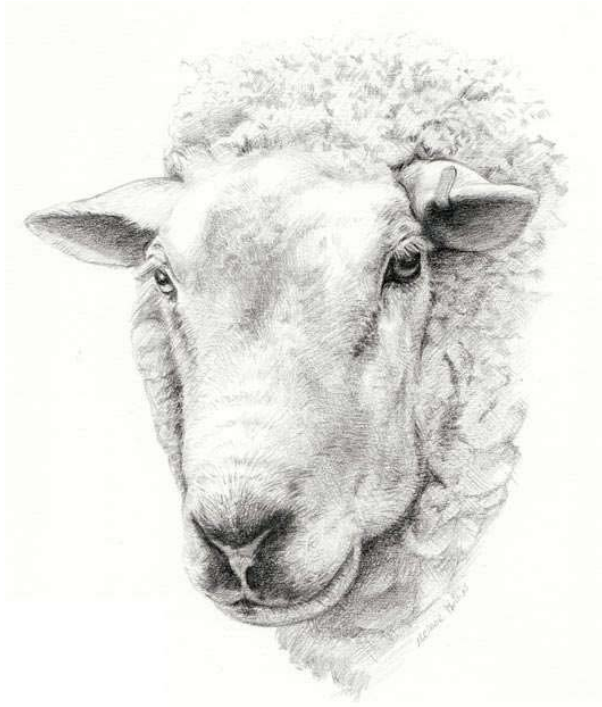


## Lac Ovinum, Sheep's Milk



Proving of Lac Ovinum, Sheep's Milk

Northwestern Academy of Homeopathy

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Proving, 2002

## Table of Contents

Lac Ovinum, Sheep's Milk .....	1
Lac Ovinum (Sheep's Milk) Background .....	3
Lac Ovinum Remedy Overview.....	9
Lac Ovinum <i>Specific</i> Mental Themes .....	11
Equality, Irritable about Unfairness, on Principle .....	12
Gentle, Not Complain.....	14
Giddy, Playful.....	15
Good Samaritan, Desire to help.....	16
Hurried, Not enough time, Impatient .....	18
Low energy, Moving slower, Exhaustion.....	20
Remaining Calm and Relaxed .....	22
Task too big for lil'ol me, Feeling Inadequate.....	23
Unsafe, Flight, Attack.....	25
Withdrawn, Not center of attention, and Avoidance (Sycotic).....	26
Common Milk Themes .....	28
Disgust .....	29
Forsaken, Alone and Sadness.....	30
Rejected by the group.....	31
Two Wills.....	32
Appendix .....	33
Chinese Year of the Sheep .....	33
The Sheep Child: Chinese Zodiac .....	33

## *Lac Ovinum (Sheep's Milk) Background*

"It is madness for a sheep to talk of peace with a wolf!"

Ancient proverb

KINGDOM: Animalia

PHYLUM: Chordata

SUBPHYLUM: Vertebrata

CLASSIFICATION: Mammalia

ORDER: Artiodactyla

SPECIES: *Ovis aries*

MASTER PROVER: Eric Sommermann, PhD, RSHom (NA) led the proving of *Lac ovinum* for the Northwestern Academy of Homeopathy in 2002.

SOURCE: The milk of a Rambouillets-Hampshire ewe milked one week after lambing; collected by Beth Knudtsen-Spears (alumna) from a farm in East Central Minnesota; the farm is home to a herd of about thirty sheep.

COMPILATION: Suzanne Joyce and students of the Northwestern Academy of Homeopathy.

THEMEWORK: Lori Foley

NAME: Sheep is derived from Old English; *sceap*, *scep*, these words are of unknown origin; the more usual word for the animal is *ewe*, as a type of timidity, from Old English; the meaning "stupid, timid person" is attested from 1542.<sup>4</sup>

### **BREEDING & BIOLOGY**

Sheep breed on a seasonal basis. Females are in heat for just over 24 hours; they become fertile in early fall and remain fertile through midwinter; males are fertile year round; both become sexually mature at one year. Gestation averages about 148 days and most lambs are born in mid spring. Our sheep's milk came from a blended breed of Rambouillet (smooth-bodied, horned or hornless) and Hampshire (large, hornless, dark faces and legs) sheep.

"Rambouillet sheep, [are a] fine-wool breed developed in France from the Spanish Merino sheep. It has become very popular in the United States and is the foundation of most of the Western range flocks. Intermediate to large in size, Rambouillets are the largest and strongest of the fine-wool sheep; the rams are horned, the ewes hornless. Besides being valued for their high-quality wool, Rambouillets are also good meat animals. The ewes are bred extensively on the range to coarser-wooled rams, especially of the Hampshire and Suffolk breeds."<sup>2</sup>

### **CLASSIFICATION**

The mammalian order Artiodactyla, or even-toed ungulates, derives its name from Greek *artios*, even in number, and *daktylos*, finger or toe. The name refers to a skeletal structure in which the third and fourth digits form a symmetrical pair and the hind foot bears an even number of digits. This, as well as the structure of the ankle bone, distinguishes the artiodactyls from the odd-toed

ungulates [Perissodactyla] such as the horse, tapir, rhinoceros, and some extinct species. The large and medium-size artiodactyls, all herbivores, are distributed among nine families or tribes: pigs, peccaries, hippopotamuses, camels, chevrotains, giraffes and okapi, deer, pronghorn, and bovids. The bovids are the largest and most successful tribe which include cattle, sheep, goats, and antelope. <sup>5</sup>

## **GEOGRAPHIC RANGE & EVOLUTION**

“Artiodactyls were once the dominant herbivores (plant-eating mammals) of almost every continent. They are an important link in the chain by which the sun’s energy, having been used by green plants, is made available to other forms of life. They tend to be medium- or large-sized animals...The success of artiodactyls has depended on skeletal adaptations for running and on the development of digestive mechanisms capable of dealing with plant foods; none is adapted to flying, burrowing, or swimming. The individual species tend to be fairly narrowly adapted, in comparison with other mammals, but many of them nonetheless have broad distributions...The order Artiodactyla contains nine families of living mammals, of which the Bovidae (antelopes, cattle, sheep, and goats) is by far the largest, containing nearly 100 species.

They provide food in the form of meat and milk as well as clothing in the form of hides and wool, and in parts of the world camels are still used for transportation. The evolutionary success of the artiodactyls may be attributed to certain adaptations of skeletal structures for swift flight and to the ability of members of the order to swallow food quickly and, in many cases, regurgitate it and chew it later.” <sup>1</sup>

## **HERD MENTALITY**

Sheep are extremely skittish; they become stressed at the slightest provocation. Their inclination is to escape from anything perceived to be dangerous. They flee unless they are cornered, and then the sheep will charge or threaten; an aggressive posture in sheep includes hoof stamping and charging. Newborn lambs demonstrate this behavior as they are finding their place in the flock.

In a flock of grazing sheep there is little or no sign of dominance. In small domestic flocks, sheep will compete for small amounts of food by pushing and shoving rather than active bunting.

Sheep form strong social groups that are stable and the social organization of the flock influences grazing patterns. Animals are not randomly dispersed in any environment and free-ranging groups may exhibit extreme non-randomness in the use of resources, particularly vegetation. Young lambs form strong social bonds with each other or other objects (e.g., goats, humans, dogs, cattle). Sometimes a strong bond forms between two animals and they become mutually dependent. Sub-groupings form within a flock, common with larger flocks, and these smaller groupings become tight-knit and stay together. These small groups will graze closely together regardless of whether the food is better or worse in that area. This can lead to under-nourishment in sub-groupings within a sheep herd. These sub-groupings will always maintain a certain separateness within the herd. Sheep are very loyal to their social group, they have very specific home ranges (a geographic area where they normally live). After joining a social group, sheep are never known to leave it.

There is a complicated system of rank and an inclination to follow a leader. Older ewes generally dominate younger members of the herd. Despite this ranking and domination in the herd, sheep are very dependent on one another; they become stressed when separated from their flock members. The shepherd’s role is very demanding and requires great skill in tending to the needs of the entire flock; especially in protecting the flock from predators.

