

Cygnus X-1, A Black Hole, Lux foraminis nigris



Proving of a Black Hole, Cygnus X-1
Northwestern Academy of Homeopathy
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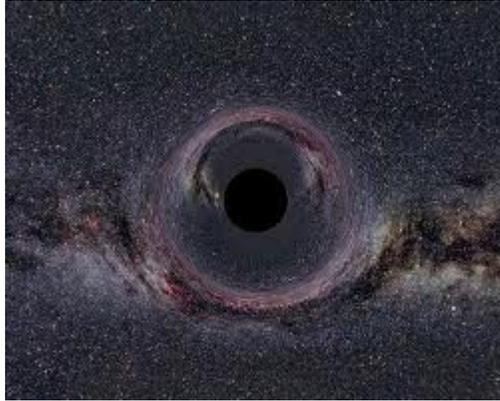
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Heading Towards "The Black City" (A Poem)

From the Proving of Cygnus X-1, Northwestern Academy of Homeopathy

Compiled by Lori Foley



I was headed toward "The Black City"
But my flashlight couldn't pierce the darkness
There is a woman in a black trench coat with an attaché
A hypnotic image of a face in the fog above the trees

This space that has no end, limitless
I imagine that the jungle is full of exotic sounds
But this jungle is silent
The calmness is eerie

I got dropped like Dorothy in the Wizard of Oz
I get this feeling that vampires had wiped out the whole town.
There is a void of what's familiar, it's Alice in Wonderland
No movement, no air ...void and empty

I felt a bit bewildered, I wake disoriented
They were jumping off the roof, floating very easily down to the ground
My body is rising, my arms want to go up
I see eagles and sea animals, the water beckons me
The sunlight dancing on the water above them
Expanding, freeing, like bird's wings
Gravity no longer pulls you down, it is peaceful, calm
My thoughts float around me, dizzy, light-headed
Floating...gliding...sailing... Is it the sky or is it water?

Feeling has escaped me
She screamed at me – yet I have no big reaction
I feel no remorse, I am observing ... detached
I see that he is crying... so he must be sad

This is how an autistic child feels
You were never meant to connect in the first place

and then I stab him in neck on the front lawn

Don't crowd me - You are an intruding into my space
I do not want to connect
I seclude myself, unable to participate in normal rules of engagement
Don't muck up my inner world, my peace
We are in exile, some sort of holocaust, Isolation, Separated, Cut off
I refuse to respond

I feel all alone; no one is here to help me
I am exposed, nobody to watch your back
Shivers up my neck
I walk into a windowed room and all the windows are open.
Nowhere to hide, raw, vulnerable
Out of corner of eye, think I see something, oh, my gosh! what's that?
Something will pounce on me!
You can see that there is a look of terror in his eye.

...these are my last few moments before I die
It is inevitable
Something evil was lurking the whole time

Out of Nowhere, Pow! Unshackled
The unseen, Unstoppable, Power!
It's an explosion. I punch him, he punches me. The tiger attacks
It's the Goddamned Big Bang!
Lava, fire, heat, hurricane, with a thunderous roar
It creates and destroys; it is benevolent and malevolent
it takes things away in an instant.
Obliterates
It could be mistaken for the Wrath of God

I feel it in my gut area, in my core
Just a sense of being stronger, more empowered, confident
I feel like I could do anything.
(Maybe I am watching too much Superman)

A bird had eaten a piece of lead. It tried to ascend in flight
and, because of the weight inside, turned and plummeted to the earth
Swirling energy pulling me in
He's the conqueror and he's holding me down.
Weight on my chest, heavy, clutching, can't breathe, pulling down
Contracting, Compression, Shrinking
Pent up energy wants to explode out
A swirling vortex, Spinning like a tornado
Pulling me in, pulling me down, all my energy is gone

The Man of Steel is brought to the ground by this evil man
This proving is sucking the life out of me

We go deeper and deeper into the woods
So deep, I can see down the ant hole
Deep, deep, inside

Time has been so strange lately
As if time was standing still around the tree
A tree blooming amidst this terrible devastation

The materialness of everything bursts and becomes a million pieces
I will dissolve in it, disintegrate
You are lifted up from this base physical experience into a wider spiritual realm
I am normally scared to death of death.
But, I want to understand the dying process in a new way
Stepping into it with fear it looks like total destruction.
If you can step into it without fear you will not lose anything
She was essential to conception of the child

Epiphany! I see clearly, the beginning of a new universe!
A young child outside in sunshine, arms up, free,
She is part of everything around her
A connection of pure light to the heavens
There is no boundary between her and the whole
The continuum of universal love
A part of everything

A Black Hole, Cygnus X-1, Background

Several thousand light-years away, near the "heart" of Cygnus, the swan, constellation two stars are locked in a gravitational embrace. One star is a blue supergiant. The other star is 5 to 10 times the mass of the Sun, but it's extremely small.

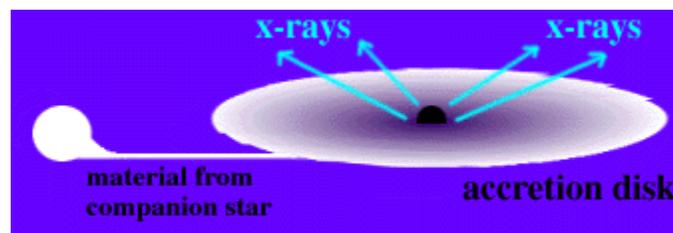
As the two stars orbit each other once every 5-6 days, this compact star's gravitational pull causes the blue supergiant to "bulge" toward it. In profile, the supergiant would resemble an egg, with the small end aimed at the compact star. This compact object with a tremendous gravitational pull is now widely agreed to be a Black Hole.

This system is called Cygnus X-1, because it was the first source of X-rays discovered in the constellation Cygnus. Discovered by a satellite in the early 1970s, it was also one of the first suspected black holes. It then became the subject of a friendly scientific wager between physicists Stephen Hawking and Kip Thorne in 1974, with Hawking betting that it was not a black hole. He conceded the bet in 1990 after observational data had strengthened the case for its designation as a Black Hole.

Detecting a Black Hole

Black holes don't give off light, so we can't just look for them. However, astronomers can find black holes and neutron stars by observing the gravitational effects on other objects nearby.

Astronomers can discover some black holes because they are sources of x-rays. The intense gravity from a black hole or a neutron star will pull in dust particles from a surrounding cloud of dust or a nearby star. As the particles speed up and heat up, they emit x-rays. So the x-rays don't come directly from the black hole, but from its effect on the dust around it. Although x-rays don't penetrate our atmosphere, astronomers use satellites to observe x-ray sources in the sky.



Formation of Cygnus X-1

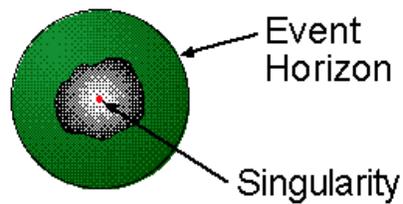
Although Black Holes can be formed by stars that turn supernova, given data studied Cygnus X-1 most likely formed as a result of the progenitor star collapsing directly into a black hole without exploding (or at most produced only a relatively modest explosion).

The Event Horizon

Once a giant star dies and a black hole has formed, all its mass is squeezed into a single point. At this point, both space and time stop. It's very hard for us to imagine a place where mass has no volume and time does not pass, but that's what it is like at the center of a black hole.

The point at the center of a black hole is called a *singularity*. Within a certain distance of the singularity, the gravitational pull is so strong that nothing--not even light--can escape. That distance is called the

event horizon. The event horizon is not a physical boundary but the point-of-no-return for anything that crosses it. When people talk about the size of a black hole, they are referring to the size of the event horizon.



The center of a black hole, the singularity, is the point where the laws of physics break down. These singularities are hidden, or 'clothed' by the black hole, so that the effects of the breakdown cannot be observed by people outside.

At the center of a black hole, spacetime has infinite curvature and matter is crushed to infinite density under the pull of 'infinite' gravity. At a singularity, space and time cease to exist as we know them. The laws of physics as we know them break down at a singularity, thus, making it impossible to envision something with zero volume and infinite density, such qualities of a black hole.

Gravitational Pull

Many people think that nothing can escape the intense gravity of black holes. If that were true, the whole Universe would get sucked up. Only when something (including light) gets within a certain distance from the black hole, will it not be able to escape. But farther away, things do not get sucked in. Stars and planets at a safe distance will circle around the black hole, much like the motion of the planets around the Sun. The gravitational force on stars and planets orbiting a black hole is the same as when the black hole was a star because gravity depends on how much mass there is--the black hole has the same mass as the star, it's just compressed.

Black holes are truly black. Light rays that get too close bend into, and are trapped by the intense gravity of the black hole. Trapped light rays will never escape. Since black holes do not shine, they are difficult to detect.

What Happens Within a Black Hole

Hot gas forms a wide, flat accretion disk that encircles the black hole. Friction heats the gas to a billion degrees or more, causing it to emit a torrent of X-rays -- enough to fry any living thing within millions of miles.

As matter falls toward the compact object, energy is released, dissipated by jets of particles that flow perpendicular to the accretion disk. These jets flow outward with high velocities. This pair of jets provide a means for the accretion disk to shed excess energy.

The x-ray glow from Cygnus X-1 isn't steady. Instead, it flickers, which is one bit of evidence that identifies this dark member as a black hole. Gas enters the outer edge of the accretion disk then spirals closer to the star. If the center of the disk contained a normal star, or even a superdense neutron star, then the disk would get hotter and brighter all the way in to its center, with the brightest X-rays coming from the middle. Instead, the X-ray glow cuts off well outside the center of the disk. Observations with Hubble Space Telescope reveal that the central region occasionally flares up as blobs of gas break off the inner edge of the disk and spiral into the black hole.

These blobs are accelerated to a large fraction of the speed of light, so they circle the black hole hundreds of times per second. This causes the system's X-rays to "flicker." If the blobs of gas were orbiting a larger object, they would not move as fast, so their high-speed revolution is one bit of circumstantial evidence that identifies the dark companion as a black hole.

The black hole's strong gravitational field "redshifts" the energy emitted by this gas to longer and longer wavelengths. Eventually, as the gas approaches the event horizon, the redshift becomes so great that the material disappears from view -- just before it spirals into the black hole.

Black Holes and the Formation of New Galaxies

There is a growing body of evidence suggesting black holes are integral players in galaxy formation.

We think of black holes as sucking things in, but they have shown that when a jet emits from a black hole, it can bring new life by collapsing clouds and creating new stars.

Most large galaxies have a central black hole, and often they emit jets of high-speed material. In a galaxy known as NGC 541, its central black hole acts like a giant dynamo, accelerating globs of superheated matter and shooting them out along the axis of rotation. The jets are invisible, but astronomers have detected them with radio telescopes.

The radio jet plows into a cloud of nearby gas in a supersonic shock wave, compressing and heating the gas. Gas in the cloud becomes ionized and after the shock passes, the ions recombine, creating radiation, which transports energy out of the cloud. The cooling causes the cloud to contract still further, and when a knot of gas becomes dense enough, it can collapse to form a star.

In the early universe this process may be important because the galaxies are still young, with lots of hydrogen gas but few stars, and the black holes are more active. In the first few billion years after the Big Bang, when things were more crowded and chaotic, black hole jets probably triggered star formation in many nascent galaxies.

Other researchers believe that these black holes located at the center of galaxies were what pulled the drifting stars and planets into a spiral pattern that resulted in a new spiral galaxy.

Black Hole Facts

In the strictest and most exact sense, there are currently 14 known black holes.

The known closest black hole to Earth is Cygnus X-1, located about 8000 light years away.

In theory, any matter can become black holes, as long as they are compressed to zero volume and thus, yielding infinite density. However, only the largest of stars have cores capable with the gravitational force to compress the star to the Schwarzschild radius. Most other stars without this gravitational force end up as neutron stars and white dwarfs.

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Cygnus X-1 Remedy Overview

Mental Overview

Summarizing this remedy, is sort of like summarizing the universe. That said, we'll try to outline what to look for in a client that might need this remedy.

First, it's an imponderable. There will be something not plant, not animal and not mineral about it. They will most likely begin to talk of energy. As energy is the foundation of life and Black Holes are the foundation of galaxies, it makes sense that energy would be a focus for them. They may be sensitive to energies of others and likewise may feel they too can influence the energy of other people. There is also a vastness to this remedy (Theme: Deep and Limitless). They would express and experience the world in a spacious way. Meaning that they would have a broad understanding of life, meaning and spirituality.

A key must see would be the central Pulling In Sensation (Theme: Pulling In). It would be difficult to prescribe this remedy without that. Within this sensation, you may also find the spiral or circular motion also seen as objects are drawn into the Black Hole. This sensation might be present in physical way or it might be present in a mental/emotional way. They could feel depression (Theme: Sadness, Depression) that feels like it is pulling them. They might feel a sadness that is deep and dark (Theme: Deep and Limitness). They could feel others are drawing them in or as if things are compressing in on them. They might have thoughts that rush around their head. They could experience pain as constricting and pulling.

Another important theme is that of isolation (Theme: Isolation). This goes hand in hand with the sadness and despair in this state making this a likely remedy for depression. Cygnus has a profound disconnection and isolation from many of the emotional qualities that make us human. Because it is not human, this puts quite a burden on a psyche. This disconnection from emotions can create a disconnection from right and wrong, from morals and ethics, from love and hate. This is a mental state that might create anti-social behavior and even violence. (Theme: Violence) They could experience this violence and almost serial killer behavior in their dreams as well. This remedy may also relate to Autistic behaviors. Within this disconnection, there may be a sense of void or that something is missing (Theme: Void) (Theme: Something is Missing).

