

# ULURU

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## ***Ayer's Rock – a homoeopathic contact proving***

### ***Introduction***

In 1997 I read the remedy provings of granite, marble and limestone by Nuala Eising. The idea to do a proving of a rock, a mineral, rather than of a chemically pure substance, appealed to me. Then the idea emerged to do a proving of a “mountain”, which also has a history, a mythology. For instance, it could be a piece of the Brocken (*a peak in the Harz Mountains*).

Uluru, Ayer's rock, was chosen. Hardly any other “mountain” is associated with as many myths and stories and Uluru has become a kind of geological emblem (*badge*) of Australia.

I had some small pieces sourced for me and triturated the substance to C4 during two night shifts at the hospital and then potentised it to 30 C.

Then I experienced pangs of conscience: is it right to just take over a sacred place without asking for permission from the owners, the aborigines? Is that not a kind a colonisation and exploitation of the culture of other peoples?

I put the substance and potency away and turned to other matters. A number of years later I looked for the substance and potency but could not find them; they had disappeared. At the beginning of 2000 my decision had matured: yes, it is a type of colonisation and a type of theft from the land, which I used to create something of use for homoeopathy, but I also understood that this issue probably is part of the essence of this remedy. It is the history of this monolith. At the same time I had frequent dreams of aborigines and Australia.

At around that time, by chance, I found the C4 preparation again and had Wolfgang Wissing Glückauf Pharmacy potentise it to 10M. The original substance I have never found again to this day.

In May of that year I decided to do a contact proving with selected male and female provers of whom I knew that they were able to “handle” such a remedy.

The symptoms associated with addiction suggest that Uluru might be a remedy for some of the aborigines who have been ‘crushed under the wheels’.

## **ULURU**

Uluru is the second largest monolith on Earth. It lies in the present-day Northern Territory, roughly in the centre of Australia, and rises approximately 400 metres above its surroundings.

Chemically, Uluru consists of silicon salts and iron oxides. It is said that Uluru is slowly rusting away at the top. However, the rock is supposed to descend to 6000 metres below ground.

The aboriginal mythology associated with Uluru is rich. On the one hand many so-called songlines, geomantic lines and paths, followed by the aborigines on their walkabouts, coincide at Uluru. Therefore, Uluru is perceived as a "Djang" location. Djang means the energy inherent in a sacred place. As Bill (from the Neidjie tribe) describes it; "Because the place where we are sitting is a Djang place, it watches us and sees what we are about to do. When we touch it, perhaps a heavy storm is unleashed, heavy rain and floods..., or it lays waste another place; another area is destroyed... We call it Djang... It is a mysterious place; this is where the dreamtime lives on."

It is said that Uluru is a mountain that does not want to be touched. Regarding this there are reports of people who sent pieces of Uluru, which they had collected as memorabilia, back to the National Park, because those pieces brought them misfortune.

Again and again fatal accidents happen at Uluru. Many tourists don't give themselves sufficient account of the mountain's steepness, of the heat and of the strength of the gusts of wind on the plateau. There are repeated incidents of collapse, heart failure and fatal accidents.

Uluru has sacred sites for both men and women: quiet caves, water holes and phallic rock formations. These sites are, or were, used for sacred ceremonies, some of them fecundity rituals, and others, which are out of bounds for white people.

The mountain was created in the dreamtime by two boys who were playing with mud after the rains. After building it they wandered south to Wiputa, which lies at the northern edge of the Musgrave Range. There they killed and roasted a kangaroo. After that they turned north again and arrived at Mount Connor, a flat-topped mountain, where, according to one version of the story, their bodies turned into two large rocks that can still be seen today.

