

Samarium cobaltum magneticum
(Samarium Cobalt Magnet)



Proving of Samarium cobaltum magneticum,

Samarium Cobalt Magnet

Northwestern Academy of Homeopathy

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www.homeovista.org/provings/

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#

Samarium cobaltum magneticum Background

*If you come over here
We can grab both edges
Of the gap
And hold it open
For the light
To
Come
Through.*

- Ann Betz (written during the proving)



CHEMICAL FORMULA: SmCo₅ Magnetized

SYNONYMS: Rare Earth Magnet

METHODOLOGY: The proving consisted of 17 provers (14 females, 3 males). The remedy administered in 30C potency with two placebos. The proving was double blind format in which neither the master prover, supervisors nor provers were aware of the substance they were taking. During the proving, provers logged symptoms on a daily basis and were in daily contact with their supervisor until symptoms subsided.

Magnets

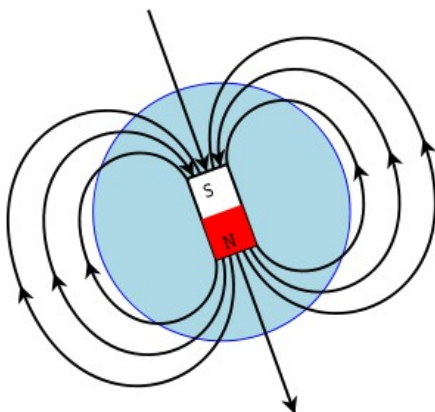
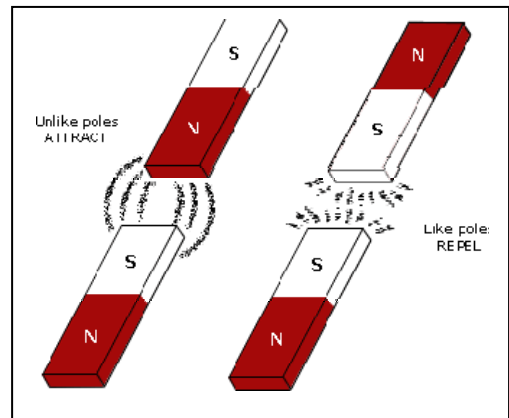
Introduction

A magnet is any object that has a magnetic field. It attracts ferrous objects like pieces of iron, steel, nickel and cobalt. In the early days, the Greeks observed that the naturally occurring 'lodestone' attracted iron pieces. From that day onwards began the journey into the discovery of [magnets](#).

These days magnets are made artificially in various shapes and sizes depending on their use. One of the most common magnets - the bar magnet - is a long, rectangular bar of uniform cross-section that attracts pieces of ferrous objects. The magnetic compass needle is also commonly used. The compass needle is a tiny magnet which is free to move horizontally on a pivot. One end of the compass needle points in the North direction and the other end points in the South direction.

The end of a freely pivoted magnet will always point in the North-South direction.

The end that points in the North is called the North Pole of the magnet and the end that points South is called the South Pole of the magnet. It has been proven by experiments that like magnetic poles repel each other whereas unlike poles attract each other. Correctly [matched poles](#) create the tight magnetic attraction that is commonly understood.



Magnetic Fields

What is a magnetic field? The space surrounding a magnet, in which magnetic force is exerted, is called a magnetic field.

If a bar magnet is placed in such a field, it will experience magnetic forces. However, the field will continue to exist even if the magnet is removed. The direction of magnetic field at a point is the direction of the resultant force acting on a hypothetical North Pole placed at that point.

How is a magnetic field created?

When current flows in a wire, a magnetic field is created around the wire. From this it has been inferred that magnetic fields are produced by the motion of electrical charges. A magnetic field of a bar magnet thus results from the motion of negatively charged electrons in the magnet.

Magnetic Lines Of Force

Just as an electric field is described by drawing the electric lines of force, in the same way, a magnetic field is described by drawing the magnetic lines of force. When a small north magnetic pole is placed in the magnetic field created by a magnet, it will experience a force. And if the North Pole is free, it will move under the influence of magnetic field. The path traced by a North magnetic pole free to move under the influence of a magnetic field is called a magnetic line of force. In other words, the magnetic lines of force are the lines drawn in a magnetic field along which a north magnetic pole would move.

The direction of a magnetic line of force at any point gives the direction of the magnetic force on a north pole placed at that point. Since the direction of magnetic line of force is the direction of force on a North Pole, so the magnetic lines of force always begin on the N-pole of a magnet and end on the S-pole of the magnet. A small magnetic compass when moved along a line of force always sets itself along the line tangential to it. So, a line drawn from the South Pole of the compass to its North Pole indicates the direction of the magnetic field.

Properties of the magnetic lines of force

- 1) The magnetic lines of force originate from the North Pole of a magnet and end at its South Pole.
- 2) The magnetic lines of force come closer to one another near the poles of a magnet but they are widely separated at other places.
- 3) The magnetic lines of force do not intersect (or cross) one another.
- 4) When a magnetic compass is placed at different points on a magnetic line of force, it aligns itself along the tangent to the line of force at that point.

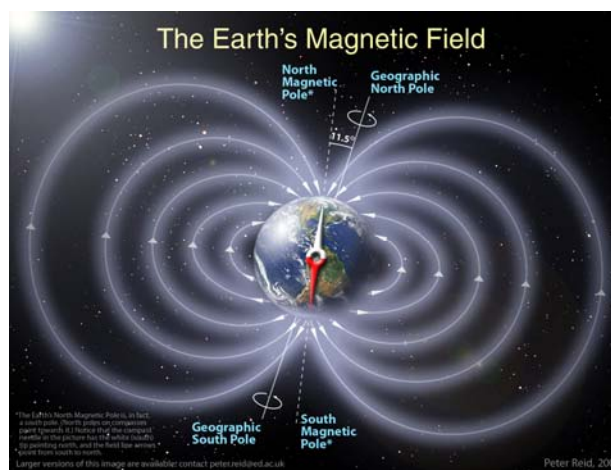
These are just some of the basic concepts of **magnetism**. One cannot possibly grasp the depth and appreciate the versatility of magnets without reading more about the uses of magnets, the Earth as a huge magnet and electromagnetism among other things.

The Largest Magnets

The Earth itself is a magnet! Researchers think it's the effect of convection currents in our planet's molten interior that causes the entire Earth to behave as one gigantic magnet, with a north and south pole.

Whenever you look at a compass, what you're doing is reading the magnetic field of the planet on which you are standing. But even a magnet the size of a planet can't compete with a magnet the size of a star.

For example, the sun is a magnet. In this case, the magnetic field is probably generated by swirling plasma. Magnetic storms on the sun are powerful enough to have an effect on satellites and communication systems all the way here on Earth. Still, there are things in



space that put all of these magnets to shame ^[7]

Time-Space Distortion ^[8]

Electric charges and magnets do indeed "distort space," but this happens on a couple of levels.

According to the current best theory of gravitation, which is contained in [Albert Einstein](#)'s famous general theory of [relativity](#), a gravitational field represents a curvature of space-time, rather than a distortion of it. Anything that carries energy, momentum and stresses is a source of a gravitational field, that is, a curvature of space-time.

Electric charges and magnets are manifestations of certain types of matter, most particularly electrons. Since matter carries energy (via Einstein's famous relation that energy is mass times the speed of light squared), such objects will have a gravitational field and so they will distort space-time. So one way in which a charge or a magnet will distort space-time is by virtue of its matter.

You see, electromagnetic fields themselves carry energy (and momentum and stresses. Because an electromagnetic field contains energy, momentum, and so on, it will produce a gravitational field of its own. This gravitational field is *in addition* to that produced by the matter of the charge or magnet. ^[8]

This Time-Space distortion is based on the same principle that distorts time and space around a Black Hole" in space.

Rare Earth Minerals (Lanthanides) ^[9]

As defined by [IUPAC](#), **rare earth elements** or **rare earth metals** are a set of seventeen [chemical elements](#) in the [periodic table](#), specifically the fifteen [lanthanides](#) plus [scandium](#) and [yttrium](#).^[2] Scandium and yttrium are considered rare earth elements since they tend to occur in the same [ore](#) deposits as the lanthanides and exhibit similar chemical properties.