The polar opposite sensation of disconnection and isolation is the sense of unity and oneness. (Theme: Creation, Unity and Epiphany). As everything is pulled into a Black Hole it is compressed into something so small and united that it defies our understanding. The energy released from a Black Hole is used to birth new stars. This is the astral representation of our unity as beings of energy in a world of energy, It's also a representation of birth and creation. The other aspect you would want to see is some representation of this clarity and oneness. This seems to be where flying and swimming come into the state. (Theme: Swimming and Flying) With flying in the air or with floating in the water there is a sense of weightlessness as well as a sense of freedom and calm. As they float they can feel the oneness with the surrounding water. As they fly, they can feel the freedom sensation opposite of the pulling in sensation. Scientifically it's believed that time does stop within a Black Hole. It's at these moments of unity and oneness that the person can even feel that time stands still (Theme: Time Stands Still).

The power behind a Black Hole is unstoppable. (Theme: Power, Unstoppable) Therefore we would expect to see some hopelessness in the state (Theme: Impending Doom). It could easily be syphilitic and even with some acute aspects. Given the violence and potential for violence there could also be a paranoia and vulnerability. (Theme: Vulnerable)

The proving of this remedy may reflect both the growing consciousness of the human race as well as the growing sense of isolation and desperation in human behavior.

Physical Overview

This remedy seems to have a global effect on the body. If you were tracing the sensation under a physical symptom you might expect it to lead to a pulling in or drawing inward, constriction sensation. Headaches are felt as constricting, as if a band or a vise or as if will burst. Heart and chest symptoms are

felt as constricting and tightening. Even the extremities can feel tight and constricting. Provers felt their teeth were “drawing inward.”

With the drawing in sensation, they would often feel that there was a stone or lump inside (this spot of denseness within their body). Provers had the sensation of a lump or stone in their stomach or abdomen. They could also feel as if there were a “sinking” sensation inside. Often they would explain the sensation as heaviness.

It would be difficult to prescribe this remedy without symptoms of coldness and/or heat. Heat was experienced as flushes of heat often upwards or downwards in the body. Pains were often felt as burning. Provers experienced burning sore throats, burning in their G/I tract, burning in their rectum, burning on their skin, burning in their eyes, etc. They also experienced coldness, sometime coldness within their body, icy coldness, and were sensitive to cold.

In addition to burning pains, pains were often neuralgic in nature. Provers experienced numbness and tingling and sensation as if hot or icy needles were prickling their skin. Some provers described the sensation as if electrical currents were running through their body. Pains were often cutting, stabbing and lancinating.

Pain would come in waves, pulsating, or coming and going.

Other odd physical sensations include vision disturbances, flickering or just foggy and dimness. Fear of heart attacks and severe respiratory disturbances. Itching and tingling on the skin, accompanied with burning.

Symptoms tended to left-sidedness (but not entirely).

Bursting Jets, Exploding

“...it is needing to be released, like an explosion of energy, something stored up, energy that builds up that must be relieved.”

“like a dandelion bursting apart, spreading, expanding”

Bursting Jets

Black holes do not just pull things in, they also emit jets of superheated matter out into the galaxy. As matter falls toward the black hole, energy is released, dissipated by jets of particles. These jets flow outward with high velocities and provide a means for the area surrounding the black hole (called the accretion disk) to shed excess energy.

Scientists have also found that these superheated jets plow into nearby gas like a supersonic shockwave and participate in the creation of new stars.

The energy of a black hole contains not only “pulling in” movement, but outward movement as well.

The black hole retains an explosive and bursting quality. This may relate to the source of a black hole, the explosion of a star, or it may relate to the pressure within the hole that is released in bursts of energy back into the galaxy. While black holes do absorb matter from the surrounding area, scientists now had discovered that black holes do emit energy back out into the cosmos.

The bursting and exploding results from pent up energy. It might “burst forth like a teapot” or explode like a “volcano.” They might feel anger explode or feel like bursting into song. The release itself, while destructive, has a relief associated as the pressure is relieved.

Physical sensations may burst, pulse, or radiate outward. Headaches can be bursting. Pains can radiate to other parts of the body.

Bursting, Exploding

- “like a dandelion **bursting apart, spreading, expanding**, all the molecules separating and dissolving, and you totally lose yourself ...**as if the materialness of everything bursts and becomes a million pieces** and becomes a part of the greater whole” (04)
- “...felt like **bursting into song**” (11)
- “**The quality of this force is bursts**, repetitive movement, not sustained. ... There is still this energy to expend.” (13)
- (Dream) “I see small, **spiral waves of heat emanating** from the hood.” (09)
- “**I just want to get OUT, be DONE, escape** the obligations of this life that are binding me down” (04)
- “The song, the chatter just had to come out. **It was bursting forth like a teapot letting the steam fly**; not violently, but in a robust, friendly way. The steam, without boundaries, spread out in square yards.” (16)
- “Anger. Want to lash out, kick something, bust a window. **Pent up energy wants to explode out**, want to clench teeth.” (04)
- “Intrusive images of father's and husband's **heads exploding from gun blasts**; of a gun in my mouth and my own head exploding.” (05)

- “...it is needing to be released, like an explosion of energy, something stored up, energy that builds up that must be relieved. It is about a potential force that eventually pops.” (09)
- (dream) “It was not about sex, **it was all a big group release** for procreation.” (11)
- “**Release, letting go**, it’s the energy moving away from my body. A spiritual thing, a nebulous thing. When you let something go from your body your whole energy goes, it just goes out.” (18)

Physicals: Bursting, Exploding, Radiating

- It feels like my head would **explode outward!** (Head) (02)
- **I have a bursting headache.** ... my head feels like there is a loud roaring noise inside of it. It feels as though my head will explode.” (Head) (16)
- “Rush of heat through torso, **radiating through arms and legs**, with sweating in axillae and palms. Feel super weak.” (Fever) (05)
- “my chest tingling **that radiates from heart to face and lips**” (Chest) (13)
- “Tremendous sensation of heat emanating from my chest, constant, **radiating outward like a small sun or star.**” (Ear) (09)
- “It’s like a piercing, burning electrically pulsating; like lightning sending out electrical waves but not going very far, like a seat of power, like something giving commands; **like electrical commands; things are emanating from that center.**” (16)
- My partner has told me that I have a terrible odor **emanating from my armpits.** I cannot smell it. (Generals) (10)

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“like a dandelion bursting apart, spreading, expanding”

Bursting Jets

Black holes do not just pull things in, they also emit jets of superheated matter out into the galaxy. As matter falls toward the black hole, energy is released, dissipated by jets of particles. These jets flow outward with high velocities and provide a means for the area surrounding the black hole (called the accretion disk) to shed excess energy.

Scientists have also found that these superheated jets plow into nearby gas like a supersonic shockwave and participate in the creation of new stars.

The energy of a black hole contains not only “pulling in” movement, but outward movement as well.

The black hole retains an explosive and bursting quality. This may relate to the source of a black hole, the explosion of a star, or it may relate to the pressure within the hole that is released in bursts of energy back into the galaxy. While black holes do absorb matter from the surrounding area, scientists now had discovered that black holes do emit energy back out into the cosmos.

The bursting and exploding results from pent up energy. It might “burst forth like a teapot” or explode like a “volcano.” They might feel anger explode or feel like bursting into song. The release itself, while destructive, has a relief associated as the pressure is relieved.

Physical sensations may burst, pulse, or radiate outward. Headaches can be bursting. Pains can radiate to other parts of the body.

Bursting, Exploding

- “like a dandelion **bursting apart, spreading, expanding**, all the molecules separating and dissolving, and you totally lose yourself ...**as if the materialness of everything bursts and becomes a million pieces** and becomes a part of the greater whole” (04)
- “...felt like **bursting into song**” (11)
- “**The quality of this force is bursts**, repetitive movement, not sustained. ... There is still this energy to expend.” (13)
- (Dream) “I see small, **spiral waves of heat emanating** from the hood.” (09)
- “**I just want to get OUT, be DONE, escape** the obligations of this life that are binding me down” (04)
- “The song, the chatter just had to come out. **It was bursting forth like a teapot letting the steam fly**; not violently, but in a robust, friendly way. The steam, without boundaries, spread out in square yards.” (16)
- “Anger. Want to lash out, kick something, bust a window. **Pent up energy wants to explode out**, want to clench teeth.” (04)
- “Intrusive images of father's and husband's **heads exploding from gun blasts**; of a gun in my mouth and my own head exploding.” (05)

- “...it is needing to be released, like an explosion of energy, something stored up, energy that builds up that must be relieved. It is about a potential force that eventually pops.” (09)
- (dream) “It was not about sex, **it was all a big group release** for procreation.” (11)
- “**Release, letting go**, it’s the energy moving away from my body. A spiritual thing, a nebulous thing. When you let something go from your body your whole energy goes, it just goes out.” (18)

Physicals: Bursting, Exploding, Radiating

- It feels like my head would **explode outward!** (Head) (02)
- **I have a bursting headache.** ... my head feels like there is a loud roaring noise inside of it. It feels as though my head will explode.” (Head) (16)
- “Rush of heat through torso, **radiating through arms and legs**, with sweating in axillae and palms. Feel super weak.” (Fever) (05)
- “my chest tingling **that radiates from heart to face and lips**” (Chest) (13)
- “Tremendous sensation of heat emanating from my chest, constant, **radiating outward like a small sun or star.**” (Ear) (09)
- “It’s like a piercing, burning electrically pulsating; like lightning sending out electrical waves but not going very far, like a seat of power, like something giving commands; **like electrical commands; things are emanating from that center.**” (16)
- My partner has told me that I have a terrible odor **emanating from my armpits.** I cannot smell it. (Generals) (10)

Calm, Peace, and Clarity

“Gravity no longer pulls you down, it is peaceful, calm to it.”

“I am decidedly relieved and have greater ease, clarity, and calm.”

There are several aspects of calm in this proving. Some are also touched upon in other themes. There is a sense of calm derived from the lack of emotion. People may be disconnected from feelings of anxiety and self-doubt bringing a sense of calm. Although the lack of emotions leads to a feeling of disconnection that is not comfortable, the calmness that results is welcomed. They revel in the ability to remain present and calm in situations that would normally have them riled up.

Another way to come upon the calm is to return to the silence and emptiness of outer space in general. As they are experiencing the desire to float, they are also bringing in this calmness that is found in the emptiness of space. This calmness brings with it a sense of peace and clarity. Calm is often combined with clarity. As if while floating in space seeing great distances was able to give a person a new perspective. This new perspective comes with both inner calm and clarity.

This clarity and calmness brings an increased awareness of things around them. It's almost a wonder at the vividness and worldliness around them. (See Theme: Heightened Senses)

There is also the calm that can turn destructive. Calm becomes the opposing sensation to doom, destruction, and explosion. This calm can turn on them at any time.

Calm from Lack of Anxiety, Being Present

- **“I really noticed how present I was to him, no judgment, no heartfelt compassion, just a calm, matter-of-fact interface.”** (04)
- **“A calm. The guy that was supposed to show up this morning didn't show up. Not even an ounce of annoyance, or frustration. Really emotionless about this or calm...not sure.”** (12)
- **“... this image comes to me, a person standing there in an aura of calm, in a very slow and fluid time capsule, the area around them is zipping around, very fast, everything around is a blur, swift movement”** (09)
- **“All day: very calm, present, clear and content - really able to enjoy what is happening around me and make the most of it.”** (06)
- **“Hypnagogic state: I see vivid, close-up image of a spider ascending it's thread towards me. Feel perfect calm.”** (05)

Calm of Space, Peace and Clarity

- **“Gravity no longer pulls you down, it has a peaceful, calm to it.”** (09)
- **“I felt calm about this, trusting it will all come together in time.”** (04)
- **“I am calm, relaxed and clear - this is unusual for me given my current state of affairs”** (06)
- **“Since deciding, I am decidedly relieved and have greater ease, clarity, and calm. It is this in this state that I enter this proving.”** (06)
- **“In all this plotting I suspect going on, though, I am calm and relaxed.”** (15)
- **“...sitting by myself. When I do so I have a feeling of peace and tranquility.”** (02)
- **“Feeling peaceful and quiet this morning in general.”** (07)
- **“The silence is deep inner peace. A deep sense of self.”** (11)

- “I check on the girls and they are sleeping peacefully, seemingly not impacted by this dream. (10)
- “This state has extreme opposites or flip sides, sometimes, something feels good, and sometimes it doesn't. It is like water, calm, soothing, reflective; then it becomes destructive, dangerous, dark” (09)

Creation, Unity, and Epiphany

"The Big Bang! The beginning of a new universe"

"I feel a sense of unity, one with the Universe."

"This clarity comes. Major creative epiphanies!"

There is evidence that a black hole is not just the death of a star and the impending doom of the surrounding matter. Now scientists feel that black hole play a part in the creation and maintenance of galaxies. In the center of many galaxies lurks a black hole. Its gravitational pull brings the surrounding stars and planets together and locks them in a circular pattern, establishing a new spiral galaxy.

(<http://Cosmology.com> Black Holes: The Creation & Consumption of Spiral Galaxies, by Rhawn Joseph, Ph.D.)

Scientists have also found that black holes emit jets of superheated matter in bursts that may aid in the creation of new stars. These releases of energy can play an important role in galaxy development in younger star systems.

We see the themes of creation similarly "lurking" in this state. Perhaps this is another reason that death can be faced with such calm. It's as if there is an understanding that it is all part of some greater order of the universe. The result of this force is merely creating a new order, merely a dispersal of energy. As the physical matter is consumed, there is a rising up to a spiritual level. People see with a new clarity, the world around them and their life. They feel "at one" with the universe. This unity is felt in wonder and awe.

