

A Proving of *Gavia immer* (Common Loon)

By Jason-Aeric Huenecke

MASTER PROVER: Jason-Aeric Huenecke led the proving of *Gavia immer* for the Northwestern Academy of Homeopathy in 2006.

COMPILATION: Lori Foley and Sandra Haering, with students and alumni of the Northwestern Academy of Homeopathy.

METHODOLOGY: 24 provers began and 18 completed this proving. Neither the provers nor their supervisors knew what the substance was. The master prover knew it would be one of three substances.

SOURCE: One whole loon feather: loon's feather from the Queen Charlotte Islands, off the northwest coast of British Columbia, Canada. (See Loon related article by Huenecke in AH 13)

KINGDOM: Animalia

PHYLUM: Chordata

SUBPHYLUM: Vertebrata

CLASSIFICATION: Aves (bird)

ORDER: Gaviiformes

SPECIES: *Gavia immer*

BREEDING & BIOLOGY: Loons are usually monogamous and will seek another mate after the death of one of the pair. They begin to breed between the ages of four and seven years old; loons breed annually and will renest should their first nest be disturbed by weather or by predators. Their clutch size is small, one to three eggs on a hollowed-out mound of dirt and plant matter on water's edge; incubation is 26 to 29 days, both the male and female bird incubate the eggs. The young are precocial, meaning they are relatively mature and mobile from the moment of birth or hatching; the loon can leave the nest within a day after hatching. They eat fresh whole foods caught by their parents.



Photo by John D. Lloyd, MD, Hebron, NH

"...when the loon is breeding, it will dart down suddenly from the air, and alight securely in its nest. I have never witnessed such a procedure, although I have closely watched, from undercover, at least twenty pairs. On such occasions I have seen the incubating bird pass over the dear spot several times in succession, gradually rounding and descending so as at last to alight obliquely on the water, which it always did at a considerable distance from the nest, and did not approach it until after glancing around and listening attentively, as if to assure itself that it was not watched, when it would swim to the shore, and resume its office."¹

These loons are graceful swimmers and divers, with red eyes, a black head, white body and checkered black and white mantle; they are 24–40 inches in length with a 4–5 foot wingspan; they require a long distance in order to take off in flight. Their feet are set back on their bodies, making loons excellent swimmers but cause difficulty in walking. However, they are expert divers with the ability to go to depths of over 90 feet.

"Although its wings are rather small, its flight is strong and rapid, so that it is able to traverse a large extent of country on wing. When traveling, or even when only raised from its nest, it moves through the air with all the swiftness of the other species of its tribe, generally passing directly from one point to another, however distant it may be. Its long transits are at times performed at so great an elevation that its form can scarcely be

distinguished, and yet, even then, in calm weather, the noise of its wings striking the air comes distinctly on your ear.”¹

MIGRATION & GEOGRAPHIC RANGE: “The geographic location of the common loon during the breeding season is in forested areas surrounding freshwater, oligotrophic lakes in the northern region of North America, Greenland, and Iceland. During the winter months, the common loon migrates to coastal marine habitats in the southern portion of North America. Migration for the winter occurs between September and December and migration for the summer occurs between March and June. Migration groups can be composed of thousands of irregularly spaced individuals, a small group of individuals, or a single individual.”²

CLASSIFICATION: *Gavia Immer* is one of five species in the *Gaviidae* family that can trace its genetic roots back to over one-hundred million years ago.

FOOD HABITS: Primarily fish-eaters, the loon in salt water eats herring (*Clupeidae*), flounder (*Platichthys flesus*), salmon and sea trout (*Salmonidae*; *Onchorynchus tshawytscha*); rock fish (*Sebastes borealis*); their freshwater diet includes sunfish (*Centrarchidae*), pike (*Esochidae*), bass (*Moronidae*), perch (*Percidae*) and trout (*Salmonidae*). They are specialists; when waters are murky they will eat frogs (*Anura*), crayfish (*Astacus* and *Pacifastacus leniusculus*), shrimp (*Caridea*), leeches (*Hirudo*) and large aquatic insects.

“Unlike the Cormorant, the Loon usually swallows its food under the water, unless when it happens to bring up a shell-fish or a crustaceous animal, which it munches for awhile before it swallows it. Fishes of numerous kinds, aquatic insects, water-lizards, frogs, and leeches, have been found by me in its stomach, in which there is also generally much coarse gravel, and sometimes the roots of fresh-water plants.”¹

MERCURY, METHYLMERCURY & SELENIUM TOXICITY: Ecotoxicity is an issue of great concern for the common loon. Acid rain, industrial waste and pollutants collect in freshwater lakes; the Common Loon (*Gavia immer*) and Bald Eagles (*Haliaeetus leucocephalus*), both fish eaters are therefore susceptible to poisons that affect neurochemistry such as, but not limited to mercury, methylmercury and selenium poisoning.

PREDATORS: Humans are predators of the loon by way of drowning in fishing nets, lead poisoning from fishing weights, pollution, acid rain and chemical contamination from industrial waste. Non-human predators typically focus their efforts on the

young loon. They include snapping turtles (*Chelydra serpentina*); foxes (*Aplex*, *Urocyon* and *Vulpes*); crows (*Corvus brachyrhynchos*) and ravens (*Corvus corax*); bald eagles (*Haliaeetus leucocephalus*); gulls (*Larus*); skunks (*Mephitis*); as well as mink and weasels (*Mustela*).

