

Sandalwood (*Santalum album*)



Proving of Sandalwood (*Santalum album*)
Northwestern Academy of Homeopathy
Master Prover: Jason-Aeric Huenecke, CCH, RS Hom (NA)
Proving Counselor: Desiree Brazelton, CCH
Proving Counselor: Jennifer Rose Holterhaus

2018

Santalum album (Sandalwood) Proving Overview	1
Natural History	3
Classification	3
Features, Name	4
Medicine, Uses	5
Religious & Spiritual Uses	5
Fragrance	6
References	7
Santalum album Remedy Overview	8
Physical Themes	9
Mental Themes	11
Doubt and Confidence	11
External guidance and autonomy	12
Inner and Outer, Inhibited Expression	12
“In my mind I’m snappy with people, in real life I am not”	
13	
Feminine Wisdom	13
“The deeper spiritual aspect of myself”	13
“The freedom to authentically express”	14
Crippling Doubt to Existential Angst	14
“What am I actually doing here?”	14
Fiery Temperament	15
Grounded in Inner Knowing	16
“The doubt that I had been experiencing has given way...”	16
“To be validated, I could finally fully be myself”	18
Water and Fluidity	18
“It’s just you and the waves”	18
“The communicative capacity of water”	
Tsunami, destructiveness, transformation	19
“It is fluid like water, responding to things around it”	20
Death, Dying	20
“Ordered violence would be easier than this chaos”	21
Paradise as Freedom of Expression	22

“Say what I want to say”	22
“Completely letting go of things you lock inside”	22
“Accepting herself as she is”	23

Sandalwood (*Santalum album*)

Proving Overview

MASTER PROVER: Jason-Aeric Huenecke, CCH, RSHom (NA) led the proving of *Santalum album* for the Northwestern Academy of Homeopathy in Winter 2018.

COMPILATION: Desirée Brazelton, CCH, RSHom (NA), Jennifer Rose Holterhaus, alumnae of the Northwestern Academy of Homeopathy, Minneapolis, Minnesota.



METHODOLOGY: The proving consisted of 12 provers (11 females, 5 males). The remedy was administered in 30C potency with no placebos. The proving was triple blind format in which neither the master provers, supervisors nor provers were aware of the substance the provers were taking. During the proving, provers logged symptoms on a daily basis and were in daily contact with their supervisor until symptoms subsided.

Natural History

Scientific name: *Santalum album*

Common name: Sandalwood

“Understanding is the heartwood of well-spoken words.” - Buddha

“Someday is not a day of the week.” –
Denise Brennan-Nelson

CLASSIFICATION

KINGDOM: Plantae – Plants

SUBKINGDOM: Tracheobionta – Vascular plants

SUPERDIVISION: Spermatophyta – Seed plants

DIVISION: Magnoliophyta – Flowering plants

CLASS: Magnoliopsida – Dicotyledons

SUBCLASS: Rosidae

ORDER: Santalales

FAMILY: Santalaceae – Sandalwood family

GENUS: *Santalum album* L. – sandalwood¹

FEATURES: *Santalum album* is the true white, of the semiparasitic plant family *Santalaceae*, especially known for its fragrant woods and aromatic oils.

Regeneration is mostly vegetative by wood suckers, adventitious growth coming from the root system of a tree, or coppicing, to cut back to ground level periodically to stimulate growth, and is very successful in places. Viable seeds are produced after five years and dispersed by birds throughout Peninsular India. There are approximately ten species of *Santalum* are distributed throughout southeastern Asia and the islands of the South Pacific. A true sandalwood tree grows to a height of about 10 meters (33 feet); has leathery leaves in pairs, each opposite the other on the branch; and is partially parasitic on the roots of other tree species.²

The *Santalaceae*, sandalwoods, are a widely distributed family of flowering plants (including small trees, shrubs, perennial herbs, and epiphytic climbers). Its flowers are bisexual or, by abortion (flower drop), and unisexual. Modern treatments of the *Santalaceae* include the families, previously considered distinct, *Eremolepidaceae* and *Viscaceae* (both mistletoes).³

NAME “If you do not know the names of things, the knowledge of them is lost too.”

– Carl Linnaeus, *Philosophia Botanica*, 1751

What is in a name? Carl Linnaeus was a born encyclopaedist in an age that fostered and encouraged the methodical cataloguing of everything, from the organisms that make up the natural world to the listing and defining of words themselves – the 18th century saw the publication of the first dictionaries and encyclopedias.

Linnaeus often drew his knowledge of species, particularly from tropical areas, from descriptions and illustrations (for specimens were simply unavailable). As a consequence, about 25% of Linnaean names have illustrations as their lectotypes. This includes *Santalum album* L. (sandalwood).

The name is most likely derived from the name given to the indigenous people and the third largest tribe in India, the Santals.

“Precise names are important because all of our food and most of our medicines come from plants, either directly or indirectly; the ecosystems that they dominate protect our topsoil and regulate our watersheds, determine local climate, and absorb greenhouse gases and other pollutants. Moreover, we are just beginning to understand plants properly at a

molecular and cellular level, applications that demand precise ways of naming and understanding them.”