The other version goes as follows (C. Cerny, Australia):

The power of Uluru is associated with the country Mu, as the aborigines call the submerged Gondwana Land, of which Australia was once a part. For the Ananga tribe Uluru is a node of many songlines, which criss-cross the heart of Australia in all directions. Geomancers consider Uluru as the centre of a system of ley lines. In particular, there are supposed to be two powerful streams of energy that run in opposite directions, from East and West, around Uluru: one clockwise, the other counter-clockwise. According to the Ananga tribe these are two creator beings: namely, Kuniya, the sand python woman who originated in the East, and Liru, the venomous snake man, whose home is in the west. Kuniya was angry at Liru for not paying her sufficient respect. This infuriated her and she performed a ritual dance, similar to the Indian goddess Black Kali, to let everyone know that she – a woman of power - could not permit anyone to insult her. While Kuniya felt real rage, she made sure to control the dark side that was revealed in her ritual fury by picking up grains of sand and throwing them to the ground. In this way she meant to prevent the

unleashed dark force from damaging others. However, her rage was so great that she attacked Liru, at last, without mercy. The battle ended in tragedy for Liru. Fatally wounded by Kuniya's blows he collapsed on the ground with his shield... The venom which Kuniya ejected also damaged a shrub, the Spear Wood shrub, which the Ananga use to make arrowheads. This story takes place at the beginning of time when Uluru was still flat and was created due to this fight. Only through the convergence of two opposing forces can creative processes occur.

The perception of reality of traditional aborigines is totally different from the western viewpoint. Aborigines orientate their existence by the land. The distance between two points is not measured in units of time but in songs. The songs represent the path and all things along the path. Through singing, things are made real. The languages of aborigines do not have a word for 'time'. Their thinking is entirely different. In our current context it is impossible to do justice to this concept. We recommend the following book: Robert Lawlor, *Voices of the First Day: Awakening in the Aboriginal Dreamtime* (Inner Traditions), published November 1st 1991 by Inner Traditions, (*German translation: 'Am Anfang war der Traum, Die Kulturgeschichte des Aborigines', Droemer Knaur, 1993*).

## ***The Proving***

First of all some peculiarities I noticed during the process of trituration and a dream after being exposed to the C30 potency.

### **C1 Trituration**

Slight vertigo on entering a warm room.

Desire to sing, hum.

Pleasant sensation around the testicles, without sexual arousal but the feeling of being contained well.

Somebody is snoring in the background, I give a start because it sounds like the hissing of a snake.

An image of a stegosaurus.

Sequence of images: a frog-green snake with a silvery lower jaw turns into a blossom which opens, followed by silvery fruits/seeds.

Hot flushes and perspiration with mounting of blood to the head.

Sensation as though desert sun is shining on my head.

Ache in the left sub-maxillary gland.

Sensation of walking more lightly than usual.

### **C2 Trituration**

Suddenly the ears feel as if they are closing, dry mouth, in the eyes a feeling of fine grains of sand.

Thoughts while scraping, "I am scraping off the white and the brown is emerging".

Desire for alcoholic drinks. Had I been able to find any alcohol I'd have drunk it!

Image: Knights without faces clad in chain mail and helmets sitting on horses.

Pain in the jaws extending to ears, worse on the left side.

Desire to cough during inhalation, as though breathing in dust.

Toothache, worse on the left side.

### **Dream Prover 2 – First Proving, 7/7/1997**

There is a well-known artist in the city where my parents live. He's got a cottage and exhibits his pictures all around it in no particular order. Today he has sold lots of pictures. I get talking to him and we use the informal 'Du' with each other as though we are quite intimate. I look at two pictures which I like but which are too expensive for me though they are worth it. One costs approximately DM 400, the other DM 600.

He mutters to himself that this has been a good day, etc. Suddenly he addresses me in the formal manner (using 'Sie'), challenging me how I dare to use 'Du'. Then he is somehow gone and my wife and I stay the night at his cottage in two beds that are positioned foot end to foot end. It is dark and everything is a bit threadbare but cosy. Above me there is a television set, suspended from the wall like in a hospital ward. We are unable to switch the set off but don't make the effort to get up.

In **May/June 2000**, some friends and acquaintances participated in a 'contact' proving of Uluru, Ayer's Rock (prepared by Glückauf Pharmacy – Hückelhoven). The participants placed a few globules in a small bag under their pillow for 1-2 nights and wrote down their dreams as well as other symptoms. The proven substance was not known to the provers, unless otherwise stated.

