and establish their dominance over all other group members, including males. Females that have competed with them resume their role as subordinates and often play an important role in rearing the pups.

A female's daughters will lactate for the younger brothers and sisters and will guard them at the burrow for twelve hours at a time, defending them against determined attempts by raiding neighbours, sometimes paying for their bravery with their lives. But they will kill each other's newborn pups without compunction. They will raid their neighbours' breeding burrows and do their best to kill their pups and babysitters. This isn't pathological. Their action maximises the chance that they will survive and breed successfully.

Infanticide by females is frequent in many mammals and usually occurs in the first few days of life of a new litter. Dominant females commonly kill pups born to their subordinate daughters, but if subordinate females are pregnant they will also kill their mother's pup or each other's and there is no indication that females are less likely to kill pups born to close relatives than those born to more distantly related females. In almost all cases, the killer is pregnant: subordinate females rarely kill pups if they are not pregnant and even dominant females commonly spare litters born to subordinates at times when they are not pregnant. Since pregnant females show increased levels of circulating testosterone in their blood and are obviously aggressive, it seems likely that infanticidal tendencies are controlled by sex hormones, as they are in male rodents.

Meerkats benefit from increases in group size so why do females kill each other's newborn? The close association between pregnancy and infanticide suggests that females who will shortly give birth kill other females' pups to protect their own litter from competition. Where the ratio of pups to helpers is relatively high, pups receive less food, grow more slowly and are less likely to survive. There is another reason why older pups threaten litters born at the same time. The movement of the group is timed to coincide with the need of the oldest litter. As soon as the oldest litter of pups is ready to travel, the helpers encourage them to come on the day's march. They usually end up at another sleeping burrow. Younger pups consequently either have to begin to travel with the group at a relatively young age or they are likely to be deserted at the breeding burrow, where they will certainly die. However, if they leave the group, they are commonly unable to keep up and are eventually abandoned. Infanticide is an effective way of getting a wet nurse. Females, whose pups have recently been killed, are hormonally primed to lactate for their own litter but will commonly suckle pups subsequently born to other females if their own are killed. This increases the milk available to other pups, raising their growth rate and improving their chances of survival.

In Meerkat manor he states: 'Understanding the strategies used by dominant females to monopolise reproduction is the key to understanding meerkat society. Through regular aggression dominant females are usually able to prevent others from conceiving. Subordinate females show lower levels of oestrogen than dominant females, but if the dominant female dies or is removed,

the oestrogen levels of subordinates rise and they rapidly conceive.

Zoologists disagree over the way in which dominant females influence the hormonal status and fertility of subordinates. One possibility is that dominant females constrain the fertility of subordinates directly through aggression aimed at those that show signs of entering the breeding condition, which may reduce their levels of sex hormones. Another is that dominant females usually ensure that the subordinate's attempts to reproduce are futile by killing their pups, encouraging them to abstain from breeding. And a third suggestion is that subordinates rarely breed because they often lack access to unrelated males. Both constraint and restraint seem likely to be involved. The immediate effects of the removal of dominant females on the hormonal status and behaviour of subordinates strongly suggest that some form of direct constraint is involved. Evidence that the probability that subordinates will attempt to breed is affected by their weight as well as by their access to unrelated males suggests some form of reproductive restraint by subordinates.

Another way in which dominant females monopolise reproduction is by eviction of other females. If you look at the age structure of meerkat groups, a striking fact hits you. While dominant females are often six, eight or even ten years old, there are virtually no subordinate female over three years old and relatively few over two years of age. Since subordinate females (unlike subordinate males) almost never leave groups voluntarily, this means that virtually all of them are evicted between the ages of one to three. The likely reason for this is that the dominant female's capacity to prevent subordinate females from breeding declines as the subordinate get older, stronger and more experienced. If they cannot prevent them conceiving, the chance that there will be a pregnant female in the group when they bear pups will be high. Moreover older, larger and stronger females are more likely to challenge dominant females for their position and to win if they do so. It makes sense to evict them before losing control.

Sometimes, yearling females are driven out, especially if they are pregnant; this is probably a sensitive precaution given pregnant females regularly kill pups born to other females. Solitary living is actually dangerous for meerkat and is extremely stressful. Females living outside the group show substantial increasing level of cortisol and if they are pregnant they usually abort their litters. After dominant females have given birth, they often allow previously evicted females back into the group and these animals can play an important role in helping to rear their young. Cortisol levels are related to the extent to which individuals help to feed the pups, so the eviction of younger subordinates may encourage them to be generous helpers.

Meerkats attack snakes and occasionally eat them. But when they come across the enormous rough-scaled puff adders or hooded, rust red cape cobras they form a half circle around them and mob them, growling and giving spitting alarm calls. The most dangerous snake of all in the Kalahari desert is the cape cobra. It is fast and aggressive with a neurotoxin poison that can be fatal to meerkats and other animals. Many mongooses are resistant to venom from the viper and adder as well as the neurotoxin venom of cobras and related snakes. The resistance of meerkats has yet to be studied.

Between the age of one and three years, most subordinate male meerkats spend an increasing proportion of their time prospecting for mating opportunities in neighbouring groups, initially staying away for less than a day, but sometimes going away for several days at a time. Eventually they all leave their natal group permanently.

Below are a few more interesting facts:

- Highly developed sense of smell for foraging activities
- Large repertory of calls

- Interrupt digging or hunting to scan for predators.
- Adapted to very hot days and bitterly cold nights
- Additional eyelids help to keep eyes free of debris
- Acute sense of hearing/ smell
- Instead of drinking they get moisture from their prey
- If a predator penetrates the guarding system, meerkats will stand and fight.
- Infanticide by female meerkats is common, but never by immigrant males killing pups.

Dream Proving

Introduction

I have collected provers' information and wrote them as I received them.

Group 1

This group took the remedy in the evening and recorded their dreams. The choice of remedy and placebo was done by sorting names and potency out of a hat.

Prover 2 (Male – 30c)

- I felt tired after taking the remedy.
- Dream: On a weekend away (abroad?) with lots of friends, Chris and family.
- City break. Walking around city. We had our dogs.
- Sat down at café. Owner funny about dogs being inside so I had to take them outside on my own. I sat on my own outside. Partner didn't want me to sit on own. I was being a bit funny ref: Dogs so I refused to sit with anyone/anywhere else and I only ordered a tap water.

Theme: tiredness, going away from home, what you know, being alone, on own, self-isolating, resistant (to offers of company), self deprivation

Prover 3 (female and she had the placebo)

- Very busy head. At times aware I was dreaming and thinking that when I wake up I'll have lots to write down for Violaine!
- Sensation: busy head but calmer when wrote down my dreams 1, 2, 3, 4, 5 when got up in morning.
- 2 Children sneaked out and went to visit a house that they knew and loved (belonged to a relative). Went in and took something to eat and moved around and then heard someone coming. I was behind them and they ran to hide in a broom cupboard. I hid behind a door but it wasn't a good hiding place. Girl entered who I didn't know and she assumed that I was someone else with. I pretended I was her and helped her decorate something hanging from the ceiling. Hooks like those on Christmas tree and then some sharper things that I can't remember. Remembered they were not of Scooby Doo! Thought it's time I should go soon before she finds out I'm not who she thinks.
- Waiting for a bus. Load of people in the queue. Near school. Thinking we're going to be here ages. Go on bus and paid for two OAPS – mum and dad, 1 adult and 1 child £15 or so, but annoyed I didn't have my rail card with me to reduce bus fare. Driver explained where we had to catch the bus from and the bus number, but I had no idea what he was talking about. Eventually, after lots of explaining he said it was near to a national trust place. The dream changed to me, husband and the boys being on the bus and we passed a lovely national trust castle. Said to husband would he be good to go as it was the holiday but he was still trying to get over his ear infection.
- Arrive in town. Dreamed jumped to seeing a body builder with a weight lifting belt moving around showing how strong he was not saying anything but grunting and trying to lift cars

etc.