NAME: *Gavia immer*, the Common Loon, the Great Northern Diver. *Gavia* is Latin for ‘sea smew’ (loons are not smew); the specific meaning of ‘immer’ is etymologically unknown. The

Latin word ‘immergo’, means to immerse, and ‘immersus’ means, deeply submerged; the Swedish words *immer* and *emmer* are terms for the grey or blackened ashes of a fire, and are associated with the loon’s dark plumage. Other names include big loon, black-billed

loon, call-up-a-storm, ember-goose, greenhead, guinea-duck, imber diver, ring-necked loon and Walloon.

USES: Ancient peoples ate loons. The loons’ diver skin used for making cloth, caps, karpuses (a kind of cap or hood that protects the ears and neck), bags and other items are well-known from the circumpolar area. Alaskan Inuits made loon-skin parkas made entirely from the neck skin and feathers. “The great northern diver has played a significant role in the traditional environmental knowledge of the various people living within its range. Of course its impact has been greater in North America, where the species is common in the boreal and sub arctic areas. It has been of great importance from economic, symbolic and cognitive aspects. However, its size, loud voice and its behaviour have also attracted the people on the island and coastal societies of the northern Atlantic sea. It has been a well-known bird both in Norse and Celtic traditions and it has been seen as a weather prophet, but also its meat and skin, and the live bird have been utilized too.”⁵

WATCHDOG: “An interesting feature in this whole story is the fact that the great northern diver seems also to have been caught alive in Greenland in former times and used as a “watchdog,” i.e. tied with a rope around its legs or neck and put somewhere high up (e.g. on a house-top or roof), “on guard,” so to speak, as it made loud sounds when it saw someone approaching, and thus warned the owner of coming visitors.”⁵

SYMBOLISM: The Common Loon is the state bird of Minnesota, United States and the provincial bird of Ontario, Canada.

MEDICINE: Several Native American Indians have a Loon Medicine Ceremony. Loon Medicine is an awakener and dream medicine.

Themes:

Apathy versus productivity
Appearing, disappearing quickly
Birds
Burning
Contamination, disgust, disrepair & filth
Desire nature and fresh air
Distance & space from others, aversion to company, desires solitude, self-reflective
Esoteric, mysterious, trance-like
Exhausted, walking with birds
Gaining awareness & a deeper understanding
Ghosts, undead, & vampires
Grief
Insects
Irritable, sudden anger
No worries
Playfulness, attractiveness, & sexuality increased
Spacey, disconnected
Vigilance, watching & observing
Water/flowing/floating/sinking

Mind

Despair; Grief; Melancholy; Sadness, subtly depressed;
Subdued; Weeping (alternating with laughter), crying, sensation of feeling rises up and I start crying, reminds me of listening to music that is very moving.
[I am] holding back tears and emotions.

[I] feel very sad again, it seems unreal.

Sadness, big loss, tears. The tears are right there.

Unreasonable sadness and fear, anxiety over manipulation somehow related to loss; someone rips you off, takes something from you.

Females, daughter, mother, sister.

I experienced sudden emotional response to thought of older sister if she should die. The thought came and left right away. In the middle of it, I found myself tearing up and feeling sad.

Despite emotionally struggling the first half of the day, I felt much lighter as the day went on. I received some disturbing news about my younger sister...I fought tears back the first half of the day, but then let it go the best I could. I question myself: Am I being negligent or checking out or am I staying calm in an ongoing crisis? The situation makes me feel helpless and certainly brings the pain of adolescence back. I can deeply empathize with my sister's desire to escape the pain of living.

I experienced [an] emotional moment when thinking about future daughter-in-law; tears after realizing how she is an answer to a prayer prayed many moons ago.

Looking at my daughter tonight, I see my older sister when she was an infant. I am taken in by this. The strange thing is that after seeing my sister, I can't then go back and see my daughter the way I did before this realization. I find this a little disturbing; as if she has changed right before my eyes and I can't ever have her back again. I don't want her to look like my sister. I want her to look like herself. What if I become biased against her because I see my sister? How horrible.

Delusion: Daughter looks at me with a cold, staring look. When she looks at me the way she is I feel blocked out, like she is behind this wall and I am not allowed in.

I feel a strong sense of family, need to be with family, close to family in a quiet place in the woods with trees, but not the deep woods.

Delusion: An old fat woman with a stick is poking into my right ovary, looking for that last egg.

My eyes filled with tears, sadness. It is as though someone has died. [I am] weeping, sobbing, [my] face [is] red.

Felt stuck, trapped with pent up emotion, sick, irritable.

Mind—Irritability—hungry; when.

Not eating unless I feel hungry...Not feeling very hungry at all...

Eating food is annoying...Eating is inconvenient...

Sensation of being immobilized.

While lying in bed, I notice I am embracing myself (arms crossed around my shoulders). I'm not cold, but take notice of this. Again I start to think about being wrapped up, cocoon-like. Immediately, I think of cicadas and I am disgusted.

Sensation of floating, sinking, pulsations, vibrations.

[A] trance like feeling has returned. Quiet softness. I feel like I could go there at will. Trance, staring, perfect stillness. The tears are right there. I am in it again. It's a double-edged sword. A place of nothingness, emptiness. It's still. But if you have to connect with the world, it is difficult because of the nature of the trance. It is as though this force is pulling you away from the world. It's an unseen force, an energy that demands your attention but nothing is really there. It would be hard to get earthly things done. I am glad I showered and dressed before taking this remedy.

