

## Acer saccharum, the Sugar Maple



Proving of *Acer saccharum*, the Sugar Maple  
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## ***Acer saccharum (Common North American Marsh Sugar Maple)***

*“They were planning this year’s sugaring, a time which everyone looked forward to with joy and excitement, as much as ricing, maybe even more. For when the maple sap began to run that meant warmer days, pleasant sun, all the beauties of spring were close at hand.”*

Louise Erdrich

### Classification

KINGDOM: Plantae

SUBKINGDOM: Tracheobionta – Vascular plants

SUPERDIVISION: Spermatophyta – Seed plants

DIVISION: Magnoliophyta – Flowering plants

CLASS: Magnoliopsida – Dicotyledons

SUBCLASS: Rosidae

ORDER: Sapindales

FAMILY: Aceraceae – Maple family

GENUS: Acer – Latin means unity

SPECIES: *Acer saccharum* (saccharum means sugar)

COMMON NAME(S): Marsh sugar maple, also Bird’s-eye maple, Hard maple, Head maple, and Sugartree. The common name Sugar maple and Sugartree refer to the use of the species for making sugar and syrup.

*Acer circinatum*, the Pursh vine maple is the only Aceraceae family substance found in Synthesis Repertorium Homeopathicum Syntheticum, edition 9.1. <sup>1</sup>

### ***Uses***

“Sugar maple is the only tree today used for commercial syrup production, as its sap has twice the sugar content of other maple species. The sap, mostly collected in the spring, is concentrated by boiling or reverse osmosis, with about 35-40 liters of sap making 1 liter of syrup. A single tree may produce 5-60 liters of sap per year. Nights below freezing and days at higher than 5°C are needed to ensure good sap flow. Sugar maple was the premier source of sweetener, along with honey, to Native Americans and early European settlers. Native Americans also used sugar maple sap for sugar and candies, as a beverage, fresh or fermented into beer, and soured into vinegar and used to cook meat...White-tailed deer, moose, and snowshoe hare commonly browse sugar maple. Red squirrel, gray squirrel, and flying squirrels feed on the seeds, buds, twigs, and leaves. Porcupines consume the bark and can girdle the upper stem. Songbirds, woodpeckers, and cavity nesters nest in sugar maple. Although the flowers appear to be wind-pollinated, the early-produced pollen may be important to the biology of bees and other pollen-dependent insects because many insects, especially bees, visit the flowers.” <sup>2</sup>

### ***Folk Medicine***

*Acer saccharum* grow in clusters called a sugar bush. The Anishinabe, whose name means “the original people” in the Ojibwa language refer to the tree as “*Ininatig*”, the man-tree, as “a reminder of the importance of the lifesaving food in the harsh winters of the northern woods”. <sup>3</sup>

Native Americans, including the Anishinabe (Ojibwa), the Cherokee, the Iroquois, and the Mohegan, traditionally used various parts of the Sugartree medicinally to as an analgesic an anti-diarrheal, a blood purifier, diuretic, to treat eye complaints, including blindness, and for a skin conditions, also used for shortness of breath, as a pulmonary and expectorant cough medicine, gynecological and venereal aid. <sup>4</sup>

In Celtic Astrology, the Maple Tree represents independent thinking and unity, dates of birth fall on April 11 - April 20 and October 14 - October 23 for the Maple Tree. People born under this sign are said to be imaginative, reserved, ambitious and like to impress people. <sup>5</sup>

### ***Beauty of the Maple Tree***

With the coming of Fall, the leaves of the Sugar Maple turn a glorious, vibrant shade of red. At first the tree will shift to a yellow color and then eventually turn to a magnificent shade of crimson. Over a forest of deciduous trees in the fall the maple will stand out and draw your attention. Its beauty and attraction are clear to the viewer. It's as if it doesn't mind getting your attention and even desires this.









### ***Maple Tree Tapping***

Maple trees are tapped for sap that is used for Maple syrup and related products in the spring. Both the method of tapping as well as the nature of the sugary sap extracted are present in the remedy. (See themes: Piercing and Affects of Sugar). Below is a description of how Maple trees are tapped.

**Tapping the Tree** The flow of sap is highly dependent upon weather conditions. Flow does not begin until after a time of hard freeze, followed by several sunny days with temperatures in the 40s. The peak flow occurs early in the sugaring season when it freezes at night and is bright and sunny the next day with the temperature in the 40s. The flow will stop when daytime temperatures do not go above freezing, or when night temperatures do not go below freezing.

The flow usually lasts roughly three to four weeks. While it flows, collect daily the sap, preferably late afternoon. If the trees are tapped too soon and flow does not begin, it is possible that the holes will seal over and subsequent flow is inhibited significantly.

PICTURES SHOWING THE TAPPING PROCESS:

	<p>Drill the tapping hole about 3 feet from the ground and 1 1/2- 2" deep into the trunk, with a slight upward slope so the sap flows out of the hole. Position the hole on the sunniest side of the tree, avoiding tapping directly below a lower limb or trunk defect.</p>
	<p>If the sap is flowing, the turnings will appear damp. This is a good sign... Drill the hole about 2 inches deep.</p>
	<p>After the turnings are cleaned out of the hole, insert a spile into a hook eye with the hook towards the spout, and insert the assembly, lip down, into the hole.</p>
	<p>Tap the spile firmly into the hole.</p>
	<p>Hang the bucket to the spile (in this case, the bucket has a hole to receive the hook).</p>
	<p>A finished hung bucket. The bucket should be checked daily, and any accumulated sap collected and boiled down.</p>

## Sources

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## *Acer saccharum Remedy Overview*

Acer saccharum has five major components:

Disconnection and Connection

Non-motivated and Assertiveness

Sudden Rage and Calmness

Piercing, as if by an Arrow

Effects of Sugar, Giddiness, Lightness, Activity, and Intoxication

The central theme is Disconnection and Connection. At the base of this state is a feeling of intense isolation and disconnection from others. It is almost leprous in its intensity and includes the feeling of exclusion. "I have felt more alone than ever; completely, completely alone," as if in a "tunnel" underground, excluded, "I didn't have a place where I belonged." It is as if there is "as wall between them and others."

On the other side of isolation there is connection. The nature of the connection is deep and intuitive. It's a connection where one might "read each other minds, or finish each other's thoughts." It's also a sense of community. This "intuitive" connection was also felt towards nature. They were entranced with the blending of nature around them.

The second main theme is Non-motivation and Assertiveness. This state includes a sense of apathy and lethargy that can prevent a person from moving forward. They may have "many thoughts", but little or no desire to act. On the other side of this they may feel assertive or forthright allowing them to speak their mind. They can feel the desire to act "reckless", to act on impulses they have "held back" in the past.

Within this state there is both Rage and Calmness, true polar opposites in extremes. The rage can be sudden and forceful accompanied by stabbing movements. The rage feels uncontrollable and it might be in response to a perceived intrusion into their personal property, like someone reading "their journal." The complete opposite of this is the sense of calmness that can be "gently moving" and peaceful, "as if in a water world."

A key part of this remedy is the sensation of being "Pierced." From the method of tapping a Maple tree for sap, this sense of being pierced or stabbing by a sharp instrument is seen throughout the state. This is key way to differentiate this remedy form other plants or trees with connection and disconnection themes. There can also be much flushing, heat and burning in this state.