- Peter Raven, Missouri Botanical Gardens⁴

MEDICINE: *Santalum album* is used homeopathically, historically for the treatment of gonorrhoea and kidney related illnesses, most likely carried over from Ayurveda where it is considered as an astringent, antispasmodic, digestive, diuretic, analgesic, and an antiseptic. It is rich in various essential minerals, i.e., sodium, potassium, calcium, phosphorus, chlorine, magnesium, nitrogen, sulphur, and nitrates. It also contains traces of copper, zinc, iron, and manganese.

Historically, *Santalum album*, widely used in folk medicine for treatment of anxiety, fever, common colds, upper respiratory ailments, bronchitis, diseases of the skin: acne, erysipelas, cellulitis, urticaria, prurigo nodularis, and heart ailments, general weakness, insomnia, fevers, infection of the urinary tract, genital and urinary disorders, promoting the flow of urine, kidney disorders, swelling of the mouth and pharynx, as well as digestive, gastric irritability, including dysentery, and liver and gallbladder complaints.

To my knowledge, this is the first published homeopathic proving of *Santalum album*. In aromatherapy, it is used to soothe and calm the turbulent mind.

USES: The heartwood of the tree *Santalum album* is treasured for its aroma and is one of the finest natural materials for carving. Sandalwood oil has multiple uses and a prized status used in perfumes, cosmetics, aromatherapy and pharmaceuticals. It is therefore a threatened species the major cause of the decline of sandalwood has been overharvesting and smuggling.⁵

RELIGIOUS & SPIRITUAL USES: *Santalum album* is revered by devotees of several major religions of the world including: Buddhists, Hindus, Jains, Muslims, Sufis, Taoists, and Zoroastrians for its aromatic oil and fragrant wood.

It is mentioned several times in the Vedic scriptures of Hinduism, the *Nirukta*, *Vamana Purana*, and *Brahma Vaivarta Purana*. Powdered sandalwood is used in the paste applied to make Brahman caste marks and sewn into sachets for richly scented clothes.

Rabindranath Tagore wrote, “As if to prove that love would conquer hate, the sandalwood perfumes the very axe that lays it low”.

Ancient Egyptians used sandalwood for cosmetics, perfumery, anointing oils, incense, and in embalming and funerals as well.

This tree is regarded as divine and therefore is used in carving and construction of temples, sculptures or religious statues, and spiritual tools, which are known to stay fragrant for several decades. It is also used in cremation practices, for funeral pyres. It is

thought that the fragrant smoke carries the soul onward to its next incarnation and carries one's prayers to the divine.⁶

Svetambara Jain temples make incense offerings of *Santalum album* daily as gestures of devotion.

The first known sculpture of Buddha was chiseled from the sweetly fragrant wood during the 6th Century BCE; additionally, sandalwood seeds are used to make mala prayer beads and as incense to purify sacred spaces.

When Buddha attained parinirvana his body was cremated on sandalwood.⁷

In Zoroastrian Temples, the *Atash Nyiash* (Atash, Persian for fire, Nyiash, Persian for praise) is a prayer that is recited in celebration of the sacred fire traditionally performed five times a day. The ringing of bells during the ceremony signifies the driving away of evil thoughts, words and deeds. During a *Jashan* (blessing) ceremony a small Afarghanyu (fire vessel) is filled with sandalwood and arranged so that it burns continuously in the holy fire and blessing ceremony.⁸

FRAGRANCE: *Santalum album* is one of the most common ritually burned incenses found in Hindu and Buddhist temples around India and Tibet. Its fragrance descriptors include: intensely sweet, creamy or milky, distinctively soft, yet sturdy, balsamic, slightly musky aroma, with a rich woody note, with a green top note. Sandalwood oil therefore is much sought after luxury perfume and one of the most potent smelling botanicals in the world.

REFERENCES:

1. United States Department of Agriculture: Natural Resources Conservation Service. 2018. *Classification: Santalum album*. [Online]. Available: <https://plants.usda.gov/java/ClassificationServlet?source=display&classid=SANTA>
2. Encyclopædia Britannica, Inc. 2018. [Online]. Available: <https://www.britannica.com/plant/sandalwood>
3. Christenhusz, M. J. M., and Byng, J. W. 2016. *The number of known plants species in the world and its annual increase*. Phytotaxa. Publisher Magnolia Press. 261 (3): p. 201–217.
4. Jarvis, Charlie. 2007. *Linnaean names and their types: a permanent reference point*. Botanic Gardens Conservation International, Volume 4 Number 1 - January 2007. [Online]. Available: <https://www.bgci.org/resources/article/0564/>
5. Arunkumar, A.N., Joshi, G., & Mohan Ram, H.Y. 2012. *Sandalwood: History, uses, present status*. Current science 103(12):1408-1416 · December 2012. [Online]. Available: https://www.researchgate.net/publication/260024158_Sandalwood_History_uses_present_status_and_the_future
6. Ibid.
7. Quintis Co-Lab. 2017. *Buddhism: A Sacred History*. [Online]. Available: <http://co-lab.quintis.com.au/sandalwood-album-buddhism>
8. Kuruvilla, C. 2016. RELIGION: A Rare Glimpse Inside A Zoroastrian Temple In New York. Published by HuffPost. [Online]. Available: https://www.huffingtonpost.com/entry/a-rare-glimpse-inside-a-zoroastrian-temple-in-new-york-us_570563d6e4b0537661888a74

Santalum album Remedy Overview

⊕ Doubt

⊕ Internal vs External locus of control

The theme of doubt in this proving was so striking that it actually has impeded the completion of this publication and any of the documents the proving team has tried to produce. The doubt has shown up as a deep inner experience. Rather than doubting other people or facts, this doubt runs deep to the center of the prover or participant. It's a doubting of your absolute inner core. The feeling causes you to question what you are made of.