Is that a canoe? (In reality it's a wooden incense burner.) It would be nice to be in a canoe in the middle of a lake; in the

middle of a quiet still lake. This would be a good remedy to take to induce meditation.

A sensation of stillness. You just have to be still. It's like if you move you will break the stillness. You will break the trance. There is something important about this trance. I don't want to move. I don't want to break the trance. A sensation of stillness. That is what is important. Nothingness. Being by water that is undisturbed. No wind, no movement. On a lake, but a lake when it is dark, peaceful, quiet, stillness. An image of a heron, a gray heron, standing really still until they sense something.

Esoteric thoughts, associated with a trance-like sensation...this reminds me of Samuel Barber's Adagio for Strings in E minor.

There is a tension inside; you want to be seen, but you don't want to be seen. Who's doing the watching? Who's the watcher? Are you a target? Is it predatory? Or are you being enjoyed? You never know. The tension is like one arm being pulled across the chest one way and the other arm pulled across your chest the other way; it is like you are being split in two, vertically, you can never know who you are, where you are, you are never truly connected. Like a mime running into the wind. Being here and not here at the same time. Going through the motions, routines, wanting routines, living, being present. There is a sense of a scientific experiment. It is as though I am on two planes at once, two dimensions, and another dimension. I know! This is what it is like to be a ghost. A ghost is seen and isn't seen or a vampire, the undead; it is like a being who is here and not here, alive and not alive!

Normally work gives me energy. This week so far has sucked the life out of me; sucked the life out of me! Normally I could have handled any one of these incidents and kept on, but so many of them at once did not give me a chance to recover; I was emotionally exhausted and all I wanted to do was go off by myself and listen to music.

One of my good friends is moving. I feel grief, his job is ending, and I feel grief and sadness in my chest.

Disconnected; Meditative; Self-reflective; Thoughtful.

Is my body moving? It feels like it is moving with a pulse.

Within a couple minutes of taking the remedy, I get a sensation that makes me think of popcorn. It's not a physical sensation; it's more ethereal than that. Something about the kernel popping and turning into a billowy mass resonates with me right now.

"It wasn't a physical sensation, something energetic, part of my being. It was like how the kernel goes from hardness to

softness; spongy soft. It felt that way inside, not jubilant, but expanded."

Sinking sensations.

[I] woke up a second time and tried to open [my] eyes. I have feeling that energy and pulses keep passing by me in waves; pleasant sensations; sensation of being more alive. I want more waves to come. I have a feeling of steadfastness and excitement about the waving sensations.

There is a theme of experiencing herself at opposite ends of a pole and being unable to merge the two parts. She has described herself as "bipolar" (not in the clinical sense of the word, but as having opposite poles), as having a "dichotomy of responsibility" and of having two parts that she can't merge.

[My] friend asks me if I am high, that I looked happy, high, out of it...

I felt drugged, talked very slowly, and hard to come up with words.

Mind—Spaced-out feeling.

I feel like I am on caffeine but I haven't had any today. Feel very energized, my industriousness is pronounced. I feel like I can do the work of several people and have had a very good day in the trenches.

Confusion of mind, sleep, after siesta (*which is curative*).

I notice my infant daughter has not smiled at me today or yesterday. I wondered if she doesn't recognize me because of the proving. It is as if I am a different person with the same face. "I thought maybe she didn't recognize me, maybe I'm not the same person. She's wiser of the two of us, she's not clouded, and she's more sensitive to what can't be seen or heard."

Mind—Cleanliness—desire for cleaning.

My mind seems focused, but my body is dragging.

I'd say I even feel a little lighter in spirit; less self-conscious.

[I] spent several hours outside in the beautiful sunshine; I feel great, beautiful, sunny days always lift my spirits.

Enjoying nature.

Apathy; Anxiety; Agitation; Confusion; Excitement; Fury; Impatient; Restlessness.

[I] am feeling incredibly burnt out.

Anxiety about money matters.

React to an argument next to me.

Aversion to noise; Noise aggravates; Sensitive to noise.

Reacting or startled by noises or sounds.

Angry at son for making so much noise at night.

[A sound] ...like a mouse. I was alarmed at first thinking a mouse was in the room. Not afraid, just alarmed for a second. Surprise, like something was in the room, a mouse. I realized it was the...the alarm clock. The sound of it...was keeping me awake...I fell asleep after that.

Sudden intense reactions.

Normally in the past, whenever I would injure myself, my response was never one of anger...at anyone or myself. I would almost always feel fear, embarrassment, anxiety and much self-pity. This was not at all the case this time. I freely shouted out my thoughts about my need to have what I need, when I need it, and not "20 years after the fact." I felt, totally free!

Feeling rushed. A sensation of not enough time.

Sensation as if there was not enough time.

Time moving very slowly today; a great awareness of time.

I was aware of how painstakingly slow I was progressing. My scatterbrainedness seems to be impacting me in that it takes me forever to do anything.

Getting a lot done in a short period of time still; time moving slowly.

She was having a difficult time concentrating and couldn't keep her time straight. She became quite confused about which day we were discussing.

I am fighting with myself to keep on task. Keep on task? I am so distracted, my brain is all over. I cannot anchor it into what I need to do! It's as if I can't get my brain to hook into what I need to concentrate on. Typically can sit at my desk for hours with no problem locking into a project. Much to my family's frustration. Tonight, I can't even clear off the desk! I think there is wood grain under all this stuff.

Like I need to take action, but can't; [I am] frozen and suffocating with anger.

Suicidal.

I'm dying to get away; feeling trapped...