The last theme you would expect to see in this remedy involves the effects of sugar. They could exhibit a giddiness and silliness. They might be hyper-active and restless at times, hearing their heartbeat louder than normal. They might feel spacey or even intoxicated, in almost a "sedated", druggy like state.

## Themes

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## ***Assertive, Forthright***

*“I felt very forthright. Assertive “*

*“... yet it didn't matter. “Fuck it!” was what I kept saying. NO holding back!”*

As an opposite to the theme of “unmotivated” and “held back” they experience assertiveness. They can speak their mind in a clear forthright manner. Although there is anger in this state, this assertiveness is more balanced and centered. As a car comes down the one way street towards them, they refuse to move over. As they realize they have held back feelings, they decide to let loose and express them. There is a theme of recklessness in a way. As if they are able to do what they have longed to do. In one dream the person looks over the edge of a tall steel structure wondering what it would be like if he jumped, and then he did.

- The kind of kissing where you can't stop, with the spontaneous laughter like we had. The kissing was so intense, so intense, then laughing. **This is what NOT holding back would have felt like.** (07)
- Deep desires to open up and feel my desires to be with other women...**I'm no longer holding those feelings back.** (10)
- **Want to just be free from commitments and be able to enjoy the beauty outside.** I have a desire to drop all my duties and walk outside and do whatever feels right - walk, run, watch the wildlife, look at the falling leaves. (13)
- **Industrious.** Started doing some work around the house that I've been putting off. (12)
- Moon peaking out from the clouds... **My first instinct was to howl..** (12)
- but it feels as if it is an **assertive statement** (06)
- **I felt very forthright. Assertive;** want something right away and want someone else to do it for me (03)
- **I think I am less inhibited with this remedy.** First the cursing around my kids. Then today I made a call to my son's school to discuss a problem. I also told my husband to stop criticizing me and to read more carefully before he drew any conclusions. (05)
- (Dream) Highly sexualized dream. I was having sex with two prostitutes. There was no holding back. I was completely aware of being married in the dream, yet it didn't matter. “Fuck it!” was what I kept saying. **NO holding back!** (10)
- (Dream) I was on top of a steel structure and I wondered what it would be like if I jumped - and I did! **Theme of reckless abandon again.** In the jump I stayed mindful and in the moment, focusing on the details of the landscape as it approached me. It allowed me a soft landing on my feet without falling. (12)
- (Dream) Last night I dreamt that I confronted a young woman and very directly stated the obvious to her with respects to my drawing a boundary in our home. **It felt good in the dream to speak my mind,** (01)
- **... Feeling was of being in charge** - you can choose to do what you are going to do, I will do what I need to do. ... (07)

- Driving home from school down a one-way street. I watched a car turn into my lane coming the wrong way from about two blocks down. I stayed in my lane, driving at him, to prove I was in the right. I moved over one lane after a bit so we didn't hit each other, but I never slowed down or anything. **Had weird sense I didn't want to move over somewhere deep inside** (04)

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## ***Attraction, Amorous, Sex***

*“I was sitting next to a guy and we were laughing and flirting and having a great time.”*

*“There were some sexual dreams where I felt I was doing something I shouldn't with someone I shouldn't “*

Many people are drawn to the beauty of a sugar maple, particularly in the fall, when the leaves turn brilliant. The colors are spectacular: they range from yellow to orange to red, and often seem fluorescent. We are attracted to the leaves, often desiring to pick fallen ones off of the ground and to save them.

Attraction is most frequently found in the proving in the form of sexual and romantic attraction. Dreams exemplified this most frequently, including instances of flirting, kissing, and sexual encounters.

- Dream:... I was trying to readjust my jacket in such a way as to attract someone's attention - not seductively, but in a way that incorporated some fashion nuances. ... The dream I had this morning was one in which I found myself at an unfamiliar house where there was a gathering of people, including a good looking man that was a romantic interest for me. (01)
- Second dream was that we were at a proving presentation. ... Many of my classmates were there. **I was sitting next to a guy and we were laughing and flirting and having a great time.** (04)
- Notice that at work there have been many issues of pushed sexual boundaries in the last two weeks from clients toward my employees. (04)
- Dream. I was at a gravel turn-around that was overgrown with grass and weeds. There was a man there with a truck and trailer with my stuff. I think it was Charlie Sheen (an actor). **I said, “Well my friend, I will see you again.” Kind of flirty, he said, “I hope so.”** (06)
- Dreams: I was with E. I was **wearing a long red dress**, an evening gown, nice - as he would see me. I had tall heels, red, and was now on his level. **Kissing. The kind of kissing where you can't stop**, with the spontaneous laughter like we had. The kissing was so intense, so intense, then laughing. (07)
- Really wanted to relax my wife by giving her a **sensual back massage** with essential oils. I took comfort in providing pleasure for her, relaxing her, **touching her body, caressing it, loving it.** (10)
- Deep desires to open up and feel my desires to be with other women. I feel I've held back so much of this energy simply by being married. I'm no longer holding those feelings back. **I'm expressing my feelings for other women I've had attractions to for years....**No actions have been taken, but I'm seriously contemplating not holding back or reserving my sexual desires. (10)
- Highly sexualized dream. I was having sex with two prostitutes. (10)
- I am attracted to the color of bright red; it gets my attention (12)

- Dream: Visited an old girlfriend. We both were very warm to each other. I told her I loved her. ... As I left, I realized we hadn't even thought about sex. (12)
- ...There were some **sexual dreams** where I felt I was doing something I shouldn't with someone I shouldn't, or others were doing the same. It felt creepy and shameful, very isolated and hidden. (14)

## ***Burning, Heat, Fire and Color Red***

*(dream) "...and noticed flaming leaves coming over a hill"*

*"Then I proceeded to have a burning ceremony in the back yard with my boys where we burned all the mailings we got"*

*"I am attracted to the color of bright red; it gets my attention"*

Maple leaves turn a brilliant crimson in the Fall making them particularly noticeable. Red is a theme in the remedy. Red is seen as attractive and getting attention.

The remedy has the sensation of burning and heat. Leaves or commonly burned in the fall as well. People feel both burning and tingly sensations as well as flushes of heat. Sometimes the burning and heat is almost felt as a cool and hot sensation together, as if "minty" or like "camphor"

### Burning

- Just called the State Republican Party and then asked them to not mail anymore to us. I didn't want their lies and negativity in my house. Then I proceeded **to have a burning ceremony in the back yard with my boys where we burned all the mailings we got from them for the day.** (05)
- (dream) ... The dream itself was one where I was outside their house **and noticed flaming leaves coming over a hill.** They were landing on very dry ground close to their house. I had felt compelled in this dream to tell everyone that it was apparent that a fire was on the way, but no one there was really paying attention or listening. ... (01)
- ... I think that a lot of the paintings look very violent and many have a strange color and glow that give them a "radioactive" glow sort of look. Others seem **to represent fire or blood,** as if after some terrible event has happened to the earth. .. (05)
- The energy and tingling in my head grew more intense. I had a very intense flushed feeling in my face, and my stomach had a strange burning pain....I realized that the energy flowing up into my head since I took the remedy is directly related. Sensations are burning... (face) (14)
- .. Went for a bike ride - cold air made it hard to breathe. **Burned my lungs...** (04)
- Go to bed, lying on back; chest/lungs feel sore, **burning pain, in chest.** (chest) (12)
- **Pain, numbness, burning;** nerve pain in the left arm from the elbow to the fingertips. The hand icy cold. (Ext) (07)
- Stabbing, burning, stinging inside left heel. Like a hot needle. (Ext) (14)
- Took a shower. My face burned from the water on it.. (face) (02)
- **Itching and burning,** stinging rolling around head and face (face) (14)
- **Hemorrhoids itch and burn** – I want to cool them off with menthol but won't do it because of the proving. It would feel good to put menthol on them and cool them off that way. .. (rectum) (15)
- Noticed the last few days have been **having heartburn after eating.** (Stomach) (10)