## **PREDATORS**

The predators of sheep include, but are not limited to foxes (Aplex, Urocyon, and Vulpes); coyote (Canis latrans); wolves (Canis lupus), dogs (Canis lupus familiaris), bobcats (Felis rufus); cougars (Puma concolor); black bears (Ursus americanus), brown bears (Ursus arctos) and grizzly bears (Ursus arctos horribilis). In the United States it is widely reported that the coyote is the leading predator of sheep and dogs have recently been the second leading cause of death.

Sheep have well-developed senses. Their long noses are filled with olfactory nerves to help them detect predators. Large ears can rotate to detect sounds from all directions. Big eyes, set on the sides of their heads let them see in many directions at the same time. One adaptation of living in a social group is safety from predators. With so many eyes watching for a sign of danger, a predator can be spotted sooner so the whole group can flee.<sup>6</sup>

## **FOOD HABITS**

Sheep are herbivores and grazing animals, they love to EAT! Sheep feed primarily on grasses and sedges. In the winter they actually eat frozen grass, stems, lichen, and moss. Sheep will often travel to mineral licks to eat soil. These are typically rocky outcrops where high concentrations of minerals are pooled. This replenishes essential minerals that the sheep cannot get from their daily diet of plants.

Since they eat a variety of plants, sheep have developed special adaptations for their eating habits. They have lost their canine teeth but have developed large, flat cheek teeth with raised ridges. When chewing, the teeth move side-to-side and front-to-back in a triangular motion to grind food. Strong lips and tongue are designed to grab and tear foliage and other vegetation. Special stomach chambers allow ungulates to digest plant material. Ruminants, such as Dall sheep, have a complex stomach made up of four chambers. One chamber has bacteria that ferments the food and breaks down the plant material for absorption. After the food is fermented, the sheep regurgitates it and chews the food again. This second chewing is called rumination. After the second chewing, the food goes through the other three chambers and then to the intestines. It may take four days to digest a meal completely!<sup>6</sup>

They eat a wide variety of grasses, including but not limited to canary grass (Phalaris arundinacea) and timothy (Phleum pratense); legumes such as alfalfa (Medicago sativa), clover (Trifolium), peas (Pisum sativum), lentils (Lens culinaris), lupins (Lupinus), and peanuts (Arachis hypogaea); and a wide variety of wildflowers. Sheep eat many invasive species of plants and thus help restore native pastures. Lambs may die from overfeeding on grains; and moldy grains are known to be toxic to sheep. Oak and acorns (Quercus), rhubarb (Rheum), rhododendron (Rhododendron chrysanthum), tomatoes (Solanum lycopersicum), potatoes (Solanum erianthum, Solanum jamesii, Solanum tuberosum, to name a few), and yew (Taxus) are poisonous to sheep.

## **COPPER TOXICITY**

“Sheep are unique among food and farm animals in the way they utilize copper. Copper is a required mineral for all farm animals.... Sheep are the most susceptible of all food-producing animals to copper toxicosis.... Copper nutrition in sheep is quite complicated. It is a required mineral for sheep, yet highly toxic. Presence or absence in the diet of sheep of other minerals and some ionophores affects the copper metabolism of sheep. Especially the level of molybdenum and sulfur in the diet. Molybdenum and sulfur act as antagonists to copper. The presence of these compounds bind with copper and prevent gut absorption and increase excretion of absorbed copper in the liver and body tissues. Molybdenum is often added to

sheep diets to try to help prevent copper toxicity. However, molybdenum added at too high of levels can actually result in sheep having a copper deficiency.... Copper toxicity can be of two types: chronic or acute. The acute form of copper toxicity occurs quickly, shortly after ingestion of high amounts of copper. The chronic form occurs when sheep are fed diets over a period of time that are marginally higher in copper content relative to level of copper antagonists in the diet. This could be over a period of weeks or months, depending on actual copper intake by the sheep. What happens is that sheep bind absorbed copper very tightly in the liver. Copper buildup in the liver occurs because sheep do not excrete copper from the body as efficiently as other animal species. When the liver becomes saturated with copper, tissue damage occurs in the liver and large amounts of copper are released into the bloodstream. This causes the death of red blood cells and subsequent tissue damage. Often, the first very noticeable sign of copper toxicity is dead sheep. This many times may follow some stressful event for the sheep. Prevention of copper toxicity is the most practical method of dealing with this problem.”<sup>3</sup>

## **ORIGINS & USES**

Sheep are thought to be descended from Mouflon, which are a species of wild sheep and one of the Caprinae or goat antelopes. Sheep were among the first animals to be domesticated by mankind between nine and eleven thousand years ago in Mesopotamia; this domestication has resulted in a permanent neoteny, which is a permanently slowed or delayed development in the species. This means that sheep are dependant on humans for their health and survival. Sheep enabled human civilization to leave the cradle of civilization and venture into new lands and cooler climates. Initially, humans relied on sheep for their meat and their milk and skins. It is thought that early sheep had hair, like goats; not wool. As people began to breed sheep they choose to make them hardier and breed them with longer and longer hair, gradually sheep developed wool. Humans began spinning wool in the Early to Middle Bronze age, around 3000 BCE; enabling people to spin sheep's wool it into cloth. Sheep are raised for both meat (lamb or mutton) and wool. However, the wool industries have seen significant declines since the 1970s, declining production and there are fewer and fewer sheep operations. Lamb and mutton are now seen as products in themselves rather than byproducts of the wool industry. This is a reverse trend from their original relationship with humanity.

## **MILK**

Sheep's milk is highly nutritious; it has a rich, bland, slightly-sweet taste. It contains minerals like calcium, phosphorus and zinc and many important vitamins; it is loaded with the enzymes that enable the metabolizing of calcium and it is much higher in total solids than either cow's milk or goat's milk. The proteins in humans, sheep, and goats, are very short, which is why babies and the elderly, people with asthma, eczema and other psoric skin conditions will often thrive on sheep's milk.

Sheep's was a staple of the Ancient Romans, who descended from shepherds, mixed with wine it was served as a drink and made into cheese that was mixed with herbs, honey, nuts, and fruits.

“Cream and milk can be kept fresh for several days, even during hot and thundery weather, if boiled once a day; by this process, I believe, the gases of fermentation are expelled each time...Hahnemann was on the way to the discovery of the pasteurizing of milk. Hahnemann gives an explanation why sheep and goat cheese are more digestible and agree bitter than ordinary cheese prepared from sour cows' milk.”

- Richard Haehl on Samuel Hahnemann

## **SACRIFICES**

Sheep were sacrificed in Ancient Greece and Rome and these sacrifices continued in the Abrahamic traditions of Judaism, Christianity, and Islam. Sheep were not sacrificed in Madagascar because they were believed to possess the souls of their ancestors.

In Judaism, sheep were part of Korban; and are featured during Passover and the ceremonial blowing of a shofar. In Christianity, the Christ is known as the Lamb of God, sacrificed to free humanity from its suffering (Agnus Dei). The term pastor means shepherd, and refers to the leader of the flock of Christ, priests, bishops in the Roman Catholic, Orthodox, and Anglican traditions, and ministers in the Protestant traditions. George Frederic Handel in 'Messiah', composed the following: "All we like sheep have gone astray, All we, like sheep, have gone astray; we have turned every one to his own way; And the Lord hath laid on him the iniquity of us all."

## **MYTHOLOGY**

Sheep are featured prominently in Ancient Greek mythology in Aphrodite's relationship with Psyche and Eros and in the legend of Jason and the Golden Fleece. Aphrodite or Venus is associated with copper in astrological correlations; and Aries, the Ram, is the first sign of the Western Tropical Zodiac which has been associated with the return of spring and new beginnings in life.

## **CLICHÉS**

The follow are common clichés that come from humanity's long relationship with sheep: Big wig; Black sheep; Catgut (kitgut); Counting sheep; Dyed in the Wool; Earmarked; Fleeced; Gentle as a lamb; Pop goes the Wesel; Pull the wool over someone eyes; Ram; Score; Sheepish; Sheepskin; Shoddy; Spinster; Two shakes of a lamb's tail; Wolf in sheep's clothing (Matthew 7:15); and Woolgathering.