It is as if someone's done something nasty to me, then restrained me so I couldn't respond, like put me into a coffin maybe.

Irritated about small things taking time, like traffic moving too slowly, renewing driver's license, fixing a mistake at the bank...

Annoyed; Irritability; Yelling.

Annoyed like someone whacks you with a hammer and you vibrate—like a hammer hits a bell and vibrates—that's how I felt. It felt below me to deal with this person's attitude.

I became irritated...an individual was walking very slowly in front of me when I was trying to park and I felt angry that he was taking his time walking.

Feeling of well-being even though there is cloudy weather.

Sensation of being excluded.

Sensation, possession, something in you, controls you.

Anger out of vulnerability.

Anger, sudden; rage.

Confidence, want of, aware of my need for affirmation.

I am not feeling depressed, but aware of my need for affirmation. [I] connect this to a very recent empty nest and subsequent need from husband for some type of connection. This is not happening in a way that fulfills me. The chapter in my life is new...but not the feeling...it's kind of the same shit, different day, except to say that I am aware that I am handling this in a way that includes a positive feeling that this will pass and I am just transforming. It's not as if these feelings of unmet need for affirmation are taking me down emotionally.

I want my son to develop self-confidence that he can do things well.

Paranoia.

Fear, animals, avian flu, electricity.

Feeling "wired."

Quarrelsome.

Fight with boss, co-worker, partner, children, etc.

Feelings of guilt, rage, intense anger.

Thoughts violent, I want to go over there and rip his throat out!

Mind—Impulse to stab. Stabbing the journal with my pen.

After lunch today I had an instant stomachache, very sharp pain. Now I'm really hungry but still have that sharp pain; like a stab of fear.

[I am] stabbing [my] fork into food with restraint, like I could smash through the plate and the counter with my fork.

Mind—Delusions—oppressed, he was.

Worried.

It is very warm and windy. The wind has an ominous feeling to it, like it might be something dangerous; this, in spite of the fact that it was a bright, sunny day.

Prostration of mind with sleepiness; Occupation ameliorates.

Desire quiet except for the sounds of birds.

[I] see two dead birds within two blocks at one point on my walk. They appear to be young crows. First thought is of the bird flu, wondering how these birds died.

Two birds sitting on my car; one had defecated and it dripped all the way down the window. The bigger of the birds looked at me for a few seconds and flew away. The smaller one sat there for about 30 seconds as if trying to scrutinize if I was really a threat. It was in no hurry to leave. They were crows.

I noticed some birds flying quite high. They seemed to be geese, but what was fascinating is that they were not moving much but seemed to be floating on the air. There must be a lot of updraft. I wanted to watch them as long as I could. I was moving slowly. Usually I would have called the office to say I would be late, but I didn't feel I needed to...

I am very aware of sounds, birds outside.

Mind—awareness heightened—birds, of the presence of birds.

White pine images, forest floor has lots of needles, feels springy when you walk on them. Feel I can walk quietly, soft feeling, but you do not sink down. Soft feeling. Quiet softness. A lot of quiet.

Sensations of being pricked by pine needles.

Dreams

Accidents; Actors, about; Acting and auditions; Animals; catfish, cats, chickens, dogs, elk, polar bears, sharks, snakes; Arrested, being; Brother; Cars; Caves; Changing, sizes, from big to small; Coffins, brother dead in; Colors, blue, cobalt; orange; Community; Crying; Danger, impending danger; Daughter; Dead, of the; Death; Doomed, of being; Dormitory; Drugs, as if drugged; Embarrassment; Families; Fish; Floating; Floods; Flying; Food; cherries, grapefruit; Friends; Frozen; Gangs; Guns; Head, smashed like a pumpkin; Hiding; Horrible; House, dirty; Insects; ants, box elder bugs, spiders; Karma; Kidnappers; Lakes; Morbid; Motorcycles; Musical instruments, playing a violin; Nightmares; Ocean, ocean rising; Parties; Penis, severed; People, obese; Photographs, taking; Praying; Punishment; Pursued, being; Quarrels; Queen; Religious; Remorse; Restaurants; River, river rising; Sexual; Sexuality; Schools; Shooting; Singing; Snow; Social inferiority; Sorrowful; Storms, impending, with lightning; Swimming, inside a cave, a school of fish swims towards me; Teeth, falling out; Toilets, filthy; Tornados; Tortured, of being; Trance; Tsunamis; Uniforms; Unsuccessful efforts; Watching, and, being watched; Water, deep water; Weddings; Wealth; Witches; Vampires; Vivid.

I used to have nightmares about all my teeth falling out of my mouth. I don't like the thought of losing my teeth.

Dream: I visited the town where I spent some of my childhood and decided to go for a swim. The area where I wanted to swim was inside a cave; there were a few rooms there, one of which had a sandy beach. All of the rooms had deep water with rocks where you could sit. The water was full of big catfish; I couldn't believe how many there were. I was afraid to put my feet into the water thinking the catfish would bite them. I fell asleep by the sandy beach and when I woke up I was sitting on a rock with my feet in the water. I was afraid until I noticed none of the catfish were moving; the people I was with were not moving either. One of them was reaching for a flower in the air and was frozen there. As I got out of the water, the fish started to swim again. As I walked by the people they came out of suspended animation.

Dream: A nightmare about being in a forested swamp, in a house that was flooding, water and slime rising up all around. I was near the door and a snake thrust itself up out of the water and bit my right shin. I knew that I was in trouble!