Despite their name, rare earth elements (with the exception of the radioactive [promethium](#)) are [relatively plentiful](#) in the [Earth's crust](#), with [cerium](#) being the 25th most abundant element at 68 parts per million (similar to [copper](#)). However, because of their geochemical properties, rare earth elements are typically dispersed and not often found in concentrated and economically exploitable forms. The few economically exploitable deposits are known as [rare earth minerals](#). It was the very scarcity of these minerals (previously called "earths") that led to the term "rare earth". The first such mineral discovered was [gadolinite](#), a [compound](#) of cerium, [yttrium](#), [iron](#), [silicon](#) and other elements. This mineral was extracted from a mine in the village of [Ytterby](#) in [Sweden](#); many of the rare earth elements bear names derived from this location. ^[9]

Rare Earth Minerals in Green Earth Technology

Numbers 57 through 71, along with number 37, of the periodic table of elements are collectively known as the [rare earth minerals](#). These particular elements are garnering a lot of attention these days due to the well-known problems which are rising from our dependence as a society on fossil fuels. These particular elements of the periodic table hold great promise for unlocking new sources of green energy.

Rare earth minerals have the potential to revolution the way a car works, because they can play a major role in the functioning of hybrid electric vehicles. The technology involved here is called the "rare earth permanent magnet." This device works by stimulating the flow of electrons from one atom to another and by doing so, it can generate a substantial amount of electrical energy. These electric traction drives can supplement or even totally replace the internal combustion engine, thus doing away to a significant extent or even entirely with the need to burn fossil fuels in order to make your car run. In short, the possibilities lurking in rare earth minerals for green technologies is immense. ^[1]

Rare Earth Magnets

Rare-earth magnets are strong **permanent magnets** made from **alloys** of **rare earth elements**. Developed in the 1970s and 80s, rare-earth magnets are the strongest type of permanent magnets made and have significant performance advantages over **ferrite** or **alnico** magnets. The **magnetic field** typically produced by rare-earth magnets can be in excess of 1.4 **teslas**, whereas ferrite or ceramic magnets typically exhibit fields of 0.5 to 1 tesla. There are two types: **neodymium magnets** and **samarium-cobalt magnets**. Rare earth magnets are extremely brittle and also vulnerable to corrosion, so they are usually **plated** or coated to protect them from breaking and chipping. ^[3]



Rare Earth Mining In China ^[2]

Why aren't there more companies mining them? Rare earth minerals are not something new. They have been mined in the past but the process of mining them was too expensive to make it worthwhile since the applications for these minerals were minimal. Today, the demand is there and unfortunately, there are simply not many mines active. This leads to the underlying problem in supply.

Rare earth minerals are those found within the earth that until recent decades, have not been thought of as valuable. Many companies stopped mining for these products because of the limited use of them, and the fact is where there is limited use, there are also limited funds. However, new technologies found the exceptional benefits of these minerals for commercial, defense, and everyday technologies. Since then, demand has greatly increased, so the minerals are considered "rare" because there's not enough being mined to fit demand. China continued to mine and so is really the only one mining at the level necessary for the demand present.

SAMARIUM, A Remedy Profile

Is in column 8 (Ferrum column) of the Lanthanide row. It represents resistance under the burden of the weight of the whole earth. The headaches in this remedy are representative of the Lanthanides.

They experience even more pressure and tension than the other Lanthanides. They work under pressure for the benefit of others. They may feel opposed or obstructed in their goal. They mostly work on their own, on their quest for spiritual development. ^{[10] (Scholten)}

Uses: Carbon-arc lighting for the motion picture industry. Lasers. Samarium oxide is used in optical glass to absorb infrared light. Used in magnets, SmCo5 is used in making a new permanent magnet material with the highest resistance to demagnetization of any known material. Samarium is used in headphones and as a catalyst in dehydration of ethanol. ^[10]
(Scholten)

Samarium has the theme of "Good Samaritan" In their quest for enlightenment; they also seek to assist others. They can fight and strive to care for others.

Within Samarium is the concept of endurance of hardship. They continue striving even after being injured. The concept is they need to give up things to conquer the shadow.

COBALT, A Remedy Profile

Cobalt belongs to the meeting point of Column 9 and Row 4. The main feeling in Cobalt is "I can face the opposition and defend myself but I doubt whether my protection is absolute and complete" ^{[4] (Sankaran)}

A main Cobalt delusion is that they have committed a crime.

Samarium cobaltum magneticum Remedy Overview

Mental Overview

At the forefront of this remedy is the fact that it is a magnet. Therefore, you would need to see magnetic terminology (Theme: Duality and Theme: Magnetic Forces). The client would use terms like “drawn to” “pulling” “attraction” “connection” “dis-connection” “resistance” and “polarity.” Because magnets are not “natural” substances per se, meaning they are really energetic, the client should have some other worldly view of this “force” in their life. They might battle unseen forces in their dreams or feel “pulled” to do things as if desperate or having no control.

The second major component of this remedy is the Lanthanide aspect. This client would be focused on self healing. Their entire world could be focused on the search for spiritual enlightenment. They may have sworn off the “real world” and have even retreated to a more spiritual life (Theme: Separation). For Lanthanides, autonomy is very important. Here, you see both a desire for autonomy or individual freedom as well as a pull to separate themselves from others.

In this quest for healing and movement they can actually become very rigid and stuck (Theme: Resistance). Searching for freedom, their fear keeps them stuck and hidden (Theme: Hidden). They have spent much of their life hiding their true nature or “light” as they would name it. They fear their incapability to handle things if they step out into the world. They may have dreams of hiding or dreams of doing something criminal or immoral.

More than anything they desire to find the “light.” Within this light they find love and connection to all, Bodhichitta (Theme: Bodhichitta). They will be attracted to the sun and sunlight. When they feel this connection, they can feel the universal flow of energy (Theme: Universal Flow) and finally let go of their fear allowing themselves to finally experience their true self and complete freedom. Here they are “in the flow” allowing and trusting the universe, fearless and powerful. Nature plays a role in this state. It appears to represent both a superhuman force as well as a catalyst in their healing. They may have dreams of water, near water, of flooding or of tsunamis. They may even experience flooding or water issues in their life. It’s as if nature is trying to get your attention.

Even in their hidden and fearful state, they will be a tune to humanity and the suffering of others, as it is representative of their own inner suffering. They may have dreams of needing to care for others, especially children or the sick. They are sensitive to the negative energy of others and will need to get away from it.

They seek for clarity, clarity in how they see themselves and how they see the world (Theme: Clarity and Confusion). They desire balance and harmony in their life (Theme: Balance). When they are balanced they have clarity and peace. To achieve this “peace”, they can become obsessed with creating order and harmony physically in their life (Theme: Desiring Order). They can be obsessively clean and neat, needing things in order. This order has an almost Oriental aspect, meaning their desire the simplicity harmony and order found in Japanese gardens or in Asian art and architecture. In the opposite to this, they can fear clutter and feel scattered in their thoughts. Opposite of this clarity is a scattered or confused state. They can arrive late for appointments. Their thoughts might be scattered or have difficulty focusing or concentrating.

A unique aspect of this remedy is the “veil” (Theme: Hidden). They believe that there is a force or barrier between them and the rest of the world. They feel a distance from others. At times they will feel like a bystander, at other times they may feel isolated or abandoned. In their delusion, they believe this distance from others will give them clarity. It can, but it also isolates them and prevents true healing or transformation (Theme: Burning Karma).

Within this remedy is a polarity between the light and the dark, between you and your shadow side that you keep hidden. They battle this darkness in their dreams or in real life through painful experiences. In truth they need the reconciliation of these two parts.

This remedy appears to “draw to” a person that which he needs to “heal” or “burn karma.” During the proving, several provers experienced painful situations in their life through which they were able to receive healing and a sort of transformation. The situations included deaths, unrequited love, broken relationships, and lost opportunities. Through this pain, many were able to find healing.

The Cobaltum influence on this remedy is not as significant as the Samarium or Magnet influence. You can feel the Cobaltum as they worry about finances or responsibility for their family. The role of the father and the person’s relationship to their father plays a factor. They may have dreams or delusions, they have committed a crime.

Physical Summary

(see Rubrics on Website) www.homeovista.org/provings/

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Samarium Cobaltum magneticum Mental Themes (alpha order)

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Balance, Confidence, Speaking Out

"The image was for serenity, love and balance"

"Did I just take a smart pill?"

"Felt very comfortable expressing my point of view"

They desire balance in their life. In these moments of balance, they can feel the peace and calm they desire; the opposite of the foggy and scattered sensations.