It's from this aspect that many of the provers arrive at healing from this remedy. If they are able to "rise above" the physical threats" within this state, they can pull in a new perspective of the world, one that reflects both a clarity and a sense of oneness.

Creation of a New Universe

- "The Big Bang! **The beginning of a new universe!** Universe. **Unification.** This is so cool man, **that two worlds could be brought together**, true and total unification. Vast unity." (05)
- "...like being in the womb, floating in the galaxy, giving birth to stars and planet and whatever else." (18)
- (dream) "...this was a room completely filled with ejaculate; the feeling wasn't sexual. It was not about sex, it was all a big **group release for procreation.** Like amphibians **who reproduce externally**, it was not an erotic dream, it was like a task." (11)
- (dream) "...the source of her blood. A man, woman and their child are sitting together. A second woman comes into the room. The man introduces her as the source of the baby's blood. Feeling: **this woman was essential to conception of the child**, something like an egg donor." (13)

Arriving at a Sense of Unity

- "Coherent energy flows up my back through my crown chakra, ... it aligns all of the bodies and layers **connecting them all to heaven and earth.** ... You are provided for, when there is that alignment, you can see and feel the energy of everything, **because you've plugged into that flow**, ...As if the materialness of everything bursts and becomes a million pieces and becomes **a part of the greater whole**" (04)
- "...to start this process of evolving into being one with the universe" (04)
- "Shit. **I have to give up to be one with all?** I disagree that this has to be the rules of the game. **That I have to give of the material world to be spiritual.**" (04)
- "...this proving is **helping me gain some perspective** on this family situation." (01)

- **“Terrific integration of being has come to me via this proving.** The wonderful capacity to sense myself SIMULTANEOUSLY at all the levels I am at, that is to say, to sense, to feel the entire history of me...now.” (05)
- I feel like I am at one with them. The lake before me, by daughters, my partner, the Sun over the lake...**I feel a sense of unity, one with the Universe.**” (10)
- Out of the physical into a spiritual realm. **It is like losing your physical body and being more at one with the energy that is around you,** that fills you, that moves you, rather than the physical body. (03)
- **“It is like having a perspective, seeing things from a much different angle,** it doesn't feel like you are getting pulled into things.” (09)

Clarity and Epiphanies

- **“This clarity comes.** Major creative epiphanies!” (11)
- “...the social awkwardness is leaving but inner **understanding gained feels permanent,** big shift forward; artistically more clear, also case-taking; surprised by it!” (11)
- “This Clear Light is the most subtle level of mind which most individuals are never aware of. Maybe doing a proving helps us to access this Clear Light?” (10)
- “...felt crystal clear about my concerns.” (13)
- **“I'm feeling wiser and in more control.”** (16)

Dark and Flashes of Light

“Darker colors-- not pitch black, sort of like ravens, dark night energy”

“The spectators are scattered about the cold, dark room; a door keeps getting opened, giving a flash of light, then closed.”

The darkness of the night sky. The darkness of something that is lurking ready to draw you to your destruction.

There is a fascination with black, black birds, black people, the black sky, black water... as if they are drawn to the black, the dark. The dark is the deep abyss that draws them in, it's the loneliness, the emptiness, the power of the force that is acting upon them. The dark is also calm and it draws them. “I found I could only stare at the night sky and the stars until my neck was sore.” The dark is strong and firm.

The light comes in flashes. Like stars or shooting objects in the sky, the white is flashed as an accent in their dreams, as a contrast to the blackness, as a guide or a protection. The dark pulls them in and the light releases them.

Dark and Black

- “Darker colors-- not pitch black, **sort of like ravens, dark night energy**, stoic strong; it's been persecuted against, poignant, courageous in the persecution... Cape to it. Dark night movie, batman” (01)
- “I hear this knock on the door on a very dark night...**The flashlight can't pierce the darkness and can't see anybody.**” (07)
- “**This thick dark like a storm cloud black, tarry storm cloud, black roiling** it looks more oily than cloudy heavy dark” (04)
- “I linked it next to the sky, the atmosphere, **the night sky**. It was just **big, black and empty**, that without sensation.” (12)
- “Up north it was dark, lovely... Nothing could keep me out of **the dark, icy cold, black water.**” (11)
- (dream) “I was going to have sex with a young, large, **unattractive black man.**” (12)
- (dream) “...her daughters, all of whom were **black-skinned.**” (05)
- “I was headed toward **"The Black City,"** (05)
- “I have these mental images **of a black water bird or a black goose**” (10)
- “She is some kind of vampire. **A woman in a black trench coat** with an attaché.” (09)
- “Eris is about **exploring the dark unknown** and bringing it to the light.” (18)
- “**Pale, earthen with dark circles** beneath eyes.” (05)

Flashes of Light

- “**...lightening in a dark sky.**” (09)
- (dream) “The spectators are scattered about the cold, dark room; **a door keeps getting opened, giving a flash of light, then closed.**” (04)
- (dream) “My school's lead instructor was badly injured in the head and back with deep, open, bleeding wounds that I could see inside of, **as though they were internally lit. Light was shining out of the wounds.**” (05)

- **“Eyes are closed but I see strobe lights behind my lids, flashing,”** (12)
- **“Like flickering light, like sunlight coming through trees.** The flickering happens when my eyes are open as well as when my eyes are closed.” (13)
- “It might be like lightening, need to release something. ... **It is said to be like a flash of light in the darkness.** It is said to represent the Temple of the Stars.” (18)
- “The elephant is beautiful, it seems to be the **color of ivory all the way through, and as such it glows as it is walking through the jungle**” (10)
- **“Do they follow light, or the stars,** or some inner navigational intuition?” (10)
- “Dreaming of gray blurs, silver or stone shooting past me. Like fast motorcycles in gray or shooting globs of gray or silver, **shooting by me in flashes.**” (12)
- “Water, **sunlight splayed over it, totally clear and light,** not murky, darkness, sunlight and clear water” (03)
- (dream) “They are all very skinny, **have very light blond hair (almost white),** dark grey eyes, and they wear either simple **white dresses or a white shirt with white shorts.**” (15)
- “I never ever think of whales, it is like I am below them looking up, two ways, **dark flippers, white under belling,** like watching them from below” (09)
- Dream: I see three parallel rectangular sheets of **light on the ground.** I say "sheets" because it was not just on the ground, it was more like a layer of light right above the ground. I look at the three sheets and think: what are you? And they reply to me that they are **my spirits who protect me from evil.** **"Don't you know we're always there?"** (15)

Deep and Limitless

"This proving has blown the lid off my limitations!"

"A sadness that is deep, deep, deep, ... you are unable to connect to"

Space is a vast and limitless thing and this concept appears throughout the state. It's as if the magnitude of everything is multiplied and expanded. Emotions are felt deeply. Time is experienced as if taking forever. Things are expanded without boundaries. The word "deep" is used throughout the state to describe dreams, emotions, sleep, and symptoms. Everything is felt to an intense depth and other concepts are expanded to a point where they go on forever.

The important quality of the size is its limitless nature. At times the size becomes intimidating but mostly it is described with awe.

Deep is a key sensation in the proving. The concept of deep and going to an extreme depth is another way to look at the vastness of space as well as a representation of the "inward pulling" action found in the Black Hole. The use of the word "deep" was way out of proportion to other adjectives in the proving. It is as if "Deep" expresses an essential nature of the Black Hole.

Limitless

- "This proving has blown **the lid off my limitations!**" (05)
- "Wow, is it only week four. feels like it has **been going on forever.**" (04)
- "images of wide open canyon, **...into a wider spiritual realm.**" (03)
- Really connected, **really open, like there is no boundary between her and the whole**, the continuum universal love openness all interconnected. A part of everything." (04)
- "**Have infinite patience**" (05)
- "you stand there stunned while **the reverberation goes on and on.**" (05)
- "I felt like **I slept for a thousand years.** (10)
- "Not scary, very big, huge, **like infinite, there wasn't an end to it.** It wasn't a space that had an end." (12)
- "The steam, **without boundaries, spread out in square yards.** (16)

Something Large In Size

- "**It feels huge, so big, that it is superior;** there is a humiliation feeling associated, inferiority" (11)
- (dream) "**...but this one was way huger than anything I have ever dreamed before** in that vein, it was like an exotic mansion with all sorts of beautiful and interesting new spaces I had never seen before." (04)
- "I am filled with **a loneliness so huge that I'm in shock.** (05)
- "...seems an **energetically huge expansiveness.**" (12)

Deep

- “Like at the bottom of a lake, **deep cold blue water, deep, deep, deep, a feeling of depth.** A sadness that is deep, deep, deep, not only are you unable to connect, you cannot, you were never meant to in the first place.” (11)
- (dream) “**deep red blood** flows out of the punctures” (10)
- “**Slept deep and hard,** I really don't want to get up.” (GENERAL) (04)
- “Strong images of water, just being **in water, deep water.**” (03)
- (dream) “but was following a path that led **deeper and deeper into the woods,**” (03)
- “he has been experiencing a **deep fatigue lately**” (05)
- “Its just like a **deeply quiet time.** Nothing is going on.” (18)

Using “Deep” to Describe Emotions

- “**Huge wave of emotion** watching my son come in for his recital” (03)
- “This is bringing up grief, I am crying, in my throat, that's where it gets stuck, **it is inside really deep.**” (03)
- “**a deep feeling of betrayal** ... holding hands over the hole, **the pain is deep**” (04)
- “something to distract me from my **deepest, innermost feelings.**” (04)
- “Taste of grilled steak **gave deep sensual pleasure.**” (05)
- “A fatal blow, like being at peace with death, **a deep, deep sense of peace**” (11)
- “a healing effect on them to be able to **share such deep thoughts and experiences.**” (15)

Physicals: “Deep” to Describe Symptoms

- “**deep in the ear,** the inner ear.” (Ear) (09)
- “**deep pain,** from bone” (Back) (11)
- “Difficult, trying to take **a deep breath.**” (Respiration) (02)
- “**deep, pulsing pain** under and to the side of left breast.” (Chest) (05)
- **slow to intense burning of a deep hole** that goes down, down, down to nothing-ness. (Mouth) (16)
- “trying to **breathe in deeply** to get my chest to rise outward.” (Chest) (14)

Impending Doom (The End Is Inevitable)

"The end was coming."

"I'm finished - no feeling - like these are my last few moments before I die"

Once inside, nothing can escape a black hole's gravity — not even light.

The inevitability of the outcome is clear. The outcome is death, or the end of this physical existence as we know it. There is **no doubt about the outcome**, "the end was coming." Throughout the state there is this "inner knowing" that "a fatal blow" was coming. In dreams, someone was coming to get them. During the day, they might get hit with a feeling of vulnerability, that something would pounce at them (see Theme: Vulnerable). Deadlines at work approach like "impending doom." Decisions in the life were made matter-of-factly, knowing this too was "inevitable."

Although the situation is hopeless, there is almost a calm about it. It is like "being at peace with death." Sometimes the "knowing" would bring on a panic. Most often, though, the lack of emotion in this state combined with the clarity, brought a calmness to this inevitability. It was as if they could sense the rightness of it all. As if this "doom" would merely be part of a larger cycle of life and death (see Theme Creation).

- "A fatal blow, **like being at peace with death, a deep, deep sense of peace, knowing that the end was coming**. There was a romantic sense of death. A deep melancholy, as though finally they got me. The end was coming." (11)
- "The impact was too great. **It was inevitable that we would hit.**" (13)
- "**I'm finished - no feeling - like these are my last few moments before I die**" (11)
- "If I don't take care of myself, **I will die**" (14)
- '**Like death and taxes, it was inevitable**' (12)
- (dream) "The feeling in the dream is very serious, **calm but knowing the end is inevitable**. Everybody in the dream is very calm and serious." (15)
- (dream) "Violent dreams. One dream a supernatural woman came to kill me-slasher style. I had been living in a house, and this woman was going to come and **there was nothing I could do about it.**" (04)
- "...looked really healthy, but that you could also tell that **they knew they were dying.**" (15)
- "I felt like it was **going to end in disaster.**" (18)
- "...reminds me of the **impending doom** of the deadline for our project" (10)
- "...**time is running out.**" (01)
- "But, I will dissolve in it, disintegrate." (03)
- "The proving remedy arrived today. My partner asked me not to participate in the proving because of the impact that it may have on our relationship and our children. I asked her what she meant, she said that when she picked up the (remedy in) mail **she started to have a foreboding feeling** and just asked me to trust her." (10)
- "a column would whoosh so powerfully that you would not "be" anymore, it's dissolving, as if right here I fall into one of those columns in space, caught into the flow, I get sucked up, **I am not here anymore**" (04)
- "Poor, little thing. **I guess a blind bird is destined to die.**" (05)

- **“Like the last bit of life left after something has been stomped out.** like a smoldering fire that is almost out. Or something that was alive and now is withering. I imagine the light sent out by a star that is received after the star has died many lights years later. only a little bit of life is left.”
(13)

Isolation, Disconnection, The Observer

*“Isolation is key in this proving...I felt separated, cut off “
“I want to be alone and have no one watching me.”*

The **desire** for isolation was prevalent, with most provers having experiences of wanting to be alone, to have their space, to not be touched. There was a sense of **pushing** people away. Others felt a sense of **loneliness** with the isolation, and the feeling here was that it was **undesirable** to be alone.

A third type of isolation experience was **devoid of desire or emotion**. In these instances, provers were detached not only from people or situations, but from emotion. They did not feel connected to others. This detachment was also expressed in feelings of being an observer, and not an active participant.