Dream: Someone I knew wanted to show me something underground. I went with them under the pavement and down a long ladder. The person had no legs so I thought it strange how they could go down the ladder. When we got to an opening, the person showed me this woman who was frozen in ice. He put her there. I thought it was creepy that he had this dead person preserved. Then he reminded me that this had been his wife of twenty years. It seemed rational after he explained how he

missed his wife. I guess he just wanted to be able to stay with her in some capacity.

Dream: I am coming up over a hill, sort of eagle eye view, sort of not, like a plane coming in for a landing (flying). I see mountains. I see the ocean. I see a vista of a city by the sea with tall buildings. Now I am on the ground. I see my shoes are untied. Funny, my shoes were untied all day.

Dream: An impeding storm. The clouds were visible and darkening in the western sky. In the dream I knew I had to map out a way to drive somewhere I had never been, and it was to go into the direction of the clouds that were ominous. What struck me about this dream after thinking about it for a day or so, is that in the past when I would have tornado or tsunami dreams, they were so terrifying. In this dream, the feeling, if there was any at all, I was more that things would be okay, that it would blow over, or that I would just figure out how to avoid any storm and that others would too.

Dream: I had a realization while asleep, that although people assume they are one person and all their attributes are dependent on them being alive, this is not so. It became clear that attributes, issues, patterns, etc. exist with or without the human as a host. They have their own life to live that is not dependent on the human body or psyche. The human being is a meeting place for all these things to come together and live congruently. The soul does not deal with things lifetime to lifetime but over the course of many lifetimes. I hope this is true because there is something intrinsically beautiful about this notion. In my dream, the realization was felt rather than thought. I remember thinking, "Oh, I'm dreaming. I better take this back with me." The concept however was way larger than the brain could really make sense of. I remember feeling better with this realization (in the ...dream). While I was at a spiritual counselor's, we were discussing multiple personalities people may have that serve different functions in their lives. The dream was brought more out into the open as this discussion took place.

Vertigo

Eating, aggravates; Light-headed (see Vertigo); Lying, must lie down; Motion of head, aggravates; Nausea with; Sitting, aggravates; Sudden; Vertigo, comes and disappears; Walking, aggravates.

Head

Congestion; Constriction, band as from a; Dry; Heat, like a dome; Heaviness; Pain, alternating sides (from right to left), cutting, dull, extending to eyes, forehead, menses during (curative), occiput, piercing pain, pressing pain, pulsation, temples, throbbing, vertex, wandering, weather change of; Tingling.

A feeling of heat around head; like a dome of heat, a few inches surrounding my head.

Sensation of a heat dome starting from my trunk to the top of my head; it was like a couple of inches off of my skin; it feels like all of this heat, radiating off of me, like a dome or egg shape.

[Upon awakening] I had severe and deep pain behind my eyes that felt like dull needles going into my head behind my eyes...especially on the left side [comes and disappears quickly].

Eye

Agglutinated; Discharges, green, morning, yellow; Discoloration, red sclera, redness accompanies cough; Dryness; Injected; Pain, burning, heat during; Photophobia.

Vision

Visual disturbances.

Ear

Dryness; Inflamed; Itching; Lumps, hard, behind the ear; Noises in; Pain; comes and disappears, fleeting, piercing pain, sharp, sudden; Water, sensation of in ear.

Ear pain, right ear, like a popping in the inner ear, it is like I am going in a downward motion, underwater, like an earache that lasts ten minutes.

I felt a sudden odd pain, rather sharp, between my inner ear and my right jaw, more in my right ear. It felt a bit like there was something similar to a pine branch (without the pine needles) sticking deep into my ear, but in an unfamiliar place. It lasted around a minute or two, then left suddenly. This occurred shortly after I noticed that my throat was feeling rather raw and somewhat burning. It wasn't exactly sore, it just felt uncomfortable. That went on for an hour or so.

Hearing

Acute, awareness of birds, sleep during.

I have been realizing that I hear birds very early in the morning and am aware of each distinctive sound. I have always liked birds and typically enjoy them, but the times I hear them feel more heightened and feels significant in some indefinable way. The geese sounds come at odd times and they seem as if they are almost butting into my space or thoughts in an ethereal way. The blackbirds or crows sound very annoying. The first bird I heard the other morning was not familiar and sounded very close and compelling. Its chirping was very brief, almost like a single note and was not framed on either side by other bird sounds. It was not a familiar sounding birdcall but was beautiful, short but sweet, and by itself.

Nose

Discharge, copious; Heat in; Itching; Obstruction; Odors in; Smell acute; Sneezing, concussive.

Face

Discoloration, red; Drawing (pulling) sensation; Eruption; acne, hard, painful;Flushed; Heat, internal; Itching; Quivering, lips; Swelling glands; Tingling.

Mouth

Cotton, sensation of; Cracked; Dryness; Numbness; tip of tongue, tongue; Salivation, with a sensation of dryness; Scratching; Sordes, gums; Taste, metallic; Tingling; Twitching.

Teeth

Enamel deficient; Pain, molars.

Throat

Constricted; Dry; Hawk, disposition to; Lump, sensation of a; Mucus, patches; Pain; cough aggravates, warm drinks ameliorate; Scratchy; Spasms; Swallowing, desire to; Swelling, glands; Talking, aggravates; Tickling.

Neck

Pain, drawing pain, piercing pain as from a pine needle, pulsating, throbbing, sore; Tension; Weakness.

Sensation of someone pulling on back of neck with string anchored on a bone.