**Prover 1** (female), 200C, remedy known

Dream:

A very healing dream. I was in a room with a 70-year-old director (film/theatre). He is working while lying in bed. I notice that he is terribly old and sad. I have the impression that he is close to death. We are discussing an image on a screen, a sports field. I think to myself, what kind of game is it? I think its cricket. There are both players and members of the audience in the stands but only a few rows are occupied. I suggest that we should seat more viewers to the left and right around the playing field so that they frame it, as well as at the far end of the U-shape formed by the seats for the umpires. I suddenly realise that I have forgotten to order extras to fill up the stands. Then I notice that Norbert is in the room, we are not alone. I leave the room to go out and find extras. I inquire outside. Outside there is a festival going on and I ask anyone crossing my path whether they would like to participate. I notice that I am getting on a roll and return to the room to tell Mr G that everything will turn out alright, that I have recruited lots of people. When he reacts with lots of reservation, "oh well, if you think", I approach the bed, come very close to him and then lie down beside him, with my face close to his and say, "Mr G, what's the matter, why are you so sad?" And he says, looking at me; "I am so happy for you both." He looks at me and Norbert. When I am about to say that there's nothing to be happy about, that things haven't worked out between us, Norbert comes up to me from behind and holds my breasts in both his hands and says, "Yes, I am also very happy." Then I am suddenly totally happy, I can't believe it, I am simply happy.

Then we got up and went outside and this unbelievable wild party was going on. All the people were like in the middle ages, there was an orgy, food, everything was totally cheerful. Then I realised that the feast was for us.

During the time when the remedy was under my pillow my mobile was out of order. If it had been working I would have received an offer to film a movie in Australia. As they could not contact me another person got the job.

**Prover 2** (male), 200C, remedy known

Dream 1:

My wife and I are pursuing some kind of secret and are travelling by car. The situation is as follows: some evil people also want to discover the secret. It's like a race (*to get to it first*).

We overtake two people, a young woman with dark hair and a young man, who is jogging ahead of her. She keeps on throwing a type of stick ahead, a rather shapeless branch, and he runs after it. We drive across the stick and continue on our way.

Sometime later, after driving for a while, we overtake these two again and wonder how it can be that they are faster on foot and are ahead of us again.

Finally we reach a town and are close to the mystery. We go into a shop, I don't remember what we did there; at any rate we come to know that the secret is to be found in the house opposite. Actually it isn't a house, it's more like a metre-wide strip between two buildings, 3-4 storeyed houses, perhaps in art nouveau style, at any rate they are built close to each other with this little building in between.

It is clear that the others have already tried to enter this connecting building and that they haven't found anything but bricks and mortar.

We are in the house adjacent to the 'mystery' building. My wife has gone somewhere to try out something and I'm alone in the upper apartment. I hear someone calling my name from below, they are friendly people. I go to the window or onto a balcony and reply. Then I wake up.

The feeling about the dream was that I had spent half the night having it, a very long dream, not unpleasant, no bad atmosphere, it just continued on and on.

On the day when I carried the remedy in my pocket I was not able to contact anyone by phone. Nobody was at home. I wasn't able to get onto the internet because there was some maintenance work (being carried out) on the node or something like that. Nobody was able to access it. This passed after half a day.

#### Dream 2:

Again a long dream about a friendly hockey game with a team from Bremen who came to North Rhine Westphalia to have a game with us. Inside it's like a gymnasium while outside it looks like the view from my parents' house. The cars, all quite small cars, are parked in my parents' garden. I talk to the other team and tell them that it is a pity that we don't play each other more often but, of course, it's because we are from different states. I am the only person present from my team, all the others are on their way, we haven't played in a very long time (in reality I stopped playing hockey 10 years ago). There is always a woman beside me, possibly my wife.