- Then met a lady with very long dark hair, very beautiful and tall. Looked like a model. She met a photographer and then stood on his pedestal like a statue. Had a long black dress on and took that off to have nothing on. Everyone thinking how beautiful she was. The photographer wanted her to sit down for some photos but assumed she didn't want to. Lady turned out to be a gymnast and showed what poses she would normally do for photos and most of this involved cartwheel – dance-like poses - now happening in a beach. (I can't remember a bit) but later turned out she had gone swimming and been advised to swim in the wrong direction – got caught in a current and died.
- Washing something and having to sing hymns. I kept saying, 'I don't know this one.' I kept turning around to let people know. Lady out of 'Outnumbered' turned up and said that she couldn't sing and then demonstrated to everyone how she couldn't but actually she could and was showing off.
- Her son had had a picnic lunch that I had made for school and his teacher had said that this was the first thing he had written about. He wrote that he had loved his packed lunch especially the cake with the strawberry ice cream in the centre. His teacher enjoyed it and said it was a shame there wasn't any more!
- One about a death or a child at least two more dreams I can't remember.
- I asked her about her general life situation: She talked about her son (the one which I thought needed meerkat). She said that he had been rude to her and they had a discussion about how to behave in society. She was saying that you have to control what you say because otherwise you hurt people.

Prover 4 (30c) female

- Had a headache – should I drive home? Took decision to go to Dad's house.
- Went to bed at Dad's house, tucked up by my dad, shared a joke about how many years since he had done that!
- Felt warm and good – dreamt of Forest School project.
- Drove home, took the remedy.
- Remedy tasted very sweet (too sweet)
- Also metallic taste.
- Then tidied up/ tired in bed.
- Had indigestion
- Dreamt about WW2 day and children's relationships in the school.
- Slept very deeply till husband woke me at 8.30. Slept deeply again until 10am.
- Dream: There was a very tall man who was exceptionally clever. We were in a relationship. He was very tall next to me and we looked ridiculous together. People were looking at us, commenting we were a mismatch, but I didn't care because I loved him.
- We went out with sister in law and her husband for an outing. The tall man turned out to be evil (dark and menacing). He was taking children and destroying them for his evil power. He took the children to a dark, isolated place where they would disintegrate into a silver light. It was truly evil in its feel. I witnessed him do this and knew I had to do something to

stop him. It was down to me.

- Dream 2: Was at a café/ball pit place. Having coffee with group of people, my husband was there. Two friends arrived. My husband was getting coffee and I sat really squashed on the sofa with my two friends. We all fell asleep and on the back of my mind was 'Where is my husband?' it turned out he was at the other end of the sofa, sat by one of my friends. I was slightly annoyed by this but relieved at the same time. I felt better he was there.
- Dreamt again but couldn't recall it.

Theme: tiredness, being away from home, infanticide, evil, harm to children, responsibility for children, jealousy, sleep

Prover 5 (200c) female

- I took the remedy and went to my son's bed and fell asleep. At about ten o'clock I went to bed.
- Themes: all about being an outside person, different scenario 6 & 7 of them.
- Everyone was there. Me an outsider, left behind, wanted to say goodbye, Not part of the group.
- Standing in a huge tunnel, outside in a field on my own.
- Woke up 2 or 3 times really thirsty. Super thirsty. Almost like being stoned on sleeping pills. Deep. Horrible. Sometimes I take herbal sleeping pills.
- When I woke up my eyelids were stuck together, not sticky stuff. Sensation: suction cups - it went pop when I opened them.
- Period came on 5 days early after taking the remedy. I am always on time. They are lighter. My periods always happen at the full moon, but not this time. I am glad now because I need to be a hostess. I am having a big birthday party at my house.
- In the morning felt fine, did a visualisation.
- Generally life is chaotic, because of the spring new moon. Granddad was taken ill. I have had enough of kids, am more final with them. 'Get over it!' I say in my head.
- I did lots of cleaning, cooking and enjoying it.

Theme: sleep, tiredness, being alone, on own, abandonment, self-isolating, thirst, going away from what you know, menstrual cycle affected (resentment towards children)

Prover 6 (200c) Female

- This prover produced symptoms that occurred during the meditative proving and that prompted me to ask her to write it down.
- Spot like blister on left arm - one then two - very itchy. Then one on the ring finger – right arm itchy no spot yet. (21 February) Had dream about big spot on chin couldn't stop scratching, kept bleeding, itching, would not stop.
- Pain aching in left shoulder comes and goes. Mostly starts around 1-2 pm

- Itching on stomach and sides again. Really hating myself. Doubting partner's TOTAL love for me - pm
- A lot of nasty dreams. Two weeks ago dreamt that partner saved me from an armed gang and they knifed him in the stomach – up and down, lots of blood – I had to watch.
- Anger towards the dogs for a few weeks now – can't show them affection.
- Dream: Lesbian. A photo shoot, only wanted her, never film myself – wrong. All in secret.
- Dream: being followed - can't get away - dad searching for me shouting – angry when finds me. Son also shouting at me. There was a complex I wanted to get in to – people everywhere. With friend whose friendship I'm not sure about.
- 25th Feb. Felt so angry and jealous like I was going to explode – all in neck and head; pure anger and hatred of myself. I felt like I needed to explode. Warm anger in neck, shoulder and head.
- 26th Feb. Spots on arms are going – spots on wrist and thumb (left arm). Angry - let her partner come to her.
- Dream: everyone in white masks – black eyes and mouths – so many people. I didn't want one – all I can remember. Vivid dream about the 'bitches' at work but don't remember the story.
- Drinking - need to drink? Why?
- Dream: I had found out the President had done something bad and I caught him out. I told partner and we ran away but came back to sort – all fine. I went to the toilet and we had been following the president on his phone. As I went in cubicle the President came in toilet to kill me. Woke up with a start.
- 29th. Period started. Heavy bleeding feel pain in head. Have a cold, feel awful – so weak, just want to sleep. Dreamt all night about trying to get away from somebody, climbing walls – hiding. Feel tired. More spots on left hand. Psoriasis on waist is bad again. Itching, feel sick, sweating – smell. Coil taken out on 13th of February - period two weeks and three days later. Now.
- Feel very close to son – only close to daughter when she's in bed and 'm saying goodnight. Son being impatient and angry but not in Sulphur way. He has had bad dream – woken a few times in the night and wet the bed. Dreamt but can't remember as usual – not bad. People - closeness slept close to partner all night. Don't feel angry this morning.
- Bad day – felt like not here, been either totally ANGRY or so chilled – extremes. Eating and eating for 2 to 3 weeks now can't stop. More spots tonight on chest. Overwhelming tiredness.
- Feel sad and emotionless or over emotional, headaches all day, throat migraines. Took tablet - 10 minutes after not come to anything.
- Night before the proving: Dreamt about colour and mood board. Dreamt partner had gone. Woke up angry. Pain in teeth and gums – night right side of mouth, sore throat.
- Took the remedy at 7.30: Numbness of mouth, intense tiredness like looking through pin holes, overcame...
- Feel dreamy and quite light, like not quite all here. Feel numb, feel sick, feel angry but I can't let it out. Feel like I'm on drugs, neither here or not here. Wish I could trust in my heart, ignore my head, wish I could believe he loved me and didn't want/ look, I dream about anyone else. Told him and his touch is like magic, all I want.
- Dream: with family and friends. Friends being bombed – had to detonate bombs and hide.