## **NURSERY RHYME**

Baa Baa Black Sheep first known publication is in "Tommy Thumb's Pretty Song Book" (circa 1744). It was next included in "Mother Goose's Melody" (circa 1765).<sup>4</sup>

The standard version of the rhyme is as follows, there are many recorded variants:

Baa, baa, black sheep,  
Have you any wool?  
Yes sir, yes sir,  
Three bags full.  
One for the master,  
One for the dame,  
And one for the little boy  
Who lives down the lane.

**YAN TAN TETHERA:** An ancient method of counting sheep common in Celtic Britain for which there are several variations in different dialects used by shepherds to keep track of their herds.

"All the milks should be potentized, they are our most excellent remedies; they are animal products and foods of early animal life and therefore correspond to the beginning of our innermost physical nature."

- James Tyler Kent

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## *Lac Ovinum Remedy Overview*

Lac Ovinum people are shy by nature. They may find the hustle and bustle of life easily overwhelming (Theme: Task too big for lil'ol me). They may prefer solitude to the noise and attention they may find in groups (Theme: Withdrawn). Although being a part of the group is very important, (Theme: Rejected) they do not like being the center of attention and this makes them very uncomfortable.

The Sheep are perennial nurturers (Theme: Good Samaritan). They remain calm in all situations and love to take care of other people (Theme: Remaining calm) They are very much like their animal counterpart: gentle, easy going, content and peaceful.

For sheep, their two areas of sensitivity are to feeling inadequate and to being rejected by the group. They are very task-oriented, meaning that life is about doing what is expected of you. There is a sense that they will not be able to live up to expectations and that they will let people down as they try to perform their job. Inside is the feeling that they are inadequate and they will try their hardest to hide this. They work very hard and are often overwhelmed (Theme: Hurried). They may be kind at heart, but they are not always mentally sharp (Theme: Low energy). They often feel that things are hopeless and they are trying to do too much in too little time. This brings out their pessimistic side, that tends to give up in situations that feel too big for them. In the end, they feel overworked and may find themselves exhausted (Theme: Low Energy) as their capabilities fall short of the mark.

In a flock of grazing sheep there is little or no sign of dominance. In small domestic flocks, sheep will compete for small amounts of food by pushing and shoving rather than active bunting. For the sensitive sheep they expect equality within the group and they will get irritated if they are left to do more than others (Theme: Equality). However, they fear being kicked out of the group and will tolerate being uncomfortable (Theme: Gentle, not complain) in order to offend anyone.

Like other remedies made from milks, Lac Ovinum has a feeling of being forsaken (Theme: Forsaken) and the conflict between two wills, one their "bad" instinctual animals side and the other their "good" human side (Theme: Two wills). They also have feelings of self-disgust (Theme: Disgust).

### **Physical Summary**

There would be several confirmations on a physical level to prescribe Lac Ovinum. The first would be headaches. It would be surprising to see a Lac Ovinum case without some sort of headaches. Characteristically, the headaches are behind the eyes, in the temples, and sometimes around the back of the head. The second would be chills and running very cold, with cold hands and feet and occasional flushes of heat. Due to this, they tend to dislike cold and it may aggravate conditions.

It would also be difficult to prescribe Lac Ovinum without hunger. They will tend to think about food alot, be hungry often, and have difficulty getting full. They also have many digestion symptoms, rumbling in abdomen, gas, eructations, and nausea. They may have alternating constipation and diarrhea. They will also be very thirsty. Dryness in general is a problem, in mouth on skin etc. This may cause itching.

They can also have congestion and runny discharge from the nose and post-nasal drip with desire to hawk to get the mucus out of the throat. They can have aches and pains in their extremities, most the legs. They seem to have tightness or soreness across their upper back

(shoulder blades). They often desire to stretch to relive this tightness or stiffness. Lac Ovinum also has a strange tingly sensation at times (almost a chill, coolness, or numbness), on top of head or in extremities.

They can also get very exhausted. They can experience weakness in general, low energy, and desire naps. They seem to be ameliorated when they get outside in fresh air or just start moving.

## Lac Ovinum *Specific* Mental Themes

#

## ***Equality, Irritable about Unfairness, on Principle***

*"I hate it when people act that way and there is someone in class that really feels she deserves special treatment"*

*(dream) "He wanted to be with me. I felt angry for his wife.... I objected on principle."*

Within the sheep herd there is a certain equality. Unlike in some herd structures, sheep don't exhibit a dominance of one sheep versus the others. Within this remedy we see a sensitivity to things being equal. When this remedy gets angry, it's usually about things being unfair or someone getting special treatment. Although most often they will just grumble about this to themselves (Theme: Gentle, Not complain) They get upset if they have to do a lot more work than the other people in the group. Of course, with their "giving nature" and task orientation it's inevitable that they take on a greater responsibility than others.

They also seem to have a sensitivity to principles. They have an inner barometer for principles and for behaving with respect and kindness to others. They also believe in following the rules. They feel upset when asked to behave against these principles. They may find themselves split at times (Theme: Two wills) between these principles and what would be considered more "base" desires like sex and security.

- (dream) Another one at a coffee shop. **Someone ahead in line was high maintenance. Thought they deserved special treatment...** By the time we got to the front of the line, we were rolling our eyes and making fun of her with the person working there (I hate it when people act that way and there is someone in class that really feels she deserves special treatment.) (09)
- (dream) In church with family. **I was getting irritated that everyone else seemed so helpless:** where should we sit, kids weren't dressed, etc. ... Feeling: very confining; I was being everyone's mom. (10)
- (dream) Staying at some kind of family vacation house. I had an idea to have a party at the house, **but then got angry that I was responsible for doing everything for it. I withdrew all of my effort and made everyone else work.** I was sitting around waiting for people to get organized. Very "put-out" feeling. (05)
- In the dream it was because I needed to sit down and nothing was happening. **Felt powerless.** I was very angry. People took off and didn't do anything. (13)
- Thinking of a drama involving **domestic abuse**, a couple of very viscous assaults on women. Victimized feeling, **anger and injustice about how women are treated.** (05)
- **Irritable. You are infringing on my needs for your benefit.** (04)
- Annoyed because wanted to enjoy visit with my mother, but all these other things keep coming up that have to be attended to. **Some are things that shouldn't be my responsibility – someone else should be handling it, but I am the only one around who can.** (05)
- **Irritable snapping. Feel like people are asking me to do their dirty work. Resentful.** (04)

### On Principle

- (dream) Ex-boyfriend courting me again even though he was married. Felt very angry. **Felt angry for his wife.** But also resentful that he waited until he was married to suggest

this. **Part felt that I objected on principle.** “This proposition is ridiculous.” But part of me still wanted to be with him. (05)

- .. Felt connected to feelings of being asked **to act against my principles**, to do something that is untrue and artificial (05)
- (dream) We are sitting in her living room watching television. She changes to a movie, “Porky’s” I think. I ask her to leave it here, tell her that this is a funny movie and sort of grab the remote. She is offended – **something about her religious morals...** (06)
- (dream) ... Soon there were parade-type crowds ridiculing them. **I wasn’t sure why they were on parade being ridiculed – hostages. I felt scared. If they did it to them, they could do it to anyone. Why would she do it, she’s so nice and a good person.** (09)
- One thing during trial: became **very clear my client lied to me...**Normally not a big deal, **but today I was upset and told her.** More bothered by the fact that I confronted her. Usually I expect it. Didn’t in this case. When she did, I was not happy. It felt more intense for me. I was pretty mad. It was a deeper feeling rather than blowing it off. (13)
- (dream) I was at a party with some fourth grade kids I work with. One child was acting rude, and I let her get by with it. Later another child not my own was rude, and I threatened to take her home. She said, “I don’t care,” so I took her home as a **punishment for being rude and disrespectful.** (10)
- I was talking to one of my co-workers and the manager came in the room. I made a speedy exit. **My feelings for this particular woman are that she eats people and spits them out...** (06)

## ***Gentle, Not Complain***

*(dream) "I did not want to offend the person who had been so kind to set it up, so I did not change it."*

Lac Ovinum has a gentle nature. Not wanting to be hurt by others they are equally sensitive to avoid hurting others. They will avoid expressing their anger or lack of comfort in order to not upset the other person. When they do act, they will be concerned that someone will be angry with them.