I want to fetch the rest of the team. Then there is a longish scene in which I go to the beach with my wife in the UK and we walk up a dune. Another woman comes towards me and asks me the time. I have just taken my watch off and reply that I don't know, but then think a bit and tell her in English it should be about 5pm. Then we look at the sea from above – the bottom looks reddish brown and the water clear. I say, "It looks quite clean". My wife says, "No, no, look at it, it's much dirtier than in Denmark". I look more carefully and have to agree.

Then we drive back to the gymnasium. I meet an old friend who seems to belong to the team (though he has never played hockey, only netball), but now the people from Bremen have gone.

**Prover 3** (female), 200C, substance not known

8/6/2000

It flashes before my mind that everything is negative. Totally mad, totally aggressive. That hasn't happened in a long time. I feel totally irritated, clumsy; important theme; question: what is the purpose of all this? Always doing everything for others. What's the point?

Strong itch under the sole of my foot, worse in the morning after my shower. Yesterday evening I pursued our rabbit very aggressively, chased it around as though it were my enemy. The rabbit itself seemed to find it entertaining. I was totally exhausted afterwards. I'd have liked to pull it to pieces by its legs. I felt sorry for it on the one hand, but on the other hand that feeling was not very profound.

I screamed at my daughter because she kept on watching 'Big Brother', the advertising really gets on my nerves, I wanted to change channels and quickly watch something on the Westdeutscher Rundfunk station but she whinged that I should switch back. I screamed at her, was irritated to a white rage and was not prepared to make up. Went to bed at 9.15pm, totally worked up. After some time I calmed down and read for a while.

8/6/2000

I believe everybody can see my irritation. But then I meet an acquaintance while shopping and he says, "You look so rested, have you been on holiday?" I replied, "Of course, I am on holiday every day." We giggle and then go our ways.

I am clumsy, accidentally push things over, walk into door frames, etc.

Irritation: worse when alone, if in company for long, better from short (bursts of) small talk.

Since yesterday a raw pain on the left side of the palate.

Desire for orange juice and cigarettes!!! Real greed!!! Wanted to stuff several pieces of bread into my mouth, all in one go. Drank 0.7 litres of orange juice in one go.

Vitamin juice, no water, I only wanted juices. And smoked as though gone mad. I was so greedy, I'd have liked to hold several cigarettes in my mouth at one time. I could have rolled around the floor screaming.

Can hardly make up my mind, I am distracted.

8/6/2000 11.45am

I am carrying the remedy in my pocket. At noon I already feel in a much better mood. I feel relaxed and at ease all day. Work and communication with others went well.

No dreams at night except for one that I can remember. I lost a girl friend at the beginning of the year.

Dream: I don't know where we were but met my girl friend and other people. First I was suspicious but at the end of the dream we shook hands. I think I gave her my hand but can't be entirely sure.

9/6/2000

Very hard to get out of bed. I must have looked accordingly. It passed during the morning. Good energy, good concentration. Messing around (joking).

Quiet and serene feeling.

What caught my attention:

Even before contact with the remedy (but after it had already arrived) a sentence went around in my head: "Make love not war!" I didn't know what to do so peace will develop. I myself was too 'steamed up'.

Once I had the contact I felt peaceful. Wondering whether this is an important remedy for myself.

I know this feeling very well, of the world going to the dogs and as though one is running against brick walls with one's commitment.

Physically:

First time in a long time my period flowed day and night.

I am very thirsty (but this is familiar before menses).

10/6/2000

I removed the remedy from my pocket yesterday afternoon. This morning I felt as though I'd partied through the night. I am also more irritable again, internally. I guess I should perhaps take the remedy one day.



#### **Prover 4** (female)

I've written, with reservation, the two dreams I had the night before the remedy arrived because the second dream was very untypical for me. I wondered about the dream the next morning. (You can leave them out if they don't have any relationship to the themes of the proving.)