Bomb didn't go off - people got bored. Kids not with me, just not far away. Everything started to return to normal, but bomb not gone off. Feeling worried.

- Dream: being in town on roller coaster, in car with lots of cars joined twirly twirly roads. When going down hills, just me, no car. Exhilarating.

At the end of the proving I took Prover 6's case to try to provide an end to the proving for her. Her symptoms were:

- Anger at partner, kids, dogs
- Anger physically feels like she could **KILL**. Gesture hand to neck
- Anger chest up, voice louder, shout, crystal clear
- Shouting loudly
- Crying and embarrassed by it
- She is back to feeling like she did when she took antidepressants last year. She wants to go back on them so she doesn't feel all this now.
- Can't control her thoughts.
- Mind: SAD totally numb or totally crying.
- IT is tiring, feel exhausted go to sleep.
- Worried felt like before the antidepressants. Numb, body **paralysed**, head fall off the body. Feel like KETAMINE (which is an animal tranquillizer). She took that with coke and heroine, when she was 18 years old.
- Feeling worse than she felt ever before. Feeling SCARED to go back to taking antidepressants. She is getting back to that point again.
- **Can't control emotion. I hurt people around me.** (That was the second time I heard that in the same day. Look at Prover number 3). Horrible not in control of herself. She hurt people and now hurting her. Horrible vs calm, like when on antidepressants. Not going like this up and down. Hand gesture. Not irrational
- Pain on left side of neck and shoulder.
- **Really cold**, feel freezing cold. Saturday, cold really, wanted to sleep
- Appetite: really hungry ravenous, until today
- Heavy period, no energy. Her period stopped on the night she took the remedy. She had a coil for 6 and a half years, but she had to take it out because it was painful.
- Feeling like she's not on this planet, a bit better on day of consultation. Over the weekend feeling like she's not on this planet again. Nobody here.
- Her dreams are getting less and less
- She tried to get rid of it doing a meditation but it didn't happen. She started to smoke again. Still no desire for wine.

Theme: blistered skin, ache in left shoulder, anger, jealousy, feeling exposed (wrong), feeling threatened, being followed, fear of exposing something bad, tired, sleepy, menstrual cycle affected, mother/daughter issue (only feel close to daughter when she's going to sleep), feel murderous, can hurt people around her, feel out of control. Hiding.

Prover 7 (30c) Female

- Nausea since Tuesday afternoon. Womb ache since Tuesday afternoon. (I gave her the remedy that morning).
- Similar type dream few weeks ago.
- On holiday. Been a murder. Big investigation – something dodgy with female inspector/ police. Looks like she is covering up something with sniffer dog.
- TENSION BUILDING
- Our (me, a boyfriend's) last day celebration. Our 2 friends want to stay in, mini CONFLICT but wider implications.
- (music in background)
- My boyfriend gone, last day now we foreigners are suspects – me and two friends go on a day trip. On way back realise something wrong, we're suspects.
- TENSION BUILDING - we could be in trouble. Cultural thing – Muslim country -other implications – not just police suspecting us but locals too. Dodgy.
- Me and friends part company.
- Now on my own – feel especially exposed/ fragile/ feel I need to go.
- Start to pack.
- Locals come for nose; officials come to nose
- TENSION
- Want to get next bus, not packed, no bus, want to find friends again **PANICKY MUSIC BUILDING**.
- Unresolved, but want to know the conclusion even though it's not going to be pleasant reminder of dream.
- Non dream – go to loo. Bit scared(!)
- Back in bed – REALISATION – but suddenly knew how to make PB's book!

Theme: sense or presence of danger, being away from home, away from you know and understand, alone, feeling exposed, on own, self-isolating ('I need to go'), fear and panic

Prover 8 (30c) Male

- I forgot to take the remedy on Friday night, so the result below refers to Saturday, 3rd of March
- I cannot describe a time or location, but my dream had a sense of constant general confusion amongst people, with some people appealing and shouting for calm and discipline and appealing for people to listen to them and trust them. There was not a sense of panic per se, just confusion and a need to get "all hands to the pumps" so to speak. (this sort of dream is not unusual for me). The dream settled down to a sense of tense, frustrated and disciplined waiting and a bunch of people (myself included) had to wait patiently to be smuggled over the Devon/Cornwall border by none other than Camilla, Duchess of Cornwall herself, as the only way to avoid capture by the authorities!

Theme: confusion, panic, frustrated waiting, waiting to leave what you know and being moved to what you don't know, loneliness in a group. Note: he doesn't admit to knowing anyone. They are just people. Threat of capture.

Group 2 knew what they were taking.

Prover 1 (30c) Male

- Roadworks going on his street. Underground tunnel taking out gold. I was cupcake paper man, tunnels lead to wide plain where we had family helping us to get away, loads of waterfalls. Needed to pee.
- The next night he was cuddled up on the sofa under blankets bonding with his two girls.

Theme: tunnelling to find something of value. Going away from what you know, being helped to get away. Note other person mentioned tunnel in a field.

Prover 2 (200c) Male

- On the Monday night I popped the remedy under my pillow, welcomed the energy in, and went to sleep with anticipation. The next morning I woke up and went to work. I had completely forgotten about it and was unaware of anything happening. It was only when I went to bed the following night that I realised it was still under my pillow!
- However, on the Sunday evening when I went to bed after college, I had not given the proving any thought, just placed the envelope on my desk and went to sleep.
- I woke in the middle of the night, it was actually 1.30am approx. from a disturbing dream.
- I can't remember a lot of the dream, it was quite short, but gruesome. It involved myself and another person, whom I did not recognise, but in the dream I knew him to be my brother. We were fighting, and physically harming each other. I can't recall the details, but I was aware of ripping chunks of flesh and limbs from each other! It ended in me killing him. I felt that I had killed my 'brother', but reasoned that it was in self-defence. When I woke up at this point I was sweating and very anxious and upset. I laid in bed for a while thinking where on earth this dream had come from as I have never had such a dream before - in fact I rarely, if ever remember dreams. I eventually went back to sleep. The next day, the strangeness and gruesomeness intrigued me. I spoke to a college friend and she explained that it was probably related to the Meerkat proving - as they fight amongst themselves. So this made sense to me and I was able to understand it.

Theme: inward fighting – in family group, being alone afterwards.