- There can be an exaggerated sense of confidence within this state. It is a match to the opposite experience of "no resilience" (theme: Resistance). This feeling of capability appears curative for many of the provers. Sometimes it is actually exaggerated, making them feel capable beyond their abilities.

In their experience of confidence, they have an activated need to speak out. It can almost feel compulsive and impulsive as they blurt out their thoughts. It's as if through their voice they can release the withheld part of themselves. Often their desire to speak out has to do with helping others or speaking out for harmony or humanity.

Balance, "Peaceful Sensations"

- My head feels heavy. I skipped Yoga, **don't feel like I have balance.** (3)
- **Re-establishing a better harmony between us.** It's rare **I push it** and ask things, because I don't want to be faced with the evasion. This is an important little step for our developing **a sort of trust back and forth.** (4)
- Peaceful sensations flowing through me. (9)
- **There is a harmonic resonance** between this man I'm in love with and me. His vibration not only fits with my field but takes it somewhere that is beautiful... (10)
- .. Rather than just taking a medication, I would like to **explore integration and balance.** (9)
- Woke up in a really **sweet place, peaceful.** (16)
- .. His message implied our relationship and its path of growth for this year; the card said the image was for **"serenity, love, and balance."** (110)

"I can do anything," Optimistic, "Did I just take a smart pill?"

- **...Did I just take a smart pill?** Feel energized, excited, optimistic. Feel like I can make my career anything that I want it to be. (108)
- **... I (boldly) asked him** if he could figure out how to fund bringing leadership training and coaching to the dusty roads of the world, and he got very interested. (10)
- ... Feeling rather **bold and assertive** as I do this... (14)
- ... In general, not dwelling on negative thoughts as much. (16)
- I am full of energy. **.. I want to leave, feel very strong.** I want to go do something... (7)



- I feel like I can do anything. Possibility is endless. Nothing is impossible! (5)
- I still feel mentally calm and able to handle things...Even if there is a challenge I am able to get through it. I can handle it. (2)
- (dream) The deacon from my church was talking about spirituality to a class. I felt like I could teach it better. **In this dream I didn't get up to teach it, but inside felt I could. I felt pretty arrogant in the dream.** (12)

Speaking Out, "I spoke clearly and without apology"

- Husband was complaining about having to do church choir. **I was pretty direct in saying he has a choice.** He does not have to go. We had a good discussion about what drives him to go. (14)
- I'm accustomed to minimal sharing/speaking, but today, I found myself taking the floor. (5)
- Attended adult class at church this morning. **Felt very comfortable expressing my point of view,** which I know some in our church would find radical. (14)
- I felt I had a clear reason to be disappointed in her work, **so I spoke out clearly and without apology.** Perhaps I should have been more sensitive to do this in front of others. But her self-interest had maddened me (8)

Bodhichitta, Universal Love

"As if in love, connected to all."

Bodhichitta

Literal Meaning/Etymology: *Bodhi* means our 'enlightened essence' and *chitta* (Skt. *citta*) means 'heart' or 'mind', hence the translation 'the heart of enlightened mind'.

Scholarly Definitions

The most famous definition of bodhichitta appears in Maitreya's *Abhisamayalankara*:

Arousing bodhichitta is: for the sake of others, longing to attain complete enlightenment.^[1]



This has twin aspects or purposes: 1) focusing on **sentient beings** with **compassion**, and 2) focusing on complete **enlightenment** with **wisdom**.

Within this theme we see one of the central desires of this state, to achieve the perfect awakening of self, to bring their light into the world and therefore bring light and love to others. It is referred to by one of the proverbs as Bodhichitta.

In dysfunction, they may seek only for this Bodhichitta and loose connection with the real world around them. They may become too conscious of the pain and suffering in humanity and feel pressure on themselves personally to relieve it. A keynote would be dreams of having to care for other people's children. Within this theme are also dreams of trying to help others and distressed in dreams when someone is not being cared for.

The responsibility is felt like a pressure or a weight and draws them away from the inner work they long for. With the Cobaltum influence, their worries can focus on financial stability and ability to do their job.

Universal Love, "As if in love connected to all"

- Reading this passage today from Pema Chodron: "Bodhichitta is our heart--our wounded, softened heart. Right down there in the thick of things, we discover the love that will not die. This love is bodhichitta. It is gentle and warm; it is clear and sharp; **it is open and spacious. The awakened heart of bodhichitta is the basic goodness of all beings.**" ... (5)
- **While driving home, I felt almost euphoric. It's so beautiful out. Can feel the warmth of the sun.** Feel very peaceful, connected to nature. I feel very light, floating sensation. Feel a sensation as if my chest has expanded in a spiritual way. **As if in love connected to all.** (7)
- Joyous mood through midnight. (16)
- Watching a 1989 video of a teacher I studied with who leads empowerment workshops. **He is preaching about forgiveness and he is on fire. He is so full of love and passion.** I never tire of listening to his voice. (110)

"Delighted in a child-like way"

- Then I saw them having fun on the water slide so I decided to try it. **It was fun! I went down many times. I felt young!** (14)

- It's a thing of me yet also feels like this person/being I am now from this substance (hg holding hands up, thinking long) **has permission to be delighted in a child-like way without being self-conscious about it** (4)

Light, "The warmth of the sun"

- I am enjoying sitting here with the Sun on my face. (14)
- I felt almost euphoric. It is so beautiful out. **Can feel the warmth of the sun.** (7)
- ... It's a heavy fog, can't see, **you know it's a veil covering then the sun burns it off, it lifts away.** Like burning karma from past lives. (13)
- **Something sparkles in the air, light, and I think it's joyful,** almost like fairies floating in the air, glittering, sparkling, light, airy (8)
- Feeling as if the burden is getting lighter. (9)

Humanity, Good Samaritan, Responsibility, Caring for children

- (dream) a gentle fox...**She had a hurt paw and she wanted help.** ...Her paw only needed a little care, but there were two screws embedded in it, as if she had been tied by her paw. (10)
- (dream)...At the house it was a bachelor pad and he and his roommate were watching tv, having sex with a girlfriend, **and I found a five year old boy in the house. I started to take care of him...** (13)
- (dream) I was taking care of a little Japanese kid (301)
- **Wanting to take care of people, three levels of people,** the first group are those who have accomplished something, the second group are those who keep coming back life after life to get it right, the third group have totally given up and sink down into the depths of darkness. (9)
- Really taking notice of my plants and the new growth on them. **Talking to them, encouraging them to grow...** (14)
- What I noticed **most was this split between fathering and responsibility.** The responsibility was related to father. Dreams of being the father, sometimes of an unwanted child. (16)
- Remember waking up with **a worried feeling about filing corporate taxes.** Then the thought what if I get audited. Will I be **able to withstand pressure..** (107)
- Posted to an online work group yesterday defending connection, **community, nourishing relationships and bringing people closer together.** Calling the powers that be to help out the less fortunate and not "cut them off." (4)

Upset at Inhumanity, "Strongly adverse to negativity"

- As I meet with clients today I feel more drawn in and affected by their stories than I usually do. Feel overwhelmed as if I am taking on their problems. (14)
- (dreams) ...a field of wild asparagus...I think this is unfair since it is not HIS crop but is wild. He is taking so much that I wonder if he left any to grow back next year. I harvest some myself but leave a lot behind. (3)
- (dream) ...He had a kid in each household. In the second house the woman was Japanese and was crying that he was leaving to go back. **I was really upset for the Japanese woman. How did he get to two families? How do men choose that?** (6)

- .. I have noticed I am strongly adverse to negativity. If someone is being negative I want to avoid them. If I am with a negative person I can start to feel depressed (7)
- ... I'm distracted by the tumultuous events in the world. **The tsunami, middle east, the looming problems in our country are where my mind is going to.** All of these events seem to feel like ending, doomsday, why even try to do my job when it's so looming out there. (15)
- (dream) I dreamt that a friend was really, really sick. Obviously sick. Everyone else around was dismissing her... **I was so mad that no one was helping her...** (106)

Burning Karma, Transformation

"It's a heavy fog, can't see, you know it's a veil covering then the sun burns it off, it lifts away. Like burning karma from past lives."

"transcending and learning from pain and suffering"

Lanthanides are all about inner healing. The magnetic component of this remedy pulls them into this introspective mental state. They can be completely focused on their own healing journey. For them, the ultimate is to achieve a clarity about themselves and life.

This awareness emerges as well as the need for evolution as a human being. Even though it includes pain, the journey calls. They falter between a desire to transform and the fear of pain such burning of karma will demand.