We all happen upon or choose a path in life and we follow it. Soon that path becomes a rut. In this proving, many of us were forced to examine our ruts. Is the path we've chosen the right one? Are we actually making any difference in other people's lives with the work we are doing? Should I be feeling this way given who and I am the circumstances I find myself in? Are my relationships alright?

We asked ourselves questions like, "Why do I live here?" and "Why did I set my life up this way?". This doubt became paralyzing. How were we to move forward when we are not sure how we got here or what we are supposed to do next. We wondered if we could even move forward because we felt so underqualified.

In this doubt and despair, we were driven to seek help. While there were 43 instances of the word "doubt" in this proving, there were 35 instances of the word "help". Sometimes we asked for help and none was given which brought up despair. At times we asked for help and it was given. In each instance, the help was needed because of our own lack of confidence and inner doubt. We were seeking reassurance that we are good enough and that good people are surrounding us. This need for others to help us feel safe and in control is, obviously an external force. The only thing that can help us is something from outside of ourselves.

On the other side of the doubt, we found our authentic voice. It was as if the substance walked us up through the gates of hell and doubt into the promised land of self-assurance and confidence. We received messages from our inner voices like "Be who you are. Show up. Live your authentic self." For some, this confidence showed up as ardent, fiery, and strong. It was as if we had all gone through a purification process, coming out the other side pure, whole and authentic. That which was rote and old was burned away revealing our true selves.

Through this process we were able to reclaim control over our own destiny once again. We were no longer seeking the voices from outside of ourselves to tell us we are good enough or qualified enough or feel the right feelings. After the purification, we are once again whole unto ourselves.

Physical Themes

Key Physical Conditions Addressed:

Head: Heaviness, can't hold head up. Tingling all around the head. Itching. Head pain, wandering pain moving all over the head; tightness as if squeezing, better from ice. Headache in the morning. Headache around or behind the eyes. Headache during menses. Headache better from strong odor.

Eye: Watering. Itching. Pain like a sharp splinter. Pain as if sand, dust, eyelash is in the eye. Dry eyes. Bloodshot. Conjunctivitis. Goopy discharge.

Vision: Blurriness. Things appear blue or blue-grey.

Ear: Ringing in the ears. Plugged sensation. Inability to hear. Pain in the ear upon swallowing. Heartbeat felt in ear.

Nose: Globes of mucus. Burning post nasal drip. Runny nose, worse on right. Bloody crusts. Clear, thin discharge. Hard crusts.

Face: Rosy cheeks. Pink, flushed appearance. Warmth. A feeling of tightness in the face. Pinched expression. Tightness, better from pressure. Neuralgic pain in the forehead.

Mouth: Tingling in roof of mouth. Drooling due to increased saliva. Increased saliva with nausea. Increased saliva with sleep. Sensation of freezing cold. Sores on the tongue, cheek. Jaw pain. Sensation of the mouth wanting to hang open. Tastes of copper, blood, yeast, bitter.

Teeth: Toothache.

Throat: Pain, better from swallowing; extending to ear, night. Soreness in tonsils. Feeling of constriction. A sensation of looseness. Tickle in throat from mucus. Burning, parched and red. Heat.

External Throat: Sore lymph nodes. Right sided stiffness from ear to shoulder.

Neck: Tightness

Stomach: Heaviness in the stomach, worse after eating. Nausea, sudden; worse from emotions, morning, drinking water; better from eating. Decreased appetite. Sensation of a lump as if heavy. Sensation of knot. Sensation of warmth. Vomiting, projectile. Gurgling and rumbling. Bloating.

Abdomen: Flatulence, bloating, gassy, bubbly. Foul. Better from diarrhea, passing gas. Pain which is sharp, intense around belly button. Goes from side inward. Urgency with diarrhea. Rumbling in the abdomen.

Rectum: Diarrhea; liquid, explosive, sudden, watery, lasting 2-4 days. Diarrhea better in morning, driving out of bed in the morning. Driving out of bed at night. Diarrhea accompanied by stomach cramps and gas. Diarrhea or loose stool alternating with hard stool. Burning. Diarrhea with anxiety. Ineffectual urging.

Stool: Long stool forming an S curve. Loose stool. Liquid stool. Copious. Gushing. Forceful. Explosive. Frequent. Burning, acidic. Scalding. Blood, mucus in stool. Light brown, sweet smell. Hard, dry difficult stool.