Prover 3 (30c) female

- Felt like I didn't sleep all night.
- On guard nervous, fluttering feeling in stomach. Edgy. Internal trembling as if I need sugar.
- Walking to college today I remembered an 'army' of people all moving in sequence.

- Strange, rare and peculiar
- Door opened twice in the night by itself. The dog came in and slept on bath floor. Door was shut by Violaine and it was open again this morning. My husband came upstairs and said 'you are nuts! Why did you leave the front door open all night, the floor is soaking wet from the rain.'
- 'Kept losing the envelope with the remedy in it!'
- Feel naughty and mischievous.

Theme: nervous, on guard, army of people, lost remedy, naughty, mischievous.

Prover 4 (30c) female

- Remedy disappeared - looked everywhere and nowhere to be found.
- Turned up the next night exactly where I thought I had put it!
- Dream: Suspicious – 'surrounded by enemies' feeling.
- Protecting my babies – sharp realisation that they could be a potential enemy to me and I to them!
- Sitting in a lime green dining room, spacious and empty apart from large table and chairs. However, I was sitting at a small table and chairs in a concealed cupboard at the other end of the room.
- Felt far to exposing to ear at the large table and chairs.
- In both parts of the dream I was definitely an animal but I don't know what!

Theme: threat of enemies, worry of infanticide - of the threat to babies as well as to herself, being alone, feeling vulnerable, exposed.

Prover 5 (200) female she didn't know what the remedy was.

- Sitting in clinic on the floor with the remedy next to me my right hip kept slightly feeling out of place. I had to carefully straighten my leg a few times to put it back in place. I felt like it could click right out if I wasn't careful.
- Had a nervous energy like butterflies
- Fluttering sensation under left breast which felt like it was my heart fluttering but wasn't.
- Felt slightly panicky because of it
- It was a twitch in my skin but really felt like my heart - like palpitations.
- Pulsating pain in left ovary
- I then took the remedy home and was really excited as so much had happened already. I really wanted to have loads of amazing dreams, but absolutely nothing happened.
- I then lost what I had written down and couldn't find it anywhere for days. It suddenly appeared again in a pile of papers that I had looked through and it was weird because I had separated the papers in half to look for something else and it was there. It was as if it jumped out at me!

- I still had palpitation feelings for days afterwards and it is now definitely my heart rather than my skin. Every now and then it's a feeling of a sudden drop or heavy feeling in my chest.

Theme: nervous fluttering like palpitations, panic, throbbing ovary, something lost.

Prover 6 (200c) female

I know that it isn't a dream proving as such, but she took part and I think I need to put down the symptoms that she developed nonetheless.

- Initially I had the remedy in my back pocket and did not know what it was. I started proving it straight away and it felt like something desperately want to break loose. It was wild, scary, high alert all the time and wild. In my imagination it was a beast capable of doing harm.
- Slight pre-menstrual pain under my navel around 6pm for 3 nights.
- I could only sleep really lightly, kept waiting for the alarm to go off. I was on high alert in my sleep.
- Easily scared of sudden/unexpected things; they made me jump or my heart jumped (like one big beat).
- Discharge: dry, dark brown blood.
- Dream about works, lots of complex/dangerous cases but felt like treading water and not solving anything (social work related).
- Difficulty falling asleep, aware of myself and can't drop off. Or if I do I wake up in a few minutes.
- Shoulder ache like over exercised or slept funny on it.
- Headache: pressure on top of the head under the bone, forehead, temples and behind eyes.
- Acute hearing, strong noises are very irritating such as a church bell or a trumpet in music (it meant to be a soothing Indian music).
- Ache in biceps like over exercise.
- Toothache: tooth that has a filling is sensitive to touch. It happened on Friday one day after I arrived to Hungary to visit my family. My face swelled up by the Saturday morning. Wisdom tooth was extracted on Sunday night but the pain and swelling did not go away. Had fever from Sunday to Tuesday and on Wednesday I had to get another molar extracted. It had a cyst on its root. (took Staph 200 following extraction and Arnica 30, later Arnica 200) left side.
- On Friday 09.03.2012 I tried to put the meerkat remedy under my pillow but I had no dreams and slept for 12 hours. Woke up with a stuffy nose and throat, felt dry and my left face swelled up.
- At the same time my nose was blocked with thick yellow expectoration.
- Voice like speaking while holding my nose.
- Thick mucus covering the back of my throat, kept trying to clear it but could not bring it up because it was so sticky.
- At this point I gave up with the proving because of the pain and discomfort and because I was using other remedies to help me with my other complaints.

- Since then I had 2 weeks of antibiotics. Did not feel the calling from the beast any longer; even through I invited it to come in my sleep.

Theme: wild animal, on high alert, feel dangerous, panicky, jumpy, , palpitations, threat of enemies, menses affected, shoulder ache, headache, difficulty sleeping, acute sense of hearing, symptoms of cold with yellow expectoration

Meditative Proving

We did a meditative proving at college on the 3rd of February. Each Prover chose an envelope with either a 200c or a 30c potency. Some Provers knew the remedy and some didn't.

Prover 1 (30c) female

- Coldness in external upper body.
- Muscle 'twitches'- spasms in left leg
- Darkness
- Need to look behind
- Heaviness/ numbness in forearms
- Strange tingling sensation in mid section spine
- Oppression of chest
- Solar plexus or brow chakra
- Left side – pain front neck/ throat
- “ “ - knee joint
- “ “ - hip joint
- Liver sensations
- Intense burning heat from waist to pelvis – feeling of paralysis/ rigidity
- muscle spasms – building all the time – radiating and getting hotter.
- Since doing the meditative proving I have had ongoing symptoms as follows:
- School weekend after proving - reflux sensation of intense heat. Intense blushing when someone looked at me or attention focused on me.
- Sensation of pressure in occiput and headache due to pressure - pressing down sensation of vertex - worsening headache.
- Monday after proving - pain in sacral spine - evening, acid reflux burning throat. All day chaotic happenings - left pan on stove which burned dry - could not get smoke alarms to stop - all windows open and deafening noise.
- Tuesday after proving - woke with intense pain and stiffness sacral spine and right hip joint > applied heat. Constipation. Middle of Tues night woke with excruciating pain in right wrist as if broken or dislocated - gone when I woke in the morning - also pain in lumbar sacral area.