- Continued with **borderline heartburn** after every meal. Sore throat all day long today, (04)
- My throat is sore again... **it is a dry burning.** (throat) (02)

#### Heat

- ... I have felt a very momentary **feverish feeling** that comes and goes suddenly... (01)
- I feel heat radiating from my back (kidney area, both sides) to the back of my seat and bouncing back to me... I'm feeling in my kidneys and **radiating as heat.** ... (back) (02)
- Upon waking, feet felt a **hot solar heat with a bubbling type of sensation.** Amidst the bubbling was prickling, much like when the foot falls asleep and wakes up. .. (08)
- **Heat flush**, right side of face and chin (face) (12)
- **Heat flushing**, burning on sides of face, ears, shoulder blades. Feels hot. (14)
- **Sudden heat flashes**, my body is heating up (10)

#### Minty Cool, like Camphor

- The side of my left face feels **like I rubbed camphor on it**, also around my mouth. **It's cold and hot.** (face) (14)
- I have a **inner coolness, minty cool**, feel it down my arms, coming down and out my arms and hands (10)

#### Red

- I am attracted to the color of bright red; it gets my attention (12)
- (Dream) ...I was with [boyfriend]. I was wearing a **long red dress**, an evening gown, nice - as he would see me. **I had tall heels, red, and was now on his level...** Kissing. .. (07)
- **Redness on throat spreads to sides of neck.** The spot is pink and solid, not blotchy. It is not raised. (neck) (03)
- Fall season. **The leaves are ALL RED** (there's that same red again, a deep, bright red). Panoramic view - nothing but deep red. (12)
- (Dream) ... As we stood there, a young **red-haired** young man laying on a small lawnmower proceeded to plow down the remaining fence. .. (01)
- (Dream) The blood has to come directly from the heart. the blood flows into a dish, and I can see that it looks **like red water...** (02)
- **Blotchy, red, itchy** spot on top of right foot comes on suddenly. (03)
- Had a glass **of red wine.** My cheeks **are REALLY red and my face is REALLY warm.** Ears too. This is not unusual, but this intensity is really something! (face) (05)
- Menses is **bright red blood** with a couple small clots (Female) (02)
- **Red and clotty** - a few big clots and lots of little ones. (Female) (04)

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## ***Calm, Quiet, so Peaceful as if Gently Moving***

*“Gets teary eyed from the calm quiet sensation; so peaceful just gently moving”*

There is a calm to this state. Imagine a grove of Maple trees gently swaying in the wind. It invokes a peaceful state. Perhaps this is in contrast to the anger or agitation also seen in this state. The state of calm may also relate to the connection. They may feel that calm when they do feel connected. Peace and a desire for quiet are also in this state of calm.

The calm can be centered and they can feel content. It can also be a calm that is aware yet a bit detached emotionally. As if you are “above it, but still part of it” The calm can also be “lazy” which ties into the theme of “unmotivated and held back.”

It seems as if there is a rhythm of sorts to this state. People might express it as waves or as if they are under water in a current. Perhaps it is the flow of sap during the tree or just the hum of nature, but the people can experience a kind of “pulse” or giddiness and then a return to calm.

Another interesting aspect is the restlessness that can still exist as part of the calm. They say “a kind of inner restlessness, even though I feel calm.

### Calm

- Overall in this proving, have noticed that I don’t have the compulsion to work so hard and multitask so often. **I am calmer about working and able to take time for myself when needed.** (04)
- Need for supervisor had passed off, but came back very strong. Want to touch her and be inside her energy, wrapped in it. **It feels strong and calm.** (15) \*\*\*
- **I am emotionally very calm this month.** I do not get upset or sad or anything. I'm just fine. (02)
- ... I was pretty relaxed about the whole affair. It is not unusual for me to do a bunch of things in a day, **but I seemed calmer about it.** (05)
- (Dream) I heard it rustling about and I was curious, so I opened it slowly, only to find a strong, healthy and lean person levitating. His human form was strong with a muscular build, yet not overly done. He lay there naked. I initially had fear of it; it was a levitating body, **but there was also calm in his eyes. He was happy, yet not moving; a silent peace. He was glowing, a vibrant white light exuded from him. I knew then that I was safe.** ...Yet, he, the owner of that house, looked content, seemingly oblivious to the haunting of his backyard companions. He was perfectly content. (10)

### Above it, but still part of it

- ...A little bit of a lazy feeling, but still very present, alert and calm. Like the calm right after yoga or meditation, **“above it, but still part of it.”**... (07)
- I notice I’m very centered and balanced. (10)
- “aware and sensitive to all individual voices and murmurs in the room. It’s peaceful.” (12)

### Quiet and Content

- **Feel peaceful and content to be alone.** It’s like all the time is mine and there are no demands on me. Very nice. (04)

- I desire quiet, no radio or any intense sound (10)
- ... I love cemeteries and have been to Calvary Cemetery several times in the past few weeks **just to walk and enjoy the quiet**, the sunshine and the gorgeous trees... (01)

#### Waves, A Rhythm to the Calm

- **She remains quite serene and calm throughout the day, as if slightly sedated**, yet easily moved to ripples of giggling. If she giggles a lot, it causes her to heat up. She is very responsive the settles back down. (07)
- Gets teary eyed from the calm quiet sensation; so peaceful just gently moving. Really relaxed. I could just fall asleep. ...Sensation of being in a water world, not air. In the water, and it is gentle, calming, soothing. (10)
- Swaying his body ... Can see the sun shining through the water. He is at the bottom - small rocks and sand there. Feels cradled. Have roots in the sandy bottom of a lake. (10)
- I wanted to be swimming because **it is slow, soothing, low impact**. (07)

#### Inner Restlessness with the Calm

- Upon retiring, while lying, feel calm; but there's an inner nervousness type moving within my core, **a kind of inner restlessness, even though I feel calm and tired** (12)

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## **Connection vs. Disconnection**

*“I felt a real community with the other provers. I wanted to be with them. If it was only us, we’d have a terrific party.”*

*“Dream about a big lovely drinking party outdoors at a park. The issue was about whether to drink or not. There is a lost feeling because people are not connected.”*

Provers of Acer Saccharum experienced and/or desired a connection with people and nature. Provers were drawn to be with groups of people and at parties, and this was found in dreams as well as real-life scenarios. Several provers looked for closeness with single individuals. One prover described this closeness as “reading each other[’s] minds, of finishing each other’s thoughts.”

The opposite sensation of disconnection and isolation occurred as well. Some provers experienced the desire for connection, but instead felt isolated, alone or excluded. Other provers wanted to be alone, or were averse to touch.