Bladder: Leaking urine with a sneeze or cough. Fullness not relieved by urination. Inability to fully empty bladder. Frequent urination. Urgency such that stream begins before reaching toilet.

Urine: Mucus in urine.

Female Genitalia/Sex: Menses short, late, absent or early. Light menses. Nipple soreness.

Larynx and Trachea: Hoarseness. Laryngitis.

Respiration: Breathing difficult in the cold. Breathing difficult with dry cough.

Cough: Tickling. Worse at night; talking. Need to whisper. Dry cough. Hard to breathe. Copious mucus. Suffocating mucus.

Expectoration: Thick, sticky, tenacious. Globes. White, green, yellow. Crusty and crunchy. Sticky.

Chest: Increased heart rate. Heaviness, tension. Tight rib cage. Slow breathing. Heat and warmth.

Back: Tightness and stiffness. Worse from movement. Better from being still and speaking of the symptoms. Spasming, sudden, intense, stabbing. Tightness in shoulders.

Extremities: Tightness. Cramping, worse in lower extremities. Spasming. Twinges. Deep pain in the hip, shoulders, knees. Excruciating pain as if something will snap. Burning and heat. Tingling, worse on inner side of arms and legs. Cracking joints. Limping.

Sleep: Unrefreshing sleep. Increased sleep. Easy sleep. Sleeping during the day. Difficulty falling asleep. Anxious thoughts keeping awake. Insomnia. Restlessness. Tossing and turning.

Skin: Dry, flaky, brittle. Itching, burning. Worse on insides of elbows. Peeling between the toes. Athlete's foot. Itchy bumps on chest. Skin feels cold as if surrounded by damp fog.

Generalities: Tiredness, fatigue. Weakness, exhaustion. No energy. Excess of energy. Energy increase. Electrical quality to the energy circulating. Stiffness and achiness. Tightness. Heat as if burning up. Chilliness. Deep cold as if your bones are cold. Worse in afternoon 4-6pm. Dryness, parched feeling. Canine hunger vs no appetite. Aversion to sweets. Desire for childhood comfort food, bread and butter. Desire for chai tea or spicy Thai food or spicy Indian food. Desire for alcohol.

Mental Themes

Doubt and Confidence

Doubting your capacity, your ability, your power and expression in the world.

The word *doubt* appeared 43 times in this proving.

"I saw Ruth Hayden, she said, 'Victims cannot get past their own story... If you can teach a victim you have to get them past that victim stance, they have to stabilize themselves first, to help themselves first, then their children, then they have to learn how to get out and find good work...' Prover 5, Day 5

"I agree. I heard what Ruth had to say, then I feel like can I do this? I was overcome with self-doubt, 'Am I actually helping anybody with homeopathy?' The self-doubt is in the pit of my stomach. I feel dread thinking about this. Do I know what I am doing? Can I do this? I have had self-doubt before, but now I am overwhelmed by thoughts of death."
Prover 5, Day 5

Despair triggered by doubt.

This prover's self-doubt triggered such a state of despair, that her escape was death throughout the proving as you will read she became obsessed with tsunamis.

This delusion was very strong, it felt so true, "Can I do this?", "Am I actually helping anyone?" The magnitude of the doubt and despair was great in several provers. There also a questioning of reality as seen in the next prover.

There is a sense that Prover 10 is seeking some outside authority to validate or orientate her: *"I doubt about my abilities, about the reality of what I've been doing. I have a project that I have been excited and interested in that I was easily able to manage any doubts that came up. This week I made a bigger step in getting the project rolling, and I feel more doubtful. Why am I doing this? Who will benefit and what qualifications do I have to do this?" Prover 10, Day 5*

When I am seeking validation I feel anxious. Prover 12, Day 3

Seeking guidance because you can't trust your own inner guidance. Needing someone to show you the way.

"The substance is poisoning me, it did occur to me that I was laid open to guides, energies, water sprites, magical beings, information, energy that were pouring through me faster than I could handle..."

For so long I've struggled with my ability to write. I wanted to complete things piece by piece, but now suddenly, thoughts keep pouring in. It is like, I think this is connected to how I sort of am always open to other people, here this is happening with guides and forces. 'This is what we want you to write about!

I feel I arrived and then I was abandoned. And, I feel that there are forces, guides, that are supporting me."

Prover 12, Days 3,4

*"This suffering is not human... I don't have any power. **I couldn't do this without a strong guide.**"*

"One endless reaction after another, self-doubt, you get lost, no more mind, or identity. I thought I would be lost in limbo for eternity. I tried to ground myself in the physical and the present moment. I have never been overwhelmed by terror.

This god or some great creature, a guide, this great creature is a guide to that beyond place, it understands all that..."

Prover 4, Day 9

Inner and Outer

The inner feeling does not match the outward expression.