Stomach

Acidity, eating after; Anxiety in stomach; Appetite diminished; Appetite increased, morning on waking, night, ravenous; Diarrhea; Distension; Eruptions; Heaviness, after eating; Gagging, cough; Gurgling; Lump; sensation of a; Nausea, accompanied by vertigo, vomit, sensation as if about to; Pain, cramping, eating aggravates; sharp, sore, twisting; Pulsation; Rumbling; Thirst, extreme, for small quantities.

I eat anything; just food; any food.

Sensation of a hollow knot in stomach; like someone grinding their knuckle into my right side.

Abdomen

Distended; Lump, in abdomen, sensation of a; Pain, comes and disappears, cramping, dull, left sided, lower abdomen, sudden, twisting; Vibration.

Rectum

Constipation (two days); Dryness; Hemorrhoids; Pain, aching during menses, burning, cramping; Raw sensation; Urging stool, after a small amount has passed.

Stool

Dry; Hard; Loose.

Bladder

Urging to urinate; Urination, cough aggravates, interrupted, spouting stream.

Kidneys

Pain, left kidney.

Urethra

Pain, urination during.

Urine

Odor, dank, horse's urine like, strong.

Urinary

Male

Erection, as if a younger man's, Masturbation, disposition to, excessive, unusual for age; Sexual desire increased.

Female

Discharge, sensation of; Menses, accompanied by lethargy (see Mind—Inactivity), accompanied by pain in mammae, accompanied by weeping, clotted, copious, dark, motion aggravates; Pain, burning, cramping, labia (left sided), uterus cramping in; Painful; Swollen, sensation as if.

Respiration

Arrested; Breathing deep; Difficult; Irregular; Sighing; Snoring.

Cough

Accompanied by urination; Choking; Deep; Exhausting; Gagging; Productive; Sleep, during, aggravates; Tickling; Violent.

Expectoration

Greenish; Murky-colored; Mucous, morning on rising; Sleep during (the only other remedy in this rubric is *Natrum muriaticum*); Yellowish.

Chest

Constriction; Diaphragm, complaints of; Formication; Grief; Heat, rising up; Heaviness; Hollow (Emptiness, sensation of); Itching; Oppression; Pain, comes and disappears, cough aggravates; Palpitation, lying down aggravates; Pulsation, slow; Side, left; Tension.

[I] want to stretch out and breathe deeply; [I] need fresh air like an accordion to open up to fill with air.

Feel pulsation where heart is, [sensation of] whoosh, whoosh, softer and not the whole body...

In the past, whenever I would wear anything tight around my torso, just below my bra line, I would experience pain in my

chest and torso that feels like a claw inside is ripping my insides. This occurred after eating dinner at 7:30 pm. The pain increased and after removing a tank top with a too-tight inner band, I laid down on the couch on my right side. Normally, this would alleviate the pain in the past...but it didn't. It became worse. I switched to lying on my left side and this seemed to help somewhat.

After taking a short nap, and resting awhile, I sat up and felt a really strange heart sensation. It was an extremely different variation of heart palpitations I've had for many years. It felt like my heart was attached to a rope that was being swung around like a lasso, and my heart felt like it was inside a drum and being swiped around the sides of the drum. It lasted only a few seconds, but it's almost as if I could see my heart on the top of a lasso that was being swung around. The sensation was very strong and the image graphic.

Had a heart irregularity that felt stronger and different from the heart palpitations I have had for years. It lasted only a few seconds but was very noticeable. I did not experience the usual weakness or feeling like I lost my breath, but it was rather disturbing. It was a very strong and distinct pounding of my heart that felt like it was beating really hard against a wall. Three to four beats, preceded by a familiar sinking sensation for a split second.

Back

Pain, better pressure, better lying on painful side, cramping, dull, electric-like, left sided, lumbar region (drawing up knees), motion aggravates (walking impossible), radiating to lower extremities, rubbing aggravates, rubbing ameliorates, sharp, stepping aggravates, stinging (stitching), sore, spasm, warm bathing ameliorates; Sacroiliac region, complaints of; Stiffness, cervical region, warm bathing ameliorates.

Shrieking from pain of back.

Suddenly, I felt my spine curling forward, like I was sinking down, a pronounced feeling of the spine curling up; it is not the same as when you just let yourself slump down.

There is a dull ache, like a cramp, in the lower right part of my back. It is not in a muscle, but within the body cavity, just below the waist and to the right of the spine.

I just felt as if I just got bit by a nasty bug. It was a biting sensation, as if from a pine tree, stinging. I really wonder what this was from because it's in a place where I really don't think a bug could go! The top of my bum's crack!

Extremities

Ankles, complaints of; Cracking in joints; Coldness, hands, toes; Cramps, calves spasmodic; Eruptions, boils, blisters, feet, soles of feet, upper limbs; Formication; Fullness; Heat, feet,

lower limbs, soles, upper limbs; Heaviness; Hips, complaints of; Housemaid's knee (fluid-filled swelling of the bursa in front of the knee cap, often resulting from frequent kneeling, see bursitis); Inflammation, feet, soles, plantar fasciitis; Itching; Knee, complaints of; Nails, dryness; Numbness, upper limbs (curative); Pain, achy, burning, burning in an old scar, comes and disappears quickly, gouty, heat aggravates, lancing, joints, motion aggravates, motion ameliorates, piercing, radiating up back of leg, sharp, sore, tendons, thumbs joints, weather, wet aggravates; Quivering sensation in legs; Restlessness, night in bed; Shaking; Side, left; Stiffness; Stretching out hand ameliorates cramp; Swelling, feet, vein; Trembling; Twitching; Vein, sensation of; Walking, difficult; Weakness.