Along with seemingly never-ending grief is the hope for and anticipation of rebirth. The pain becomes fuel for the fire of transformation.



Burning Karma, Transformation

- It's a heavy fog, can't see, you know it's a veil covering then the sun burns it off, it lifts away. **Like burning karma from past lives.** (13)
- I think this remedy is partly **about how being thwarted is ok.** (10)
- A foreboding that this is not going to be an agreeable experience. **But it is going to be powerfully healing for me.** (4)
- Something is yearning, that feels like...home, somewhere that you need to go back to or returning to, the end of a stage. **Maybe I've broken out of the egg or experienced birth...**(4)
- My experience is that I am always the caterpillar who can never quite make the transformation to be the butterfly. It is always that elusive. (16)
- I am thinking of my supervisor's forehead now and I see red and yellow. **The power of healing. Red is power, yellow is healing.** (9)
- The path in this particular situation I am the only one who can take this path...The path means going on one's soul journey or going through the process of evolving one's self in service to others. Making progress on a spiritual level. Like some sort of journey or pilgrimage. (9)
- Right down there in the thick of things, we discover the love that will not die. (5)
- **Someone once said to me nothing cracks the heart open** than loving when you're not sure if it's reciprocated. (10)
- **I'm having thoughts of when I die, I want to be finished...** This process of returning to the Earth reoccurs again and again, until you become a very wise spiritual being. (14)
- I am excited. A brand new baby being born. (15)
- There was a movie I saw during the proving that I was really affected by--As it is in Heaven. It is a Swedish film about a famous conductor who becomes ill and has to quit conducting. He returns to the small village of his youth and directs a church choir there. **Amazing things happen to him and all the people in the choir-- lots of healing.** (10)

- Relationship with father closer after the email exchange I had with him about school (during the proving). **I felt a healing in that relationship**, like we have a bit of a common bond now. (16)
- Saw Jesus Christ Superstar. Was fascinated with the character of Judas, who betrayed Jesus. **He was so conflicted within himself.** (14)
- The newest paintings embody the subtle shifts that lead us to a place of worship in ourselves. (110)
- (dream) **They would do this spiritual work together and then return to Earth.** They would go to this big room like an amphitheatre, they would be shown on a screen different scenarios or lives or tasks, giving them a choice, they would make this choice and be reincarnated. (14)
- Came home and found a note I had written to myself in a class a year ago in the mail. (10)

Unfolding, disclosing, opening to you.
 I long to be that spring flower
 Fully blooming in your sun
 And yet whole in myself
 My beauty and mystery
 Contained.
 There is nothing new I now know
 Nothing this seed does not contain
 Only a certain continuous unwinding
 Ever and forever
 Finding myself again and again
 Remembering to claim
 The courage to trust
 What I know to be true for we.

Grief, "My Heart Literally Hurts," "A Great Emptiness Deep Inside Me"

- **Am awash in sadness and my heart literally hurts...**At least it's good for my burgeoning poetry career. (10)
- Current themes in my poetry -- **transcending and learning from pain and suffering** (10)
- Void: sadness, wanting to cry. I feel it in my abdomen, centered in my body; feels like unrequited love, something missing so deep and so personal, **if I could get to point of knowing what is missing it would be heaven.** (16)
- **Friend's son fell to his death from a roof...** a three year old child that had cancer died... **Felt like a hole in my heart.** Like I lost a family member. (110)
- Suddenly this anxiety, this fear, it has no basis, there is no reason, just this fear, **I feel it in my heart, which feels strange, almost like a cavern, empty, hollow** (8)
- Feels like there is a heavy veil or wrapper, a rock on my heart or something sitting on my chest. **I feel sad and empty, the feeling of a heavy heart.** (13)
- **There has always been a great emptiness deep inside me.** I have done many things over the course of my life to fill it up. Nothing ever does (16)

#

Clarity or Confusion

"I feel as though my eyes were open. I am seeing, but not the physical world."

They seek this clarity by pulling back to see from a vantage point and by separating themselves from relationships that distract (theme: Separation). With an intense focus on achieving clarity, they also experience the opposite, which is confusion and scatter thoughts. On one side is the focus on the now, on the other side is thoughts that scatter all over the place. The response to this scattering is to attempt to control and put order around the confusion and chaos.



Clarity, "I can see clearly it is her and not me"

- (dream) In an apartment. **Could see all the different rooms at the same time** (13)
- Fears of rejection, asked father to co-sign loan for school. This is the first time I have asked for assistance in twenty years. **Don't expect a yes, but need but wanted to be clear about asking.** (16)
- **It's as if I can see clearly.** I can see my separation from her. I can feel a distance from the situation **as if I can see more clearly and see it is her and not me.** (8)
- I was able to stay detached, I could see the whole situation and it was peaceful, content, because I've come so far in my own life. **I'm on solid footing and have a better vantage point.** (13)

"Noticing just what is in front of me", Present moment, Timeless

- I can only be where I am and notice what is in front of me. (5)
- ... I am reminded that this state I have been experiencing is in each petal, each stem, each picture on my wall, each pause to pour more tea. ... (4)
- **The feeling is that I can be focused on what's in front of me right now,** but less on things that are not in front of me. I can deal with what's in front of me, but not what is not. (6)
- Happy and content in this single, instantaneous moment of now. (16)
- My Grandmother clock **is keeping perfect time,** when normally it's too slow or too fast. (4)

Scattered Thoughts, Confusion, "My thoughts scatter"

- (dream)...The concern was for the dust and the saw dust. **We had to get the dust swept away.** But it was hard because it would blow about, **scatter all over the place...** (15)
- Hard to settle in to do my work. I work for a few minutes and then I get distracted by something else, so up and down. **The scattered feeling.** Even as I write this I see disorder on my table and attempt to straighten it. (14)
- A vapor like expanse. Like I just can't find my way through the blankness. **All my thoughts scatter through this blankness.** Thoughts go all over the place. (15)
- **Not confused but really in a fog, unthinking,** like nothing is driving me. Passive. (4)
- Forgot what I was thinking. Have to bring myself back. I am just floating along in my mind. I have been a bit spacey. (7)

- I'm confused; don't know which way to go. (8)
- Got completely lost on the way there. (10)
- Word find is really difficult. **Can't think of words** that should normally be easy to say to finish sentences or complete my thought (12)
- I read an e-mail from a friend. **I couldn't understand it. I was so confused.** Seemed harder to read than usual. I really have to focus right now. (106)

Desiring Order, Forcing an Ideal

"Having this concept of bringing my garden into the house"

"Straightening that which is crooked, bringing things into order..."

There is an obsessive need for cleanliness and order within this state. It would be difficult to prescribe without it. It is not just cleanliness, it is about order and harmony as well. It's about clean lines and minimalist. They have disgust with things that are dirty.

They may be attracted to things Asian because of the Asian desire for clean lines and order. One prover remarks about bringing the garden into their house, like the order seen in a Japanese garden that creates order from nature.



Creating an Ideal, Oriental Influence, Order and Clean

- (dream)...There are 10-15 circle tables with black table cloths and my job is to put a clear plastic water pitcher **in the center of the table precisely in between the salt and pepper shaker....** (13)
- Having this concept of bringing my garden into the house. Having the house feel as though you are in a garden; not necessarily a garden of flowers, but living plants. Thinking of the four elements, earth is the plants, bamboo, the wood floors, soil; and then water. (14)
- (dream) I am working in a nursing home. I am taking care of an elderly woman who needs to have her soiled clothing changed. My clothes had also gotten soiled so I help her take off her clothes and I take mine off. **I fix her hair and put some makeup on her. After I do that she looks like a young woman, very beautiful and her physical abilities return...** (14)
- Also this week, I had been obsessed with wearing a **Chinese coin from Singapore** (10)
- Then I got a burst of energy and **started cleaning the basement.** I have been putting that off (6)
- .. A friend said you're **cleaning out your life**, everything that doesn't work. (10)
- **Scattered, need for order**, wanting to bring order to the shelves in the kitchen. Pair down, get rid of plastic...**Straightening that which is crooked, bringing things into order...** (14)

White

- (dream) **Wearing white linen** and floating around and talking to strangers in desert in sand (13)
- (dream) ...There was **a lot of white**, white tissue paper, white little boxed, the tree looked white (maybe it was flocked). (14)

Disgust at uncleanness

- (dream) **I have something gummy and slimy in my hands**, realize I am digging in compost, (3)
- (dream) I was cleaning my house and had guests. I was really upset to see my guests had made such a mess and was so disrespectful. **I felt disrespect as they smoked and ashed on the floor and came in with muddy feet.** (7)

- (dream)...felt very disgusted by his living situation, needed to tuck him in and make sure he was ok. **The fridge was filled with a huge piece of meat, I was just generally disgusted.** (13)
- Washed an apron a friend gave me as a gift. Very upset to see that the colors ran. Decide to rewash it and remove it right away. (14)

Duality, Light and Dark, Two Poles

"It's like a combination of two things that don't usually go together."