- (dream) ...We sat down and I started talking to this lady at the table. She was smoking and **it was bothering me, but I didn't get up and move.** ... (01)
- I went through the motions, but everything seemed very hard. I got tears at one point from trying so hard and feeling unsuccessful. **All I wanted to do was rest. But I didn't complain.** (04)
- (dream) Went to go to bed. I had a bed of blankets, etc set up on the floor. Someone had made it up for me very nicely but in the wrong order so that there was a very uncomfortable burlap that I had to lay on. **Did not want to offend the person who had been so kind to set it up, so I did not change it.** Being uncomfortable so as not to hurt someone else (sacrificing self). (05)
- More aware of my own power over my mother. **Noticing how easily I can hurt her and that she does not protest or argue with me.** Feel like I am a giant and she is a small pea. I can just crush her.... (05)
- More objective than so black and white – **think of the other person's feelings more.** Listens better. (03)
- Upset – concerned driving with the high beams on. **Concerned that others would be mad, or that it would cause them great discomfort.** (06)
- Felt assaulted by the strong smell of heavy perfume that a new co-worker was wearing. **Was afraid to speak with her about it, that she might be offended or angry, ...** (05)
- Crabby to friends – didn't want to talk to anyone, just wanted to let my anger brew. **Tried to blow it off and smile,** but still felt frustrated. (14)
- (dream) **But then I remembered that she was injured, so I stopped myself and asked her about her symptoms.** (05)

## ***Giddy, Playful***

*“Looking a little peevish, childish grin”*

There is a playful nature to this remedy. It has a childish quality to it. They might giggle, tease, make faces and talk in a childish voice when feeling happy. They also might feel frisky when in this playful mood. They seem to experience this happiness in random spurts, not all the time.

- **The giddiness comes in spurts**; it is not all the time. Can get serious, it goes back and forth. (01)
- **Slightly more playful this evening**. Easy to make him smile and chuckle. Where he may have gotten angry before, handled it in a more playful way. (02)
- (dream) I was singing “Silver Bells” with my friends. **It felt very happy, joyful, etc.** I had this dream twice (09)
- **Get tears in eyes when laughing. Got a laughing jag – couldn’t stop....**Cover face when I laugh a lot (01)
- More quiet than yesterday, but when engaged humorous with laughs. A bit childish, not all the time. A little girlish when laughing and giddy. Laugh easily when engaged. (01)
- **When giddy, speech is a little childish at times....**Talking a little sing-songy. (01)
- Last night did a few things to freak husband out. Thought about it – **felt playful**. Was spontaneous. Initiated sex (very unusual for me), spontaneous. Husband was sleeping, so this is huge for me. (03)
- Looking a **little peevish, childish grin** (03)
- No in between, **either juvenile and frowning**. (03)
- Very happy, somewhat giddy. Co-worker looked at me funny, like I was acting different, “goofy.” Another said, “I’m glad you’re so happy today.” We exchanged a few Spanish phrases and I felt great. It was kind of silly. (01)
- getting more **cheerful, joking, talkative, happy, teasing** – very pleasant (02)

## ***Good Samaritan, Desire to help***

*“Since the remedy, I want to help people with their problems. I feel chatty, want to talk and be more intimate and really make a difference in other people’s lives - help them”*

A key theme for Lac Ovinum is the “Good Samaritan.” They will have a desire to help others. They will find themselves in dreams and in life having to help people in need. Some times when they are just able to listen, the interchange is good for them. They feel as if they have helped someone just by being there and caring, as they would want for themselves.

Sometimes the situation requires a larger effort on their part. Really doubting their own ability to handle things, they can feel overwhelmed when people need help in more serious situations. Given their non-complaining nature (Theme: Gentle, Not complain) they will often trot off whenever someone calls for help, even stopping something they perceive as important to get done. A key indication of Lac Ovinum would be a dream where people are getting hurt and they have to help them and they feel anger or irritation that it is all up to them.

- Since the remedy, **I want to help people with their problems. I feel chatty, want to talk and be more intimate and really make a difference in other people’s lives - help them.** Feel that friendship with them – closeness. I like to do this more, but I don’t act upon it. I took the time in the last few days to do it.... I went and found her and talked to her – took the time. It’s a very good feel, good feeling. Feel like I helped her just by talking to her and taking the time. (03)
- (dream) Living in dorm (AGAIN with the dormitories!). Someone in the dorm was very ill. A doctor had been to see him, but he wasn’t getting any better. **I went to see him and I knew immediately when I saw him what remedy to give. I gave it and he began to feel better.** .. (05)
- .... I was getting irritated that everyone else seemed so helpless: where should we sit, kids weren’t dressed, etc. ...**Feeling: very confining; I was being everyone’s mom.** (10)
- (dream) ...my dog was seriously injured in a dog fight.... “He’s got a perforated bowel, for God’s sake!” But then I remembered that she was injured, so I stopped myself and asked her about her symptoms. I wanted to see the wound, but it was painful for her to move to lift her shirt. In the last scene, I was helping her put her shirt back on. **Feeling that there is no one else who can help! I must help/save everyone!** (05)
- I went back to talk to Pastor’s wife. If I hadn’t gone back, **I missed out, giving her some support, compassion, to show her that I care. I would want that compassion from people.** From it I feel respected. If hadn’t would have “been disappointed in myself for her sake. (03)
- (dream) ... Then someone comes and says, “you’d better come quickly. Virginia (my oldest friend) is hurt! She ran a chainsaw through her toe.” I drop the food and leave it to follow the person, but I am really annoyed. “How can everyone be injuring themselves like this? And why can’t I get a break over here?” I get to the hospital and look for my friend.... **Anger that I can’t even enjoy myself for a little while because there is always a big crisis – someone is hurt and needs my help.** (05)
- (dream) ...This girl appeared like it was **my Guardian Angel** or something; it was weird. She helped me back to my hotel room... (01)



- (dream) ... Then I was called over by another student who was in a wheelchair. **I had helped her out somehow earlier in the night.** I felt very socially nicer. ... (06)
- Went skiing – had good time. **I was very helpful; every time someone fell, down I felt like I could help them,** even men. I would go over and try to help them and I was no help – I would wipe out myself, but still kept doing it when I could. (03)
- **Feel tension, pressure, and annoyance in a situation where I must help a friend who is in rather serious emotional shape because she can't reach her own homeopath.** I am acting as her homeopath – it seems inappropriate, and I am worried that I will make mistake and really mess things up for her. (05)

## ***Hurried, Not enough time, Impatient***

*“I have all this stuff to do at home – no time to do it. Too much stuff. Feel hurried, unsettled”*

*“In evening, irritable when driving. More impatience with people, with my dog, especially when they “get in my way.”*

Sheep seem to have a time pressure. They are task oriented, meaning that they like to accomplish things, not big monumental things just simple tasks that need to be done. The pressure most likely relates to their feelings of inadequacy (Theme: Too big for little ol’me). In that whatever they need to do, can make them feel overwhelmed. They have this need to accomplish so they hurry to get things done off this huge list of things they have to do. The general feeling is – “I have so much to do and not enough time to doing it in” In dreams, they often find obstacles to accomplishing things and feel under time pressure to complete the task.

This sense of hurry is in opposite to the laid-back (Theme: Remain calm) nature of this remedy. They can find themselves relatively calm in a situation that should be pressurized and on the other hand frantically hurrying. When they do accomplish, they feel very good.

What does get them irritated is to impede their progress when they are in a hurry. They really dislike to have people or things “get in their way.” They won’t necessarily express this annoyance (Theme: Gentle, not complain) but they definitely feel it. They can also exhibit a general impatience when they are stressed.