During next couple of weeks:

- Flatulence - belching
- Dryness - skin - hair - lips peeling
- Itching - all over body but particularly on right ankle - want to scratch and scratch but no relief
- Nose - little bleeds when I blow it - bunged up feeling at the top
- Bones - sacral area down - terrible pain especially in right big toe and bone - hurts to put

foot on floor - also left big toe but not as bad

- Numbness and tingling, particularly in left hand
- Liver - occasional pain.
- Eyes - constantly wet and itching - salty wetness
- Dry cough
- Dreams - busy and vivid. 13th Feb - feeling of uneasiness all night - woke to go to bathroom several times - after last visit about 4.30am went back to sleep but dreaming something in the bed beside me jumped on my back and was attacking me - fought very hard but I could not shake it off - it was very strong and powerful. When I finally woke up I was so angry but also frightened.
- Rang Linda for advice on 15th Feb and she said the symptoms I had been having were definitely Meerkat and I obviously had not done enough to get it to leave me. She said I should do another ritual and say I had now had enough of the symptoms and would it please go.
- Lit a candle and "talked" to it - thanked it for all the information and symptoms but said it now had to leave me. Very reluctant to go and I got feelings of loyalty, tenacity, sadness and lots of tears.
- That evening I had bad toothache in right lower jaw.
- 16th Feb - Sore throat commencing with swelling on left tonsil area spreading to either side of larynx with glandular swelling. Also swelling in left axillae spreading up to side of left breast.
- Back better - feeling much lighter and better in self.- more confident and positive.
- Continual sneezing.
- Throat symptoms still ongoing - pain at top of larynx as if cut - moving gradually to right and affecting right cervical gland - all throat glands swollen.
- Stabbing pains in left hip joint.
- Upper lymphatic system affected - terrible itching.
- 17th Feb - Pain on right side of throat gradually easing - nose itching. Throat symptoms clearly tracked from left to right over period of 36 hours or so.
- Since then, pains in back have eased but right foot still sore when I walk, particularly right big toe. Remaining numbness and tingling in left hand and fingers and pain in bones of both hands. Lots of digestive problems - hiccups and sensation of being too full after only a small amount of food.
- Have noticed that all nails have grown quickly and are much stronger and harder than usual. Aware of smell around personal hygiene.

Prover 2 (30c) female. This Prover didn't know the remedy.

- Very cold – building up from right hand first up the arm to shoulder around the back and face.
- Chilliness to it. Cold energy.
- Hairs standing up on right arms.

- Pushing away.
- Foots steps.
- Pains increasing left nostrils. Aching increasing (pain) building up 10 minutes.
- Stomach rumbling.
- Feel I want to scream for a few seconds.
- Banging downstairs only.
- Coldness again
- Feeling of spinning clockwise – body moving round and round, round and round.
- Feel like want to push up, being pushed down.
- Waiting and waiting almost expecting something to happen.
- Left hands fingertips first finger very cold.
- Strong coldness again right side and right hands.
- Repressive feeling.

Prover 3 (200c) female

- Seen as a joke – hidden true
- **Shy**/respect
- Aversion sharing of myself
- For people who are away from home – **desire HOME** – desire darkness, down tunnel. Desire warmth, sense of hibernation.
- Watery corysa – nose
- Eye - third eye, wide eyed.
- Brotherhood/ community/ home.
- **ALERT** – presence of danger / yet grounded
- Heightened hearing
- Sensitive to vibration to smell.
- Dryness increased, salivation, dryness in throat, desire to cough, desire to sneeze, dry lips.
- Increase heart rate
- Hot/ cold
- Aversion to reproducing yet know have to.
- Desire to hide
- Secrecy
- Suspicious
- Issue around big/ small – not treated with enough respect.
- Polarity between Shyness/respect. Alert – presence of danger/yet grounded. Issue around

big/small.

- Itchy eye, of grain of sand – left eye, corner – sore.
- Itchy generally, worse for scratching.
- Sensation of hair on the face, coldness/ restless/ irritation.

Prover 4 (200c) female

- Tingling sensation from head to foot, band like tension around crown/vertex.
- ? 200c
- **3rd eye** – I want to run and hide is it safe for me.
- SE – itching behind left ear
- Survival is a theme, conflict, fighting over territory, retreat – run and hide
- SE – pain, aching under left shoulder blade.
- Suspicious
- All the movements are quick. I am been followed, chased.
- Feel very vulnerable, hunted.
- 3rd eye now pulsing
- **Throat chakra:** - tingling left thigh
- Desire to scratch all over, my back, skin itchy – not relieved by scratching.
- SE – fears, irritating
- Can't speak, may be found out.
- Have to hide feeling, thoughts or could be found out.
- **Heart chakra:** - fear
- Fighting for survival, it is all a struggle, I can't trust anyone, feel very alone but I can't trust anyone.
- Like others being around but got to watch.
- Sharp pain under laxilla.
- ? like an abscess.
- **Solar plexus** -really insecure
- SE – something bad is going to happen.
- Any slight noise in the room, startles me and I wonder what it is
- Living on nerves
- Restless anxiety
- Worrying about everything.
- Desire to stay indoors but have to go out then want to run and hide at home.
- Anticipation anxiety

- They're going to get me!
- **Sacral chakra:** - must reproduce but can't look after the babies, too much responsibility.
- Can only look after myself!
- Got to look after and feed the babies by myself, all too much! I need help. I want to be alone looking after myself!
- Free from responsibility
- They're all bastards, shag you and leave you! Sex is an act – no love, no emotion just reproduce.
- **Base chakra:** - desire to settle and for safety, security
- Always on the run from something but don't know what.
- Constant desire to check behind me, as though I am been being followed
- Feel quite paranoid. Who is watching me? Are they out to get me? Where can I run to? Save me from this insanity
- Desire to run and hide.
- Unsettled, restless energy
- Are we being burgled? Where can I hide?
- Fear of being chased and attacked.
- I need to survive.
- Right knee really hurting, stiff, sore very uncomfortable, can't find a comfy spot, keep changing position.

Prover 5 (200) female

- Half an arrow through top arm.
- Nose, eye
- Colour blue, orange
- Heat between the back.
- Pain started in Solar plexus.
- Clear blue orange
- Underground - want to go back.
- Suppressed chest

Prover 6 (30c) female, she did not know the remedy.

- Intense coldness, just on the arm.
- Huge desire to cry
- Very relieved when light was switched off, to feel more private.

- More crying
- Beautiful silence
- The cold had gone, nice comfortable even temperature all over.
- Intense darkness
- Spears
- Burning inside the nose
- Feeling of big open space with swifts flying over, making their sounds.
- Frontal headache
- Knives in soil, falling over.
- Like nature it might make an appearance, it might not.

Themes

I have just recorded a few themes that I feel have come up a lot during the typing of the dream and meditative proving.

Since the beginning before the proving the remedy was having an effect on everybody involved. Unexpected things were happening, hiding or getting lost. The remedy was choosing when to reveal itself.

- Hiding
- The word people have repeated many times.
- Suspicion
- People in authority - President/ Duchess/Army/Police
- Family
- Protecting/harming children
- Anger
- Fear
- Tears
- Secrecy
- Fighting
- Desire to tunnel or curl up
- Sense of hibernation; desire to stay indoors; wanting to stay at home
- Terrible itching
- Numbness
- Pain neck/throat
- Paralysis/pain
- Headache
- Hip pain
- Back pain
- Sensitive to smell, body odour
- Side moving left/right
- Left side

My Journey, Dreams and Observations

I began by reading about meerkats, dreams and proving. In October I started to feel resentment. I thought I was having symptoms of pre-menstrual tension, but it was worse than normal. I felt at the beginning of that week that my friends did not want me. They were keeping me away. I was in the playground on my own, two of my friends were there, but I was suspicious and I didn't want to join them. They could have come to join me! It was also the day that I needed to talk to them about another friend's dad dying that very day. That is why I had to find them - to let them know – and that is how I found them together. I am not normally that jealous. Normally, I would have gone to them.

During a clinic day I couldn't handle one of the student's body odour! It was so strong, to the point I had to move and sit somewhere else. Again the next day I was walking with my family and while crossing a field, the manure was so strong, it was overwhelming that I had to stop breathing through my nose.