"In my mind I am snappy with people, but in real life I am not acting that way." Prover 2, Day Information Absent

"Mentally and emotionally terrible the second two weeks, but physically, I feel great, nothing is keeping me from doing my day." Prover 3, Day 3

"Physically I feel terrible the first two weeks, but mentally and emotionally calm." Prover 3, Day 3

"I hate you. I hate you with a fire so intense it could burn this house down, should I choose to let it out. I don't trust you around my feelings at all. My feelings will hurt you. I need to keep my feelings inside, so my tears burn my eyes as they fall instead of setting flame to this house. Even if I wanted to let them out, I wouldn't know where to begin. How do I feel? I have no idea which words to pick, which words could symbolize the swirling mass inside me. Fuck words. I feel hot. I feel grrrrrrrr. I feel smash and break and snap and slap. I feel get the hell away from me. Don't touch me, don't look at me, do not regard me in any way. I hate you for the effect you have upon me. I do not wish to impinge upon you in any way, because I do not want you to be troubled with conjuring a response. Do not have a response to me. Ignore me. Turn and walk away." Prover 9, Day 9

Feminine Wisdom

Each of us embodies both feminine and masculine qualities and expresses them in different proportions at various times throughout our lives.

In this proving, several participants felt their innate feminine energies awaken and implore expression. Feelings and emotions, beauty, intuition, spirituality -- all these can be experienced fluidly, ebbing and flowing like the tides. The feminine aspect of emotionality, of fully feeling and seeing our own ever-changing emotions, came up throughout the proving process. There was a desire to connect with and heed our inner wisdom regarding feelings, and in this way honor our own inner truth.

*"Upper three chakras (Viśuddhi, throat chakra, Ajna, third-eye chakra, Sahasrāra, crown chakra) in the feminine side. I run in my lower chakras, I have five boys and my husband. This substance allowed me to access my feminine side and **the deeper spiritual aspect of myself** this is awesome, it is so cool.*

*The substance unlocked this potential and allowed me to **access this feminine side.**"*

Prover 6, Day data lost

"I want to be my full feminine Self. I want every ounce of my feminine energy available and at my disposal. I want to adorn myself in scented oils, beautiful cloth, gold jewelry. I want my hair to be beautiful, I want to feel so unabashedly beautiful and not apologize for it. I am so tired of apologizing for every aspect of myself. My emotions. My choices. My preferences.

Prover 9, Day 5

*"I want to authentically share my emotions. I've been reading and listening to a lot of David Deida. He writes about sexuality, about masculine and feminine energy. **Feminine energy wants to be allowed the freedom to authentically express.** To be affected by things and to freely show what that effect is in the moment. 'In the moment' is a very important point, because the feminine response changes, and it does so quickly sometimes. It is fluid, like water responding to things around it. Responding differently depending on what size stone is thrown in. Big ripples, little ripples. I want to freely express the power of my emotions, witnessed by a man who is unflappable. Who doesn't let my emotions dictate his. I want to be opened up so deeply, to have someone witness me and all my emotional reactivity."*

Prover 9, Day 5

Crippling Doubt to Existential Angst

Awareness of being alone in the world, lost, abandoned and forsaken. Making the journey through forsakenness to become your own guide. There is a sense that I am incapable and therefore I must be willing to make the journey... As humans we have no choice but to make that journey. No other choice.

"The proving was really was slow at first and then ramped up for the next few weeks, second or third week, and now it's tampering off... I didn't feel comfortable free flowing, allowing my thoughts to flow, I wish we weren't doing it this way, my supervisor observing me, aware of insecurity, doubt, and questioning of myself. I didn't want her to observe me in the first hour, I didn't want the exposure. I didn't articulate this at the time."

Prover 10, Day 26

*"Doubt, okay, we're doing this proving to help humanity. What is the point, there are so many people around us, we're going to die, all of us are going to die. This is my current life, I had one before, I will have another life, so **what am I actually doing here?**" Prover 3, Day 30*

"I have no power. I am done. I can't do it. This is the first proving I wish I didn't do. It is a tough angle on life. I feel I will be able to weather anything. I have been through all of these crazy and stressful things. It is a very strange substance. Chaos. I need to look at it and learn to breathe." Prover 4, Day 10

Throughout the proving provers expressed resistance to capturing the data and recording their symptoms. There was a time in the proving we wondered did we

have enough recorded data to have a proving (the doubt was all pervasive and effecting the Proving Master, counsellors, and supervisors alike)?

“I wanted my friend to help me through something. I wanted to purchase a car. My friend backed out at the last moment. I became pretty upset. 'You know you need to ask for help. You can't do it all by yourself all the time,' he said. So then, I asked for help, then, he didn't help me, even though he was always encouraging me to ask, when I did he didn't. He backtracked and made a bunch of excuses; this made me feel... Tight in my chest and a tight and a lump in my throat. A tightening of my throat. A warm heat, a tension, like you are clenching your fist, but it is in your chest. I also feel this heaviness in my chest and heat. As I am retelling this, I'm feel alone. Is this actually a good thing seeing these things? Having doubt, a lot of doubts. Doubt in relationships. Codependency. I was in a different state. Should I have done the proving? Should I have said what I said? I don't know. I feel really disappointed. I feel in doubt and insecure about friendships and relationships.”