"Seemed like there was a polarity in the remedy"

Within the magnet you find two poles, sides that attract and sides that repel. Within this remedy is the experience of polarity, even more distinct than in most remedies. They will speak of poles and of two things splitting or coming together. There will be a force between the two objects drawing them together or forcing them apart.

In their mind they are also torn between "two perspectives." They can vacillate trying to reconcile the two sides; bring together the light and the dark; bring together the real world and the spiritual world; bring together themselves and their shadow.

Considering the theme of inner healing (theme: Burning Karma) this remedy reflects the conflict between the two sides as the conflict between the person and his shadow side. This is most clearly reflected in the dreams where they are battling invisible forces. Metaphorically, they are battling the demons within themselves. Sometimes they are victorious; sometimes they are overwhelmed with fear and terror of the "dark" forces. In waking life, they are called to uncover the shadow side they have been hiding. Several of the provers became more in touch with the parts of themselves that they had been hiding or afraid of. Dreams were remembered when usually they were not. It's as if their shadow side is being acted out in dreams if it is not in real life.

Their goal being the balancing of the light and the dark (Theme: Balance). They understand that to find happiness means to find the balance between the light and the dark.

Two Poles, "there was a polarity in the remedy"

- (dream) Something about separating. **Splitting something in two**, something about the number two (4)
- I am mildly concerned if there is a polarity to this experience (5)
- .. Seemed like **there was a polarity in the remedy**... (16)
- **I vacillate between two poles**, not wanting to feel the negatives and acknowledging them. (9)
- **I live in two worlds**, spiritual and real worlds; how to put these two together (9)
- It's like a combination of two things that don't usually go together. (5)
- But there is a feeling of dizziness, like being between two worlds within myself (5)
- Too idealist, this is a part of the burden, **trying to yoke the two forces**, it's exhausting, it's like **too much resistance**. (9)
- As though I myself were the Earth, turning on its axis... (14)

Uncovering the Shadow, Battling the Shadow, "I am some kind of demon hunter"

- Hadn't remembered dreams before, but did: like a slide show (2)



- Normally heavy sleeper, rarely remember dreams, but remembered many (1)
- I put this in my journal as well, but something very profound happened during the course of taking this remedy. **I felt like I became more of me. I became more real, and authentic.** There were many “skeletons in the closet” about my past that was affecting me in my relationship to my wife. **I revealed to her my deepest, darkest secrets in the hope of renewing myself with her.** (12)
- **.. But I felt overwhelmed with need to finally express it.** To open the issue, bring it out into the open and have it been seen. And then remorse. **Could I not have just let it remain hidden.** Now I must talk about it. (8)
- (dream) ... I am wandering around the house, before they get back, needing to find a private place to change my underpants. **The house is interesting and I like seeing the "inner rooms."** (4)
- (dream) **I am some kind of demon hunter or something.** I am supposed to be working with my "dad". He is arrogant and doesn't treat me with respect. (3)
- (dream) It was my responsibility to get things done. Coming up against an obstacle; unable to accomplish something. **The obstacle is a ball of energy that is always there, it's always in the way.** (9)
- (dream) ...**There was an invisible force that we were supposed to be fighting...**I felt the force was more of just a force, it was an evil force, an all-powerful force... (301)

Seeing the Light and the Dark, “I have to embrace the darkness”

- "It was one thing to live in a world where death stood a distant figure, quite another to hold it in your hands...**In choosing life, she embraced contradiction.**" (5)
- **I have to embrace the darkness.** To fully understand it, to feel comfortable. Not to feel like it is evil. Darkness is not about evil. (9)
- Seeing the light and the dark in the same moment--as one. (5)
- A HUGE theme, ...transcendence. We are who we are because of what we've gone through; holding no part of my life as imperfect...How do I become less separate? **Wanting to master it: mastering is when you stop seeing anything as separate.** (10)
- **Relationship with father closer** after the email exchange I had with him about school. I felt a healing in that relationship, like we have a bit of a common bond now. **Recognized that he and I are more similar than I originally thought.** (16)

#

Hidden, a Veil between Me and Others

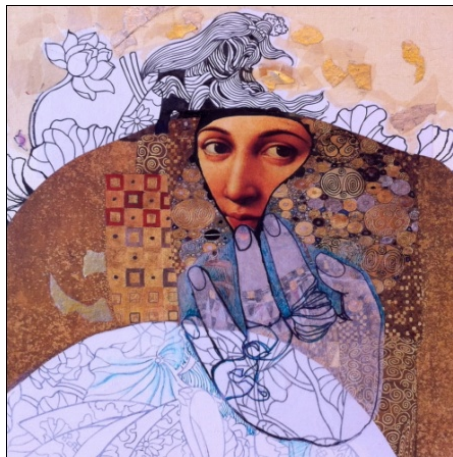
"It's a heavy fog, can't see, you know it's a veil covering, then the sun burns it off, it lifts away."

In the state of imbalance they will hide the parts of themselves that they are ashamed of, their shadow. This hidden nature is also part of the Lanthanide component in this remedy. They are unable to bring their full authentic self out into the world, they are unable to bring out their light.

They have dreams of hiding. They have dreams with walls made of glass where they can see into other rooms or people can them.

Their guilt (Cobaltum; Delusion he has committed a crime) comes out in their dreams. They have dreams of doing illegal and immoral things.

The unusual aspect of this remedy is the notion of a veil between themselves and others. The separation (theme: Separation) is important to the inner work of a Lanthanide, however this veil seems to be a separation from themselves. The veil seems to almost de-sensitize them, or to keep them from interacting with the real world. It's the veil or fog from their past karma that needs to be "burnt off by the sun."
(theme: Burning Karma)



"What I Normally Hide," "My Hidden Nature"

- (dream) Someone is going deep in my soul and unveiling my to-do **list that I normally hide.** (13)
- This challenges my private, secret nature, that doesn't want to share what is happening. Wow! If I would have thought about this before, **that my hidden nature would be on paper, I wouldn't have done this!** (5)
- (dream)... I was sitting w friends **who took off their masks** and were "classic aliens" underneath; slit eyes, gray head. **Then they took off their alien masks** and were a normal couple again and we laughed. .. (10)
- (dream) Later in the same dream there are people in the house shooting others. I hide in the corner of a closet, face down. I pass others on the way to the closet-are they good or bad? Am I safe? **I dive in to a pile of coats in the back and trust no one can see me.** ... (102)
- (dream)... I felt very proud of him **that he would pursue such a thing and not even tell anybody about it.** Suddenly, he was just the President. (12)

Glass Walls, Can't Keep My Privacy

- (dream)... I was upset to find the restroom was outside with glass stall enclosures....I felt embarrassed and exposed. (7)
- (dream)... I try to close the door so we have privacy but she kept opening it... (14)
- (dream) ...In an apartment. Could see all the different rooms at the same time. (13)

A Veil, A Fog, "Not Penetrating my Bubble"

- I had some healing touch, she felt it too, like a river rock, heavy but thin and light, you can't move it. **Like a veil, wrapper, hover, veil thin and more temporary than stuck.** It's moveable, you could manipulate your own temperature, it's heavy but eventually lifts, like burning off fog, go to

places where altitude is higher. **It's a heavy fog, can't see, you know it's a veil covering**, then the sun burns it off, it lifts away. **Like burning karma from past lives.** (13)