- **I have all this stuff to do at home – no time to do it. Too much stuff. Feel hurried, unsettled,** everything is up in air. I cannot let it rest – it never gets finished. (01)
- **Working very fast all day with deadlines. Rushed, hurried.** (05)
- Left work late. Had appointments. **Felt hurried.** Feeling it is rude to be late, **also that there is so much to do and no time to do it in.** (06)
- Felt hurried (14)
- (dream) We argued and I got to take one first, **but didn’t have much time at all.** Hardly enough time to wash my hair because she was waiting and we only had a certain amount of time before we had to leave. **Feeling: hurried, running out of time.** Upset because I didn’t have the time I was expecting to have before my mom came down. (01)
- **“Hurry up, I have to go, I got things to do.” Looking at the clock all the time.** ...Always thinking about the next four or five things you’ve got to do...The lines just keep getting longer, not shorter. (01)
- **“I don’t have enough time for anything,” “don’t have enough time” for “sleeping, sitting around and being lazy.”** (02)
- (dream) ... **We only had one day there, and time was running out.** I wanted to show them the town, and a lady was pushing us into this huge house with lots of stairways (many levels) for a tour. **I was getting upset because time was going too fast. ... I seemed to be always pressed for time.** (01)
- **Seems to have an urgency to get things done on time.** Get from one point to another – not so much what gets done, **but getting to the next and the next.** If something gets in the way, will just forget it and go on to the next deadline. If boys eating breakfast and

don't finish because they're goofing off, will go hungry. Need to leave and she leaves without them eating. No guilt feelings. Given the warning. (03)

- **Worked all day – no lunch because no time** (13)
- Irritable. **Sweating when I put something down and am in a time crunch to find it.** (04)
- From the moment I laid down in bed last night, I felt anxiety (entered around my heart)... My mind **was acutely aware of all the things that need to be done....** I woke up before the alarm and was aware **of how much time I had to get ready for the presentation today.** (06)
- Woke later than I wanted, **felt rushed this a.m.** (10)

#### Irritable and Impatient, Don't get in my way!

- **Impatient** at work if people don't get something right (02)
- **Very tense and busy – feel there are so many things to do.** Feel pressure to do too many things in a short period of time. **Annoyed because wanted to enjoy visit** with my mother, but all these other things keep coming up that have to be attended to. Some are things that shouldn't be my responsibility – someone else should be handling it, but I am the only one around who can... (05)
- Last night I could not stand anyone talking to me at all. Feel crazy – **irritated, impatient. I'm crabby;** it's been 10 years since I've had this much attention, and I can't stand it. (02)
- **More impatient, intolerable** with the boys. I did not let bad behavior go. ... (03)
- Feel worse from consolation by a very close friend. **Felt impatient with her.** "She doesn't really care, and there's nothing she can do anyway." Felt very pitiful and desiring pity, but worse from it. (05)
- Getting more **irritable if someone interrupts me or gets in my way** – more intense (01)
- Talk in a loud voice – **even yell if anyone gets in my way or slows me down** (01)
- **In evening, irritable when driving.** More impatience with people, with my dog, especially when they "**get in my way.**" (05)

## ***Low energy, Moving slower, Exhaustion***

*“I felt a sense of dulled unreality. Like my thoughts and perceptions were filtered through cotton. My thoughts have slowed to a slow one at a time”*

*“Everything is too much work”*

*“Exhaustion returned... A collapsed feeling.”*

Lac Ovinum has severe exhaustion. Acutes seem to hit with exhaustion and no desire to move or do anything. They may wake still tired and not rested. They may get tired in afternoon and find themselves napping. They may go to bed early or oversleep.

They also just seem to have bouts of low energy or lack of motivation. They just may be happy to sit on couch and vegetate. They may just feel lazy and desire to lie around all day. There is almost a sense of slowing down in these episodes. As if their thoughts “are filtered through cotton.” Their actions may slow; their thoughts may slow. This relates to that laid-back feeling, when they are just happy being and not doing.

### Not motivated, Lazy

- Strange kind of tiredness – **hard to explain, pleasantly tired**. Pleasant feeling on skin – like sweat coming. (15)
- Felt good when I woke up, not troubled by anything. **Had a lazy day. Felt content**. Not worried about having to work tomorrow. ... **Not real motivated to do anything**. (14)
- (dream) .... **Did not try to deny being lazy to the woman in the wheelchair**. Intellectual thought is that here is someone who could use the handicap as an excuse to be lazy - what was my excuse? Assisted wife down the stairs a bit grudgingly – whiny, do I have to? (04)
- **Feel like lying down and being still**. Will study in chair, **reclining** instead of at desk. (04)
- Laid around with son – **felt lazy, fell asleep a few times**. Fell asleep at the drop of a hat. **Didn't feel motivated**. Kept looking at clock “I'll wait another half-hour. Last night when went to bed no longer in the mood. No desire. (03)
- **I have noticed that I haven't been fixing my hair. I have no energy, no desire to fix myself**. My body feels like I ran a five mile run yesterday, sore muscles. Sat in cold arena all day yesterday. I don't want to do anything and cried. I don't like this state. I want it to be over. I want to be alone. I don't want to take a shower, fix self. **I don't feel motivated, I feel low**. (01)

### Moving slower

- I felt a sense of dulled unreality. **Like my thoughts and perceptions were filtered through cotton. My thoughts have slowed to a slow one at a time**. (04)
- Can't wait to be done **and just sit down and vegetate. All I want to do is sit. I walk slower than usual on treadmill**. Still low energy. (04)
- Low energy today. **Relaxed attitude about everything – driving. Worked slower at work**. Feeling: I wished I was going normal – bored at work, not interested in work. (02)
- Feel okay, dreary day makes me kind of **slow and tired** (14)

- Very despondent feeling when walking in the evening after work. **Felt very slow and apathetic**;...Also felt very alone. Better after sobbing. (05)

#### I don't want to (a little whiney)

- **Don't want to deal with it.** Takes too long to fix it. I want it to be done. Don't want any help. That would be more work to explain it to someone else. Dread any work.... (01)
- I am dreading Wednesday, I have to get up early after late night at class. **I also feel as if it's too hard. I just won't do it...** (01)
- **I really dreaded work yesterday...** I think it was more so than usual. (09)
- **Everything is too much work.** They both just left! I liked having them here; I liked the liveliness around even though I did have to move a little. Now I can just live here exhausted. (04)

#### Exhausted, Low Energy

- **Didn't have a lot of energy to do extra.** Was able to just do what needed to be done. Didn't feel like doing these things. ...(03)
- Feeling very tired in a.m. – have a little appetite, but hate to get out of bed. **Would rather sleep than eat.** (03)
- **Exhaustion returned** and worse than in the a.m. **A collapsed feeling.** (05)
- Feel it creeping in on me, **the tiredness and the lowness, the depression.** (01)
- Rats, no email today - of all days. Husband tells me the problem is with my provider. I know I should call him, **but I can't bring myself to - the energy to hassle with it. I'm just glued on this couch.** (04)
- If I didn't have to work, I would sleep until noon - **sleeping is good...** (02)
- **Tired early. Fell asleep quickly.** Yawned a lot all day long. **Exhausted in the morning** (four snoozes). (14)
- Light-headed, awkward. **Fell off a bench and some mats at yoga.** (04)
- **Slept 12 hours today, fall asleep instantly so tired.** (03)
- **...Very tired today. Woke up not feeling rested.** Went to bed early last night. (09)
- **Took a nap** after writing this down at an in-service at work. Came home from work and lay down right away. (01)
- **Have been increasingly more tired since Tuesday evening. Feel that I could lapse into a deep sleep at any time.** This is a recent syndrome that is deepening. (06)
- **Energy really low tonight** (13)
- **Exhausted physically, with yawning and restlessness. Feel fatigued all over.** Feel weak, especially in knees; better stretching, rotating ankles, and moving legs, but this also seems to cause yawning. Feel as if I had been up all night or only slept a couple of hours. Lasted one hour. (05)
- One of my herbalist friends thinks I look “diabetic”; **pale, gray, extremely exhausted.** Don't know if this is related. This remedy hit me hard (15)

## ***Remaining Calm and Relaxed***

*“After walk, felt more relaxed driving than usual, not at all impatient; very calm, passive”*

The life of a sheep is pretty calm. Even among the herd, behavior is seldom aggressive. It's not surprising then that several provers experience a calm and relaxed state at times when they might have normally been stressed. This seems the exact opposite of the hurried theme (Theme: Hurried) when they are frantic having too much to do in too little time. In this relaxed state, they are actually moving slower than normal and remaining calm.