One prover called it an **“autistic feeling,”** and indeed this desire to be alone is a symptom of autism. Other prover symptoms that match the symptoms of autism include: social awkwardness, lack of emotion and/or empathy, and unusual sensory perception.

Desire to be Alone

- **“I desire SPACE** . I want my space. Don't crowd me. Be on the other end of the table.” (01)
- **“I want to seclude myself by walking away from others,** sitting by myself. When I do so I have a feeling of peace and tranquility.” (02)
- **“Feeling really unsocial at this gathering** of kindergarten parents.” (03)
- **“I dread the idea of being in a group of people,** being in flourescent light, sitting still and feeling the vermin-like sensations descend on me. ” (05)
- **“ I am really happy to be alone.** I fantasize about packing a small bag and going to the airport and flying off to Tibet for a year.” (10)
- **“would've liked to live like a hermit; autistic feeling; don't need anyone else;** could have my own world.” (11)
- **‘I want to take the remedy by myself.** My supervisor wanted to be on the phone with me, but that feels like an intrusion into my space. **I want to be alone and have no one watching me.”** (12)
- **“I'd like to withdraw and be in my own room, by myself.”** (14)
- **“I've got lots of things to do and don't want to be bothered. Leave me alone.”** (16)

Aversion to Touch

- **“Didn't feel like talking about this or sharing it.** Felt protective of it.” (03)
- **“When my daughter hugs me and rubs my shoulders I want to flick her hand off. Don't touch me!** You're annoying me!” (13)
- **“Leave me alone. Don't touch me.** Let me do what I need to do.” (16)

Sense of Aloneness

- **“Now I feel really alone,** I have no kid, no house.” (01)
- **“A feeling of complete aloneness, in a big body of water or in the sky, really pretty high in the sky, but it is within oneself. Like an inner sense of aloneness..”** (11)
- **“Feel alone and unsupported** in the world.” (14)
- **“My own way is secure, stable, and safe. On the other hand it's kind of lonely.”** (18)

Sense of Disconnection or Separation

- "... I often have **feelings of isolation while in a group** of people. Feeling part of the group but **separate..not completely connected...**" (03)
- "**We are in exile**, some sort of holocaust." (04)
- "**It is as though I have no connection to my partner and the twins. They feel distant from me. No connection to my work. No connection to my anxiety about completing my work!**" (10)
- "**Isolation is key** in this proving....Yesterday I was seeing a patient and I **felt separated, cut off**, like I cannot follow normal social order or flow." (11)
- "I no longer want to communicate, I do not need to interact; it is solitary, it's **like being completely alone; like being completely self-contained...This cut-off feeling is there too.**" (11)
- "**Feel distant, don't want to connect.**" (12)
- "During the walk, **felt disconnected from my friend like I wasn't able to be present for the conversation.**" (14-2526)
- "**Loneliness is being separate, not connecting, not being part of something.**" (18-2759)

Separate, As An Observer

- "**Feeling was just of observation and watching things take place. Like I was there, but not part of it.**" (03)
- "Feeling in the dream was just fascination, curiosity, like the stance toward an experiment or **observing oneself on a drug trip.**" (05)
- "I feel like I am really, really far away from my children. As though I am watching myself in slow motion ...It was as though I **was up in the air looking down on this activity.**" (10)
- "Talking last night with friends, I **don't want to be the center of attention. I'm observing.**" (12)
- "Frustrated because I don't feel like I fully participated in the interactions; **I was more of an observer.** Wanting to interact but not being able to engage." (14)
- " In this dream, **I am only an onlooker.**" (15)

Autistic

- "would've **liked to live like a hermit; autistic feeling; don't need anyone else**; could have my own world." (11)
- "When my daughter hugs me and **rubs my shoulders I want to flick her hand off. Don't touch me!** You're annoying me!" (13)
- "I find it difficult **to maintain normal protocol and social cues**; I am unable to participate in normal rules of engagement; avoiding small talk; I do not want to make small talk or connect. This is completely unusual, **I feel like I have Asperger's.**" (11)
- "I felt like **I had less caring of what people I was around thought of me...at times almost an obliviousness** to it." (03)
- "**Still sensitive to noise, bright lights, loud sounds. Startling easy and pain in ears with loud or sudden sounds.**" (04)

Power, Unstoppable

"Pure power, an example of what power can do. It creates and destroys; it is benevolent and malevolent, it takes things away in an instant."

"It's beyond force, it's powerful, it's bliss, the end-of-the-world"

"He's the conqueror and he's showing his supremacy by holding me down."

The sheer power of a black hole has never been experienced and can only be fathomed at. Throughout the proving they attempt over and over again to illustrate the almost indescribable force present in this remedy. With this state, people feel the presence of this magnificent force. It's a force they compare to the Tasmanian Devil, a raging forest fire, the Big Bang, a flood, a volcano and inevitably the "Wrath of God". It's a force that overpowers them at times and at other times brings them to a sense of awe. It's a force that destroys, and lurks ready to take them in so it is often personified as evil. Most of all, it is unstoppable. Nothing and no one can stand in the way of this force, this power. When it is released, the outcome is inevitable, complete destruction.

There is also something majestic and noble about the power. Analogies are made to eagles that are both majestic and powerful and to a guru with an aura that commands attention. The nobility and poise associated with the power may be derived from the absence of malice or human emotion in a black hole. This power draws to it what chance brings into its orbit not from human emotions or choice.

As humans we can't help but connect evil with such a powerful force. Although, this is a loose connection in the proving. The black and darkness in this state likely contributes to the notion of evil. At one point someone deduces that we might think it evil because of its "complete absence of creative energy." So once again, it's its "not-of-this-earth" quality that makes this state clear.

The other interesting aspect of this power is it's relation to the individual in this state. This power is so great it is overpowering to the person. They have no chance to resist. It is ever present, like a force working upon them. They compare it to kinetic energy or to the vital force, something ever present and more powerful than you. For some it's like being under supernatural control; for others it's like being under a government force.

Unstoppable Power

- "A great force. It could be mistaken for the Wrath of God, ... its force was so strong they felt it was terrible. Humans have this trembling fear,..it is a feeling of possible destruction, **it's so powerful you can feel as if you are smitten, smote, ...wiped out, disbursement, the angry, wrathful God, but it is not.**" (04)
- **Blind rage, unstoppable, persisting, unaware; unstoppable, no end point.** There is nothing that is going to stop it. Like a forest fire, this is not about burn, it goes after whatever is in its path, (13)
- **Startled, out-of-no-where, the unseen, no stopping it, unstoppable....It feels huge, so big, that it is superior;** there is a humiliation feeling associated, inferiority; as though my weakness has been found and exploited, (11)
- "Pow, pow, **unshackled. Nothing stopping it.** Just pow. Fearlessness, something that knows no fear. Something that cannot be conceptualized. Something that cannot be other than what is it. A force." (05)
- **"then it becomes destructive, dangerous, dark; like that river in Arkansas,** a sudden flash flood in the night, the river swelled rearranging the whole topography, its capricious power, it is uncontrollable energy, it does what it does, it has a sense of Fate about it. Pure power, an example of what power can do. **It creates and destroys; it is benevolent and malevolent, it takes things away in an instant.** (09)
- "Something beautiful, effortless, rare, in control, **powerful, unstoppable.**" (11)

- “an image in my mind of a heel of **boot pounding something on the ground**. Forceful stomping. Like trying to smash a bug. **Obliterate.**” (13)
- “Unstoppable, I feel that there is a physics term that I want to use, **like kinetic energy**, this energy can gather force, like a bicycle going downhill, it gathers force and it gets stronger, somehow it must wear out on its own. That is unstoppable” (13)
- “Forceful, negative, aggressive, stuck. This is like the dark nebula, its forceful and stuck energy. **Like a volcano, that has to erupt, lava, fire, heat or a hurricane that is wind and water whipping about.** That is the instability.” (18)
- “I feel like I am inside of an **electrical storm or a tempest** when I am near the proving substance ... My twins are two little flowers that are blowing in the wind of a terrible storm. Their little heads snap off and fly into the air and burst into flames.” (10)

Noble, Awe Inspiring Power

- “This is **powerful, really cool strength to this**, ... firm, strong, **noble energy.**” (01)
- (Dream) “I had a big, lavish wedding. I was excited and felt very powerful. **I felt above the rest**, like they were beneath me. I was strutting my stuff! (02)
- “I have had unusual sightings of Bald Eagles; ... **they are so majestic**,... they are such a symbol of power and independence.” ...” awe inspiring, beyond, beyond human, beyond human level man, images of wide open canyon, the power and ability to soar over wide open spaces, its spiritual...” (03)
- “Coherent energy flow, up my back, through my crown chakra, **it connects heaven and earth, the flow is clear and powerful**” (04)
- “**it's beyond force, it's powerful, it's bliss**, the end-of-the-world” (04)
- (dream) “Imagined I was flying. I saw, or rather was a very large bird on the water rising up on its webbed feet, beating terrifically powerful wings... **They are more powerful than I will ever experience as a human.**” (05)
- “Strong is powerful, like muscle. Power is the sense within, strong power. Power and strength of character, like a guru, versus the power of the body....**I am thinking of a person who emanates an aura of power, quiet power**, whoa!” (12)

Evil

- “There was a strange sadness that impacted me as **the Man of Steel is brought to the ground by this evil man.**” (10)
- (Dream) “I was headed toward “**The Black City**,” **the fictitious seat of ancient evil** in my daughter's book. ... The gods barred my way” (05)
- “**She is some kind of vampire. A woman in a black trench coat** with an attaché.” (09)
- “belonging has gotten an adversary: **something evil was lurking the whole time**, it waited a little while and then attacked. And it is going to take you down, if you don't fight for your life.” (15)
- “I felt calm and strong in the dream, **but very aware of the power of the evil**, especially at the moment when I would look in the person's eyes and face it.” (15)
- “It is the complete absence of creative energy. **It might be construed as dark or evil**, even though that is a human perspective.” (18)

A Force Working Upon Us

- “**He's the conqueror and he's showing his supremacy by holding me down.**” (04)

- **“This proving is sucking the life out of me, taking all my energy.** I have to set a limit with this substance and say, “That’s enough”...I have acquired a deeper understanding of the term **‘inimical force.’”** (05)
- “Vata is the principle governing the kinetic energy of our body which operates through our nerves and cells. It controls all movement of our body and organs. It helps to maintain our immune system. **It is the force that allows our heart to beat”** (10)
- **“Sensation of being under control. Outside forces are making me do things...** It is a dark force bigger, heavier, and heavier than I am. There will be a lot of punishment if I do not do what I am supposed to do. **This force is looming over me.”** (04)
- “This makes my knee feel like a captive between two different, **but yet restraining forces that hold tight.”** (Extremities) (16)
- “Something you don't know, its threatening, its loud, forceful, like aggressive, imposing; imposing itself on you in an aggressive way without permission, **it feels like something will happen to you, like you will be forced into something.”** (09)
- “but I feel I am inside of **some kind of invisible force field** and I cannot come out of the silence.” (10)
- Sleep is **overpowering me.** I go and take a nap at the office. (10)
- (dream) “There is a line of soldiers or men in uniform. ... One tackles me to the ground. If I don't fight back nothing happens. If I fight back they pin me down. Feeling: do what they ask and I'll be okay. Don't resist. Follow instructions. Threatened. If I follow instructions I won't be asked to do something horrible. Because they are wearing uniforms, it feels **like they are some official force.”** (13)
- “Don't allow the darker side of things to control the situation. Negative emotions are trying to come into play... **Something is trying to chain you.** A problem of some sort that is difficult to overcome at the present time. Seek outside help when forces may be greater than you...**The need to break free of something.”** (15)

Power – Inner Strength and Confidence

“There was a feeling of empowerment and strength. ...in my core area, just a sense of being stronger,...confidence.”

“I feel like I could do anything. Maybe I am watching too much Superman.”

The power seen in this remedy also manifests itself in a feeling of inner power, confidence and strength. Part of this is likely due to the lack of anxiety and fear that the person might be accustomed to. (see Lack of Emotion theme) But the representation of the power as both an outer power and an inner power makes sense. People feel this strength and confidence in their core. They speak out when they feel the urge, they defend themselves, they feel capable and strong.

Confidence, Inner Strength

- **“I feel like I could do anything.** Maybe I am watching too much Superman.” (10)
- **“There was a feeling of empowerment and strength. I feel it in my gut area, in my core area, just a sense of being stronger, more empowered, stronger confidence.”** (03)
- “I felt positive, at ease, genuine and **entirely capable** in this dream.” (05)
- **I felt courageous**, like taking charge, saying what I want to say. I felt unusually strong, confident. (09)
- “I also feel that people with a lot of money who want to leave a legacy would be attracted to this. **Serious, powerful people.**” (13)
- “I danced from 10:00 pm until 3:00 am; so fluid, so free, like a beautiful sleek object; flowing as if there were **no inhibitions, no blocks, a confidence...**” (11)
- “I could strike, fight, fly away, but I am rising up, **settling in firm, strong.**” (1)
- **“Feel that I am strong enough** to be on my own if I need to be or choose to be.” (14)
- (Dream) “I attacked it; wrapped my legs around its head and twisted it (head) off” (11)

Speaking Out, Direct, Does Whatever It Wants

- “I am usually a stickler for rules and driving, but during this experience, **I could very easily drive outside of the lines.**” (10)
- “Feeling: **direct, in their face.**” (13)
- **“Able to express myself more freely** without worrying about whether I would be abandoned by the other person.” (14)
- **“Feel like I speak my mind easier and free-er.** Sometimes with the same lack of caring...” (03)
- “The free spirit is undisciplined and **does whatever it wants whenever.**” (16)
- “She said I was more upbeat and **forthcoming with thoughts** and feelings” (18)

Pulling In Sensation

“a swirling energy pulling me in”

“I feel an intense pressure inside of my head; like a weight that is pulling me down.”

