

Homeopathic Trituration Proving of Little Mountain Basalt (Volcanic Lava Rock) Shifting Towards a Self Sustainable Tribal Culture

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Remedy Nucleus

Simple, confident types who work with their hands; big, strong powerful people
Physical strain or injury leads to structural pain, fatigue, depression & brain fog
Hot, fiery, passionate people, inclined towards irritation and anger
Allergies & low immunity
Itching, burning skin complaints

Trituration Proving Notes & Journal

Before the Trituration

Prover #3's Journal

My throat/ears are haywire right now

Jenny's Journal

Sander is very itchy today and has been getting more red and sensitive over two weeks.

He is compelled to scratch.

Derrick was poked severely in the eyeball receiving a corneal scratch. He could not open his eyes for 2.5 days.

Stinging, burning, red, swollen.

Sonya's Journal

June 24

I again came down with a bug, this time starting in the throat (perhaps not unusual given that the last one started that way). Mucus from the nose was clear and runny, and I would have periodical sneezing throughout the day, worse in the outdoors (allergies, pollen, or?) – seemed a bit unusual. Then the bug settled in the chest and I now have a raspy, barky, rattling sounding cough which has not happened to me in awhile.

June 29, 2011

Last night dream I was very angry at my mom. She had told other people but she hadn't told me, something that had made her very happy. I felt left out. Also, learned that brother was moving out and giving "his sister" his house. Why were they speaking about me in the third person? What if I didn't want his damn house?! I was so angry at her you could call it rage. I came after her and kept trying to confront her.

(Later that day). Really getting into Wicca. Reading a Wicca book and wanting to cast spells, cast my first protection spell ever a little over a week ago. Got a cauldron and a pentagram necklace today, went to the Occult Store in Toronto as well as another New Age store. Getting ready to make an altar, etc, trying to gather the right materials and prepare.

Husband: Dream of a lot of spiders, a bit negative, weird. A bit unnerving.

June 30, 2011

Husband: Dream of helping his friend and his friend's dad gardening. They left, and husband was left alone in the garden, along with some beer and wine. He helped with the gardening then left with the alcohol. Later, friend came over to husband's house and noticed the stolen beer and wine. They ended up working things out. In another dream, husband and the family were leaving the city. We talked about when do you say enough is enough, it's gotten too bad, and start again somewhere new.

(A day or so later) I had a dream about bondage, like S&M, being tied up in ropes. It felt natural, not odd or weird in the least. A few days later I was reading through a Wicca book and found out that bondage is used in Wicca, for example, during initiation into a coven.

July 13

The last few days I've been contemplating leaving the city and going to the country. What if our financial situation changes? I told husband that I have grown accustomed to living outside the corporate world, to doing my writing, to exploring the natural world through homeopathy. I have grown accustomed to valuing people over profits.

In the last week planning minor repairs of the house. Usman seems to be going along with it for now. Painting and getting new curtains. Do we not deserve a nice house? Knowing we are lucky to have the funds for it. Many people let their houses break down because they don't have the money to fix them. But still, I have the feeling that I would rather be walking in my garden or the woods, or perhaps on some remote island. We need houses, but we need nature too. Nature is where I belong.

For the last week or so husband has been sweating more and feels more hot. He feels like it's a proving symptom.

Still some nasal congestion related to that cough/cold I had weeks ago. Yesterday my nose kept itching. Also sneezing periodically.

Usman dream last night: Driving off-road, in the wilderness, maybe through the desert, was it rock or sand? Off-road.

Also in the last week: Husband has had explosive stool, shooting out without diarrhea

Basalt Trituration Notes: July 15, 2011 (C1 Level)

C1: Sahara's Illustrations



C1: Prover #3

Jarring, grating, so physical
Squirm. Chalk board. Goosebumps. Bubble up, bubble forth
Sacirate. Uprising.
Left ear closed. Primal. Fire.
Basic (pH) Lotus. Ball. Burst forth.
Glad to be on the floor.



Flower Bud. Open

Do I need to filter information with little ones present? Oh how I don't want to mess up their process.
Dull pushed down head. Hot pain, just low dull pressure.