On the second of November I had a dream. I was helping my mother to give birth. Her tummy was all weird, not smooth but moving.

On the 4th of November I had another dream. It is difficult putting it into words. It was about fighting in another world. It had a fortress that I was in. We were trying to keep death out. It was like a contagious illness that you could catch from people. The people I trusted were infected and were traitors. Then a spider or maybe a fly or both bit one and again we had a transformation and we discovered that sand and rain could get it out of our body by rubbing wet, coarse sand over ourselves.

When I started to ask people to take part in the proving, I had lots of similar responses. One person said, 'Will I have a happy experience?' Another said, 'I can't do it. I am starting university.' And another said, 'I can't do it when I am working!' Then, 'Is it going to make me ill?'

On the 14th of November I felt like I wanted to stay at home - safe and cosy. I didn't want to see anybody or talk to anyone. It was all too hard. I just wanted to go to bed and escape into nothing.

On the 18th of November everybody I came into contact with, just seemed crazy. I felt like avoiding everybody. It was almost like I was letting everything in. The energy was like a baby meerkat being lost. It was almost like I had to tell it to go back to his mum, until the remedy was been proven. Then it would be safe to show himself. That was the day that Bristol Zoo told me that I couldn't get any meerkat milk to make the remedy up.

In the meantime, I had asked my brother in law who lives in Madagascar, working for a zoo in the UK, to enquire about getting some meerkat milk but they couldn't work out how to get some. So I decided to try to get some fur instead.

On the 30th of November I noted in my diary, 'Trying to find somebody to help me has proven very difficult.' It was becoming a struggle, and when I read about the struggle between subordinate and dominant females who fight for what they think is best, I couldn't help wondering if that was what was happening with the people caring for the meerkats. I was even starting to wonder if I needed to change my project. But I knew that I didn't want to do anything else. Maybe it was all part of the proving. I have to trust the process, timing and rhythm of it.

Then in the beginning of December, we had Winter School in Broad Haven. We took part in a shamanic journey. During my journey I was pregnant. The whole experience was the warm and cosy feeling of having a huge and beautiful belly.

In my free time, some friends and I nearly went to Folly Farm to steal some meerkat hair! Another experience was when I was walking on the beach - the sand had so many different colours of brown - even the shape was like meerkat's fur. It was very beautiful.

I was really starting to wonder if I was going to make it with the meerkat dream proving, so one evening I said out loud, 'I need a sign that I need to continue or do something else.'

Three days later, on the 22nd of January, I had a dream. A lady gave me a meerkat to hold. I started talking to him. I remember his fur was not in a good condition. When I was talking to the meerkat about what I needed from him, he wasn't very happy and he was scared. A man was standing a bit away from where I was. He was listening. He asked me where I was studying, so I said at the Welsh School Of Homoeopathy in Carmarthen. He said he knew somebody there. He said a name which I didn't hear. I just knew that I knew who he was. Then he said I will shed some hair for you.

While I was reading my book on dreams I was wondering how to find out what the dream meant. I knew that the person who knew the school was the key. I remembered that the year before, we had a teacher who was a vet and I couldn't keep him out of my mind, so I decided that I needed to contact him.

On the 24th of January I decided to do a meditative proving without the remedy there and maybe have a picture instead and see if that would start the proving? But on the 27th of January I was being shy about phoning Geoff to find out if he knew how to get some fur so the remedy could be made up. While talking to my supervisor she suggested I send him an email. That night I went on the internet and Googled his name. I found his website and read that he was ordering his remedies from the Freeman Pharmacy. I followed their link and clicked on their list of remedies, And there it was - *Suricata Suricatta*. I was so excited that I ordered some that evening. The remedy is made from some fur from a game reserve in South Africa. Perfect.

I observed an increase in the amount of little accidents and breaks. The vacuum cleaner broke as did the washing machine, which had been repaired before Christmas. I let go of a glass bottle which cracked my sink. The week after that, I kicked the skirting board and it fell apart. I left the kettle on the hob and it burnt to the point of no repair. Then it came for the meditative proving. After the proving I phoned my husband and he said the drains are block up, and he needed to sort them out the next day. That night I was staying with my friend and that evening the kitchen got flooded.

I have got a huge ulcer on my cheek. It started when I got the remedy through the post. So I had one on the left side and one in the front lip area. I had a sensation that my lip was huge. It felt hot and throbbing. It was better for cold applications on the lip. My lips are also very dry. I got four of nose bleeds. It happened four times on the night of the meditative proving.

After the meditative proving, I developed a recurring pain on the left side on the top of my bottom. I can't lift my other foot off the floor. I had to see my cranial osteopath and she asked me, if it was part of the proving? It was the first time that that type of pain occurred and usually after seeing her, the symptoms go away. She also said it felt like a shock and asked what that was about?

In February my left knee swelled up after skiing. Both knees were painful but especially the left one. I have never had that before and I ski every year! I had various other complaints. I developed a big, painful spot on my chin, and it stayed for about two weeks and felt like it would never go away!

While skiing in Switzerland, my daughter had a hard time. One day she clipped my brother-in-law's skis. He was standing still and really injured his back. He had to go twice to the osteopath. He had pain in his sciatica and buttock. My daughter was wondering if I loved her, and kept saying nobody loved her. Then she developed a cough with a whoop. She had some *Ignatia* and improved for a

while.

On the 28th of February after having to go back to the cranial osteopath I thought the effect of the proving was gone, that I dealt with it! When I got home, having done nothing with meerkat, I began to write the meditative proving when my left buttock started to hurt again. I had the feeling of limping and paralysis on the left side.

On the 29th of February I gave the remedies out for the dream proving and on that day the washing machine broke again! I also did some work on the computer and it kept crashing and losing what I wanted! I also put all the letters for the prover in a folder, and was counting them to make sure I had them all but I was missing one. Later one that day I had a phone call from that prover that his great grandfather died and he couldn't do the proving that weekend.

The first of March – is the day before the proving. I had a few weird dreams. A little baby was being looked after by a mother. Somebody came to pick him up to get him to his parent and then came back to the showers. I was having a shower in a community spa or swimming pool that was like the one at my sister's place. We were having fun, in the sauna. I remember being naked and it was fine. But suddenly other people we didn't know came in. so it was fine until somebody mentioned that I was naked so I had to put a swimming costume on. Then the dream changed into a chase with water and steep hills. I was following something but it was too steep, so I had to stop and fell into a pond but remembered that the water should have been higher. So we climbed out. Then we had to move down to a very icy place. I was all showered and clean and I didn't want to get my black jeans dirty, so I chose the path with less snow or ice. Then I was in a car spinning out of control. The dream changed again into a bus with a guy I met at the spa from the beginning of the dream. I said that I'd like him to come and join us and then when we knew the bus was going to stop we stood up. He wasn't very well so he leaned on me and then hiding from the others he kissed me. But it was not allowed. It felt wrong because he was a vicar and my father's friend, but we both wanted to carry on.

After waking up from that dream I felt very melancholic and my neck hurt. It felt stiff and achy. My left hip was very painful and the side felt very stiff.

That night the children were being hyperactive. You can feel the energy, every time I asked them to calm down. They didn't listen. My oldest son was very rude, answering back, but in a funny way. He really annoyed me and was staring at me and laughing when I was telling him off. All day I felt very stressed. It felt like the middle of my chest was fluttering. But I was happy and excited.