The sensation of pulling or drawing inward is general for the state. Local sensations are drawing, contracting or pulling inward. The chest is constricted, difficult to breathe. Pains are drawing, contracting. The head is compressed. The general sensation involves pulling inward so that things are compressed into a weighted and dense mass. Sometimes the pulling is felt as a weighted sensation. Things are both being pulled as well as compressed.

Mental symptoms abound with the idea of being drawn to something, to being pulled in and pulled down. People pull them into energy they don't want like “a little child pulling on your shirt”. The pressure of life pulls them down, keeps them from being free. At other times they are drawn to events, activities, and thoughts as if a force unseen is drawing them. They may resist the force at times, but often the pull is accepted.

Bird energy (Also see Theme: Bursting and Theme: Swimming, Flying)

It's also interesting to note the analogy to bird energy. In the Black Hole the main sensation is that of being pulled in and drawn down. This is contrasted to the opposite which is open and free as you might experience in outer space. It's no coincidence that many of the provers use birds as an analogy to the state. The provers see birds and talk of birds and flying. Birds carry this same basic sensation of held down, weighted vs. open and free. This remedy was also made from the black hole, Cygnus X-1 located in the Cygnus (Swan) constellation.

Pulling Inward, Drawn, Drawing, Compressing, Contraction, Shrinking

- **“a force weighing me down, squishing me , shrinking me, a contraction down** going back into the earth, **pulling into the earth** in a way that's tragic. **Muscles contracting, a sinking feeling in the pit of my stomach.** Grief, loss so deep, centering between heart and solar plexus chakras. **Pressing down on my sacrum, glutes, contracting compression shrinking wow.** From the root to throat chakras it is almost **as if I am curling up into a ball, curling into contractions that make me into nothing.** It is also spinning out like a vortex, like (hg spinning to side) then poof and gone. A spinning like a **tornado sucks, no pulls is more accurate as I get compressed;** it all goes sideways.” (04)
- **“a swirling energy pulling me in”** (16)
- **“...escape the obligations of this life that are binding me down, like you tie up a wild animal, or a large, crazed, monster-man in some old-fashioned movie. pinned down by stakes in the ground“** (04)
- I feel pulled down by my co-worker's attitude. **“Pulled down” = yanked out of the sky.**” (05)
- **“the opposite of soaring up into the sun is being pulled down into hell...”** (05)
- **“Mostly, calm, and then there is this pulling sensation.”** (09)
- **“Unexpectedly thrown in or pulled in going down, taking the water into your lungs.** Panic, flailing about, panicky, moving, trying to get yourself up above the water to catch your breath. Thinking that I am going to die.” (09)
- I couldn't avoid this situation, can't get out of it, **so pull it all in and see it through,** hope the end comes quickly.”(11)
- **“Feeling as if a little kid is pulling on my shirt for attention.”** (13)
- (dream) **“I dreamt US Bank was 'going under.'** ... recommended I withdraw all funds from my bank account because it was just going to be absorbed by the bank itself.” (01)

- (dream) “I was able to see what was going on in there looking in their eyes was the crucial moment because you had to see and **not get drawn in by the spirit.**” (15)
- **“Compressed, pushed down, held in, squeezed in. there is a compression there.** When a chicken is laying egg or a human giving birth this compression and a release.” (09)

Heavy, Weighted, Dense

- “A bird had eating something not suitable, a piece of lead. The bird tried to ascend in flight and, because of the weight inside, turned and plummeted to the earth.” (05)
- **“Heavy when the barometer changes, you feel heavy, weighed down, compressed,** the barometer presses you down, oppressing you, oh, like being underwater! The compressed sensation is like a Jack-in-the-Box, when you press down on it before closing the lid” (09)
- “thinking of a big old tree, it's droopy, **heavy with weight of it's limbs, they drag it down**” (12)
- “...a drawing in as if bone or marrow is drawing in, **becoming more dense.**” (04)

Physical: “Pulled In” Sensation

- **“Pressure is like a condensing.** There is a feeling in my right eye socket, a drawing in as if bone or marrow is drawing in, **becoming more dense.**” (Eye) (04)
- “Sensation like your head is being squeezed or **compressed, tightly.**” (Head) (09)
- **“It is difficult to wake up, I just can't pull myself out of morning slumber** into starting the day.” (04)
- **“Weight on chest, heavy, clutching, can't breathe, weighted, pulling down, heavy.”** (Chest) (12)
- **“Sensation in my heart of contraction. Pulling together in my** chest tingling that radiates from heart to face and lips” (Chest) (13)
- “A little headache coming on; on the left side. It starts in the nose or sinus and extends upwards and back to the side of the head. **It feels like a pull.**” (Head) (15)
- **“I feel an intense pressure inside of my head; like a weight that is pulling me down.”** (Head) (10)
- “Right sided tension in occiput. **Feels drawing, contracting.**” (Head) (01)
- “My upper jaw feels tight, **as if the teeth are drawing inwards.**” (Face) (04)
- “There is a sensation in my chest at times, **a drawing.**” (Chest) (12)

Things are Attracted, Drawn to (the people in this state)

- **“There was just this flurry of males drawn to this area,** of course for the plug, but an interesting coincidence.” (04)
- “A flock of crows arrive in my trees and stay for two weeks.” (06)
- “and I end up being the one catching the most fish (six) without even touching anything (neither fish nor bait). I wonder why the stupid fish seem to choose my line to bite” (15)
- “I feel like men are looking at me. More than normal. Turning and looking. What is this about?” (12)

- “teenage girl in car winked and said something sexual” (11)

Sadness, Depression, Grief

"I feel very sad, close to tears of hopelessness"

"I woke up sad. For no apparent reason."

Feelings of sadness, depression or grief were common in this proving. These feelings are also found in water bird remedies, and this black hole came from the Cygnus, or Swan, constellation.

There is also a sense of hopelessness for an object which is drawn into the black hole. It will never be the same again.

- "There is **definitely a depression with this**. I am discouraged and worried, I don't want to do anything; even the stuff that was fun and enticing. No money for this. Feeling very down." (01)
- "**Feeling of hopelessness. I feel morose about family situation.**" (02)
- "**A little depressive in the afternoon...**had too much work to do and no time to relax and do anything fun." (03)
- "**This is bringing up grief, I am crying**, in my throat, that's where it gets stuck, it is inside really deep." (03)
- "**i feel very sad, close to tears of hopelessness**. How am I going to shake this? I want to get out of this state. Can I please stop this proving, I want a remedy that will give me back how I was feeling most of this past year on my constitutional.." (04)
- "**I'm sad. I'm lonely. Is something the matter with me?** Why have I always felt so spiritually lonely? It must be my fault, my faulty outlook. " (05)
- "I am **very sad today, somewhat depressed**, hard to be around my husband who is very angry." (06)
- "The feeling is **melancholy and resignation**." (09)
- "**Continuing sadness**, with a perspective, in two places at once." (11)
- "**I woke up sad**. For no apparent reason." (13)
- ".. that I felt about it is that she doesn't recognize that I am a good friend. **Oh, my God, I am overwhelmingly sad, really sad!** I can be a good friend " (14)
- "Since yesterday I feel quite emotional. I get a lump in my throat and **feel like crying about everything that** touches my heart, that frustrates me, or **makes me sad**." (15)
- "This is like the dark nebula, its forceful and stuck energy. Like a volcano, that has to erupt, lava, fire, heat or a hurricane that is wind and water whipping about. That is the instability. **It makes me feel as though I am depressed, or what a depressed person would feel like** I guess." (18)
- My boyfriend broke up with me. **I am very sad but I have a perspective, grief and detached**, in both places. Is this shock, not sure, this perspective is unusual for me?" (09)

Silence

(dream) "All are silent, as if there is no sound, this is very eerie, as I imagine that the jungle is usually full of strange and exotic sounds"

"I am craving silence"

There is no sound in space. In space, the extreme level of the vacuum makes it nearly impossible for one particle to transfer the pressure wave to another. On earth this silence can be a bit "eerie" and out of place. The people feel a bit out of place themselves, wanting this quiet and silence in a world full of sound. The silence itself holds some force over them like an "invisible force field."

Somehow they are able to resonate this silence within. They come to places of peace and calm and quiet. They can be subdued with "quiet energy" or empowered with "quiet power."

Silence that is out of place

- "I feel so disconnected, so cut off. Something that doesn't rely on language or communication, **but complete silence.**" (11)
- "I feel I am inside of some kind of invisible force field and **I cannot come out of the silence.** The silence made my colleague intimidated by me" (10)
- "**Something comes over me like a blanket of like or quietude.** You are done. Everything is shutting off." (01)
- (dream) "All are silent, as if there is no sound, **this is very eerie**, as I imagine that the jungle is usually full of strange and exotic sounds" (10)

Silence that is Power or Peace

- (dream) "Completely silent. Dreaming of the jungle. ... **The silence is deep inner peace.** A deep sense of self. (11)
- "Sensations of sturdy, strong, **quiet, prowess.**" (01)
- "I feel subdued, still clear minded, but **quiet energy.**" (06)
- "**Feeling peaceful and quiet** this morning in general. (07)
- "...aura of power, **quiet power**" (12)
- "It's just a **deeply quiet time.**" (18)
- "I feel irritated; one of my colleagues loves to talk; **I am craving silence.**" (10)
- "...**want peace and quiet**" (01)

Something's Missing

"I cannot access that part of my sensory or emotional experience "

"I have no thoughts about this whole process. Nothing is there. Nothing is coming through. It's blank."

The black hole pulls gas and stellar objects towards and into itself, causing their disappearance (or metamorphosis). This fact has led people to joke that missing objects have disappeared into a black hole.

Likewise, throughout the proving there was a sense that something was missing. In some cases, provers noticed an unusual absence of emotions that previously existed in similar circumstances. For example, there were no feelings of remorse for violence committed. Other provers noted that they did not feel compassion, affection, anxiety or anger that they typically would have felt. Often this lack of emotion was replaced by an unusual sense of calm.

Thoughts were also missing. Provers talked about a blank mind, absentmindedness, and memory loss. Others recorded the sensation of thoughts, feelings, dreams and reality slipping away.

Finally, there was a sense of something indefinable missing in the provers. Sometimes they didn't necessarily know what was missing, they just felt its absence.

Lack of Emotion

- "I hit a man in the dream, and he hit me back in the face. A punch for a punch, then it's done. **The feeling has escaped me. I get a thought or feeling and then it leaves fast. Easily distracted. I can't get into it. Hit and be done.**" (01)
- "Can I find our happiness again? Is this remedy changing me? **I want to feel affection again, I don't feel loving or affectionate (LARGE emphasis). My heart is bound and can't open to her. So restrictive, so containing, and withholding.**" (01)
- "**I felt like I had less caring of what people I was around thought of me...at times almost an obliviousness to it.**" (03)
- "I really noticed how present I was to him, **no judgment (and this is not a world I normally frequent, for which I used to really have judgment), no heartfelt compassion (which can also be judgment), just a calm, matter-of-fact interface.** i have been working at this both in my relationship with him, my own personal/spiritual growth, and for homeopathic homework (!), **but last night it felt like it came so naturally, so completely. no reactions.** " (04)
- "She said, "I want you out of the house!" She has seemed hostile all morning. **I have no big reaction to her.** It's okay." (05)
- "The twins are laughing and I feel like I am supposed to be laughing too, **but I cannot access that part of my sensory or emotional experience.**" (10)
- "I had a very vivid, disturbing dream....Stabbed him in neck on front lawn; He was dead. Went back inside, kids in there, needed to protect them. Woke up. Felt disgusted, revolted, disgusted at intruder. **No remorse, what an idiot, he had it coming.** (11)
- "A calm. The guy that was supposed to show up this morning didn't show up. **Not even an ounce of annoyance, or frustration. Really emotionless about this or calm...not sure. Just didn't feel anything..**" (12)
- "My husband bringing up stuff from the past. My response: You need to get over this. **Previously would have felt angry** about him dredging up the past. **Today felt less emotion** and that I wanted to get to the point." (13)

Blank Mind

- **“I am having a difficult time with short term memory. Easily distracted. ... Things that I liked to do, I can’t remember what you just asked me.”** (01)
- “I put my attention on it, I cannot capture it (the feeling), I must stay fuzzy. If I focus on it, I get blank that is just white. A blank. **I’m suspended in blank, nothing is coming.** It’s unusual. ” (04)
- **“Absentmindedness!** As I am driving the twins to school **I am reminded that I didn’t feed them breakfast.** “ (10)
- “Well, I didn’t hear either conversation. I have absolutely no recollection of either. **I totally blanked my mind was empty; desolate, barren, devoid of anything,** lifeless, nothingness; a vacuum; my mind is an empty stage; no one up there; dar, empty, void, endless; limitless; soundless, no sensation; freaky” (16)
- “Sometimes in the morning I get insights or ideas and I haven’t received any today. This is unusual... **I have no thoughts about this whole process.** Nothing is there. Nothing is coming through. **It’s blank.** Blank, empty.” (18)

Slipping Away

- **“The feeling has escaped me. I get a thought or feeling and then it leaves fast.”** (01)
- “Someone sitting by me was smoking and got ash in my tea so I kept trying to dig ashes out of my tea.... So, I stopped drinking it. I remember trying really hard in the dream like if I just try harder and focus I can get it all out...**but it kept slipping through my fingers.**” (03)
- “(So sorry **it totally escaped me.** No great emotion or intensity in it, but some feeling of transition in what I was doing!).” (04)
- “I woke clearly sensing a dream but absolutely impossible to capture it. **My dreams are escaping me.**” (04)
- “Even with exertion, **my mind slips away, like trying to hold onto the monkey bar with greased palms.** I’m giggling for no reason and trying to suppress it.” (05)
- “I was thinking: **what if my reality is slipping away.**” (07)
- “at work, I have a hard time concentrating and following the case. **I notice that my thoughts become wishy-washy, and so does my handwriting. It just seems to slip away.**” (15)

Something’s Missing

- **“and this feeling of missing at work. It is in my work-- missing something, didn't do something.”** (01)
- “Stuck in old patterns from which I feel I have moved on....**recognizing that something is missing in me.**” (03)
- “Dream: ... I see the edge of the lake is rising up, it looks like a clear wall...**then the trees around the lake disappear altogether.**” (10)
- **“There was an element of me missing? ”** (12)
- “DREAM: Feeling: missing one's children. someone is missing. **a part of me is missing.** The two different meanings of missing. saying one thing and meaning another. (13)
- “Absent. Where does it go. It is the **complete absence of creative energy**” (18)

- “Pressure in back absence of pressure in front as if there is nothing there to have pressure against it; **it just feels like an absence.** Not hollow like a balloon or tree absence is nothing.”
(04)

Spiraling and Undulation

"...a swirling energy pulling me in..."