- Felt very laid-back on Saturday evening. In a stressful situation, **but was very patient and easy-going**. Didn't get worked up that my friend was being impatient. (14)
- **Most of day contented working on project** (05)
- No new emotions. **Happy and content, relaxed** (12)
- **Felt good all day – not frazzled**. Getting ready for company normally makes me feel rushed/ put out. (10)
- If anything, I feel calmer and less in a hurry to get places and do stuff. **I feel like taking my time. Usually I drive fast, but today I didn't. In my head I didn't feel in a rush**. Didn't have to dart around, as I usually do (02)
- After walk, **felt more relaxed driving than usual**, not at all impatient; **very calm, passive**. After walk also felt more relaxed with my dog (children), less frustrated with his desire for attention. Felt a lot of love for him. (05)
- Had the memory of a former boyfriend who was very cruel verbally to me, and I would often sob and dissolve into a heap on the floor. **Thinking of him and the situation somehow made me calm. ... and that now the memory made me strong**. (05)
- **Doing very well. Mostly feeling good. Much calmer, much more at peace**. Meditate more and feels a lot better than it was. More spiritual. (12)
- Felt good when I woke up, not troubled by anything. **Had a lazy day. Felt content**. Not worried about having to work tomorrow. Usually sort of dread Monday morning. (14)
- Was excitedly going into the other room, away from friends as they were entering. I don't seem to be my usually “groomed” self! **Very relaxed in an “unkempt” way**. (01)
- (dream) ... Climbing hay bales, not holding on well. Terribly afraid of heights, even thinking about heights. In dream, doesn't bother me to be in heights. Thinking about it after, **not a bother – a freedom from that**. (12)

## ***Task too big for lil'ol me, Feeling Inadequate***

*"I can't get it all done, hopeless."*

Lac Ovinum feels inadequate. They are very task oriented, this means that their inadequacy revolves around doing their job. They have dreams of unsuccessful efforts. They can easily feel overwhelmed, that things are too big for them. They can feel that any effort is futile and hopeless and that they will never be successful. They worry about letting people down. They worry about "making the grade" and being part of the group. They might feel they have to keep working and working in order to be okay.

They feel they try very hard but never succeed. There can be a hopelessness that they reach at a point, where they just want to give up, and "lie down in the snow and never get up."

At times they are actually surprised that things go well and are easier than they expected.

### Feeling Inadequate, The task is too big

- Weepy. We worked harder than I had thought we would when I felt weak. I went through the motions, but everything seemed very hard. **I got tears at one point from trying so hard and feeling unsuccessful.** All I wanted to do was rest. (04)
- **Little ol' me in charge of this big professional group** (In charge of ticket sales and money for the Austin Figure Skate Club for the annual show). **I feel like I might screw up** (01)
- (dream) **feeling anxious; will I make the grade? I must keep working, working, working.** I am going to be evaluated the next day or so about whether I will get into some program. I need to write a big, elaborate paper. I am trying to get it done. I think I have a chance to do it right, but there are so many distractions. I am in a store for awhile. I am trying to figure out how to keep a mini-purse around my neck so I won't lose it. I am out in my garden and it is all dug up; it looks like a construction site. **What chance do I have of molding it into something? I feel overwhelmed....** (04)
- At work, so annoyed by everything. **Felt overworked and overwhelmed by everything I was supposed to do.** (14)
- Still relatively stressed. **Feel like there is too much to do.** I have to get it all done - nothing will happen if I don't get it done. (06)

### Dreams of unsuccessful efforts

- (dream) ... I had on sandals. They were hard to walk in as sand was getting all over our shoes... **Kind of upset with myself again....Feelings: was mad, disgusted with myself that I didn't have other shoes on.** (01)
- (dream) I was out in this town in another country. I was wearing this dress and the buttons were coming undone - they just would not stay together. The dress was flying wide open and I only had on my bra and underwear. I was staggering back like I was drunk; I could not walk very fast. I was not drunk, I had nothing to drink. ... I went to this weird-looking church with the pews in every direction. You could not walk through, there were no aisles... (01)
- (dream) Mom was sitting on the couch quilting – had the whole couch full of stuff. I wanted to sit on the couch and I couldn't. I was mad. (02)

- (dream) **a new problem I just cannot solve.** ...There is no hope. I can't cope. I'm doomed to a purgatory. **It's an endless task and I can't get it right.** An interminable task whacking at bugs with the wrong tool. (04)

### Hopeless, Just give up

- What would happen to me if I lay down in the snow and never got up?" Imagined myself frozen in the snow. I then began weeping, eventually sobbing, lasting about 10 minutes. **Felt very overworked and tired – felt that "I can't keep this pace up. I wish I could just die easily."** (05)
- **I also feel as if it's too hard. I just won't do it.** (01)
- My stomach is my weakest point and **I worry if I will get well.** Haven't seen the boys and they're doing things and I want to be able to do it with them. **Don't want others to have to take them.** Would like someone in the house. To have someone there to wait on me, but that I don't have to talk to them. Worry if **sickness gets worse and it could be more serious. Totally exhausts me, feel so weak.** (03)
- **Imagining what the worst thing that could happen – for me to start sobbing and dissolve into a heap on the floor.** Had the memory of a former boyfriend who was very cruel verbally to me, and I would often sob and dissolve into a heap on the floor. For many years afterwards, **had felt weak and pathetic for being with him.** (05)
- I can't skate, can't even go backwards; **it's too hard to learn, takes too much time, what's the point.** (01)
- Felt a bit **hopeless or futile.** (05)

### Let them down

- **Very disappointed in self. Let myself down.** Cause for worry. Felt a pressure to get it done. (03)
- Played horrible at soccer game – not focused, tired, out of breath; game was. **Felt bad about how I played, let team down.** (14)

### Task was easier than I expected!

- Did accomplish work in the lab, **and was surprised that it was much easier and took less time than anticipated.** I felt quite positive about the course and my abilities. (05)
- Everything still seemed much easier to do and takes less time than usual. (05)
- (dream) Also a very superior feeling – not in a haughty manner though, more a feeling that I just know how to do these things, its' natural and easy. Sense of mastery of a task which should be difficult or unknown, but I complete with ease, naturally – as if by instinct. (05)
- Felt very confident. Lots of compliments from the new soccer team. (14)



## ***Unsafe, Flight, Attack***

*“The bunnies jumped up as high as waist, jumping at me and attacking my leg...Feeling: felt scared, like it was a vicious rabbit.”*

Yea, for thy sake are we killed all the day long; we are counted as *sheep* for the slaughter. -Bible (Old Testament), Psalms 44:22.

Sheep has no natural defenses against predators, they are “Sheep for the slaughter”. They have only minimal safety through being part of the herd. Domestic, they rely on the shepherd/man to protect them.

They can get anxious when having to face a conflict and prefer to avoid conflicts if at all possible. They feel entirely at a disadvantage in situations of personal safety. Their first instinct is to run. In dreams they may find themselves running away from harm.