Prover 2, Day 27

Fiery Temperment

“So annoyed with dogs once I put them on leashes after some off-leash running. Constantly pulling them. Barely holding my temper. Impatient. Usually I am better and try to be more creative about getting them to move. I just wanted them to obey me.” Prover 10, Day 2

“More fiery inside, angry, antagonistic spirit.” Prover 2, Day 1

“I could see myself gearing up for a battle with my husband this morning. I was just ready. I get inflamed easily. A short fuse.” Prover 5, Day 8

“I feel good, rested, peaceful but aggressive. Taking everything the wrong way.” Prover 6, Day 2

“Look, I have this fiery aggressive side, I need to get edgy and fired up sometimes,' there was a resolve, I was in this women's group, I could be super clear and channeling like, helping someone in the group to see how she was asking her husband to be present in a way he couldn't actually be yet, I feel super clear and very sure about that. In contrast to the doubt. This is very interesting.” Prover 10, Day 26

“The energy is a fiery energy. That's how I'd put it. Fiery, it'll burn me out. I become over physically stimulated and need to wear myself out to keep going.” Prover 7, Day 16

"I am angry; I am burning up." Prover 12, Day 6

"Short tempered with son's temper tantrums." Prover 3, Day 5

Grounded in Inner Knowing

Then the doubt begins to shift and transform or clarify in the proving.

"I remember that friends of our family who were very politically minded who participated in the Civil Rights Movement thought that they were being 'listened' to by big brother, when their mother died, they received a file several inches thick detailing their surveillance. It was surreal. I think of this whenever I take a civil action, my self-doubt kicks in, but my thirst for justice wins out."

Prover 5, Day 29

"The doubt that I had been experiencing has given way to a sense of groundedness."

Prover 10, Day 29

"I said more clearly than ever what I was feeling. In a way I was more able to pinpoint things, like voicing my emotions or feelings and my observations. I was seeing feelings with greater clarity." Prover 2, Day 27

"I have recently created a boundary with a family relationship that has been a long time coming. I am finally feeling secure in where I stand in my relationship and feel certain I can hold my boundary there." Prover 9, Day Information Lost

The healing benefits of participating in a proving often go unnoticed, but they can have a long lasting effect for many of the provers. There were many provers who experienced doubt and this prover experienced both doubt and healing with regard to a long held grief, the death of her child several years ago.

"I have been very dedicated to the proving. I haven't taken anything. I am used to quickly taking an acute remedy or an herbal tincture or an over-the-counter pain relief. Watching comedies, Jerry Seinfeld's Comedians in Cars Getting Coffee, 20 minute shows, he drives around with different comedians and they get coffee, his humor is appealing to me right now. His cynicism, dry humor, when he laughs, he fully laughs. He fully embraces his laugh, that makes me laugh, and smile along with him. I have some tears in my eyes. It feels good

that I was able during this time, in this proving, to hear him laughing, fully laughing, and I too could fully laugh.

It feels really good to fully laugh. My child died three years ago. The act of laughing has felt, and continues to feel like I am negating that sorrow of the loss of my child. I remember the first time after I fully laughed, 'Wow, that was real laughter,' it was really few laughs and far between laughs for me.

As the years go on, there is less and less arenas where I can show my grief. That whole concept of one year of grief and then you move on, that doesn't really happen, does it? I tried to talk about my son's death with his father and he was like, 'Why do you want to talk about that?'

This is a really unique experience. I don't know what to expect or fully what to think about it.

Withdraw, and put on a brave face, that's what I usually have to do.

What am I doing here on the planet? Feeling constant doubt. A weird dichotomy when I have another child.

Doubt, okay, we're doing this proving to help humanity. What is the point, there are so many people around us, we're going to die, all of us are going to die. This is my current life, I had one before, I will have another life, so what am I actually doing here?

What am I doing here? When I say that, I feel it in my eyes and in my chest.

Tight. I am breathing into it. Well, actually, before I said it outloud, I feel tightness, now it just feels empty. Emptiness.

Now it feels empty, like my chest is opening, like two French doors, opening, there is a big open space within, it is ready to receive.

There is an incredible lightness, like the French doors are open, light is streaming out, pure white light is streaming out and filling that empty space within, it's brilliant and you can't see into it. Like when someone is going to the otherside. Like 'heaven' or the 'afterlife'.

Like Superman's emblem, family crest, mine is this pure white light radiating outward.

Like entering the unknown. Potential. Or possibility. Pure possibility. If I could go forward with this light radiating out of me, I could beam my light everywhere, I could touch everything with joy. I could be this big radiant light. Pure joy.

I have no right to do that, how dare I, I am a bereaved mom, I need to live out my sad little life quietly over here.

Is my son's death a sentence? This is my soul's journey, this is suffering, 'Why did this happen?' This is his path, this is my path, now I've been dealt this hand, this is what I have to carry the rest of my life. Otherwise, I don't agree with the new age terms of learning a lesson. But, if that's how my life is playing out...

It is like I have to find some reason for this other than happenstance.

To validate the experience.

To be validated, I could finally fully be myself. To have people automatically recognize, 'This women can be sad and happy at the same time and we don't have to judge her for having those feelings.' I wouldn't have to be neutral and having no emotion at all."