"Vertigo. Sensation of sudden spin to the left while seated."

When gas encounters a black hole, it increases its temperature while spiraling into the center. Likewise in the proving, sensations of spinning, as if in a vortex, were found. Several provers experienced vertigo, another felt spinning in his feet and genitals. Whirlwinds, tornados, funnel clouds, and spirals appeared in dreams and mental symptoms.

Undulation, or wave-like sensations were also found in vertigo and mental symptoms.

Spiraling and Spinning

- "The first thing I thought was a **black hole** but it's not pulling things into the dark from the outside, **it's like a whirlwind, a vortex of energy**. Thinking about the **Tasmanian devil** in the cartoons. **There is still matter around until the spinning ends**. Heaviness at center, feet & shoulder in chest." (04)
- "**Vertigo getting out of the car** after a three hour car ride. Unique symptoms." (01)
- "Vertigo. **Sensation of sudden spin to the left** while seated." (05)
- "Dream:... I wonder if it is the thermostat, **I see small, spiral waves of heat emanating from the hood.....**" (09)
- "**Dizzy**, like vertigo." (09)
- "trying to be in two different places at the same time; a **swirling energy pulling me in**; diazzying in head and stomach, head- things pfloating **like a slow tornado**, funnel cloud and going around. Feel this in throat, touch of nausea, stomach; **swirling like a rolling wheel; going to abyss**, deep, dark, unknown, scary, soundless; scary; confusion." (16)
- "It is taking the dark nebula and **making light by spinning the energy into form**." (18)
- "My left foot is vibrating and **feels as though it could start spinning**." (10)
- "I feel a **spinning sensation in my genitals**; especially my testicals and between my testicals and anus. Like my root chakra is opening and this vibration goes down my left leg and out the sole of my foot." (10)
- "Reminds me of a **drill going down into skin in a circular fashion in only one spot; going deep, deeper, deeper**." (16)

Undulation

- "**Undulating room sensation since I received the proving substance**." (10)
- "I have a **sensation like I was on the water** even after I come back from fishing. This makes my legs unsteady, I have to walk with support, my legs feel wobbly; like I am going to fall over." (05)
- "In the ocean, the gentle motion of the waves felt soothing and relaxing." (14)

Swimming, Flying

“Nebulous, nebulae, a thing in the sky, a floating mass of gases, the form is changing, even though it takes billions of years of changing. It’s really nice, floating, pleasant and colorful. It’s like being in the womb, floating in the galaxy, giving birth to stars and planet and whatever else.”

The provers searched for analogies to describe the weightless experience of being in space. Predominately they linked it to being in water or being in the air. But there was always something escaping these earth-bound analogies.

Floating in space without gravity felt like being carried, feeling light and free. This experience is like being in the water, floating, being held, carried, weightless, merging and becoming one with the surrounding matter. This experience is simultaneously compared to being air-born, to flying. This ability to “soar over wide open spaces” to “losing your physical body” was freeing and at times spiritual. Flying defies gravity just like being in space. They were drawn to water and being in water as it simulated this feeling. They were drawn to images of flying as it was also weightless and took them to the sky.

They wondered “is it the sky or is it water?” They couldn’t tell. They intrinsically knew that there was something foreign, non-earthbound to the experience. “This is not how I feel swimming as a human” They reached for analogies that defied scientific explanations. They might be deep in the water gazing up at the light on the surface. They could be still in the womb. They might be a missile, sleek and aerodynamic using subtle movements to change direction. They talked of kinetic energy, the energy that keeps something in motion once it has begun to move.

Floating

- **“Floating up, this is like being carried**, you do not have to do much, you just have to relax, you are carried up or pulled up, by the force of the water.” (09)
- **Feel like I can float about.** Very happy, light, musical, twittery feeling. (11)
- “In the ocean, **the gentle motion of the waves felt soothing and relaxing.** I enjoyed floating in the water.” (14)
- “That is the feeling, like swimming... ..light, fast, very fast, feelings of open breath, of being able to breathe deep. **This is not how I feel swimming as a human**, it is a feeling of being able to totally breathe underwater or something, it feels really good.” (03)
- “... **the water was cold but I had a magnetic attraction to it;** ... felt like heaven. ... had to swim around; water was beckoning me.” (11)
- “I’ve been swimming two times a week ... so refreshing; **almost having a benevolent spirit that’s giving me love, encouragement, well-being.**” (16)
- (dream) “...we were up on the roof, people were jumping off it and **were able to float very easily down to the ground.** People were experimenting with how to land and **changed their body positions** accordingly for the most gentle way to land on the ground. I felt a bit bewildered from seeing this.” (01)
- “... a bit of that phosphoric lack of clear boundaries of self, and way of **grasping at whatever happens to be floating by** in the moment.” (04)
- “Feel spacey. **Floaty sensation in whole body.**” (05)
- **“Find myself rocking to and fro as I stand.”** (12)
- (sleep) **“Floating on the surface of sleep.** Sleep has not been good.” (09)
- “Nebulous, nebulae, a thing in the sky, a floating mass of gases, the form is changing, even though it takes billions of years of changing. **Its really nice, floating, pleasant and colorful.**

It's like being in the womb, floating in the galaxy, giving birth to stars and planet and whatever else." (18)

Soaring, Flying

- "... **ability to soar over wide open spaces**, its spiritual, it lifts you up from this base physical experience into a wider spiritual realm." (03)
- "...this aerodynamic feeling, it is reliant on very slight movements, **slight adjustments to move forward**. It feels big, **but also weightless**, like it is big, but that doesn't make it slow or cumbersome, weightless, **like its floating, or gliding or sailing** or like (hand gesture of making a plane, a long flat sweeping gesture). ... **is it the sky or is it water? Flying or swimming, I don't know, it could be either one**. A gliding, it is not frenzied, hectic, it is controlled" (11)
- "I have a sensation like I was on the water even after I came back from fishing." (02)
- "Went in and out of sleep. **Imagined I was flying**. I saw, or rather was a very large bird on the water rising up on its webbed feet, beating terrifically powerful wings. I felt that I was a goose or better yet, a swan. A big bird with great energy that we don't see until the bird is angry or moving. **Realized birds are not fragile. They are more powerful than I will ever experience as a human**." (05)
- "**My body is rising**, my arms want to go up, **like wind energy under my arms**, very expansive, Gesture: wide open arms like a bird's wings." (01)

Birds

Sightings of birds were common. They watched the birds, felt sorry for them at times, felt envious and fascinated. Just as they were drawn to gazing at the sky, they were drawn to these sky inhabitants. Note the similarity to general bird energy in the theme section on "pulling in."

- "I wonder if the proving substance is a bird remedy?" (10)
- "a bald eagle was fishing over the damn. We got to watch it for over an hour." (03)
- "While camping, partner and daughter saw a bald eagle swoop down about 100 feet from them, catch a fish and eat it in mid-air." (05)
- "I saw a nesting mother loon with my children." (11)
- "I saw ahead a beautiful pigeon flying low and right down the middle of the street towards us. ... The bird flew straight over our car. (05)
- "Partner was weeding the lawn and kept hearing the sound of a bird flapping its wings close behind his head." (05)
- "A flock of crows arrive in my trees and stay for two weeks." (06)
- "...looked up and saw a mother hawk flying right over head with three babies. I just stopped ... they needed my full attention." (12)
- "I see nine Trumpeter Swans flying gracefully before me. I feel like I am at one with them." (10)
- I saw a hummingbird at the feeder and with pure excitement I told my daughter, "Oh, look a hummingbird." The hummingbird flew within 6 feet of us, turned to face us in flight, hovered for 5 seconds and chirped" (16)
- (dream) "A wall of water and then migrating birds, thousands of them. I am observing them. There is a tremendous sense of order in this dream. The wall of water seems to present an

obstacle for these migrating birds, however, one of the birds at the rear senses their leader's hesitation and moves swiftly to the front line and dives right in and through the wall!" (10)

- "Then I see a bird of prey swooping down and catching a mouse or a vole outside of my bedroom window; that is true purity. The hawk is doing what it must to survive." (10)

Time Stands Still

"I felt like I slept for a thousand years. Time has been so strange lately."

"...as if the elements of my life are suspended and floating around me. Time seems to pause, and I wait for clarity."

A black hole swallows all around it, letting nothing escape, even light. If time is at all synonymous with light, then they suspect that time may flow backward in a black hole. Researchers suspect that as objects succumb to the black hole, time may actually stand still.

The theme of time distortion is present, yet subtle in this state. People are not so much confused about time, as they seem to experience it as running extra slow or extra fast. The idea of time stopping or running backward is experienced by several provers. In one dream, the dreamer sees devastation and in the center there is a tree standing in a space where time seems to stand still. This is the experience, as if there is a time warp of sorts. The analogy to "Alice in Wonderland" fits again, there is something distorted about the normal things you expect around you.

- (dream) **"...as if time was standing still around the tree,** the tree is blooming amidst this terrible devastation. How could that be?" (10)
- **"...and time is moving more slowly here."** (04)
- **"I felt like I slept for a thousand years. Time has been so strange lately."** (10)
- **"...Blam! Sudden shift too fast to understand followed by time standing still** as you wait to see where you wind up." (05)
- "fate and forces that are present , **a sense of timelessness and finite time. Time is strange.**" (09)
- **"This morning, I woke up very disoriented again.** This time, just for a moment – 'Where am I? What day is it?'" (01)
- (dream) **"The plane takes off and we land almost immediately. I am amazed at how fast it was.** I ask the two if it is always this fast and they say yes." (09)
- "...then it was like Alice in Wonderland that I was in this tiny space...I was normal size but the room was tiny." (03)
- **"...as if the elements of my life are suspended and floating around me. Time seems to pause, and I wait for clarity."** (04)
- "...You know that that **time lapsed photography.**" (05)
- "...a person standing there in an aura of calm, **in a very slow and fluid time capsule,** the area around them is zipping around, very fast, everything around is a blur, swift movement." (09)
- "Time shifting of one week." (13)
- **"I have no good sense of what time it is,** and how much time has passed between to activities or how long I've been doing something." (15)

Violence: Attack, Collision, Explosion

"like someone cut me in half, feel like someone whacked me "

"Want to lash out, kick something, bust a window"

The black hole is primarily a destructive force. Once objects come close enough to the black hole's gravitational pull, destruction is inevitable. One can imagine the force of this power, the energy unleashed, as particles of matter crash into each other, collide and eventually are obliterated. The state contains the essence of this destructive energy.

The proving was filled with violence that often came out of nowhere. Many provers had dreams or mental images of sudden, violent attacks by wild animals or people. Some felt a desire to attack. This feeling of being attacked also appeared in physical symptoms. Other violent mental and physical symptoms were evident in the experience of sudden collision and explosion, either actual or imagined.

People defended their life with force, brutal at times: "I stabbed him in the neck." They know their life depends on it. One dream of a jungle attack, in which a tiger attacks an elephant, the elephant knows the terror of the impending attack and defends itself with all the force it is capable of. See also Theme: Vulnerable, for an understanding of the exposure and vulnerability they feel before the attack.