##### Dream 1:

I want to get to class but I am being delayed. We wanted to meet earlier at the course venue to have a chat. Time passes, the lesson has started. I still want to attend and think, "Well, I'll be a bit late". I am sitting in my car with my father but he is also somehow preventing my progress (well-known theme in my dreams). I grouse at him, that he is holding me up (usually I'd not do that) and I tell him to get out of the car. He is carrying a very large bright yellow balloon. I still don't make it to the lesson.

##### Dream 2:

I am sitting in good company, beside me an acquaintance and his girl friend. She sits in between us. Behind her chair there are various blankets and throws. My acquaintance and I hold hands beneath the blankets – behind her back. It's a gesture of affection but hidden from her, behind her back. Suddenly she turns aggressive, I think this must be the cause, she can sense it somehow. But actually nothing is visible because we hide it beneath the blankets. In the dream I was very happy. After waking up I thought, "What despicable behaviour."

##### 1<sup>st</sup> night:

Unfortunately I only remember fragments.

##### Dream 1:

We (my family and I) have to get ready, we have to travel to another country, possibly Poland, to fetch something (unfortunately I don't remember what it was). It is a cloak and dagger affair. There is rain and fog. The children have already gone to sleep. I think to myself that it'll be strenuous for them, it'll take months. And it will surely be dangerous as well, they could get sick. We get everything ready. Towards morning I am considering that I and the children won't be going along, my husband can do it by himself and we'll wait at home. I tell him that he has to go by himself.

##### Dream 2:

The zoo at Saarbrücken is being gifted an animal from another zoo. We (I don't know any longer who was with me) have to deliver the animal to the zoo. However, the animal turns out to be a man on a leash (the leash is wound around his middle). We are walking through Saarbrücken. First I am wondering why we are leading it (him) on a leash, it (he) is so very tame. We get close to the zoo. I have the sensation that the animal is pretending and I become more watchful. And indeed, suddenly a long black tail erupts out of its back and deals someone an electric shock. (I had seen a similar thing in the television in the evening). We lead it further. I don't know whether it is dangerous or not. Arriving at the zoo, we stand at a counter in a room, like a reception. I tell the people there that they need to keep their distance from the animal. The people at the zoo tell us that they are full to capacity and cannot take any other animal. Somehow, the animal breaks its leash and disappears into some narrow lanes in Saarbrücken. Now I realise that it is very dangerous, that it has put on a pretence all along and very consciously. People are pursuing it. I think to myself that we no longer have a chance of catching it because of its electrical tail. But one courageous man

holds onto it until the keepers come to lock it away. I am not a witness to what happens but somehow I know that the man has been killed by electrocution. Then I see the animal standing on a raised stone platform in a dim room. It's a cage, a prison. There are no bars but the animal can't escape because the platform is very high, it cannot get down. I am standing on this platform with several people. I take care to keep a sufficient distance. They are giving the animal a drink, it is poison. It falls down, as if dead. I warn the others not to get too close even so, perhaps it's only pretending again to be defenceless. The people say that it'll be picked up by the rubbish disposal truck. They hope it won't just be put on the dump but into the incinerator, so it won't be able to break free again.

Then I see myself lying in bed. I ask my mother whether I have to go to school today. I feel ill. Then we are driving in a car down a slight incline to a parking lot. There is a lot of snow. It's very slippery and wet. I still feel ill.

Physically during the day:

Extreme restlessness. I'm not normally the embodiment of serenity but now I can't sit down at all, neither to eat nor to watch TV. I get up constantly, move aimlessly around the room. I eat but without satisfaction, just to be doing something. I have to do everything fast, I nearly run around the apartment, like someone driven. (I have this problem usually but not to such an extreme degree).

At night, from about 11pm, my right eye itches at the inner canthus. It also tears a little.

2<sup>nd</sup> night: dream fragment.

I am watching a video. It is of four women whom I'm acquainted with. The movie shows the birth of their children in hospital. All the women give birth on the same day, the children are of the same age (in reality this is not the case). The children are now 5 years old. We are watching the movie together at a party. There are many others. Diddi Hallervorden gives a short gig. He tells dirty jokes in front of the little ones. I think to myself, "How stupid of him!" He doesn't relate to the children, his audience, at all, he is unable to improvise. Then I am in a room where people are in bed sleeping (I think an old man and a child). I move silently and climb out of a window set high in the wall and tread on a record player which gets slightly damaged. Then I walk along a big road which runs up a mountainside in a curve.