I have an uncomfortable awareness of my arms touching the sides of my body.

I was instantly afraid of animals attacking my ankles. I was nervous and quick to walk past downed trees where I couldn't see what was in/around them. I was afraid some small animals would come out from the downed trees to bite and scratch my ankles. We sat near the entrance so I could try to shake the feeling. I was unable to so we left the park.

Within an hour of waking, I realized that the shoes I have had for years suddenly felt way too small. My feet must be swollen, but they do not feel swollen. No pressure, it's just that the shoes, that have always fit before, suddenly seem way too tight. It was actually hard to get my shoes on, and opening the buckle on the straps did not alleviate the problem much. My feet do not look any different, nor am I aware that they are bigger, but the night before, my husband's toes were not welcome along the bottom of my feet. I was suddenly very averse to any touch there. I never noticed that before. It almost hurt, as if his toenails were like little jagged razors.

[My left hip was out of joint again]...it felt like a vein or tendon at the same time was being punctured, and this picture of a steel trap with jagged jaws would come to mind when I tried to describe the discomfort to myself. I tried stretching, and moving and twisting and rotating my foot a bit. It was best with not moving, but I could still feel it. It lasted about a half hour and I don't recall when it left, but did not really have any trouble or pain an hour later...

A ring of fatigue just above the knee joint; about 2-3 inches wide, going all around the knees; this vanished quickly.

Sleep

Morning, early: 1 hr, 3 hr, 4 hr, 5 hr, 6 hr; Deep, spells of deep sleep with snoring and stertorous breathing; Falling asleep, after eating, difficult; while working; Interrupted, awareness of birds, birdsong, heat, sensation of heat, with desire to urinate (curative); Narcolepsy; Position, changed frequently, sleeping upright; Prolonged, day and night; Refreshing; Restless; Short

(catnaps); Sleepiness, overpowering; Sleeplessness, until one hour, noise, position, no position is right, thoughts, from activity of thoughts; Tossing much; Unrefreshing; Waking, falling sensation, hunger from, noise, from slight noise, thoughts of songs, too early; Yawning.

I slept very soundly. Sleeping is great; I actually felt rested. I've had more insomnia over the last ten years. I have been sleeping soundly, this is abnormal for me. I slept like I did when I was a lot younger.

Chill

Periodic; Shivering (Shaking).

Fever

Perspiration.

Night, with wakefulness; Single part, touching each other.

Skin

Boils; Dryness; Eruptions; acne, hard, herpetic circinate (like ringworm), painful, small; Excrencences (curative); Formation; Itching; Pain, comes and disappears quickly; pricking like pine needles; Urticaria.

New, perfect egg shapes on my body; a blister and a "new age" spot forming.

A sensation similar to the prick or pinch I experienced yesterday, only dozens of them all over arms and abdomen. I have been trying to distinguish between a pinch with a tiny amount of skin, as if a pinpoint pinch or a prick: as if from a pine needle. The ones on my skin were more like a pine bough whips into the skin on a hike. Then it was gone.

Generals

Air hunger, in open air ameliorates; Bathing ameliorates; Chilly persons; Cold air ameliorates; Dizziness (see Vertigo); Dry sensation, whole body; Energy, excess of energy, lack of energy (see Weakness); Falling sensation; Food, aversion to smell of food; Heat, flushes of, lack of, radiating, wave of heat; Heaviness; Menses, beginning of menses ameliorates; Pain, burning, as from electric shock, migrating, piercing, stitching, wandering; Pressure, ameliorates; Prickling, externally, internally; Pulsations; Sensitiveness; Side, left; Talking, aggravates; Trembling; Vibration, fluttering, etc.; Walking, slowly ameliorates; Weak; Weather, change of weather aggravates; heat aggravates, wet aggravates; Wave like sensations; Yawning, frequently.

Sensitivity to weather: I was able to tell that storms were coming when everyone else pooh-poohed this. After it started raining I predicted that it would stop in a half hour and we could get on with our bike ride.

I am shifting with the weather.

I feel super heated, like my chi is flowing really strong, like heat rising off hot pavement...

I was just sitting and working and waves of the shakiness and heat coming through my body. The shakiness and the waves are all internal. The shakiness is throughout torso and upper limbs, I don't notice it below my waist. The waves are like gentle surges washing through my body.

Pain stops completely at once; when pain is over, it is over, no pain left.

I opened the window wider for air; it's windy, humid and warm; I don't like the feeling I am having.

Food

Cravings: Alcoholic drinks; Beer; Beetroot; Broth; Butter; Caffeine; Cake, sponge cake; Caramel; Cereals; Cheese, cream cheese; Chocolate; Coffee; Dairy products; Frozen; Lemons; Liquids, liquid foods; Pastry; Raisins, chocolate covered raisins; Soup; Spices, desire; Sunflower seeds; Sweets; Tea; Vegetables; Warm drinks; Water; Wine, blackberry honey wine, dandelion wine.

Modalities

Better from warm drinks, small sips of water.

Aversions: Alcoholic drinks; Bread; Farinaceous; Heavy food; Pasta; Water.

She ate two pounds of chocolate covered raisins. She kept eating even though she was full, to the point it made her sick with a stomachache. She said she never does that. "I just kept eating!"