Attack

- "... **my family attacked her** after she had an affair on me." (01)
- "Experienced stabbing pain in my ribcage underneath my left breast. The **sensation as if someone was stabbing or piercing me with a long rod** and twisting it as they were pulling it out. Pain made me gasp and shift positions." (02)
- "I watched a bald eagle trying to get a piece of road kill from the side of the road and there was a swarm of (whatever those birds are that attack in groups)...**just attacking the bird from all angles**. It was trying to get away, but still also trying to get the kill. Finally it swooped down but the other birds were viciously attacking it. I was rooting for the bald eagle.." (03)
- "One dream a supernatural woman **came to kill me-slasher style**. .. The murder (ended up not being me?) was very messy. All over the place-feeling of fear-I want to run, there is nowhere to hide." (04)
- (dream) "... A young thug was down there and **he began to assault me**. " (05)
- "I awoke with a frightening dream on my mind... I am also clinging to the back of the elephant, I am a tiger, **my sharp claw piercing the rear of this ivory white creature**, deep red blood flows out of the punctures where my paws are holding on to this delicious prize of a meal.." (10)
- "Again, deep bone pain in l. lumbar area, ... Weird feeling, doesn't hurt, but makes me feel squirmy, like -aagh, get me back together; makes me want to cry - get me out of this, feel sad about it, like **someone cut me in half, feel like someone "whacked me"**... like a fatal blow; whack through the back; feel like I've been taken advantage of; same feeling as my dream of jungle - **same kind of attack; had moment of sharp pain; "it's over"**; I can't recover, how can I get this out of here, if I take it out, maybe I'll fall apart." (11)
- "**My first sensation was as though I had been ambushed, hit from behind**, as though this foreign object a blade, a plane, a razor thin, flat right in me (like a metal machete or a shard of glass) was lodged in me, I was cut off on the lower part of my body. Standing aggravated. It was a breathless sensation. Like a fatal blow." (Back) (11)
- "My friend asked me how proving was going. My response: bad this week. The first week was fun. His response: great. I laughed and **immediately started punching him in the chest!** Like boxing. Felt provoked! Get out of here, leave me alone!.." (13)

- “The feeling of symbiosis, belonging has gotten an adversary: something evil was lurking the whole time, it **waited a little while and then attacked**. And it is going to take you down, if you don't fight for your life..” (15)
- “Knee still angry with me! It gives me no relief and just pains me. Why is my knee doing this to me? I haven't treated it poorly. **Don't attack me.**” (16)

Collision

- **“Worried about getting in an accident today**, drove very slowly and watched traffic much closer than I usually do.” (02)
- “One last thing...**Impact = Bang!** The jar from being hit by a bumper car. ” (05)
- **“Drive by a bad accident on highway - cab of the semi is crushed**, torn to shreds, really ripped to shreds, no way the driver survived. “ (12)
- “Superman and the asteroid collide, **the impact causes him to lose his memory**...just like the way this remedy has impacted me.” (10)
- “... we were almost in this car accident, the car in front us hit the car, my husband quick shifted the car, we were going to hit another car, an adjustment, this motion was going, inevitably, this energy, this too much force, was going forward and so we almost hit. We were full of shock and amazement, we pulled over, we thought that we avoided the impact, but we hadn't. **The impact was too great. It was inevitable that we would hit.** We avoided the car in front of us. There were two or three cars involved, this is a part of this proving, we do not know where this energy started, like in this accident or near accident. .” (13)

Explosion

- “I have a pounding headache. It feels like my **head would explode outward!**” (02)
- **“Anger. Want to lash out, kick something, bust a window. Pent up energy wants to explode out**, want to clench teeth. ” (04)
- **“Intrusive images of father's and husband's heads exploding from gun blasts; of a gun in my mouth and my own head exploding.** ... Keep it together. Pre-proving I have just told these images to bugger off.” (05)
- “Explosion is not the right word, its not like an explosion like dynamite, its more like kinnetic energy, something twisted up tight enough into itself, it springs; pulling back a bow, like a bow and arrow, it is needing to be released, **like an explosion of energy**, something stored up” (09)
- “I have a **bursting headache**. I want to go home. I go into a quiet room to rest in the dark. My head feels like there is a loud roaring noise inside of it. It feels **as though my head will explode.**” (10)

Void, Vacuum, Empty

“my mind was empty; desolate, barren, devoid of anything, lifeless, nothingness; a vacuum”
“huge, black and empty. ... The calmness was eerie”

There is a theme of a “void” in this state. There might be two ways to understand this in the nature of a black hole. First is that of the nature of space itself, before a black hole pulls you in. Outer space itself is without sound, air, wind, light, or movement. The void is often mentioned in the context of a large black space. Another way to look at void, of course, is the vacuum created by the black hole. Objects pulled into the hole are sucked into a vacuum, condensed, superheated, and obliterated in a way.

This void was recognized as something not of our material world, something without movement, barren, desolate. Being in this space was disorienting, almost as if being dropped into another world. The “void” was similarly expressed in their emotions (See Theme: Something’s Missing) and without this connection to their emotions or to other people they felt adrift, somewhat loss in this disconcerting, vacuum-like space.

Many things were empty; their thoughts, their memory, their stomach, their house. A loss in their life was also recognized as emptiness.

The void had three essential qualities. It was “dark” and it was “endless”. It was also, thirdly, without any other attribute, a “vacuum” – and this “withoutness” gives it a distinguishing uniqueness as a remedy.

Void, Vacuum

- “I totally blanked, **my mind was empty; desolate, barren, devoid of anything, lifeless, nothingness; a vacuum**; my mind is an empty stage; no one up there; dar, empty, void, endless; limitless; soundless, no sensation; freaky. I wasn't even there” (16)
- **“This blackness was a void, empty.** ...There was no movement deep within it; it was big, black and empty. Deep, dark, it was so unique. ... reminds me of the ocean, but there was no movement to me. ... without sensation.” (12)
- “I feel cut off from that inner wisdom, **I feel a bit aimless. A void in time.**” (04)
- “In the void there is **a lack of movement, a feeling of no air. Vacuumness,** suspension,” (04)
- “there was this huge blackness in front of me; **huge, black and empty.** ... The calmness was eerie.” (12)
- “Sensation of **a hollowness in stomach,** an emptiness, a tubular hollowness sensation.” (Stomach) (07)
- “Legs feel light as though I am about to go **off into nothing**” (Extremities) (04)

Empty is Strange, Disconcerting

- “acute sensations of my leaving things,... and then disconnect and walk away... into this other world ...already anticipate **how strange and empty the house will feel** when I return.” (04)
- **“There's a void of what's familiar,** ... I don't know what to talk about anymore either.” (01)
- **“...an eerie feeling that there is no one there,** ...and **I get this feeling that there had been vampires that had wiped out the whole town.** ... a ghost town. (04)
- “Disconcerting means someone dropped me off and I don't know where I'm going. Puzzling. A **void, emptiness to it. Lack of direction.** Want more emptiness and spaciousness but I feel I don't belong.” **“Lack of reality** that has to do with void.” (04)
- **“Feel in limbo, no-mans land.** I feel like I got out, but was **dropped like Dorothy in the Wizard of Oz.**” (04)

Loss as an Emptiness

- **“Very sad for us.** I am very sad for him. He described it **as an emptiness.**” (03)
- **Loneliness, barren,** barren, sun baked, ...**nothing lives there in that darkness,** in that loneliness. It is ground zero, the remnant after the atomic blast.” (05)

Nothing is Going On (not seeing any symptoms while proving)

- “I did not think I was having any symptoms. I am disappointed that nothing unusual was happening, nothing peculiar.” (09)
- “Nothing is going on. I have no thoughts about this whole process. Nothing is there. Nothing is coming through. It's blank. Blank, empty.” (18)

Vulnerable and Exposed; Panic

Vulnerable and Exposed

“Feel vulnerable, no defenses, what my friend used to call naked.”

“...worry something will jump through window at me”

While there is strength and power in this state as reflected by the black hole, there is also vulnerability. Floating in space with no defenses, nothing to hang on to, **“nowhere to hide”**, leaves a person exposed and “naked.” The aloneness in space brings an exposed feeling. Being alone means you have “no one to watch your back.” “Not having a group” is the weak spot. People feel exposed to a possible threat, an attack. They fear that something will “jump at” them from behind. They see things out of the corner of their eyes, a kind of paranoia at times.

In this vulnerable state they are **unprepared** for what is coming. They know something bad is coming, but not exactly what most of the time. With this “bad thing” there is certain doom (See Theme: Impending Doom).

It's important to note that this panicked, hyper-vigilant state is not constant. It can come over them suddenly bringing the panic and then be gone. They can return to a more calm state when it's over or just the vague sense that something is wrong.

- “This proving makes me feel raw, **like a rock being thrown out in space** and being bombarded by a bigger rocks and meteors, **raw, vulnerable and exposed**, hit by the meteors they were hurting me.” (02)
- **“Feel vulnerable, no defenses, what my friend used to call naked.”** (04)
- (dream) “All over the place-feeling of fear-I want to run, **there is nowhere to hide.**” (04)
- “... A blind spot. ... the part that you cannot see, something you cannot protect, **you have nobody to watch your back. You are not in a group** that is your weak spot. Not being in the group, this feels necessary, a little vulnerable, alone, **it feels so alone**, self-preserving, hyper-vigilant, guarded.” (11)
- **“I feel all alone; no one is here to help me.** ...If I don't take care of myself I will die; no one else is going to help me.” (14)
- (dream) “Dream of being raped; no memory of the rape itself; I only remember how **very, very lonely I felt and how vulnerable I felt after the rape.**” (02)
- “...and suddenly, **out of corner of eye, think I see something, oh my gosh what's that?** ...Felt at night like someone standing outside of window. ...- nothing there. Feeling of being vulnerable. Exposed. Like something will jump me.” (11)
- “Hear something over right shoulder, don't know what it is, sounds like someone breathing near me, freaks me out, **worry something jump through the window into to room at me**, noise over shoulder sends shivers up my back, like someone breathing, getting paranoid, ... Feeling of unease, skittish, ...like senses heightened, aware, feel vulnerable.” (12)
- “in park with kids; **sudden fear someone had a rifle pointed at me;**” (11)
- (dream) “...the elephant knows it is being pursued, you can see that there is **a look of terror in its eye.**” (10)
- **“I feel vulnerable and helpless, kind of exposed** to the rawness of my emotions as they wash over me.” (15)
- (dream) “We're scared and I'm frustrated that we don't have a plan. I walk into a windowed room on one end of the house and **all the windows are open, I feel very exposed.**” (12)

- “I feel as though I will be picked up and thrown across space.” (14)

Panic

“...impending bad thing. really uneasy about this. Palms get sweating. Onset of panic”

There appears to be an onset of panic that comes on at times when they feel vulnerable. It may be accompanied by rushes of heat and sweat. The panic seems to come over them suddenly. Given the state of vulnerability and exposure that they feel, this reaction isn't surprising.

Imagine the calm state of floating in space, no cares, no worries, no emotions...calm. Then all of a sudden, Bam, the pull, the overwhelming unstoppable power takes you. It's a force you have no chance to defeat. You are completely vulnerable with nowhere to hide and it takes control, pulls you in, and ends your existence.

- “...impending bad thing. Really uneasy about this. Palms get sweating. Onset of panic. ...not impending doom, but I'm not prepared for the bad thing that is going to happen.” (01)
- “**Flushes of heat with a panicky feeling.** It felt like I was surrounded by hot air, pushing inward.” (02)
- “I feel suddenly really out of it, where's my base, where's that grounded, calm person. I'm sweating, from the tea probably, but still, I feel a panic rising. have to take off my sweater. I wish I had my Japanese kimono to wear as a bathrobe right now (stolen), I would feel so much better. I see my things as security blankets I now must do without. **Boy this is really a wave of panic, I want to burst out crying, a screaming inside**” (04)
- “It's like being thrown into the water, you haven't caught your breath before you go under, there is a total panic. Unexpectedly thrown in or pulled in going down, taking the water into your lungs. Panic, flailing about, panicky, moving, trying to get yourself up above the water to catch your breath. Thinking that I am going to die.” (09)
- Panic, an image, you are in a room, **you are hearing this loud rumble and footsteps and it is getting closer and closer, you don't know what it is or what is going to happen.** You don't know what is going to happen, it doesn't feel like its good, whatever it is going to be. (09)
- “Its total panic. No its like fumbling dumb, stupid kind of feeling. **Like I am incapable of doing something;** it feels very young, very juvenile.” (11)
- “I panicked (about a minute); came on out of nowhere, felt like someone aiming gun at me; felt threatened; shook it off; shocked me.” (11)
- “The more focused upon it I become **I feel increasing panic. I am going to be crushed.**” (14)
- “**Starting to feel a sense of panic...how sick am I? Should I go to the emergency room?**” (14)
- (dream) “It is as though the manhole is covering an abyss, a bottomless pit. I feel panicked in the dream (and upon awakening).” (10)
- “In the 1950s television series Adventures of Superman, Season 2, Episode 12, called ‘**Panic in the Sky**’” (10)

Other Misc Occurrences

Power Outages

While compiling the proving, our house had a six hour power outage – one of the longest in the 15 years we've lived at this location. At least three provers had power outages during proving. While writing the Poem and in the depth of the "Unstoppable Power" section, my computer went black (my battery just instantly went completely dead). My battery never did take a charge after that. We also had car and computer equipment malfunctions, usually related to a connection or power sources. We also lost data while compiling the proving and we experienced a "loss" of certain cable channels (they reappeared later).

Themes - Physicals

Exhaustion (Sucking the Life Out of Me)

"This proving is sucking the life out of me, taking all my energy."

"Whole body tiredness, like sinking down, a desire to lay down, I just want to rest."

The state appears to create exhaustion. The "pulling down" and "dragging down" sensations make the person tired. They desire to lie down. The substance also may draw the energy from you. For some people, like the power of a black hole, the exhaustion is overwhelming, making normal functioning nearly impossible. Sometimes the state is alternated with bursts of energy followed by depletion (see Theme: Bursting).