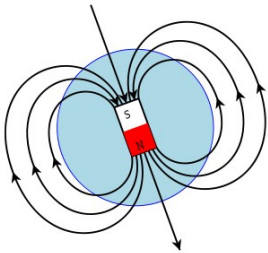
- I used to get very annoyed by her poor choices but for some reason I'm able to sit back and remain detached from her right now.....maybe I'm developing more compassion/empathy? **I'm not sure but I'm glad her drama and negativity are not penetrating my bubble.** I'm reminded that I'm not responsible for other people's happiness... (13)
- **Out of body sensation.** I've gone as deep as I can with that. It would be an interesting space to live in. **It feels sort of empty. Like there is nothing in it...** (14)
- It's an empty/blank feeling, especially behind my eyes. Colors seem different. **It's like being in a fog, but I'm okay with it.** I feel calm inside. I feel drunk. I feel high. Things seem slowed down. No time. It just is. Is this a dream? Same foggy uncertainty about it- feel dazed. (106)
- **De-realization, like wrapped in cellophane. Being pulled back into myself.** (3)
- **Invisible Boundary: a clarity in myself with who I am and what's happening for me separate from that of another.** It is like individuation. Clear thinking. Free in my own space and experience. The strength of what is not seen... (curative)
- **There is this weird kind of insulation (HG).** Like I can't quite feel things. Cotton in ears. (8)
- And as I lay in yoga with my eyes closed, **there is a solid gray barrier.** A piece of matter, a few feet in front of me. It blocks my view but I do not feel enclosed. **It's just there, shutting off contact with the outer world.** It's solid, no color, no shape, in between me and others, it's calm, unmoving...**there is no outside stimulation coming in.** No sound or noise. (8)

The Shadow, Guilt, Criminal Behavior, "I was being blamed for her death"

- (dream) We are in a rustic setting. Camping in a building. My nephew ... (who is 35 in real life) is in his teens... **he is fucking the cat and I told him if he didn't stop, I'd turn him in.** (1)
- (dream) ...I had penetration sex with two young boys, like 7 or 8 years old. I could really get in trouble. I could really have screwed these boys up. This is so weird and creepy. (4)
- (dream) I will be hiding in the bushes, **setting off the bomb via a buried wire...** (4)
- (dream) ... I then realized the other couple was upset and intended to lock me out...**I was worried I was in the house and it was intended for me not to be there.** I tried to leave without notice and lock it up when people across the street discovered me... (7)
- Gambling, spent 30 hours in the casino over the week-end. (16)
- (dream) ...When they arrived, she was no longer dead and instead there was a conspiracy of me wanting to kill her that was created... **I felt so upset that I was being blamed for her death, even though I had nothing to do with it.** (12)
- (dream) ...Not only was there a fear of safety, **also police coming to get me.** (15)
- Noticing this week that I am a bit fearful in the elevator with strange people, people I don't know. **As if there could be some danger.** I am not oblivious to risk but rarely feel such fears. (4)
- **I'm watching Criminal Minds, a TV crime show.** This is notable. I haven't watched this show before, and now I find myself turning it on for the second time in the last 24 hours. (8)
- Didn't tell you before but on Day one of the proving, **I gave a prostitute a ride home and she propositioned me...** Hanging out with guys from the bar, **got handcuffed by police because one of the guys had outstanding drug warrant.** (16)

Magnetic Forces: Pulling, Attracting, Superhuman Force

*“As if you are pulled from behind away from everything, everything gets smaller and smaller”
(dream) “There was an invisible force that we were supposed to be fighting. It was a man that was invisible, but a very powerful man...”*



Magnetic Lines of Force: The magnetic field of a magnet is the boundaries of its magnetic lines of force. These are the north to south lines in a magnetic field.

Gravitational Field: You see, electromagnetic fields themselves carry energy (and momentum and stresses). It will exert a force on charged particles. Because an electromagnetic field contains energy, momentum, and so on, it will produce a gravitational field of its own.



Essentially this remedy is a magnet. It has magnetic properties of attraction and repulsion. Nearly every prover used “magnetic” terminology to explain their life. They were attracted to things, people’s stories drew them in, they felt pulled down by pressures, they experienced a deep bond and connection or they experienced disconnection. In order to prescribe this remedy you would need to see magnetic terminology.

Magnetic force is an energetic force versus a tangible object. Therefore, this force was seen as super human or clearly something non-human. People would battle unseen forces or super human powers in their dreams. Using the Lanthanide perspective, the provers could be said to be battle the unseen parts of themselves, their shadows. In a symbolic dream, a prover was fighting invisible demons with his father.

They are drawn to mystical topics. They are intrigued with the spiritual and unseen world.

Magnetic Forces, Energy, “I am aware of the energy shifting”

- (meditative) Hand gesture, spherical, it is incredible energy. (Crying silently)... It is coming in on me, as if there is an energy plane, or force,... It is like an ethereal space station, a structure that is not a structure, You know where you need to go, you are directed. (14)
- **I feed off the energy, welcome it.** Energized by working with them.. (2)
- **I am aware of energy shifting**, in myself, my partner, people around me. (5)
- The energy doesn't create anything it's just there; it comes up against the physical, which is so hard, the energy is unable to accomplish anything or do anything. (9)

Drawn Together, Magnet terminology, “Draws me back in”

- **(dream) ...Two forces are leaning all their weight in, all of their force on this heart or tree or group of beings**, leaning in with all of this force, the heart center as if it is a tree that has split close down at the bottom, these forces are trying **to splice this tree back together, bind it back together to force it straight...** (4)
- ...They pull me into a thousand pieces. I don’t have enough glue to keep me together (15)
- I felt a healing in that relationship, like we have a bit of **a common bond now.** (16)

- Universe is **bringing things to me...** This remedy **is attracting** clients. (2)
- ..So when I **push for** a more open interaction, more **give and take**,...When I do "make leave" to go he usually **draws me back in**...(4)
- **Letting go.** I'm feeling **a disconnection** that actually helps me experience **connection**. (5)
- There's a feeling in the moment of **the pull**... like water pressure in my head, like my head is underwater, like an airplane taking off in my head-- **a pressing and a pulling like being in the currents of an ocean--not violent... maybe more like a river. That kind of feeling that is like pulling, recognizing the flow of what is, where I am... the flow of a thing.** (5)
- Thinking of Jimmy Stewart in the movie Vertigo, like tunnel-vision, ...You are **pulled from behind away from everything**, everything gets smaller and smaller, **being pulled away**. (8)
- Have been **having trouble connecting** by phone with the guy I am in love with (10)
- Like I am too heavy, **too much gravity**... (3)
- ...so as not to be so affected by electromagnetic radiation from cell phones, etc... (4)
- He was able to **tune into my radio station**, read my thoughts... (13)
- A burden being carried against my will. The gravity of the burden pulls you down. (9)
- With clients today I feel more drawn in and affected by their stories than I usually do. (14)

A Superhuman Force, "It was an invisible force we were fighting"

- (dream) **I am some kind of demon hunter or something.** I am supposed to be working with my father... There is something about light bulbs, special bulbs that when they go out you know a demon is around... We are in her room and demon is there. We are fighting and my father is trying to put a new bulb in but is taking too much time and is being too precise. The demon throws a coat over my head and I am almost a goner. My "dad" throws some kind of sword (or maybe is is just a curtain rod) I grab it and thrust into the demon He looks at me in shock -" I thought, at the end I'd see where my wings were", he is looking around, "where are they, where are they?"- I thrust the sword in and turn, " I'm sorry - I don't know. I forgive you, Maybe in the end we'll all have wings" and he is dead. We get the light bulb in and there is light. We are congratulating each other, we realize that when we work as a team we give power to each. The kill was good but it doesn't bring me any joy - my father keeps patting me on the back. (3)
- (dream).. Coming up against an obstacle; unable to accomplish something. **The obstacle is a ball of energy that is always there, it's always in the way.** It takes on the form of a wall or other people. A ball of energy that is just stuck there, I am always trying to use the energy, but I do not know how to wield it. I don't know how to use the energy available to me. (9)
- (dream) ...**There was an invisible force that we were supposed to be fighting.** The cops were treating it like it was a man that was invisible, but a very powerful man... I made an attempt by trying to catch the area of light in my hands, but the force was so great that it threw me back hard and then flew through the tunnel with a snap, like the speed of sound. It was so great a force that it pressed us all against the walls of the tunnel, felt like our lungs had been compressed because of it, it took our breaths away. We were all dumbfounded... It was so evil and so powerful that somehow it had to be taken care of once and for all. It wasn't dark (because it was invisible), but the feeling around it was dark, oppressive, I felt it oppressing my chest. (301)
- The reason I didn't take the second dose of the remedy until Monday is that I had the feeling that if I took the remedy the plane would crash - **fear that a PLANE CRASH was part of the Proving.** (1)

- Just being free, total freedom, so powerful, accomplishing something is radiating out power, being in charge, **in control of the forces.** (9)
- ... **Felt compelled** to be there, like an addiction, felt desperate. **Like under a spell**, like gambling sickness, kept losing money... (16)

Mystical, Synchronicity, Shamanic

- (dream) **Three words were given to me: anger, cornerstone and mystery.** It felt very significant in the dream that I remember these words. (10)
- **It is like being a sorcerer's apprentice**, not knowing how to use the energy, too much here, not enough there, because the **energy is either too powerful** or not knowing how to use the energy appropriately. (9)
- Another amazing day with companion. Too many synchronistic things and **magical moments** to record... (10)
- ... Dreamscapes are places that feel familiar **yet mysterious**, timeless and soluble. Like a shamanic portal they are not found on a map, **but somewhere between psyche and soul...** (110)

Resistance

"I feel like a weight on my heart, like wearing a wet wool blanket, it envelopes you, totally saturated, it's bigger and heavier than you."