### Connection

- We walked together and **it felt so good in the dream just to be close to him**. When I addressed the subject of being together for life, he said it couldn’t be just yet, but in the dream I was reassured that this man loved me. (01)
- Dream: Then I am at a Halloween party with lots of people and costumes. (06)
- Noted at work last night a little loquaciousness at the beginning of the shift. An almost **giddy feeling being in a group of people**. (06)
- Dream: I am in the forest, driving a large truck (like a SUV), however I feel very close and connected to nature and the danger that I am running from....**The sense is very connected to the nature, can almost smell and feel the details of the surrounding, and being part of it**; very vivid sense of details and the danger coming towards me like a front of a storm. (07)
- The feeling of reading each other minds, of finishing each other's thoughts. (07)
- I felt a real community with the other provers. I wanted to be with them. If it was only us, we’d have a terrific party. (12)
- **Hang out at my daughter’s Halloween party**. I am not annoyed with any of the parents that usually drive me crazy. I **enjoy my interactions and just have fun**. (13)
- Dream: Then it shifted into a music concert, and all the people were having a festival with food and dancing. People were holding hands and dancing in a circle while others were eating and dancing in smaller groups. (14)
- Need to be close to supervisor. Could almost not get close enough. Feel I need contact, need to be close, need to be IN her energy. Very unusual and strong feeling. (15)
- Desire to for **more social contact** (16)

### Disconnection

- I also remember feeling like I'm not from this world, being there while not being there. (02)

- Dream: He breaks down crying because he **is so glad and so relieved that we are finally back together** after all those years. it breaks my heart to see all this grief about our lost relationship come out of him, and **I cannot bring myself to tell him that I only want to go with him this one time because something terrible has happened back home.** (02)
- I also feel extremely fatigued. I could easily take a nap. **I would really like to be alone right now.** (03)
- Mad. **Averse to touch**, will allow my fiancée to hold me (cuddle). The idea of having any **further contact almost repulses me, gives me a sense of violation.** I have barely even allowed him to kiss me this proving - only small pecks on the lips. (04)
- Dreams last night of being at a fancy dinner engagement. There were many people and it was by invite only. I was there with my mom as my guest. **The feeling was that I didn't belong, but I wanted to in a way.** (04)
- Dream about a big lovely drinking party outdoors at a park. The issue was about whether to drink or not. **There is a lost feeling because people are not connected.** (04)
- a little bit **scared to be alone** (my husband is gone). The reason for the fear has shifted, and now it is that I'll get real sick and **no one will be here to take care of me.** I also wouldn't want to put that burden on the kids. (05)
- **I have felt more alone than ever; completely, completely alone** since in the tunnel, as in a tunnel under the ground. I was talking to U: "I don't think anyone would come to my service," that's how alone... And, also, now I can't distinguish what is me or the proving remedy. (Question: how do you feel about this state as compared to the state of prior to the proving?) **I hate it. The split. The cave. The isolation.** (07)
- Few emotional symptoms that was very brief, except for the **feeling of being excluded.** This felt flat. This felt uninteresting, bored with this. (08)
- Wife reaches out to touch me and holds hands as we fall asleep. **I'm notably averse to her touch.** I reach out nonetheless to run my fingers through her hair, but I don't want to. (10)
- Dream: **At the party there were many people** playing softball right outside the house. . .In the house, there were many people gathering, **yet I somehow felt on the outside of them.** I didn't feel comfortable there. It seemed somehow too immature for me, too gossipy. I didn't have a place where I belonged there. (10)
- I conjure up an image of a leprous (alone, rejected) feeling; in a world of dark and dust (12)
- Dream: **Everyone else is ignoring a lady in this group;** it is noticeable and she realizes it, and in some way I'm trying to comfort her. (12)
- Dream: There were some sexual dreams where I felt I was doing something I shouldn't with someone I shouldn't, or others were doing the same. **It felt creepy and shameful, very isolated and hidden.** (14) #

## *Effects of Excessive Sugar Consumption*

The Sugar Maple proving would not be complete without discussing one major component of the tree: sugar. It is well known that these trees are tapped for their maple syrup, which consists of about 90-100% sucrose, and 0-10% glucose.

When eaten, this sugar quickly provides energy to the cells in the body. It also causes a chemical reaction in the brain, creating its own natural opioids. Some people experience the effects as a “sugar high” or “sugar rush.” The sugar high can be experienced with hyperactivity, giddiness, intoxication, and a faster, stronger pulse.

The opioids produced in the brain from sugar consumption set a person up for sugar addiction. A person will begin to crave sugar to get his fix. Though the feeling of well-being from eating sugar is temporary, this “drug” is inexpensive and in rich supply.

Another downside to excessive use of sugar is hypoglycemia. In response to the high levels of glucose in the blood, the pancreas secretes large amounts of insulin to increase the rate of glucose uptake into the body’s tissues. This results in a rapid decrease of blood sugar, and hypoglycemia, or the “sugar crash,” ensues. Symptoms of hypoglycemia include increased pulse, light-headedness, confusion, hunger, and shakiness.

The provers of *Acer Saccharum* experienced many of these symptoms, as seen below:

Awareness of Heartbeat, Increased Pulse  
Giddiness, Laughing, Jesting, Goofiness  
Hyperactive, Restless, Fidgety  
Intoxicated, Druggy Feeling, Sugar Cravings  
Lightness, Floating, Weightlessness

#

## ***Awareness of Heartbeat, Increased Pulse***

*“I suddenly felt my heart palpitate in a rather strong way.”*

*“I have a heightened awareness of my heart in my chest. It thumps very strongly, and I feel waves of those thumps radiating through my body. “*

A common symptom of excessive sugar consumption is a faster, stronger pulse. Several provers also experienced these symptoms: strong heart palpitations, awareness of heart thumping, and rapid pulsations in other parts of their bodies.

- I suddenly **felt my heart palpitate in a rather strong way**. ... In the past I would be mildly disconcerted mentally when these episodes would happen, but this time, even though the force of palpitation seemed stronger, I felt it was a proving symptom and knew it would cease, and it did after a few seconds. (01)
- From the beginning on, **I have a heightened awareness of my heart in my chest. It thumps very strongly**, and I feel waves of those thumps radiating through my body. (02)
- Pulsing in left side--pancreas or diaphragm, quicker and faster than a heart beat (04)
- Lying in bed on my right side, I notice my **heart starts to palpitate**. When I lay that way long enough, it seems to **also palpitate in my head**. So I decided to lie on my back and see if it is any better. Just as I start to drift off, I noticed that it started going to my head again and it wakes me up. So I turned to lie on my left side. Same thing. **I can tolerate it just in my chest, but the sensation moves to my head and that scares me**. (05)
- Pulse running very fast, can almost feel my heartbeat everywhere in my body (10)
- Now **if I stand from sitting, my heart rate goes up high and pounds**. I took my BP and heart rate at a pharmacy last night. Though my **BP showed very good, my heart rate was at 93 b.p.m.** I had done the Stairmaster for a half hour and one hour of yoga about 30 minutes earlier. I have never had my resting heart rate that high. My heart rate right now is 94 b.p.m. just sitting here. It feels like my heart is not contracting strongly enough to circulate my blood, so it is beating faster. (14)

#

## ***Giddiness, Laughing, Jestng, Goofiness***

*“I get the giggles and I feel happy and excited and just silly in a good way for a little while.”*

*“It’s very unusual for me to have such pleasant dreams, or dreams where I actually joke”*

It is commonly believed that when sugar is ingested in large amounts, particularly by children, it creates psychological expressions such as giddiness, goofiness, and jesting. Many of the provers of *Acer Saccharum* experienced one or more of these feelings or sensations, often acting silly and goofy as a child would. Others were joking and jesting, and wanting to be with others in groups or at parties.