Second of March. **My dreams on the proving night:** About four in the morning

I was feeling too cosy in my bed to get up to put the light on to write down my dreams, but I knew I needed to! I was staying in my friend's house, so I had dreams about staying in a house but it is a different house. It doesn't look the same.

I got stung by a blue insect on my right breast. I saw it on me and freaked out – I was feeling repulsed. I tried to get it out but it wouldn't leave! Again I had the feeling that I needed to get up to write it down, but again I felt like I was too cosy to get up and I needed to curl up. The wind sounded like girls moaning.

I was being followed by young girls, but they won't leave me. In another part of the dream I was with a friend. She is normally a very caring mother but not this time. I felt isolated, like she was picking on me. I was feeling very lonely, on my own. Then I remembered a bag full of bras - lots of different ones. I thought they were mine, but there were so many that I knew they were my sister's. I felt pissed off and thought, "Hey how dare she have the same bra as me?" How we are going to recognise which ones are mine?'

When I woke up I had the feeling of being ignored, talking to friends, one reassuring me. it.

I had another bit of a dream. I saw one of the provers who had the placebo in Malvern. I was walking with her to talk but she didn't have any shoes on and was having trouble with the road full of debris from the trees which was hurting her feet. She was happy and carefree.

The wind continued moaning and hissing.

I experienced a prickling sensation near my left foot or ankle before falling sleep. I felt cold but when I curled up it was warm.

Something frightening happened. The front door opened. That might have been where the noise was coming from! It was pitch dark and I was feeling **very scared**. I am not normally frightened. It felt really wild outside.

I was thinking about what I said before going to sleep - that I invited the meerkat in! So maybe the door opened to let it in.

At 5.15 I woke again to write another dream. I dreamt of waking up in a room I didn't recognise but I was hiding behind a desk. I woke up in the dream while my friend was getting dressed, but I was barricaded with wooden things all around me, like the French revolution in "Les Miserable". My friend didn't see me! Prior to the dream - I think I was half asleep - I had a very painful throat, and experienced a sensation of not breathing, like a sharp point on the left choking me. It kept happening, stopping me breathing. I was talking to my parents and my sister in a bathroom which didn't exist. I was talking to them about the proving, and the pain in my throat started again. I was talking about my nephew who was escaping his mother going the wrong way. Then my mother told me about my nephew going to the psychologist, but then it was my sister talking to me about it! She told me what he was saying didn't make sense or was "mad" so he needed to talk to a psychologist.

Before I had that dream I had a sharp pain on my right wrist. And the sensation in my throat was still there like choking. While writing this it was raining.

I also vaguely remember a dream about vomiting.

My neck is very painful, going down the shoulder, more on the right side.

My last dream. My friend's husband had injured his eyes while working. I was sitting on the toilet and he just came in and told me that he got up in the night and he doesn't remember anything about it, but it is my fault because of the proving. I also remember that the toilet paper was all shredded.

When I woke up, my tummy on top of the belly button was itchy.

On the 3rd of March, that morning when I got downstairs found out by my other friend that the door opened again after I shut it up in the night. The dog came in and slept there. While talking about that the cat smashed a bottle in the kitchen. We all jumped! That day my muscle on the right side of my neck was very hard and knotty. I had trembling down the arms. I kept rubbing it to try to loosen it up.

I gave the remedy to one prover. I had forgotten to send it to him beforehand! Ten minutes later I went to the kitchen where he was having a conversation with somebody. I felt like I was interrupting, I went to get a mug and he jumped away from me. It was almost like he was scared of me.

I was feeling very suspicious that afternoon. I was sitting between two of my friends. One wanted to have the window open and the other was rubbing her nose. The way I was feeling was that I was smelly around the genitals area and they could smell it! I thought it smelled very fishy and I was aware that people might smell it! I asked the friend that took part in the meditative proving if she had a similar issue and she said she smelled her jeans that morning for that very reason!

I felt like I didn't want to be nice to people, but I really enjoyed cuddling my friend's baby.

On the 4th of March, I had a few dreams. One was about a white bird. The feeling was about being free and pure. Then another dream was about being jealous and not being recognised, but I ended up being looked after because I had dementia.

Today I am feeling hard and suspicious and standing my ground a bit more but in a harsh way.

I arrived at college and two of the ladies were washing and clearing up cups. I kept one under my chair so I could use it again and planned to wash it up when I was finished, but it was gone. Then the ladies said that people should wash their own cups and that it was a mess because people didn't, so I said that mine was under my chair so I could use it and then wash it up. They thought I was arguing because they said they were not talking about me!

On the way home I was feeling very happy about my project, that homoeopathy was brilliant! But then I arrived home and had an argument with one of my friends and I struck back at her. I had a strange phone call with my supervisor. I knew she didn't sound right. She was cancelling a supervision session. I normally would have said of course it's OK. She said she would phone me back the next day. But I wanted to know when she could do it - I had my patient to think about. I had already waited a whole week!

I felt so cold.

On the 5th of March, I felt so cold still. I cleaned the house and then because I had a headache and went back to bed, but I needed to keep getting up to wee. My top and forehead hurt. It was better for cold application.

I gave the remedy to my daughter before I left. She wanted to know what it was. My husband said she woke up the next day saying she didn't dream on Friday night but she did on Saturday.

My daughter's dream was that she was at school with her best friends. They were about five of them, they were working but they were having some cakes. Then my daughter carried on working on her own, the others ate all the cakes and they were not working. When she finished her work, she found all the cake was gone! She didn't have any.

On the 7th of March, I kept not understanding people when they talked to me. My brain was just not able to process it. It happened on the way to the osteopath and with my osteopath too during the consultation.

My daughter wrote a song on the Friday after I gave her the remedy. She won a competition at school that day (she's never won anything) so they gave her a prize which was a notebook with Eyore on the cover. She has always had an Eyore toy since she was three to go to sleep with. I gave her the remedy because she always struggles between going to Switzerland and living in the UK. After coming back from our holiday in Switzerland she said that she didn't like England.

So when she talked to me about winning the notebook, I went to look at it and found the song she wrote after she had the remedy. She took the model of the song from listening to Horrible Histories.

This is what she wrote: 'My name is Eleanor King. I love animals and animals love me so much

they restore the country. I am half English and half Swiss but 100% animals! Cool! All hail the keepers of keys. I was the one who brought back the huskies. All hail the keepers of keys. I was the one who brought back huskies!

My last cycle was all over the place. I was three days late, I already have a 31 day cycle so I was starting to wonder! While sharing that with a friend who did the proving, she had had a similar experience where she nearly went to get a pregnancy test.

I have been feeling very detached. Everybody thinks I am not well! I just want to be left alone, in my own space, not wanting to think. I can't seem to do the last bit of my project. I have left it for the last two weeks.

The clarinet sounds terrible. I want to throw it out! I got very irritated by it.

I will finish with a dream I had on the 3rd of April. We were waiting for a bus with one of my best friends in Switzerland. When I tried to go on the bus, she went in before me so I was just behind her but before I got in, the doors shut. I had to hold onto the outside of the doors. The bus driver didn't stop to let me in. He carried on. People in the bus didn't say anything, not even my friend. I remember feeling like I needed to take that bus because there wouldn't have been another one for a while. I felt like an outsider.