Dream:

I am receiving the proving instructions from you. It is a thick paperback. Photographs have been glued to every page, which stand upright when you open a page. It looks like scenery. The photographs contain people. I am supposed to find out with the help of this report which medicine is being proved. I name one and then feel ashamed because it is wrong. I try to quickly to hush it up and wish that nobody should have heard which medicine I have named.

During the day:

In the morning I wake with a strong pressure in the forehead and temples. Within ten minutes it becomes so severe that I can hardly bear it. My entire lower abdomen and lower back are totally tense. I sit down on the toilet and immediately have a cramp in the rectum, I jump up. I go back to bed. The cramp lasts for minutes. I lie down on my front and start to have lower abdominal cramps. I can't touch the area as it starts cramping immediately. I am afraid that my children will touch me. I feel rather desperate, have severe pain. Cramps in rectum, lower abdomen (uterus) and vagina, caused by pressure. My eyes itch and my nose is running. Nobody must touch me. After taking two fisherman's friends it gets a bit better. The headaches last till about 4pm, pressing sometimes more, sometimes less.

Unusual incidents:

My daughter has trodden on a rusty nail. The wound on her sole is badly inflamed and looks bluish. I keep on thinking of tetanus.

My daughter has dropped her soda water at a restaurant. The spray flies all the way to the stucco ceiling.

[After the remedy has been revealed this prover remembers: in the restaurant a picture of a mountain hung on a wall and I said to my daughter, look, that's Ayer's Rock. Then the waitress said, no, that's only a mountain from our area.]

Note, four days after the end of the proving: after the headache I had the feeling as of sore muscles in my head for two days. When I stooped there was a pounding; it hurt when I turned my head too quickly (I used to have this in the past during bouts of migraine). My eyes are still itchy, I constantly have to rub them. My nose runs a lot. I wake most nights at least once because I have to sneeze and blow my nose. (I have never had hay fever).

**Prover 5** (male), 1M, remedy not known

[Prover 5 actually did not want to participate in the proving because he had just taken another remedy. Due to what happened after the remedy arrived I have included his report.]

"What kind of remedy have you sent me? For five days our phone network has been totally out of order, chaos, or am I having delusions...?"

Involuntary proving:

The remedy had arrived. There was a heavy storm (without rain at that point) and I ordered God with an imperative gesture to kill my stupid neighbour with a lightning strike as he seemed to have the intention to gets on my nerves all that Saturday with his electric scythe. The lightning struck immediately – we lost all power and – that had never happened before – all phone connections. After two hours the town had its power and phone connections back, only my own phone stayed dead. I couldn't even contact the faults service – it was constantly busy, music in a loop or a "please call back later" message. Only on Sunday was I able to get through. And only on Wednesday did the phone technicians finally arrive, two total peasants.

Now my phone is working again, however, the call-back number is no longer being displayed. They told me that my phone set is broken, that it “creates loops” which then creates interference with the phone connection (total rubbish, even when you put a plug without phone set into the phone wall socket box, the line goes dead). I’ll have to get them to come out another time next week.

**Prover 6** (male), 200C, remedy not known

Dream 1:

I was on the moon, in company, and there were birds and fish. The birds were catching the fish. I thought to myself, well I never, there are fish on the moon after all.

Dream 2:

The second dream was also about fishing but I don’t remember anything else.

**Prover 7** (female), 200C, remedy not known:

Dream:

I haven’t dreamt so very much; usually I dream a lot, this was not so during this time.

Two dreams: both times with animals, which I don’t have a lot, usually. That was rather noticeable.