### Giddy

- For some reason, rather for no reason, I get the giggles and I feel happy and excited and just silly in a good way for a little while. (02)
- Noted at work last night a little loquaciousness at the beginning of the shift. **An almost giddy feeling being in a group of people.** (06)
- Mentally I am ebullient, bubbly/giggly, giddy, like I have had laughing gas (08)
- **Making funny faces, giddiness.** Almost like he has just smoked some “pot,” smoked a bowl. Laughs. (10)
- (Observation) In classroom, other provers have unusual wide smile, corners of mouth turned up. They are **buoyant and giddy, especially when asked if they are proving.** It’s as if they have a special secret to tell and want to, but can’t. I want so much to ask them. Actually, I want to hang out with them. (12)

### Laughing, Giggling, Jestng

- **Jovial with clinic mates at lunch, more so than usual.** Our conversations are usually disjointed, but we are usually less tolerant of it. **Laughing more than we ever have.** (06)
- (O) She says I am like a mother watching her baby. **Makes her giggle** and flush from the attention. (07)
- A merry feeling. Alternating serious and merry. Prover said merrily **“Did you record heart attack and choking (laughing).** I’m just in a good mood...ha ha ha.” Then serious. **Goofiness** in gestures. (09)
- As we headed out, three ladies of the Carondelet Center were watching SNL featuring Sarah Palin on the internet. At 8:30 a.m., their loud laughter is a contrast to the serenity of the building (**comedy is everywhere!**). (09)
- I am amused; I am a bad influence on her. I saw humor in that after **we were goofing around.** I call her attention to it and **we giggle.** (12)
- In the ensuing silence, I began to hum the “Jeopardy” theme song. No one got the humor but the man of my dreams. **It’s very unusual for me to have such pleasant dreams, or dreams where I actually joke** (and anyone else understands the humor), but I’m not sure what to refer to as far as a symptom. (01)

#

## ***Hyperactive, Restless, Fidgety***

*“I want to jump around and crawl over the workstations at work.”*

*“I still feel fidgety and wiggly all over, inside and out “*

A common belief is that sugar contributes to hyperactivity, particularly in children. Several provers of Sugar Maple experienced restlessness and increased activity, as well as fidgeting and feelings of agitation.

- Her **children were hyper** and I had no idea who they were. (01)
- I am also kind **of restless and unfocused at church**. My friend sitting next to me even notices. (02)
- I'm so tired, but can't sleep. I'm still at work. I just want to lie down. It's almost like I was on an **incredible sugar rush** and now feel the plummet. I NEED sugar! Or a stimulant of some kind! (10)
- **I want to jump around and crawl over the workstations** at work. I feel totally weird; **restless, hyper even**. My mind wanders around; my eyes shift from thing to thing. I feel like I'm a **kid with ADHD who needs Ritalin**. I'm goofy; sudden bursts of laughter. (10)
- **Internal restlessness, agitation, fidgety**. Feet keeping pounding on the ground in sudden up and down movements. Intense. (10)
- Upon retiring, while lying, feel calm; but there's **an inner nervousness type moving within my core, a kind of inner restlessness**, even though I feel calm and tired (12)
- All day, I still feel fidgety and wiggly all over, inside and out (15)
- **There is agitated energy about me**. I feel it everywhere except when I am with my supervisor. I feel good next to her. (15)

#

## ***Intoxicated, Druggy Feeling, Sugar Cravings***

*“I can't get myself together enough to try harder to understand. It's like being drunk, or like the person speaking to me being drunk, or both.”*

*“I have noticed that I do crave sugar. Liquids especially, smoothies. I go shopping when I am out of sweets! “*

The sugar in maple syrup is highly addictive, and therefore sets up the addict for fierce cravings. Several provers felt **unusual** cravings for sugar. In addition, the sugar addict in withdrawal often feels the effects of hypoglycemia, which has a drug-like quality. These effects include spaciness, light-headedness, and altered awareness.

### Druggy, Intoxicated, Spacey

- When I woke up from my nap at 1:00, I **felt like a drugged slug**. (01)
- I can't get myself together enough to try harder to understand. **It's like being drunk, or like the person speaking to me being drunk**, or both. (02)
- **Like tripping**, dots like on TV. Snowy, fuzzy, Really light - just enough to see. Stripes on cover moving a tiny bit; it makes me happy. (04)
- Feel dopey, spacey, laughing – feels “high” (10)
- Dream: I was in a house with a few people gathered. One man I noticed in particular was a co-worker. I realized we were in an opium den of sorts. We were upstairs of this house; it was light out. Also, **we weren't smoking opium, but crack cocaine**. (10)
- I feel **spacey and out of it** at home (13)

### Sugar cravings

- Food: I have noticed **that I do crave sugar**. Liquids especially, smoothies. I go shopping when I am out of sweets! (07)
- I'm so tired, but can't sleep. I'm still at work. I just want to lie down. It's almost like I was on an incredible sugar rush and now feel the plummet. **I NEED sugar!** Or a stimulant of some kind! (10)
- Dream from last night: rectangular one-layer wedding cake with writing on it. I thought, **“How could anyone eat that much sugar?”** (12)
- **Craving sugar** – have not eaten sweets for 24 weeks. Not a problem with craving until now. (15)

#

## ***Lightness, Floating, Weightlessness***

*“Sense of lightness and energy from the lower right to the upper left side of my head.”*

*“Floating feeling, altered somehow. “*

Several provers experienced a sensation of lightness. There was light-headedness, which often comes from sugar-withdrawal. The other feelings of lightness were altered states, almost drug-like states, of floating, weightlessness, or levitation.

- Laughing, playful, **feels really light** and excited (10)
- My body feels weighed down and my breasts are tender and heavy. I am irritated by these feelings and **wish I could just move light and weightless** instead of feeling bogged down. (13)
- Still **light headed**. Feels as though my atlas is off. It is affecting my vision. Can't focus very clearly. I've cleaned my glasses several times. (05)
- In the afternoon, I decide to go for a walk around the lake. Halfway into the walk, or at the point farthest away from the car, all of a sudden I feel totally weak. **My legs feel like filled with air, very light, but without any strength**. I realize I have barely eaten anything today. I have to slow down, and I feel like I'm almost only creeping along. (02)
- **Sense of lightness** and energy from the lower right to the upper left side of my head. Went away when I sat up to write it down. (04)
- **Floating feeling, altered somehow**. Panicky feeling -I gotta stop, I can't do this. Lasting only seconds. (06)
- (Dream) ...He meets me, **lifts me up in the air effortlessly, just weightless like a balloon**, and he walks and I float to the party. Seemed very natural. Cheerful, light, pleasant dream. (07)
- (Dream) ... I heard it rustling about and I was curious, so I opened it slowly, only to find a **strong, healthy and lean person levitating**. (10)

#



## ***Enraged***

*(Dream) I was suddenly in my kitchen and was stabbing a pile of dishes that were in the sink.*

*“huge amount of anger. Sudden, uncontrolled”*

*“It felt like I wanted to explode with focused violence.”*

The anger exhibited was often sudden and with the feeling of being uncontrollable. The anger was often much larger and out of perspective with the incident they were responding to. People described the anger as “huge” “extreme” “dark soul of the night” and “mind fuck.” Frequently the anger was accompanied by stabbing actions. In dreams they might be stabbing dishes in anger. In life they might start stabbing the page with their pencils. One prover said “it felt like I wanted to explode with focused violence.” The rage came suddenly, with force, and in a “focused” “stabbing” manner. The word “enraged” seems to fit to describe the anger when it’s at its peak.