"There is like this wall that we run into again and again and again"

State of imbalance/disease are often referred to as being "stuck." This lack of movement or rigidity is the imbalance in this remedy. Rigidity in others is very upsetting to them, yet it's their own rigidity that is the difficulty (theme: Desiring Order). They need movement, yet fear the letting go that is required.

Experienced as the opposite of the movement and freedom of the flow, the stuckness is felt as a heaviness or a pressure. It is also seen as obstacles that are thrown into their path by others preventing their movement. The stuckness can be seen as a wall that they run into again and again.

It's the obstacles and pressure that eventually lead them to collapse. The feeling of no resilience or ability to handle the pressure, leads them to give up and retreat.

They can be stuck in a nostalgic frame of mind, reflecting on the past. They have dreams of people from their past and childhood people and places.



Stuck, Resistance, "A Wall We Run Into Again and Again"

- Like I'm stuck in a state. Feeling caught, cornered, held in, just a whisper of anger starting to build. Anger is a revolt against inertia, a lack of desire to move forward and inability to stop and release. (4)
- **I have a lot stuck inside**, holding on so tightly to the energies, **all clogged up with negative energies and they attract further negative energies**. It's like there's so much it's like being constipated, it is just hard to get rid of it. **It is like being at the end of something and needing to simply let go...** (9)
- If I am the only one experiencing stuckness with the damn remedy I am going to shoot myself. (10)
- **I am moving/changing/evolving – looking at something static and I am the dynamic evolving part**, it's like I'm reflecting off, like light bounces off... refracting, the exchange happens quickly. This other person is static, constant, has not evolved much. **Mine is more rapid, I throw out a message and it would get stuck, but now I see my growth and her non-growth...** Static vs. dynamic... it's like playing tennis with a wall.... I am dynamic and can move/strategize, the wall just is there, not moving. (13)
- There is like this wall that we run into again and again and again. (5)
- I'm resisting it. I do not like the feeling of fear and weakness. (8)

Heavy, Pressure, "Obstacles in my way," "No resilience"

- The energy is draining, exhausting, pulls me down, takes away. (9)
- Someone is putting obstacles in my way; exhausted (9)

- **I feel like a weight on my heart**, a tug, lump in my throat and weight, heavy stuff, like wearing a wet wool blanket, it envelopes you, totally saturated, it's bigger and heavier than you. (13)
- (dream) dream about **things sagging with weight**. (4)
- **...My head feels heavy**. I skipped Yoga, don't feel like I have balance. **Like I am too heavy/ too much gravity**. I wish to do nothing. (3)
- **There's a heaviness now...** I feel this slicing down the middle of my sternum with a heaviness in my ribs and stomach. **Pressure on my chest...** (5)
- I come up against some obstacle. It is either myself, or the door, or a threshold, **I don't have enough power or whatever to wield the energy necessary to get beyond the obstacles**. I can see the energy, the energy is like a fuel, but I do not have the power to ignite the fuel. (9)
- ... No resilience or back up to push through, will collapse, can't function/handle things, As if wilted, not enough juice. I can't do it anymore. (4)
- .. Lack of inner resources, as if there is not much to me. Not a lot inside of me (8)
- Energy feels very low. Wondering how I will face a day of clients. (14)
- This has lead to a **small crisis in my confidence** in evaluating my clients... (15)

Adverse to Rigidity, "I don't understand why they have this principled rigidity"

- Obsessive watching "Monk" which is about obsessing. Irritated with him. (3)
- I don't understand why they need to have this principled rigidity. (4)
- Third yoga studio I've exhibited at; **first one CENSORED!** (110)

Nostalgia, Stuck in the Past

- (dream) ..The second was me with some girls from high school... (13)
- (dream) I am going with **an old friend** from elementary school to her...(14)
- Sadness, picturing streets and places in France, **that brings me nostalgia, of a place...** (4)
- ... Lots of memories of both of my parents when I'm here. (6)
- **Increased sense of homesickness**, wanting to be home to handle problems that come up for my children.. (16)

"Just When I Think Symptoms Are Fading, More Comes"

- **Just when I think symptoms are fading, more comes**, like an invitation again and again to be in the moment and see. (5)
- **I feel like the whole remedy is just a big cosmic joke. Something wonderful starts and then stops**. Something is lost and found. Money comes in (yay) and goes out (boo). Up and down. Maybe it is kangaroo. (10)

Separation, Isolation and Autonomy

"Like being wrapped in cellophane; being pulled back into myself"

"I think I want to be a nun. A spiritual path in nature, away from people most of the time"



They feel a division between the felt, sensual world, and the safe, ethereal realms, as if bringing these together would destroy them. There is a sense of not being able to access both; a permanent division of self which keeps them out of a risky unknown situation - but lonely.

Their self-sufficiency becomes an excuse for remaining inside themselves, and anyone interrupting their private party for one is seen as an intruder, a nuisance. This belief becomes a self-fulfilling prophesy of isolation.

Separation, "A distance," Isolation

- It's like being in a fog, **but I'm okay with it** (106)
- Like being wrapped in cellophane; being pulled back into myself (3)
- I made a decision **to remain "distant"** from the proving myself. (113)
- **I feel distance from the world.** I can only explain it as a distance. I am separate from the world which is out there. But I'm here, I know that. I'm freezing, I have no soul now, it is empty. I'm cold down to the bones. **I don't want to be here or engage. I am separate.** (8)
- Feeling quiet, yet calm. Introspective, pensive, but not sad. **Just keep to myself mostly** (12)
- This has been a very funky proving. I feel like a bystander, vaguely aware that there is a proving going on. I am not bothered by this (115)
- It's like my clock is different somehow **and I'm the only one in this time.** (5)
- I have a sense of isolation, loneliness, abandoned. by myself dealing with life's issues. (9)
- In this state, I feel as though I am away from myself, over here somewhere, at a distance. (14)
- **Did not connect with people,** did not seem interesting to me. (3)
- Was locked out of building. Felt isolated, maybe I didn't belong there. (116)

"The real world holds me back,"

- **I feel as though I live in two worlds the spiritual and the real world. The real world holds me back.** It's hard to get these two parts together. I feel responsible to help people get it together; but, nobody listens to me. (9)
- Invisible Boundary: a clarity in myself with who I am and what's happening for me separate from that of another. It is like individuation. Clear thinking. Free in my own space and experience. (5)
- .. A friend with Angel in her name says "**old souls need a lot of solitude because they are never really alone.**" I just love that. That's exactly how I feel. (10)

- But I also feel a pressure from my partner to be sexual. However, I cannot show up in this way and be true to myself at the same time. (5)

Autonomous, "She is more a part of the circle on her own"

- **She is more a part of the circle on her own.** (5)
- **Don't want to connect with others.** Don't want the interruption. I want to be in my rhythm, flow. (5)
- Watched TV show on Buddhism, sweet program, about baking bread. Felt I wanted to go off and join a commune; I could bake bread every day. (16)
- **I think I want to be a nun.** A spiritual path in nature, away from people most of the time. (5)
- ... I spoke of their value, and rebelled against them needing to "**join the club.**" (4)
- ... I perked up knowing I now have the evening to do as I please. My energy has been good all day but it seemed my energy was **more so after finding I get to do as I please.** (7)

Irritation, "Send them to the moon"

- Felt like she was trying to control me. (14)
- I am selfishly concerned with my own comfort and ease. **Go away! Stop bothering me!** (4)
- ..Would rather send them to the moon... (15)
- Irritated about having to talk to supervisor, **she had to chase me down** (10)
- People are just in my way! (12)
- **Annoyed with people**, way too many people and lines and usually I'm ok, this time I was **annoyed, claustrophobic... had to leave** (13)