With the remedy in my pocket:

Dream 1:

I am curious and keen to learn and go to the university. I can’t quite understand where and whether I can enter just like that. There is a room with some students sitting in it, I can see them through a glass window from the corridor, they look as though they are in a study group, and I don’t dare to enter. Then they have a break and come outside to smoke. I enter a room at random and see a kind of small kangaroo coming towards me; I think that’s really funny and interesting. Suddenly other animals arrive, which I find a bit scary, they look like monitor lizards, like animals from another age.

I am a bit scared and want to leave the room, but I only get into another room with more animals. One of them bites my hand, but I don’t feel anything and don’t know whether this is dangerous or whether it just wants to play and is only nibbling.

I can feel a slight panic rising.

Dream 2: fragment

I am at the hairdressers with my son who doesn’t want a haircut and is fighting against it.

Dream 3:

Huge animals, similar to bison, are rutting and this looks totally strange because the animals are so huge and heavy, it looks unenthusiastic and cumbersome.

**Prover 8** (female), remedy known

Because I am very interested in Australia and the aborigines since reading the book 'Mutant Message from Down Under' and because G. told me about the proving, I very much wanted to participate, of course knowing the name of the remedy. Here are the results:

Dream:

A report about patchwork quilting on the television, or actually, I was very close to events; first I thought it was a report about the drop-outs of La Palma, about whom I heard in reality a few weeks before. But somehow everything seemed to be different, for instance they were not in the nude. There was a picture of a woman, I think she was fiddling with a money bag, and you could see that her hands were too thin, nearly deformed; it was said that they (*her hands*) were fully functional, only slightly atrophied, as they only carried out "delicate" work. Then there was a report about the problems of isolation; a child fell down for some reason – because there was nobody else there (?) who could have noticed any signs of instability – and one half of his face was entirely blue, a vivid blue. Then the problem with pregnancy, or rather births. One woman was pregnant and something also happened to her because there was no hospital and because the woman she was living with was away at work. Then I saw the second woman come home, dressed in western business clothes. I didn't see any men. When I think about it in retrospect it feels as though all of them were extra-terrestrials.

I had the remedy under my pillow for several days and wanted very much to have more dreams but could not remember anything else.

(Written down on 17/11/2000.)

I put the remedy away and changed the bed on 18/11/2000

28/11/2000 (I have the impression as though the following still belongs to the proving)

I can't get rid of the flu; cough, coryza; after about a week of fever (38° axillary measurement) with extreme sensitivity of the skin to touch (I usually have this when feverish but not as extreme as this time); headache and tension in the throat-neck-shoulder area. Today many cervical lymphatic glands are swollen in a nearly vertical line, starting behind the ears, down the neck on both sides, worse on the right than the left side. Internally sore throat, worse on swallowing, as well as external pain along the lymphatic glands; headache which is very bad when I cough, a sensation as though my head will burst. Perspiration at night. Menses noticeably weaker than usual. Sensitivity of skin to touch has become less, the fever must be lower (I haven't measured it but the sensitivity has decreased). Towards evening I took Uluru 200C. Perspired again at night and all symptoms were better in the morning; at noon I was able to take off the scarf, in the evening I felt warm, comfortably warm hands; usually I only get warm hands through physical work. The lymphatic glands are still swollen but less painful.

In the last few days I have been making a lot of mistakes when I write, I constantly have to make corrections.

4/12/2000

I feel well again, however the lymphatic glands can still be palpated.

My menstruation carried on for a long time with trace of bleeding. I hope it will be normal again next time.

## **Themes:**

***Communication breakdown***

***On the go, restless***

***Secret, hiding***

***Aggression, anger, war, rage***

***Yellow, orange, reddish-orange, red, reddish brown***

***Electric shock, lightning strike, eruption***

***Stone/mountain***

***Bat (racket), stick***

***Television***

***Eating, greedily, without satisfaction, addictive behaviour***

***The ancestors, old people on bed***

***Beds***

***Cramps, touch aggravates, tetanus***

***Iron, metal***

***Angling/fishing***

***Animals, reptiles***

***Crossing/violating boundaries, humiliation, lack of respect/dismissive***

***Sexuality***