Anger at indignation is a theme. Anger came when someone did something like a betrayal or a trespass on their space. In one dream, people read the dreamer’s journal. In another dream a man says he will shot her if she comes in his territory. Another dreamer is enraged that certain TV shows are being watched “in my space”.

Another aspect of the anger is that for some they seem almost detached at the time of the rage. “My body is all enraged, but my mind is not with the situation so much.” The dream where the prover was stabbing the dished, she noted that even though the action was filled with rage, her mind was only “mildly concerned.”

The anger somewhat “simmered underneath.” One person noted that others were only on “the surface” and that they were not getting the “depth of suffering, pain, and violence of this remedy.” As if there were two levels to this state, a surface “giddy” level and a deeper more violent level.

## **Murder Story**

It’s opportune at this time to note that there was a murder committed during the proving. It was a particularly gruesome murder. A brother and sister murdered their sibling. They shot him with a cross bow. The arrow pierced his heart. Then they bludgeoned him with a bat, threw him in the back of their pick-up, took him back to one of their homes and attempted to burn the body. They were apprehended as police investigated an illegal fire on the property and discovered the remains of their brother. The siblings alleged that the brother had stolen from them. Once again, issues of people trespassing on other’s property and anger from indignation. The method of death, piercing through the heart with an arrow is also particularly interesting considering the manner in which sap is tapped from maple trees. See theme “Piercing.” And then the ultimate burning of the body also relates to the theme of “Burning” seen in this remedy state as well. There had been a long standing feud among the family members and the siblings had been threatening to kill their brother for some time.

- (Dream) ...after I verbally expressed my position, **I was suddenly in my kitchen and was stabbing a pile of dishes that were in the sink.** Although that action seems filled with rage, the feeling in the dream was one of simply being mildly concerned that I may have damaged some Tupperware... (01)

- (Dreams) ...**getting extremely angry, enraged** at partner for turning on the TV that showed violence, shooting, explosions and killing. **Very angry that he was watching it in my space.** (07)
- There was a person there who had a lot of rage in him, and I think I resonated with his energy. I felt intense and forceful, yet reluctant to speak. (14)
- My body is all enraged, but my mind is not with the situation so much. Sure, I'm angry, but I also feel very detached (02)
- ... I think that **a lot of the paintings look very violent** and many have a strange color and glow that give them a "radioactive" glow sort of look. Others seem to represent fire or blood, as if after some terrible event has happened to the earth. ... (05)
- When I lay down to rest for the night, the lights turned off and my energy surged. Despite being tired, my energy spiked and I became **unbelievably restless with anger at wife.** (10)
- **Unusual angered response** to a colleague's request (12)
- Anger throughout today simmering underneath (04)
- I kept writing very hard and hitting my pencils on the page, sometimes drawing a solid line across the page **as if I was stabbing it** with my pencils. I felt a strange compulsion to stay in this state. The danger of it excites me and helps me understand why this would be a tempting place to be in. The words that came out were: **violence, black EVIL, out to get you, anger, vampires, dark soul of the night, stabbing, hatred, deep, mysterious, DESTRUCTION, mind fuck, dark, hit me - I dare you, beatings, destroy, don't eat, violated, don't touch me, sickly, drugs, just try to defend yourself,** along with an image of a girl in an alley who is strung out, skinny, and used. (04)
- Lost my temper - huge amount of anger. Sudden, uncontrolled. (16)
- Got outraged when talking to my boyfriend. ...Feeling hurt, angry, not listened to, not understood. Told him that from now on, I will be making my own plans, and he can make his own. Not sure I want to see him again. So angry at him. So tired of this dynamic. **I have less tolerance than usual. I get very angry very quickly, and get loud, and then it is over.** (07)
- Extremely irritated with son, every little thing sends me into rage that is very difficult to control. End up yelling at him. No patience at all! **Very difficult to control anger, very quick response.** (07)
- (Dream) **people had read my journal.** It had been lying on a counter. I knew I didn't leave it there, but when they saw it there, they read it. **EXTREME ANGER!** Went downstairs to hit the punching bag. I was hitting it so violently that it would sometimes swing out of the way (80 pound bag) and I would miss it, which would make me madder. My friend walked by cleaning a gun. He said he was getting shipped off to war. ...I felt bad for him and told him I would swing by if I travelled that way. **He told me he would shoot me if I came in that territory.** (04)
- (On day 10 of the proving, the prover's friend went missing; he was found on about day 12 of the proving brutally murdered by family members.) Like reading a horror story. I wanted to know the details; it was like reading a book. Not reality. It truly didn't bother me. That part doesn't seem real. Very disassociated. It has stayed that way. Even when

I went to the house and saw the blood, it wasn't connected with him. I don't associate it with him. There is no closure. It's because I haven't seen his body (and won't see it), so that piece is not part of the story. It doesn't...the body. Legally, his mom can/will get possession of the body. Don't even know if his body will be released yet. This is a shock. (07)

- Thinking that he was ambushed, attacked, fighting for his life. He has such a strong will to live. I can relate to that, but it still doesn't. All the process of his murder and his death that (shakes head slowly). I have a very difficult time making it real. The part...the things they did. The surprise part, the ambush, what it must have felt for him. In the dark, the arrow through the heart, a baseball bat, a hammer. So I just hope that at that point, I just hope that he wasn't feeling much, that he was dead. It was loud. You go through all the "what ifs."... Thinking of him having to fight and plead, and his daughter [left without him, a father]. When I think of this...this is what I think of. It was like a shock. I couldn't talk, couldn't breathe. (07)
- You don't get the depth of suffering, pain, violence of this remedy. You are on the surface – don't get it (07)
- Sensation of heat rushing, moving outward like menopausal heat flash. **Not violent** yet a smooth calming. (10)
- I had much trouble falling asleep. It felt like I **wanted to explode with focused violence.** (14)
- (Dream) There are two sheep that come running out of the longer grass. At first they run towards me and around me **as if they will attack**, and I am scared. (04)
- her stare is very aggressive; feels **like an imminent attack** (03)
- Going to sleep, I see another picture closing my eyes. This time it is me lying on my back and **a spear or a long arrow is being pierced through my throat**, front to back, right through the constricted area. **I know it is killing me. If the stabbing through my throat does not suffocate me, the piercing of the spear through the back of my neck (spine) will surely do the trick.** (02)
- (Dream) **My husband cut down one of the trees in our front yard.** It is a flowering crab tree we planted in honor of our son. He cut it down because someone had damaged the inner part of the tree and he thought it was dead for sure, so he just finished the task. **I was really angry that he hadn't asked me first** what he should do. I remember just looking at the stump and sobbing in my dream. (05)

## ***Nature, Connection to***

*“the animation of nature that compels me to watch. I like the movement, and I am almost surprised in a sense with the copious amount of leaves that continue to fall. Like a dance to music that I do not want to see end”*

Given this is a plant remedy, we would expect to see a connection to nature. In light of the overall sensation of connectiveness and disconnectiveness in this state, the connection to nature has a similar quality to the connection to other individuals. People are drawn to nature and feel this intuitive connection. They notice details they might not have noticed. They feel the nature around them. They also are attune to how the landscape interacts with the manmade structures. They seek out and notice the interactions and connections being made around them.

They were also attune to the animals around them. They did, at times, feeling a connection to the animal part within them.

Maple trees and the sap were used greatly by the Native Americans. There were some indications of this in dreams. We might see a resonance with native americans or native American objects.