FOLKLORE: "Divers have always played an important role in the folk ornithology of people of the circumpolar area. Peasants, hunters, herdsmen and others wandering in wetland areas and forests are well acquainted with their call, which can be heard over long distances in the evenings. Sometimes fishermen at sea have also encountered them. Five species exist within the area. The black-throated diver (*Gavia arctica*) and red-throated diver (*Gavia stellata*) have been most important in the folk ornithology over large parts of the circumpolar region. From north-east Russia and Siberia over to Alaska the white-billed diver/yellow-billed loon (*Gavia adamsii*) is of significance. In North America two other species, the Pacific diver (*Gavia Pacifica*) and the great northern diver (*Gavia immer*), have been more important. The great northern diver or common loon is a widespread species that nests throughout the lake country of the northern United States, Canada, and Alaska."⁵

"Once a raven and a loon happened to meet, and they agreed to tattoo each other. First the raven tattooed the loon, and when

it was done, the loon set about tattooing the raven. But the raven was very ill pleased with its tattooing, and would not keep still, and again and again the loon said: "If you won't keep still, I will pour the soot I am using all over you." At last the loon lost patience, and poured all the soot over the raven, and then ran out of the house. But just as the loon was on the point of disappearing, the raven picked up the fire stones that lay in the house and threw them at the loon. The fire stones struck the loon on the thighs, and it sank down and could hardly walk. From that day all ravens are black and all loons awkward on their feet"³

THE COPPER INUITS: The mythology of loons focuses primarily on loons' diving ability and their calls or their distinctive black and white feather patterns. The story of a miracle performed by a loon is one legend repeated in several ways. The Copper Inuit tribe, in westernmost Canada, tells of a loon who restores the sight of a blind boy. In other tribes, a variant version tells of a shaman whose sight was cured by a loon. In one version, the shaman is carried on the back of the loon to the bottom of the lake several times curing his blindness. In gratitude, the loon receives a necklace from the boy or shaman; this necklace, thrown over the loon's head, becomes the white pattern of feathers that we know as the loon's necklace.

THE LOON'S NECKLACE: A Canadian movie about the legend that explains the white band around the black neck of the loon. Kelora, the main character, once a proud medicine man, is blind and neglected in his old age. However, his totem, the loon, remains faithful to him and gives him back his sight. In gratitude Kelora places his necklace of magic shells around the loon's neck, where it remains to this day in her ancestors. Directed by Radford Crawley, 1950.

SONG OF THE LOON: The loon has a connection to the ancient world, a vigilant bird whose hauntingly eerie voice pierces the veils between worlds. "During the summer the loons' voice has been described as falsetto wails, weird yodeling, maniacal quavering laughter, and at night as a tremulous ha-oo-oo; in flight as a barking kwuk. Winters find this bird quiet."⁴

"The Indians in the Pacific Northwest traveled mainly by water, because the forest was so thick it was difficult to travel by land. This story tells how they were able to find their way back to shore.

One day, a little girl went deep into the forest. She walked until she found a family of loons. She stopped and played with the loons. In fact, she stayed for several days, becoming good friends with the loons. They taught her many things. But, soon, she knew it was time to return to her family, so she said good bye and returned to her village.

In time, this little girl grew to be a Mother and then Grandmother. One day she was out in a canoe with her two Grandchildren. All of the sudden the fog rolled in. They couldn't see the

shore. They heard a splashing off in the distance. The children thought it was a sea monster. But, the Grandmother new it was something far worse. It was hunters from a tribe farther north. If they captured them, they would take them as slaves. The children would never see their family or village again.

The Grandmother told the children to get down in the canoe and be quiet. The other canoe passed by them without seeing them. The children were still hiding in the bottom of the canoe. But, how would they find their way back to the village? How would they avoid the hunters in the other canoe? The Grandmother started to sing. This was a strange song. The Grandmother sung often, and the children new all of her songs. They thought. The children looked up. Where their Grandmother had been sitting, there was a giant loon. It spread its wings and flew out of the canoe. It circled the canoe and then flew off. The children watched it fly off into the fog. Soon, the loon returned and circled again. When it left, this time, the children followed it. It led them safely back to their village. For you see, only the loon has eyes that can see through the fog.

When the Grandmother was a girl, playing with the loons, they thought her a song. If she ever sang that song, she would change into a loon forever. So when the Indians were canoeing in the fog, they always listen for Grandmother Loon to guide them back to shore."⁶

Remedy Source Information was gathered from the author's personal experience/knowledge and the following references:

1. Audubon, John James. *Birds of America* (State Bird of Minnesota) Vol. VII [Online]. Available: www.50states.com/bird/loon.htm.
2. Gosselin-Ildari, Ashley. 2005. *Gavia immer* [Online]. Available: digimorph.org/specimens/Gavia_immer.
3. Kleivan, Inge. 1971. Why is the raven black? An analysis of an Eskimo myth. *Acta Arctica Fasc. XVII*. Copenhagen. p. 16.
4. Peterson, R.T. 1990. *A Field Guide to Western Birds*. Houghton Mifflin Company, Boston.
5. Svanberg, Invar, and Aegisson, Sigurour. 2005. Great northern diver (*gavia immer*) in circumpolar folk ornithology [Online]. Available: www.eurasia.uu.se.
6. Welker, Glenn. 1998. Indigenous Peoples Literature: the Loon [Online]. Available: www.indians.org.

Jason-Aeric Huenecke is a Clinical Supervisor and Master Prover for the Northwestern Academy of Homeopathy and a full-time homeopathic practitioner in Stillwater, Minnesota. He can be contacted through email: huenecke@att.net.