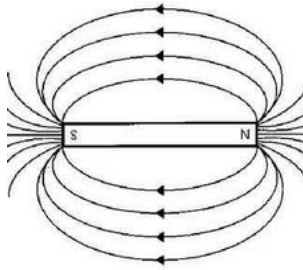
No Libido, No Exercise

- **Absolutely no sexual desire.** As if having desire was not an option. I can be aroused, but there is no desire driving me. (4)
- Decreasing sexual desire,...Didn't go to the gym during the proving (11)
- This morning as I am having sex I am worried I won't be able to remember the dream anymore by the time that we are done, **and the dream remembering, the loyalty to the proving feels more important than the relationship or the sex...** (4)
- **Felt asexual** in the way that there is no interest in being sexually intimate with self or partner. (5)

Universal Flow, Freedom, Nature

"I suddenly felt a great peace come over me. I felt connected to something much larger"

(dream) ...I got up to secure the premise when I saw a large wave of water coming towards the house"



Magnetic Fields: A magnet is an object that attracts certain metals by use of its magnetic field. The space around the magnet contains the magnetic field, which is created by the movement of negatively charged electrons. Electrons have mass, and a slight charge. In magnetic metals, the electrons are unpaired, and spin in the same direction, creating magnetic

domains, or lines of force, that travel in the same direction.

The world's largest magnet is actually the earth. This is the magnet that allows a compass to help us find our way.

Within this remedy is the concept of this universal (earth) energy flow that can be tapped into. It becomes an integral part of this state both the connection to the flow as well as the resistance to this connection (theme: Resistance). A magnet creates a force and movement, and this movement or rhythm that is essential to this state.

They seek a release from the control, to move freely without fear and to become more of themselves. It's almost like the freedom of a bird, in that they seek movement and expansiveness. For them, to release the shadow side, fear and hidden aspects, this is the ultimate balance of light and dark that they seek. As they seek this release, they may be impulsive throwing caution to the wind.

Nature is that all powerful force that plays a role in this remedy. There were dreams of tsunamis and tornados. Water, water everywhere. People dreamed of flooding and one prover experienced a flood as the river near her house was overflowing during the proving. Nature may represent the superhuman force. It may also represent a re-balancing of the nature-less society we often live in. It could also represent a confrontation with the shadow or the inability to control the shadow as it floods it's banks and comes into your very house to confront you. Our delusion of somehow controlling nature or forcing it into an ideal (theme: Creating Order) is only that, a delusion.

In the Flow, "Connected to Something Greater"

- Even keel, no rough waves. Like water that flows through hose or river (2)
- We were laughing a lot. **Went with the flow much more** – did not get upset with the dog when he pooped in the house, just cleaned up the kitchen... (6)
- **Poetry was coming through, unstoppable.** Very inspirational, hearing it should be published. It became the most important thing. I did it first instead of practical. **No writers block.** Felt like important message. (10)
- **Being a part of the rhythm** without needing to change it or contain it. This is wholly new. This feels like waking up. (5)
- **Spontaneously willing** to go get the reading glasses that I have needed for a while. **Was able to get a walk in appointment...** (16)



- I felt worried about the world events. I suddenly felt a great peace come over me. **I felt connected to something much larger.** I knew all is was it's to be. I felt as if all was okay and I was in greater hands. (7)
- Feel in myself, anchored from sacrum and coccyx, like cauda equina is anchoring into earth like I've plugged into something (tears) a source that ground in a way that is supportive and will help myself and people I work with. Feels like (hg down with noise) roots shoot down and earth comes up and meld in way. Not a big wire, there is a shimmery, delicate and refined. Like a grid, like I fell into a grid by chance and got connected (4)
- (dreams) ...They are people I don't know **but they feel like my community.** When I walk up to them we sit down cross legged in the desert sand and just share each others company for a while. Then I move on to another person... **I have a feeling of gaining wisdom from these people and after the encounter leave feeling like they are my equal, my friend.** (13)
- There is no coincidence in the world. Everything is connected. Feeling immense trust and opening into the universe. Expanding and accepting. Each moment at a time. (5)

Everything is Easy, Effortless, "Even keeled"

- Hit a whole string of green lights again,...**everything opening up its way for me.** (4)
- **Work was easy,** just full of energy got things done **quick and efficiently.** Just feel great. (7)
- Like ice skater **making things look effortless,** but days months behind performance (9)
- A feeling of moving through my life's activities and chores and to-dos **in a steady, dogged, but relatively painless way,** just getting things done, just chugging along; relatively efficiently... (4)

Letting go (of fear), "Throwing Caution to the Wind"

- Something very profound happened during the course of taking this remedy. I felt like I became more of me. I became more real, and authentic...**I revealed to her my deepest, darkest secrets in the hope of renewing myself** with her. I felt like **I was holding myself back** in many ways ...it was time I "spilled the beans" **so I could move on, once and for all, in my life with her...** (12)
- I wrote him a REALLY **long letter saying I can't just be friends with you. I've NEVER said that to a man before.** I'm the girl, I expect them to chase me!.. It was good for me to be undefended, to say "I want you." (10)
- Decided to reapply to fashion school in Los Angeles. Snap decision... (16)
- **Pressure in system to let go,** I am on my own. As if I don't have to do for myself. **Release.** Growth experience. (2)
- Almost like a sexual passion you don't know if you can say "No" to. Like when you sleep with someone and it ruins your marriage. It would be stupid but part of me doesn't care. **I want to be there a bit and throw caution to the wind.** (4)
- Feeling immense joy right now! Letting go, lots and lots of letting go! (5)

Freedom, the freedom to explore themselves

- ... I would NEVER EVER wear an animal print but this day I saw one that I actually considered buying for a moment...(1)
- I felt strong energy, very happy as if I had taken a drug. Just light free very energetic. Like I could just fly right on up. (7)

- I saw one in a shop window and decided I HAD to have it...It makes me happy to wear it. (10)
- Noticing where I have felt fear rise in me around conflict, I am experiencing freedom. Something is rising up inside myself, an acceptance and recognition of myself, who I am... I am free to move about the lines and be within the invisible boundary of my own energy. (5)
- **I have been wanting to buy this painting for over two years** and finally decided to buy it this weekend. I am excited to get it. (14)

The Force of Nature, "A large wave of water coming towards the house"

- (dream) **There is a huge windstorm. After the wind started blowing**, I heard on the news a prediction of 100 mph winds. I was looking outside the house (not my house) it is summer and all the lawn furniture has blown away. Some has been blown to pieces and were on the lawn... (1)
- (dream) Outside, on some kind of trip, **see a storm approaching, which turns into a tornado**, with others, not sure how I got there but survived the tornado. (3)
- (dream) Woke up with a dream of the house being bombed. For a while I was hiding. Then I got up to secure the premise **when a saw a large wave of water coming towards the house...**(16)
- (dream)... It was flooding the bathroom. I ran to the class and told everyone they had to get out, **that there was a flood**. I was trying hard to get everyone out... (106)
- (dream)... As it left, I had a vision of my right breast as if it had been mutilated, **followed immediately by a volcanic eruption from within, followed immediately by a tsunami, and then it healed**. This is the breast that was diagnosed with and treated for cancer in 2003. (110)
- My son says - "it's like ripples in the ocean!"- blowing bubbles in his pop. **"It's like the end of the Tsunami- like the beginning or the end."** (6)
- Warned my family that I am starting a proving. **Our area is due to flood** . Everyone is on edge. **I have watched tsunami videos. Water is so powerful.** (15)
- Reading about earthquakes all around the world. Bought new glasses, turned out brand name is "shockwave" seems related to my thoughts that remedy is earthquake. (16)

Water, "All my dreams happening near water"

- (dream) We were on some kind of **canoe trip through these tunnels**. ..(6)
- (dream)...I was walking around the house and **noticed water rising into the corners**. It was filling up fast. I was uneasy, my father was there trying to figure out why. **There was water everywhere. The neighbor was building a floating island for his house...** (7)
- (dream) Dreamed I was **on a lovely beach** with my ex-husband... (10)
- (dream) All of the dreams were **happening by the water**. (11)
- Each day when I walk down the hill to my house, **I am facing Lake Superior**. I seem to be yearning to feel her more with my chest, drinking in her slow and steady movement, breath, safe and **suspended water-ness**. (4)
- Asked husband to help me hang the picture. It's an ocean swell. It is so well done it looks wet. I hang it at the head of my bed. **I will sleep under the ocean tonight**. (14)

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