### Nature

- **The sense is very connected to the nature**, can almost smell and feel the details of the surrounding, and being part of it; very vivid sense of details and the danger coming towards me like a front of a storm. (07)
- Today as I watched the leaves fall off the trees, there was a similar feeling of appreciation and attraction ...It was a certain fascination with the movement of something “not formerly considered alive” that feels like I am seeing it as if for the first time. **A newness and an aliveness about it, the animation of nature that compels me to watch. I like the movement**, and I am almost surprised in a sense with the copious amount of leaves that continue to fall. **Like a dance to music that I do not want to see end.** (01)
- Things that I was interested in watching: **“Alone in the Wilderness” and “Earth,”** which is a show about nature and animal kingdom. (07)
- Attentive to **outdoor sounds - nature**, not traffic. (15)
- (Dream) I dreamt that my husband cut down one of the trees in our front yard. It is a flowering crab tree we planted in honor of our son. He cut it down because someone had damaged the inner part of the tree and he thought it was dead for sure, so he just finished the task. **I was really angry that he hadn’t asked me first what he should do. I remember just looking at the stump and sobbing in my dream.** (05)
- (Dream) I’m in some Asian jungle country run by bad guys... I was walking around the countryside of a backward but very unique, **passive agrarian culture, rich in its congruity and peacefulness. The environment and the culture blended so well together...** (12)
- **Noticing the tree with things on its branches** – really liking the tree and objects in the crook of the tree .. (15)

- **An artful eye towards the beauty of the manmade and natural landscape.** Noticing little details, like tree lines, fence lines, groves, or “now why did somebody build a small fence there?” (12)
- I wilt when the sun goes down (15)
- Sensation of intense coolness, minty fresh coolness. **Not cold, more icy, like a cool autumn breeze touches arms.** Both, wind is blowing everything away, cool wash down arms. Swooshing sound as hand movement down arms. (10)

#### Seasons and Transitions

- (Dream) **Fall season. The leaves are ALL RED** (there’s that same red again, a deep, bright red). Panoramic view - nothing but deep red. (12)
- (Dream) Woke from sleep w/dream: theme of transition in a very subtle way. ... (12)
- I should note that during the day I was aware of a **theme of transition, transitioning**, of going from my world to the world of tasking, adulthood, and the back and forth interplay of the lecture and the proving. This transition phase had a time element to it; it wasn’t a sudden on or off thing. Maybe it’s an interlude from one state to the other – I don’t know how to express this awareness. (12)
- .. I am still **finding myself dreading winter** and even more so the dark of the next two months. ...overwhelmed by winter ahead and by the gray skies and early dark (15)

#### Native Americans

- (Dream) I remember thinking that they really did not represent the Native Americans very well. The thought I had in the dream was that I was supposed to play Pocahontas or Sacagawea.. ... I had written how strange it was to me that we honor a man who was engaged in the slave trade, and thought, “what about our European ancestors and what they did to the Native Americans?” There was a certain resonance in my remembrance of the dream I had just had. It somewhat confirmed that the play was about a Native American.... (01)

#### Animal Consciousness

- Later we were in bed and I felt like biting my partner’s neck. **I did bite him and made growling sounds – it felt SO good.** And I don’t usually growl. It felt so VERY good, very satisfying! If I could get my teeth INTO someone like that and growl with those canines...well, that would feel SO good. I wondered while doing it what would happen if I bit him HARD and he started bleeding. I wanted to. Felt like an animal with the big teeth. (07)
- Moon peaking out from the clouds, about 35 degrees in the sky. **My first instinct was to howl (remembering the animal).** (12)
- I awoke to the sound of a crow.... I went out and took his picture; he was sitting on the very top of the highest tree around. **I no doubt have experienced this before.** ..This was another spirit sound, **like the animal spirit that was in me.** (12)
- Saw a gray cat trotting across the street with a full-sized gray squirrel in its mouth (09)

#

## ***Piercing, as if by Arrow or Spear***

*“(dream) I was suddenly in my kitchen and was stabbing a pile of dishes that were in the sink.”*

*“a spear or a long arrow is being pierced through my throat”*

Maple trees are tapped for sap which is used for Maple Syrup. This is done by drilling a hole about 1-2 inches deep into the tree. Then using a hammer they tap the spile (a device that keeps hole open and allows sap to run out) into the hole and hang a bucket from the end to catch the sap.

*(Dream) The nurse sticks the needle into my bellybutton and pushes it up all the way to the heart. The blood has to come directly from the heart... the blood flows into a dish”*

The history and experience of tapping a maple tree is clearly seen in the proving. The anger in this remedy is seen as “stabbing.” People experienced “stabbing” and “piercing” pains. In one vivid image, a person sees an arrow piercing through their body from front to back and feels it will “surely kill them.”

- (Dream) **The nurse sticks the needle into my bellybutton and pushes it up all the way to the heart.** The blood has to come directly from the heart. the blood flows into a dish, (02)
- Later we were in bed and I felt like biting my partner's neck. I did bite him and made growling sounds – it felt SO good. And I don't usually growl. It felt so VERY good, very satisfying! If I could get my teeth INTO someone like that and growl with those canines...well, that would feel SO good. I wondered while doing it what would happen **if I bit him HARD and he started bleeding.** I wanted to. **Felt like an animal with the big teeth.** (06)
- A week or so ago I had been experiencing some sharp pains in the area of my liver (lower/inner side) that was like a sharp, **stabbing sensation.** (01)
- **Momentary stab** in left lower abdomen. **Momentary stab** in right chest just under right breast (06)
- It was more painful and somewhat **stabbing/throbbing** in quality... (01)
- (Dream) ..., I was suddenly in my kitchen and was **stabbing a pile of dishes** that were in the sink. ... (01)
- Stabbing, burning, stinging inside left heal. Like a hot needle. Came and went. (14)
- Going to sleep, I see another picture closing my eyes. **This time it is me lying on my back and a spear or a long arrow is being pierced through my throat, front to back, right through the constricted area.** I know it is **killing me.** **If the stabbing through my throat does not suffocate me, the piercing of the spear** through the back of my neck (spine) will surely do the trick. (02)
- We decide to detour to the mall and allow both girls to get their **ears pierced.** (13)
- Desire to look up **Jesus' crucifixion and wounds** (06)
- Pain has worsened. I feel so much pressure in my pelvic area. **I also feel like I have a poker up my ass.** I can't take the pain any longer.... (03) #

## ***Unmotivated, Held Back***

*... Feel like I can't get up; it would take a lot of effort to move... Just don't want to move...*

*(Dream) ...I see myself struggling in that tunnel with no way back and not enough oxygen to move forward to the other side.*

There is a clear apathy and lack of motivation in this state. Simplistically a person would say they are tired and drained. If we investigate further the state seems to express itself as an inability to move. They desire to “sit and do nothing.” They say very clearly that they “just don't want to move.” They also almost feel as if they cannot move. In a dream the person finds themselves struggling in a tunnel with no room to move forward. This is the sensation. It's not like someone is holding them back, it's like they cannot manage to move forward.

Given that this remedy has a theme of “assertive”, it would make sense that they can also experience the opposite, lack of motivation. On one hand they appear to be able to “let go” and on the other hand they appear to “hold back” A few people used the words “held back” or “holding back.”

Another interesting side note in this state is the concept of something being “lost.” Several dreams had objects being lost and someone searching for them fruitlessly. This searching for something you cannot find results in nothing being done. There is a sense of incompleteness when one is searching, a sense that you are not able to move forward.