Cases of Meerkat During the Proving.

These cases are from my supervisor Homoeopath Ruth Radburn.

Case 1

This is a case from a woman and she has done well with those remedy: Pulsatilla; Staphysagria; Chocolate; Mygale; Hydrogen

- Skin: Big spot on the chin under the skin.
- Temperature: Ridiculous night sweat, intermittent bleeding between periods.
- Appetite: roller-coaster day without eating, then really hungry, not craving sweets things any more.
- Mind: Connection, couldn't connect with anyone. Sensation as if on an island. Leave me alone, I don't want to know.
- Connection slowly coming back. Teenager really annoying me.
- My boys are irritating me. I need their help. They are taking advantage of me. I am for paying them and they are doing nothing. I want acknowledgement as us as a team. They work independently they don't care about the family.
- Money is tight and they just eat all the food. I will stop the treats, I told them when they can have them. They have no idea of the sacrifices I make.
- My daughters gets it. She know how difficult it is.
- There is a massive male female divide. No tolerance of men I give no leeway.
- With my partner: - I think I can do this by myself.
- I struggled to stay with his friends, away from my home in his territory.
- I struggle with being a kept woman, I struggle to pull my weight.
- He likes to provide. That is his instinct. I pull my weight with childcare.
- I panic of the idea of a partner, he reminds me of being married.
- I can't see me moving out of my house to someone else's.
- Love being by myself, the independence of my own space. But I need to know where he is when I am not at home.
- I am done with parenting. I gave the eldest two a 100%, the youngest doesn't even get 50 %.
- I cannot love my partner with the whole of me, I gave that to someone, now I have to protect myself, I won't let him in.
- It's extreme love or hate, I don't understand, I don't get it. In my dream I am soft and vulnerable.
- I am very conscious of how I look. I need to look good I don't feel like I do. My make up is a mask. From feeling not confident to been able to present myself to the world.
- Meerkat single dose 200c.

Informal follow up, 4 weeks later. Very happy, very in love, she is able to play and have fun. Then hit an acute grief and had Ignatia 1m and 12c as needed, as her friend was dying. She is coming

back to probably repeat meerkat.

Case 2

Woman 45 years old, divorced twice, three children one teenager, two children under seven. She is training to be a counsellor.

- Skin: itchy+++ rash, down neck and over one breast.
- Back: long term back problems, it will suddenly go and she has to lie on the floor for days.
- Female: wiped out by period, upset stomach it felt like a churning of emotions.
- Mind: She came after a residential weekend: I survived. I have been fine, but there is this difficult man in the group, reminds me of my stepfather. Its all about the law according to him. His face makes me angry he has a very frowny face. And it's his delivery. No humour no openness no humility. I had to tell him, I had to make myself say it, it was very traumatic and I was rubbish. Its not worth hurting anyone. Nothing is worth hurting people.
- Believing that makes me not as good a mother as I should be. And then I can be such a cow, I fight my corner if I am accused of something. But I can't admit failure or apologise. I react in defence then I just back down. When I am with my mother, I am so competitive, I become a child. I won't take her advice, it feels like she accuses me of being a bad mother. I can't go on holiday with her, it's her caravan, her space.
- I don't know men so well, I understand woman. Arguing with a man is one sided, I don't say if they are wrong, an angry men is a no go area, that is scary shit. They get aggressive, I don't like aggression. They use fewer words and it hurts more. I don't want to fight with anyone it is not my things. As a child, no one was going to listen to my opinion, in fact, I was unattractive if I was being assertive. Smiling and appeasing the situation, is more attractive and it makes you popular. That doesn't matter now, but I must make people comfortable.
- They said on the course, I was too smiley, and they wished they could see more of me. I would need a month to get that comfortable.
- Meerkat 200 I daily for three days.

Follow up a month later:

- I am handling everything. I feel very different, I am not going to cover up any more.
- I went for two auditions, in local shows, (it has been year since she did that).
- I am keeping relationships where I want them. I was even able to handle my difficult teenager.
- In my interview for the next stage of counselling course, I handled it with great authority. I was incredibly calm. I have to work with a man I dislike, but I can just get on with it, I can do it.
- My antennae are always out for what others are feeling, are they feeling the same as me.
- I am fine and looking forward to go away with friends. The two younger children are clingy and whiny, they just wanting to be with me. It is unsettling, they get the change in me, but I can deal with it.
- No remedy after discussion with the patient.
- Since then she got the part in the shows.

Case 3

Woman 43 years old, three girls, middle child autistic. Initial presenting complaint infertility.

- Head: Fuzzy with tiredness. Worse for wine.
- Leg: Right leg sciatic nerve, woke me up. Massage does not relieve the pain, extends down to right calf.
- Stomach: Ovarian spasm, right side, deep inside, in a space which doesn't exist, rumble all the time, it catch me unaware. Worse for been constipated.
- Appetite: Can't be bothered to have a meal, so then I eat rubbish quickly.
- Mind: obsessed with more children.
- I am very tired.
- I enjoy dancing, its a fun release, tap dancing.
- I don't know what the future is, I can't see any picture.
- I want to go and sleep and don't do anything.
- Very unsettled about my autistic daughter, she doesn't fit in at school, it's too big, and doesn't have a community.
- I work for a church and community centre, build around a play area. It is now funded by a village trust. I have to find further funding to keep it going. It's a resource, I would feel guilty if it closes. Its nice to be involved, a lot of people know me. I like being in the community, but sometimes I want to up my shutters and hide.
- My mind has been all over the place. I am worried about my children.
- My eldest, my first born, goes to uni this year. I will be homesick for her. She want a university that is a community, so she won't go to London. She needs a small safe environment.
- When I was a child my parents work as house parents for disabled children we always lived on site. They were small nurturing spaces where everybody knew everybody, we all socialised together. If I move to find a better school for my autistic daughter, will I find a community somewhere else. Perhaps home education would be better.
- Meerkat 200 single dose.

First follow up:

- I am feeling fine, the only thing that is still a problem, I can't cope with lack of sleep.
- I wake at three and I clock watch all night. I am so tired all the time that I am running around not doing a lot. Ovarian pain much better, I can cope with seeing pregnant woman now. My cycle is regular last period had dark old blood the first day, then normal the second day.
- Passiflora 12 as needed for the sleep.

Second follow up:

- Passiflora worked well, felt brilliant and stopped sleeping tablets.
- I went away last week on a caravan holiday, it has knocked me back.
- I am needing to protect the girls and hold them very close.

- At loggerheads with my eldest I couldn't back down, I said I've had enough of you, you can go. It was the rudeness and the lack of respect. I was cross with myself too.
- Getting angry leads to feeling of pressure in my head. Sensation as if my head will explode.
- I feel hopeless, I can't make it better for my autistic daughter. I must do something.
- We visited friend in the country, with dog, chicken and horses, and I thought this is a whole better life for my girls. I could just walk out of my life in Birmingham, I like leaving on the edge, it feels liberating.
- Appetite: very changeable very hungry or not wanting to eat.
- Bowels all over the place, but still better than they were.
- Meerkat 200c single dose, and Passiflora 12 to use as needed.

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