- (dream) I am driving someplace. There is a gun fight... As I have made the turn, I am conscious that the gunman has a gun and I'm in the line of fire... I am distrustful of being down-range of pointed guns. **I feel as if I could be shot.** (06)
- thinking about a program – a drama involving domestic abuse, a couple of very viscous assaults on women. Felt very sad, angry, fearful... **feel very unsafe in the moment. Vulnerable, checked that the door was locked. Feel very disadvantaged.** (05)
- (dream) **I had dreamt that I was being chased through the** backyards in my neighborhood. A group of men – bad guys, thieves. I knew that if I could get to this one house I'd be safe, but I had to sneak there. I never got there – woke up while I was being chased. (14)
- A flight/fight feeling. Almost hyperventilating. **Feeling emotionally like at gun point** (06)
- **Felt assaulted** by the strong smell of heavy perfume that a co-worker was wearing. (05)
- (dream) ... Somebody had a flash light – shining it around and saw couple of bunnies. They jumped up as high as waist, jumping at me and attacking my leg... **Feeling: felt scared, like it was a vicious rabbit.** (03)
- (dream) ... I look over my right shoulder and see military police on a scooter. I start running to make it to a building before he catches me. If I make it, I will have some kind of immunity. I don't make it. He tackles me. I bite him on the arm (a nip)...**Conscious of trying to run faster and faster to get away from the police.** (06)
- While walking dog at dusk, became fearful that someone was following us. Imagined that my foot steps were the sound of someone else's, my clothes rustling were someone else's clothes... **Imagined that horrible things could have happened to the other people.** Maybe they were all murdered by someone who is lurking down here.... Believe that I feel pursued in those instances. (05)
- **Dream of thieves and robbers** – scared, unsure of circumstances (09)
- (dream) ...Then I saw him with an 11-year-old boy, dragging him down by his hair on this hill to a creek. He was going to kill him. I couldn't believe that my judgment was so off. **I knew he was coming for me next. I was afraid he would murder me.** (09)

## ***Withdrawn, Not center of attention, and Avoidance (Sycotic)***

*“Felt like mom was being too nosey. Wanted my own space and place.”*

Lac Ovinum has a shyness. While they may want to be part of the group, they do not want to be the center of attention. They will balk and get irritated if they get too much attention. While there is safety in number, they is also no privacy. They have dreams of being in dormitories and in crowds where there are lots of people around. They just get tired of talking to people and don't want people to talk to them.

Sometimes it just all get too much for them and they want to go off by themselves. They can really withdraw from other people. This could be a state of extreme shyness.

Here the sycotic aspect of this remedy accentuates the situation. Not wanting others to know about their inadequacy, they may withdraw even more to hide these flaws. They can avoid situations and fear the embarrassment of doing something wrong in front of others. All of these feelings along with the natural shyness can create a very withdrawn person.

### **I want to be alone, Withdrawn**

- (dream) I was in the house alone watching TV and cars came up the driveway and I didn't want them to come in the house. **I wanted to be alone**, wanted to finish TV show. (01)
- (dream) In church with family. I was getting irritated that everyone else seemed so helpless: where should we sit, kids weren't dressed, etc. **Went to bathroom, sat down and felt relieved to be alone...** (10)
- Very irritable, **would like to be in the house alone** (01)
- Little bit annoyed feeling. Felt kind of defensive and private. Felt like mom was being too nosey. **Wanted my own space and place.** (14)

### **Don't talk to me**

- **I don't care if you're around (all people), but I don't want you to talk to me.** Bothers me more than usual. I just want to be left alone. (02)
- **I want to be alone because everyone is annoying.** I don't want to be up here (yells, big sigh) **I don't want to be talked to and I don't want to talk.** (01)
- **Last night I could not stand anyone talking to me at all.** Feel crazy – irritated, impatient. I'm crabby; it's been 10 years since I've had this much attention, and I can't stand it. (02)
- Felt so annoyed by co-workers. **I don't know why, but had to leave the room. Didn't want to join in conversation.** Had to do “work” and they were just stalking. Planned to go to a movie – really excited for “alone time.” (14)

### **Not the center of attention**

- It has snowed four inches and I is going out on his snowmobile. “I don't want to eat anymore, I want to go outside on my snowmobile – **I am sick of all this attention!**” (02)

- **Feeling real private in evening. Felt like people were being nose-y.** Wanted to keep to myself (14)
- **Craving of solitude all evening.** Averse to returning phone calls, etc. Don't want to have **to talk with anyone.** Just want to watch movies, or work on my projects (05)
- Crabby to friends – **didn't want to talk to anyone,** just wanted to let my anger brew. Tried to blow it off and smile, but still felt frustrated. (14)

#### Don't want to be watched, Avoidance, Hiding (Sycotic) and Embarrassed

- Made a mistake quilting, get irritable. **Don't want to be watched.** (01)
- (dream) Of being a **naked waitress,** restaurant owner, waitresses naked (09)
- **I found myself very embarrassed to write this dream down. I tried to avoid it.** I had rationalized it as not necessary. (06)
- (dream) Father in law, 83-years-old, **asks embarrassing questions.** Questions about age – how old I am. **I was in front of others...** (12)
- "I have to clean my room!" Pick up my clothes because I have to. It's messy, it's cluttered; I want it neat. **I would be embarrassed if a friend saw it.** (02)
- My expectation of myself has increased. **Embarrassed, feel like I'm lazy.** (03)
- Anxious about vomiting. Usually have fear about vomiting, **but now also embarrassment since I'm in a lecture hall with about 100 people.** (05)
- Some kind of flush thing during trial...**but I was embarrassed because I had made a pretty big mistake in how I had read a statute.** (13)
- During an advising appointment, felt very touched, sad when thinking about my childhood; wanted to cry, but held back because I didn't want my instructors to see me. Very tight feeling in the throat. **Afterward feel very foolish and childish for not allowing myself to cry.** Held onto this feeling for the rest of the day and night. (05)

#### Living in crowds

- (dream) living in dorm (**AGAIN with the dormitories!**)... (05)
- (dream) back in college in a modern dorm. **Room was a maze with lots of people.** Couldn't find where my bed or desk was – kept walking around. Couldn't find anything. (13)
- In church with family. I was getting irritated that everyone else seemed so helpless: where should we sit, kids weren't dressed, etc. .. **Feeling: very confining;** I was being everyone's mom. (10)

**Common Milk Themes**

## **Disgust**

*(dream) "It was an animal-shaped swimsuit that didn't cover her all up. It was quite distasteful. It was disgusting"*

Lac Ovinum has feelings of disgust. In the proving, this was seen in the dreams. We see dreams of feces and poop, dreams of bugs or dreams of repulsive and disgusting people. Their response to this filth is to be disgusted and to want to stay away. Like other Sycotic remedies Lac Ovinum will want to have things clean and neat to hide this inner feeling if self-disgust.

- (dream) There was this lady modeling a bikini swimsuit, laying there with arms and leg spread open. It was an animal-shaped swimsuit that didn't cover her all up. **It was quite distasteful. It was disgusting.** I woke up; I didn't want to look at her anymore. Feeling: disgust. (01)
- "I have to clean my room!" Pick up my clothes because I have to. It's messy, it's cluttered; **I want it neat. I would be embarrassed if a friend saw it.** (02)
- (dream) Dreamt about **human feces** (10)
- (dream) ... Near the end there are three guys who come up. These guys are really obnoxious. One of them is almost physically repulsive. He is talking about having crabs. He is talking about having crabs from public server? **My emotions are intolerance and repulsion for this person specifically....** (06)
- (dream) **A dirty feeling.** I may have just woke up. I am in a room of my house, the bedroom I see. Bugs are flying around the door. It's winter. I just can't imagine how they got in. There seems to be some kind of small holes in floorboards... (04)
- (dream) there are men walking past my bedroom window - **disreputable, dirty.** I hide, but they catch sight of me and ask for money... (04)
- (dream) ... Back to the shower – I didn't want to take a shower in the old part of the basement. I was scared of I don't know what. **It was orange and slimy, and hadn't been used for years; spiders were all around on the top...** (01)
- (dream) ... There was a huge baby buggy in there. It had this huge canopy on it. It was **dirty with bird poop on it....** Feelings: was mad, disgusted with myself that I didn't have other shoes on. (01)
- ...I think about the barley soup I made that is sitting in the fridge. The liquid is all absorbed. The barley makes it slimy. **I feel repelled by the slimy nature of the soup.** (04)

## ***Forsaken, Alone and Sadness***

*“Family out of town. Felt a bit abandoned and alone. No one to take care of me.”*

As with remedies from milk's we see the theme of being Forsaken. The sadness behind this is deep and can come on with tears and sobbing. They express the emotions with their grief but not necessarily to anyone else.