- **"This proving is sucking the life out of me, taking all my energy....the substance, the energy using my own lifeforce, my Vital Force, to sustain its own existence?"** (05)
- "Images of exhaustion: cozy blanket-- just want to lay in it, rest in a cloud of softness. A cloud, soft, supportive, nestle my nose into it , coozy, restful, rejuvenative. **It is so nice to fall asleep. So depleted, all energy gone...**" (01)
- **"Hyperactivity alternating with exhaustion."** (04)
- "Walking a few paces **I feel totally exhausted and quite weak**, winded, can hardly talk I'm so out of breath, have to sit down and lean against wall." (05)
- **"I'm tired . Comes on fast.** Gradual leaving." (01)
- "Feel very tired all of a sudden **want to lay down.**" (03)
- "Still woozy and now tired. **Really want to relax and nap.**" (06)
- "With other people who are doing this proving. **Felt like everyone's eyes looked tired.** I'm not the only one who looks tired, particularly around the eyes." (13)
- "Whole body tiredness, **like sinking down, a desire to lay down**, I just want to rest." (14)
- "I feel tired and somehow like I don't get enough energy out of my food anymore." (15)
- **"I am at the whim of having no energy."** (01)
- **"I have no energy but to stay in bed.** I feel alone and weak; unable to care for myself and complete lack of desire to do anything about it." (14)

Heightened Senses

“Acuity of vision increased. ... I can see each leaf of a bush distinctly, each wood chip in a pile of wood chips, each shingle on a roof top. I can see right down far into ant holes as I walk past them. I see each ant individually.”

They experience almost distorted acute senses. Sometimes smells linger long after they should be gone, or wafted from thin air. Sounds startle them, as if over their shoulder. They hear birds flying near them, but see no birds. They can see details as if super power vision, seeing right down inside an ant hole.

The sensitivity of hearing causes irritation and pain. They desire silence. Like they desire the experience of floating in the water, they crave the silence you would experience in outer space as well.

The increase in smell causes concern and some confusion as they might smell something not there or be unable to clear an existing smell.

The increase in vision creates a wonder and an awe that can only be likened to the wonder of life itself. You might wonder as some did “have I entered Alice in Wonderland?”

Heightened Senses

Hearing

- **“Very sensitive to noises.** They make me very irritable. Loud, clanging happening in the kitchen right now and it makes me terribly irritable.” (01)
- **“Hyper acuity of hearing.** My daughter's violin playing half deafens me.” (05)
- **“Acutely aware of ears, they feel huge, clear, open, acute,** ...are they elephant-sized?” (12)
- “I have been testy all day, irritable, **still sensitive to noise**” (09)

Vision

- Photophobia. (02)
- “Still sensitive to noise, **bright lights,** loud sounds.” (04)
- “Acuity of vision increased. Without pausing in my walk, I can see each leaf of a bush distinctly, each wood chip in a pile of wood chips, each shingle on a roof top. I can see right down far into ant holes as I walk past them. I see each ant individually.” (05)
- “...images are especially bright and crisp and meaningless.” (05)
- **“Polarized, sharp, clearer than usual,** heightened acuity of vision.” (09)
- “My eyes are more sensitive to light today” (13)

Smell

- “Had to paint my office, **very sensitive to the paint smells** which is unusual.” (04)
- My daughter says I am more sensitive to smells than usual. She said, “You're always coming into a room and saying, ‘What's that smell?’” (05)
- “Fragrance of various teas steeping strikes me as marvelous. **Increased acuity of smell. Increase sensual pleasure.**” (05)

- “We were going to be doing a follow-up case in homeopathy class of a lady whom we had given the remedy salmon. As I took a drink of hot water, I smelled the flavor of "salmon" in my water!” (16)
- “I had worked in my the garden the day before and although I showered and wore fresh clothes I **kept smelling dirt coming from me.**” (16)
- “Very acute sense of smell. **Smelling something cooking, but nothing is.**” (01)
- “Smelled really bad coming home in the car. Usually don't have bad BO. ...took shower and **couldn't get the smell off**; musky, pungent, man smell. The smell was BIG.” (11)

Heightened Awareness in General

- “My numbness has become this **heightened awareness of everything.** I am very sensitive to the air vents, the movement of the air. I wonder if we are in a "sick building" (10)
- “**Everything is heightened around me,** I am amazed, it's brilliant, clear, marvelous” (12)
- “During the proving **my sense of nature was heightened slightly.** I looked at birds a bit more closely. Enjoyed the wonder of nature a bit.” (16)
- “Feel of smooth bark of tree thrills me. Enraptured. I see every little bug flying in the sunlight. I could watch enraptured, for a long time. I see every plant, every blade of grass move. The different colors of the rocks is wondrous. Each one is unique, with a mysterious history. The sound of the waves sends a rush of deep pleasure through me.... **I am full of wonder and feel so fortunate to witness this.**” (05)

Hot vs. Cold

"I was cold when we began, I am hot now "

"There is a heat in center of chest, pulsating and radiating out of center of chest hot and pulsing outward..."

Scientists have determined that when stellar objects and gas enter a black hole, their temperature increases. As a contrast, the black hole itself is extremely cold (one ten-millionth of a degree above absolute zero). Likewise, provers experienced heat and burning, as well as its opposite, cold. The intense temperature sensations were stand-alone or paired with other experiences such as piercing or radiating pain and panic.

So we see provers with flushes of heat, fever, unusual cold and chills. Others had burning sensations, or icy and burning sensations. They would often come on quickly and stop quickly, and some would move from cold to hot, or cold to an icy burn.

Flushes of Heat, Fever

- **"Sudden onset of heat, esp. in torso** with profuse sweat in axillae." (01)
- **"Flushes of heat** with a panicky feeling. **It felt like I was surrounded by hot air**, pushing inward. My heart started beating quicker, I began breathing faster and thoughts are racing." (02)
- "I feel like I have **less ability to handle the heat or sun**. I just feel a little weak in it or more affected by it. **Hotter from the inside**. Nothing too intense, though." (03)
- "The first thing I thought was a black hole but it's not pulling things into the dark from the outside, it's like a whirlwind, a vortex of energy...**I was cold when we began, I am hot now**, breath is difficult to obtain." (04)
- **"Heat flush through torso**, heat runs down arms and into hands. After heat, sweat on palms of hands and axillae." (05)
- "It feels I am having an allergy attack. Enclosed in a room with several others. **Felt hot, particularly the face.**" (07)
- "There is a **heat in center of chest, pulsating and radiating out of center of chest hot and pulsing outward.**" (09)
- "Fever 101°. **Face feels like it is burning, but it isn't hot to the touch. Eyes feel very hot.**" (14)
- **"Proving themes** I notice: intensity of emotions, emotional rawness, but at peace with it; feeling of symbiosis, union with others; the color black, **heat** and humidity, and I also realize that I don't seem to be very organized or structured, and that time is not much on my mind..." (15)
- **"Whole head very hot."** (17)

Burning Pain

- "Bruised sensation along serratus anterior, right side. Feels inflammatory. **Bruised, even burning to a degree.**" (01)
- "I have pain in my right shoulder blade, but not in the location it normally is. It is kind of a **burning pain** and I feel the tenseness extend into my right arm by my elbow and wrist" (03)
- **"Previously cold spots on left wrist and left, big toe now burn.** The spots are quite marked; at quite a specific point." (05)
- "Lacrymation in outer canthi of right eye. **Burning.**" (07)

- “ **left side up the side of my trunk, feels like it is burning**” (09)
- “My wife noticed red skin marks yesterday, lines on outside of my eyes; streaks of red skin on outside of both; there's a **light burning, no pain.**” (11)
- “Pain, **burning behind sternum.** Pneumonia? Tickling behind the sternum.” (12)
- “Significant sensation **of burning and ache in the back of my eyeballs.** ” (14)
- “All of a sudden I feel a violent itch under the right foot (at the joint of the big toe). **The itch is violent, and mixed with burning** and tingling. I have to scratch it a couple of times before it stops.” (15)
- “Had soft, thin stool with pressure, like pushing; or urgency to sit longer; a bit of an anxiety; **burning**; pressure as in "open the gates and let the horses out.” (16)
- “I still have that **burning sensation on my stomach, back and left side.** It is sensitive to touch.” (10)

Cold, Icy, Chill

- “Put left arm on back of empty, plastic chair. At first it felt cool and really nice, **then became colder and colder until I had icy, burning sensation,** which lingered for several minutes after I removed my arm from the chair.” (05)
- “Notice I **am chilly.** I am **in a gymnasium with about 150 other people, many who are fanning themselves.**” (03)
- “**Feeling chilly throughout body.** Sensation gone after about five minutes.” (04)
- “Burning, needle-like pains all over left foot. **Cold, needle-like pains in left wrist.**” (05)
- “Compelled to rub my hands together or on my pants leg after touching cold things. **Anything that would normally seem cool or room-temperature now feels very cold.**” (05)
- “**chill that shudders over my skin now and then - feels good.** Notice it on and off for several hours after taking remedy.” (06)
- “Supervisor comment: **Says he has felt cold and had cold feet.** Couldn't warm up and found this is **unusual for this time of year.**” (07)
- “**Sensation of coldness throughout my whole body with chills,** it feels like the coldness in my body and on the surface of the skin.” (09)
- “I still have funny feeling of pane of glass - **feels cold;**” (11)
- “**I'm a little chilly** and sneeze a couple of times. It feels like I'm coming down with something” (15)

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Piercing Pain

“The neurological sensations that I have had have been stabbing, breath-taking, sudden, sharp, quick, sharp fleeting pains “

“...a poking pain in various parts of my body that comes and goes. I guess it is a ‘threading’ pain; like a poke or a pin prick or sticking pain...”

Since our remedy came from the black hole in the Cygnus (Swan) constellation, it is interesting that pains had a similar quality to that of bird remedies. That is, of course, **piercing** pain. Other terms used to describe similar pains were **jabbing, stabbing, sticking, poking, cutting, sharp, pricking, needles,** and **pins**. These pains occurred in virtually all parts of the body. Many provers described the suddenness of this pain; others felt there was a coldness associated with it.

- “Right knee pain around the entire knee cap. **Sharper** in nature. Felt it for only a few minutes when walking up stairs.” (01)
- **“I had a real piercing, stabbing sensation in my gut.** It passed quickly. It was building up with each heartbeat.” (02)
- **“... a poking pain in various sports of my body that comes and goes.** I guess it is a ‘threading’ pain; like a **poke or a pin prick or sticking pain**. I have noticed it in my toes and the soles of my feet and also in my hands at various times. Notice it more when I am laying in bed, but I did notice it on my arm yesterday afternoon while I was driving.” (03)
- “Cold, **needle-like pain** in right axilla.” (05)
- “My left ear has a sore spot under the skin and some **twinges of sharp stabbing pain**. Return of an old symptom that can come when there is other inflammation of the area (as with the lip/mouth sore that is happening).” (06)
- (dream) “I have on a grey over coat with a sewing needle through the lapel. **I keep futzing with the needle and prick my finger.**” (09)
- “The **neurological sensations that I have had have been stabbing, breath-taking, sudden, sharp, quick, sharp fleeting pains**, a snapping of nerves. I felt like something was inside my ear trying to get out. It was the opposite of what I just wrote, this lasted longer, there was this banging sensation from inside my ear, and then a **scalpel cutting along my head** from the vertex right down to my ear.” (11)
- “Lying on left side = **sensation of icy needle pricks in left hip** extending first to left inguinal area then to left pudendum then into vagina then to sole of left foot..” (13)
- “my left arm fell asleep and woke me up with the usual feeling of tingling, **like pin pricking.**” (16)
- (dream) “I am also clinging to the back of the elephant, I am a tiger, **my sharp claw piercing the rear of this ivory white creature**, deep red blood flows out of the punctures where my paws are holding on to this delicious prize of a meal. Then something unexpected happens, the elephant twists and jumps high into the air. Throwing me off and then while I am mid-air, turns and **pierces me through with its tusks.**” (10)

Respiration, Difficult

"I have every window open, fan going, so I must feel physically and emotionally a lack of air. "
"Oppression, trying to breathe in deeply to get my chest to rise outward."

A number of provers experienced difficulty in breathing. This may relate to the remedy, in that there is no air in space. As one prover put it, there is "lack of air in the void." Or it may relate to the main sensation of "Pulling In" and "Constriction" which creates a feeling of oppression in the chest region and restricts the ability to breathe.

Some provers had a shortness of breath, or inability to take a deep breath. A few felt weight and pressure on the torso, inhibiting respiration. Some had shortness of breath during exertion, which one would expect. Understandably, several felt panic and anxiety with their inability to breathe deeply.

- "I had a gut pain that **took my breath away.**" (02)
- "**Difficult, trying to take a deep breath.**" (02)
- "This morning and yesterday morning I noticed a **shortness of breath**... I have to force a breath in and hold it. Feels like there is not enough oxygen but also too much oxygen (like I can't get oxygen into my lower lungs)" (03)
- "The deep breaths felt like I had to really open for breath, need to get breath, pressure or containment so must get breath to expand. **Lot of work to get the breath I need.**" (04)
- "Not a waiting, **but a lack of air in the void. I have every window open, fan going, so I must feel physically and emotionally a lack of air.**" (04)
- "Required help to get up long, steep slope. **Breathless even though I walked very slowly.** Had to stop twice to breathe and rest." (05)
- "**It's like being thrown into the water, you haven't caught your breath before you go under,** there is a total panic. Unexpectedly thrown in or pulled in going down, taking the water into your lungs. Panic, flailing about, panicky, moving, **trying to get yourself up above the water to catch your breath.** Thinking that I am going to die." (11)
- "**Weight on chest, heavy, clutching, can't breathe,** weighted, pulling down, heavy." (12)
- "I wake feeling anxious. Like it **is difficult to take a full breath.**" (13)
- "**Oppression, trying to breathe in deeply to get my chest to rise outward.** Somethings pressing below my clavicals on both sides. If I focus on breathing I am fine. I am not short on breath." (14)
- "During the first minutes of yoga class, my heart gets off beat, it loses its rhythm it seems. I keep going with the exercises feeling how much my heart struggles to get back into its pattern. I become short of breath and feel a little oppression in my chest." (15)
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