### Unmotivated, Apathy

- There's so many things my mind is thinking about doing; I don't want to do any of them. I feel irritable, agitated. I want to **just sit and do nothing**, but not even that would satisfy me. (10)
- For the rest, I'm in this **sluggish blur** not really noticing my surroundings ...I just can't seem to care. (02)
- **I feel like there's some kind of a “wall” in front of me.** Not like it's preventing me from doing anything, but like a big, clear marshmallow. (05)
- I don't feel like talking. I'd rather just watch people. I can't stop staring; can't move. I have no motivation at all. (03)
- **Have been apathetic and discontent.** Do not feel enjoyment when doing anything that is usually fun for me. (04)
- A little bit of hunger, but **no motivation** to go out and buy something (06)
- When at the gym, **found it very difficult to get motivated.** I was not tired, just not much desire to be there and move. (07)
- I've been **feeling kind of apathetic** about my studies (14)

### Tired

- **... Instead, I feel so drained. So tired.** I walk a quarter mile and am exhausted. Not physically tired - TIRED... (07)
- SOOOOO tired! (15)

- Hubby became suddenly angry. ...I was not inclined to speak. Became **very tired and drained** when arriving at home. (01)
- **Feeling sluggish** when sitting in my car for break (06)
- He can get off his lazy \*\*\* and get it himself. (15)

#### Can't move

- (Dream) ...I see myself struggling in that tunnel with no way back and not enough oxygen to move forward to the other side. (02)
- Can't stand being around people. Couldn't make one phone call. Still avoiding that. Couldn't eat. (07)
- .... Maybe it's an interlude from one state to the other – **I don't know how to express** this awareness. (12)
- .... **Feel like I can't get up; it would take a lot of effort to move.** I'm trying to figure out what everybody's thinking; a disconnect from others. **Just don't want to move....**Not scary - don't feel possessed. Feel like I'm just watching. (03)

#### Holding Back

- ... Plus, I am glad you told him what I told him, **but regret that I was holding back.** I always wanted to run my hand over his hair...I regret holding back... (07)
- My expression of anger frightened her, **therefore I held it back; inside me,** unexpressed. (10)
- Recognize **that I have held back this powerful sexual/creative** energy within myself. It has a strong expression, and I'm not reserving that expression right now. (10)

#### Lost

- (Dream) .... A bunch of us were walking through a field and wooded area, as if we were searching for someone lost but we were trying to throw off the cops. (04)
- (Dream) I lost the tickets to the Viking's game I'm going to this Sunday... we drove around in circles looking for them, quite conscious that we were just riding around in circles. (10)
- (Dream) I had set my gun down and couldn't find it. **I couldn't find my gun.** Somebody had taken my gun. I never did find my gun and I was accusing others of taking it. (12)
- (Dream) ... **Outside I can't find my bike.** I walk from bike to bike, but none of them is mine. I can't remember where I left it. The feeling in the dream is that of confusion (02)



## *Appendix*

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## ***An American Indian Legend - Nation Unknown***

Long ago, Axsinaminshi, the Sugar Maple, was suffering from an intense itching caused by grubs and beetles burrowing beneath his bark. Though he had many arms and fingers, he could not scratch himself. The itching became unbearable, and all that he could do was to writhe in discomfort and torment. He could do nothing by himself to relieve his suffering!

Finally, unable to bear the itching any longer, he called out to the squirrels, porcupines, and beavers to help him, but they were concerned only with their own affairs and they did not offer any help. All they did was to offer their sympathy.

Next, Sugar Maple called to the birds. They too, felt sorry for him, but could do nothing.

Then, Papa'xes, Woodpecker, came along, and he said he could help. So, he brought his cousins, Ulikwàn, Flicker; and Titàs, the Downy Woodpecker. All of them worked very hard and finally were able to pick up every pest from Sugar Maple's bark, and his itching stopped! What a relief! Axsinaminshi thanked Woodpecker and his cousins most happily, and they thanked Sugar Maple for the good meal of grubs and beetles.

Years later, Papa'xes was in distress. Not knowing what to do, he at last came to Axsinaminshi, who he hadn't seen in a long time, and he related a sad story to him. Due to a long period without rain, Papa'xes was dying of thirst, and he asked Sugar Maple if he might help.

Sugar Maple, remembering the help he had received from Woodpecker, told him, "Go to my trunk and drill some holes and they will fill up with sap."

Woodpecker flew down and pecked away at the trunk, making many holes. The holes filled up with sap, and Woodpecker drank and joyfully slaked his thirst. Woodpeckers have been drinking from trees ever since.

It was from the Woodpecker, that our Lenape'wak learned that trees give sap and can be tapped.

## *How Maple-Sugar Came—Native American Tale*

(Salteaux)

(Native American Tale)

AFTER Nanahboozhoo had given the Wild Roses their thorns, he wandered about the world playing pranks on the Little People of Darkness, so that they determined to be revenged on him and kill his old Grandmother Nokomis. Nanahboozhoo loved his grandmother dearly, and when he knew that the Little People wished to hurt her, he took Nokomis upon his strong back, and flew away with her to a forest.

Wonderful was the forest, for it was in the Autumn of the year, and the Maple Trees were all yellow, green, and crimson. From a distance they looked like a great fire. It happened that the Little People followed after Nanahboozhoo, and when they saw the bright colours of the Maples, through the haze of Indian Summer, they thought the whole world was in flames, and turned back and hid in their holes.

Nanahboozhoo was so pleased with the beautiful Maples for having saved his grandmother from the Little People that he decided to live among the trees, and he made old Nokomis a wigwam of their brightest branches.

One day, some Indians came seeking Nanahboozhoo to ask for help. They found him in his grandmother's wigwam among the yellow, green, and crimson Maples, where he received them kindly.

"O Nanahboozhoo," said they, "the Indians of the Far South have a delicious sweet thing they call Sugar, and we have nothing of the kind. [293] We sent runners with gifts to the South to get an abundance of Sugar for our people; but some of the runners were killed and others wounded. Tell us, therefore, O Nanahboozhoo, how we may make Sugar for ourselves."

At first Nanahboozhoo was greatly puzzled, for he had been in the Southland and knew how hard it was to make Sugar. But old Nokomis, when she heard what the Indians asked, added her pleadings to theirs, for she too had tasted Sugar and longed for more. Of course Nanahboozhoo could not refuse to help, so he thought a while, and said:—

"Since the beautiful Maples were so good to Nokomis, henceforth in the Spring of the year they shall give the Indians sweet sap. And when the sap is boiled down thick and delicious, it will cool and harden into Sugar."

Then Nanahboozhoo gave the Indians a bucket made of Birchbark, and a stone tapping-gouge with which to make holes in the tree-trunks; and he shaped for them some Cedar spiles or little spouts, to put in the holes, and through which the sap might run from the trees into buckets. [294] He told them, too, that they must build great fireplaces in the woods near the Maple groves, and when the buckets were full of sap, they must pour it into their kettles, and boil it down. And the amount of Sugar they might boil each Spring would depend on the number of Cedar spiles and Birchbark buckets they made during the Winter.

And every Springtime since, when the Frost is going out of the ground and the Arbutus blossoms under the snow, the sweet sap mounts through the trunks of the Maple Trees, and the Northern Indians gather the sap, and say, "This is the way Nanahboozhoo taught us to make Maple-Sugar!"