Prover 3, Day 30

Seeing oneself in a larger context and in relationship to the whole life experience, not just part. What is this all about? Making meaning out of a tragic event. Making meaning out of the mundane. The entry above captures the whole process that was observed throughout this proving. There is something in *Santalum album* that has to do with truly allowing yourself to feel what you are feeling and allowing those feelings to flow...

"I feel excerpts of emotion a certain way, accept it and move on. Normally my emotions are not that fluid. Usually I feel an emotion and try hard to stay in it. Usually I grab an emotion and hang onto it..

I want to know that my relationships are concrete. I am seeking blatant affirmation more than usual. Struggling more with the area of emotional intelligence. I am questioning, doubting, all friendships and relationships. Ongoing doubts about my minor failures, not fulfilling my duty in piano practice and stuff like that."

Prover 7, Day data lost

"The substance is giving me access to my emotional intelligence." Prover 3, Day 30

Water and Fluidity

The energies that came through the proving of *Santalum album* expressed themselves through water imagery, a paradise, the oceans, bliss, and an expansive state of fluidity, and as a force to be reckoned with in tsunamis.

"Things were going in this certain direction. The proving was the shove, the unlocking of that door and now I am going in the right direction. I see this wide open water, the water is the most amazingly blue color than you've ever seen, the sands are white, no one is around, it is calm, flowing, peaceful, **it is just you and the waves...**"

Prover 6, Day 11

The communicative capacity of water is expressed in the *Santalum album* proving. Water imagery appears by three provers on Day 1 of the proving. Water seems to represent entering the meditative experience which is always changing and ever

present. Water shifts, it changes, it adapts. Water as a feminine force, as a calming or soothing emotional state, and water as a destructive force (tsunamis). Water contains guides and hidden forces and undercurrents...

Immediately after taking the substance, “Out on a boat, in the water, a canoe, out in the great blue realm of the water, it's all blue there is nothing on the horizon.

I am sitting in a canoe, leaning against this pillow that light yellow, with green and red thin stripes. I am leaning back and looking out across the vast expanse the water. The canoe is just floating, gently floating, it is very relaxing, I am just drifting along the water; it is so very comfortable. It is like on the edge of drifting off into sleep but still being awake.

There are these nymphs or water sprites, they see me, I am not interested in conversation. They drift off. I see sparkling, swirling kinda energy or smoke, drifting transparent glass, star-like, shining, sparkly... They are like wisps of smoke. Are they curious about me, do they want something from me?

Sometimes, I get this sensation that people want something from me, but I don't want to give anything. I wonder, ‘Are they trying to take something from me without my permission?’ Or is it my inability to share unconditionally?”

Prover 12, Day 1

“Everything that is fluid and water. All of the oceans, **the communicative capacity of water**, listening to something greater, deeper, wider, just pure open.”

Prover 4, Day 1

“The substance is poisoning me, it did occur to be that I was laid open to guides, energies, water sprites, magical beings, information, energy that were pouring through me faster than I could handle. This substance opens a door or tears down a wall, allowing too much to rush in too fast, like a flood. Completely overwhelmed and flooded by energies forces and ideas. For so long I've struggled with my ability to write. I wanted to complete things piece by piece, but now suddenly, thoughts keep pouring in. It is like, I think this is connected to how I sort of am always open to other people, here this is happening with guides and forces. 'This is what we want you to write about!'”

Prover 12, Day 3

Is it okay for me to express my emotions? “When I feel very emotional I get very, very quiet because historically my emotions have made other people upset. I want to authentically share my emotions. I've been reading and listening to a lot of David Deida. He writes about sexuality, about masculine and feminine energy. Feminine energy wants to be allowed the freedom to authentically express. To be affected by things and to freely show what that effect is in the moment. ‘In the moment’ is a very important point, because the

feminine response changes, and it does so quickly sometimes. **It is fluid, like water responding to things around it.** Responding differently depending on what size stone is thrown in. Big ripples, little ripples. I want to freely express the power of my emotions, witnessed by a man who is unflappable. Who doesn't let my emotions dictate his. I want to be opened up so deeply, to have someone witness me and all my emotional reactivity. I see how I have withheld my emotions from most people in my life. It feels dangerous to share them, to share with others how I feel, because it might make them upset, it might make them mad at me. I can't have anyone mad at me."

Prover 9, Day 5

Death, Dying

Then the calm, peaceful, soothing aspects of the water gives way to its destructive and ultimately transformative power. One prover developed spontaneous interest in tsunamis... This interest began within the proving and then ended. These images were of paradise lost...

"Sometime in the last week I began to watch tsunami YouTube videos. I watched one from March 11, 2011 in Japan. First an earthquake 9.0, 80 miles offshore, the people run, they go to higher ground, watching in horror as all that they build is washed away in seconds. 28,000 people died from the enormous quantities of water. The waves from the air are incredible and awesome. The waves move as fast as 5 miles per second!

There are all sorts of terms in tsunamis that I've never heard before. One wave in one of the tsunamis was almost as tall as the Transamerica Pyramid in San Francisco, California, it has a structural height of 853 feet (260 m) and has 48 floors of retail and office space. I have never watched videos like this before it is horrifying and fascinating at the same time. It is related to this theme of death. Although, sudden death."