- Find out wedding cannot be changed. Sad tears – quietly rolling down before bed. **Feeling of being set adrift. Very sad. Just deep sadness.** I tried to urge change, but all don't feel entitled if they've made up their mind. Felt I should deal, but very sad. **Brought up lost friendship that I mourn** (choice of other person not to give it any energy). Deep sadness. (04)
- Played really well in my soccer game. Got hit hard in the face and in the jaw. Couldn't smile or open mouth afterwards. Felt pretty emotional about it. **Family out of town. Felt a bit abandoned and alone. No one to take care of me.** (14)
- **Strong wave of sadness, tears, grief.** Even if I was upset today – angry, depressed. I didn't feel anything like this. (15)
- **Very low** about meaning behind new house. Stressful. High and low, back and forth. **Crying a lot this morning. Feel very alone....** (09)
- I don't want to do anything and cried. I don't like this state. I want it to be over. I want to be alone. I don't want to take a shower, fix self. I don't feel motivated, **I feel low.** (01)
- Very despondent feeling when walking in the evening after work. Felt very slow and apathetic... **I then began weeping, eventually sobbing, lasting about 10 minutes. Also felt very alone. Better after sobbing.** (05)
- Went to see the movie “Black Hawk Down.” This movie really affected me at a visceral level emotionally. Profound grief and almost shock feeling at the energetic level... had to really fight hard to stay in control. **The level of grief was so profound that I had problems driving home. No one is left behind.** (06)
- (dream) .. a large bathroom with many stalls (maybe a hundred). The bathroom was completely empty. A very cold, sterile, institutional, **isolated feeling.** (05)
- **Felt it also in my stomach. A yearning, longing** (13)

## ***Rejected by the group***

*“We grouped together against him and chased him to the top of the stairs. We forced him out onto a small ledge at the top. We began to taunt him.”*

As with other herd animals, sheep are most fearful and sensitive to being put out of the group. In their dreams the group turns on someone and forces him out or behaves rudely to him. The group becomes almost like a “lynch mob.” It’s as if there is power in numbers and the group can band together and kick someone out. They fear being verbally rejected in front of others. There are dreams of people being taunted, of people being ridiculed in public.

- (dream) living in a campus house at university. A controversy on campus ..The house became very polarized... **We grouped together against him and chased him to the top of the stairs. We forced him out onto a small ledge at the top. We began to taunt him.** He finally gets down from the ledge and informs us that we will all be suspended from school... (05)
- (dream) ...He was afraid that **he would be driven out of the house because of it, that everyone would be against him** (a similar feeling to the previous dream). Feeling: **Everyone will be against me feeling because I broke the law** (lynch mob). (05)
- **Everyone is mad at me** (10)
- (dream) ... A car was driving hostages around to receive ridicule. They were foreign. I had seen “Black Hawk Down” a month ago – reminded me of that, the hostages. **Soon there were parade-type crowds ridiculing them.** I wasn’t sure why they were on parade being ridiculed – hostages. **I felt scared. If they did it to them, they could do it to anyone. Why would she do it, she’s so nice and a good person.** (09)
- Notice body odor is really bad for the last few days. Really conscious of it, at least a year ago since I have noticed. Realized in dreams that in my waking life, **I always feel that I’m going to be asked to leave.** Examples: have felt that my brother will ask me to leave soon. Have felt that I’m always preparing for work to ask me to leave even though I feel I’m a good employee. **Also felt that school was going to kick me out** with regards to my sexuality. (06)
- (dream) ... There were all of these little groups having sex. Want to join a group that was on the bed, **but was asked to wait or was rejected...** (06)
- Difficulty falling asleep, thinking about part of a program that I had seen on television – a drama involving domestic abuse, ...**Victimized feeling, anger and injustice about how women are treated...** (05)
- (dream) ... The kid kept telling his boss that he made the best cheeseburgers ever and was trying to convince his boss that he should be able to be a cook there... Everyone kept ordering corn dogs **and no one wanted a cheeseburger.** (14)
- I went to a party on Saturday night and couldn’t connect with any of the people there. It was unusual. They all worked together at this store, **so maybe I felt a little out of place** because they knew each other so well. (09)

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## **Two Wills**

*“I knew not to believe this, but I was flattered anyway. Again, tension between sexual attraction and principles.”*

Similar to other mammal remedies, Lac Ovinum shows an inner conflict between their two sides, the animal instinct side and the human side. Here the conflict seems to be between sexual attraction and the sheep's adherence to principles (Theme: Equality). One side has the desire to be good and the other is the part of them that feels inherently bad.

- (dream) Ex-boyfriend courting me again even though he was married. Felt very angry. **Felt angry for his wife.** But also resentful that he waited until he was married to suggest this. **Part felt that I objected on principle.** “This proposition is ridiculous.” **But part of me still wanted to be with him.** (05)
- (dream) living in dorm (AGAIN with the dormitories!). Someone in the dorm was very ill... I went to see him and I knew immediately when I saw him what remedy to give. I gave it and he began to feel better. He was so impressed with this rapid cure that he said he was in love with me. I knew not to believe this, but I was flattered anyway. **Again, tension between sexual attraction and principles.** (05)
- More aware of my own power over my mother. Noticing how easily I can hurt her and that she does not protest or argue with me. Feel like I am a giant and she is a small pea. I can just crush her. **Tension between feelings of remorse but also self-righteousness** (justified in my anger). (05)
- (dream) In my dreams last night, another bald man. Shorter. In the dream **I was attracted to him.** Then I saw him with an 11-year-old boy, dragging him down by his hair on this hill to a creek. He was going to kill him. **I couldn't believe that my judgment was so off.** I knew he was coming for me next. I was afraid he would murder me. (09)



## Appendix

### Chinese Year of the Sheep

Sheep people are shy by nature and they never have ulterior motives for doing things. Other people's problems take an emotional toll on them because they are inherently compassionate. For the sensitive Sheep, it is extremely hurtful when someone takes advantage of them. If you are a friend or relative of the reserved and quiet Sheep — tread lightly.

The Sheep are perennial nurturers. They remain calm in all situations and love to take care of other people. They are very much like their animal counterpart: gentle, easy going, content and peaceful. They like being part of a group as opposed to being the center of attention.

### The Sheep Child: Chinese Zodiac

The gentle Sheep child will be a treasure to his parents. He will love being cuddled, fussed over, petted and thoroughly spoiled. A sensitive artist and lover of beauty, he will appreciate music, poetry, sweet-smelling soap for his bath and all sorts of delicate trimmings that stimulate his fine senses. Ultra-dependent, he won't like to do anything for himself--if he can help it. Warm, soft, vulnerable and submissive, he likes being catered to.

Like little Linus in the Peanuts comic strip, he is most likely to cling to his old woolen blanket or, in case of a girl, her worn-out rag doll. He hates being teased and if strongly criticized or embarrassed in school he may not want to return for many days. He will seek out more dominant youngsters to take him under their wings. When he is feeling down, he will need loads and loads of sympathy to pep him up. His fertile imagination and morbid fears can actually make him ill. He can be easily influenced or adversely affected and will positively drown you with his sorrows when he is in a melancholy mood.

When ridiculed or rejected, he can withdraw into a magical world of his own and it will be difficult to lure him out. Food and comfort represent love and security to him. The Sheep will be in no hurry to leave home if he is loved and well cared for. When he does decide to set up housekeeping on his own, you can be sure he will do it with exquisite taste. He loves getting dressed up and has a flair for arranging things. Fickle-minded, inconsistent and trivial at times, he makes up for it by being extremely creative, modest and patient. He is very compassionate about the sorrows of others; when he is fond of someone, his love and generosity know no bounds. It will be rewarding to care for him as he will repay your affections a hundred-fold. It will be impossible to be cross with him for long. He may have his flaws, but he is still a jewel of the highest quality.

Don't be afraid of leading him by the hand or helping him make decisions. He will never get enough reassurance and, as a matter of fact, he may seek his parents' advice or approval on everything he does.

Don't try to wipe the fairy dust off his eyes; or change him, mend him or rearrange him into sterner stuff. It will be useless, as the Sheep will always see life and the world through rose-colored glasses.