Prover 5, Day 7

There was also an upsurge in cannabis use in the proving by three of the provers. Technically, their data ought to be struck from the proving; however, the language of the substance continues to speak through each of them. Prover 4 had the experience of the vast expanse of the oceans and the humbling that follows by destructive forces as a result of his actions. There was a feeling of loss of identity within the proving.

"One endless reaction after another, self-doubt, you get lost, no more mind, or identity. I thought I would be lost in limbo for eternity. I tried to ground myself in the physical and the present moment. I have never been overwhelmed by terror. I feel this is not good. I ate

a weed brownie on Sunday. I could not go to sleep afterward. I feel I was going to fall into an eternal limbo of twisting realities. I thought I was going to go mad.

Losing my body. I thought I would go into endless mania. Like a dark hall of the unconscious. Twisting patterns and forms. Were not meant to go there. I have never been so aware of it. Do not go there. It is hell.

I couldn't breathe, I went nuts, I was there in the hospital thinking I could die.

No heaven, no peace, I thought I glimpsed hell. An eternal cascade of nonsense and chaos. It was the most terrifying thing in my life. I would never recover. It was an endless limbo between life and death, where you go on forever.

I was near paralysis. They gave me fluids at the hospital. I thought I would pass out and get tachycardia. I feel paralyzed. I couldn't breathe. I was close to passing out. If I passed out I wouldn't ever come back.

After the intravenous fluids my heart rate came down. I told everyone I was dying. I saw my funeral. I was convinced I was gone. It wasn't like dying it was going into an eternal hell.

You are split. No identity. I could see a break from reality.

I understand why people wanted to get out of this proving.

Ordered violence would be easier than this chaos.

Expecting death.

Chaos is too much.

I understand simple substance. I never knew you could get lost in the unconscious. Death is way better. I don't know if I wanted that experience; that was too much. That was close to breaking me.

That was too much.

This suffering is not human...

I don't have any power. I couldn't do this without a strong guide.

I thought this was some deep blue ocean remedy, this was beyond that into chaos. I understand why we want to live simple lives.

Breathing, my breath, allows me to slowly to return to my body. This is what happened after the fluids and the tachycardia. I slowly am returning to my body as I breathe into my heart. Yeah.

Now I am floating in the middle of the ocean, in a bay, the great orca comes, I am okay with the orca, a steady, steady friend. I feel the most eternal silence. Sun shining through the water. The orca slowly swims around me and I am okay with that.

This god or some great creature, a guide, this great creature is a guide to that beyond place, it understands all that..."

Prover 4, Day 9

Paradise as Freedom of Expression

Perhaps the imagery that arose spontaneously within multiple provers around water has something to do with *Santalum album's* ability to help an individual to enter the deep waters of the unconscious in order to bring some heretofore, unknown elements to the surface of the consciousness to be integrated? From chaos, terror, hell, into paradise again. The fear that paradise is lost. Paradise seems to be a return of confidence, a clearing of self-doubt, or a freedom of expression, or a retreat from the pressures of life in community, in relation to the other, and a knowing that we have all that we need within. Community coming together into harmony.

“The door opens, this is a paradise, you live on a beach, there is this warm water, open water, everyone on the beach gets along. Paradise, you're on this beach sitting on a chair, waves rolling in, everything is available to you. You don't want anything, whatever you need is just there.”

Prover 6, Day 11

“I don't know what I am allowed to feel. I feel like I am coming up on opiates... I feel relaxed, heavy, and grounded like everything was in slow motion... I feel like I am floating outside my body watching everything happening...”

Prover 7, Day 1

“If I weren't afraid, what would I do? I would get everyone together and **say what I want to say**. I feel just now, that would be impossible, because of how everyone else feels. And, if that could happen, what a relief that would be... Relief is letting go, **completely letting go of things you lock inside**, freedom from stress, and freedom from the situations that are bothering you.

Picturing the aftermath of relief, someone swimming in water, nothing holding you in, free easy water all around you. Just floating, swimming, it would be peaceful and calm and living in the moment. Living in joy and enjoying the moment, rather than worrying about the past or thinking about the future.

The water is like a lake, it is just me or someone, walking from the shore into the water, just deep enough that you begin to feel weightlessness, like you are treading water. The water looks like it would be chilly, but I really have no sense of the temperature.”

Prover 8, Day 14

“This substance opens a door or tears down a wall, allowing too much to rush in too fast, like a flood.”

Prover 12, Day 3

“The canoe is like my body containing my spirit, my body can move me along the waters. The waters are so mysterious and always changing. The unknown, whatever will come up and reveal itself. A wave might come along and take me. But, I do not fear drowning.”
Prover 12, Day 29

“Today a friend of mine with alopecia who made a documentary about it was interviewed for a podcast that went live today. I listened to it. The Podcast theme is about being brave. My friend talked about her healing through alopecia, about **accepting herself as she is. This seems to be a recurring theme.**” Prover 10, Day 24

Background

- **Sandalwood** (*Santalum Album*) – aids digestion, stops diarrhea, soothes headaches and gout (used, of course in incense). (From “Ancient Egyptian Medicine” on <http://www.crystalinks.com/egyptmedicine.html>)