Pink. I see pink, washing down over from above. Descending. Rose colored glasses. This seems funny.

Will anything come?

I just feel like me. Physical. Where is the upper, energetic realm.

Low

Hole in back of throat. Is this basalt or something else?

Salivate

Searching, scanning for it. Not much. Simple.



Those baby peaches

Round, spherical. Ball.

Like a marble just sitting there, plain

It's very plain. Not fancy. No glitter. No sparkle. Matte. No shine. Aw. Grey, dark grey. Earth. Storm.

Eruption. Teeth.

Dry back of throat. Warm. I like the warm.

Like the dirt, neutral color, as opposed to bright sharp white

Balls. Circles – amorphous (?)

Calcite. Calcium. Bones

Structure.

OK Basalt, let's talk. I invite you to share.

I am deep harmony

In your bones

Thickening, strengthening

What is too fine, I can make coarse

Fortify

Low tones

Endurance, steady, worship

Heighten connection to earth, physical

Structure – I want to make structure

Chills. Body rattle.

"I am a stone soul. Ancient and relentless. On and on I go. I am to make whole. Solid.

Your spine is out. Symmetry. The mantle is not symmetrical. Should be balanced. Right and left side."

Lazy. No...snoozy

Still this throat. Dried, extracted

Pink hue. This is the opposite of the green world. I'm holding my pen differently. Bitter. Bitterness in emotion? No, more like the taste quality. When you eat something and it instantly sucks all the moisture out of your mouth. Like eating drywall dust.

Clouds. Stormy sky. Grey. Thunder. A great deep rumble in the sky? Or in the earth. There is nothing personal, ever.

Still salivating. Sheesh!

Cake

I made a volcano, crater

Deep shift in earth. Chills again. Spilling the powder. Again! Messy (everybody just spilled)

I am protected (very!) in that I don't care what anyone thinks (of me)

I am solid in self

Busily mundane – I like this

Horse hooves. Making sound of it, galloping. But the visual doesn't match the sound. Did anyone else notice I was making horse sounds?

This is very real. Making horse sounds again.

There is nothing serious about this.

Flies. Bugs. 3-eyed bugs.

Waves. Wahh! Play. Rhythm.

I make opposite. I am drawing the opposite. It doesn't look like this at all. It's CERTAINLY NOT PINK.

Color chosen at random/blind – royal purple

Explosion

BURST OPEN for the shift

Language Red, Rojo, Rouge

All say the same thing but means nothing if you don't speak the language

What is the True sound of Red. What does Red speak? What is its truth. Hot. What is the sound it makes? It is deep and primal. Low rumble, heavily undiscernable.

Emanating outward in waves from a central sun.

Inner..and outer.

Connected



C1: Jenny

I don't know much about basalt but as Sonya and Hollie grind the substance, they hit the sides and it sounds splitting.

Silence – whack

Silence – whack

Silence – whack (splitting sound)

There feels a dullness in me

I feel flat. My face feels flat.

You know I work with depressed kids and it is that feeling flat – I don't care or more what's to care about

The shrieking noise comes alive though.

Yet as if I don't react. I feel it inside just not out. Scrapey noise very much like I want to shiver but something is blocking my response.



Solid calm inside



Reminds me of the UFO's sightings I looked at

Strong rotating wooka wooka wooka wosh wosh

Ahh! Scream inside.

No way to voice

Like electricity and no way to escape



- like superman shield

I have to grit teeth

Very dull flat, no joy

Something about eyeballs, rolling back in my head

I have a dry, very dry feeling in my throat, with a tingle, like chalk

I feel like I just want to look down. It's not profound, nothing feels profound, or it's more I am not profound.

My lower and mid back have pain but it is as if it is dull too

Void. Of thought.

I now have a little ball of phlegm pushing on my esophagus.

Makes me want to make little coughing noises.

I put a little dot in the wrong page and then wrote a word into it using the dot as part of the word.

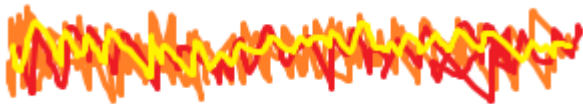
Thinking I am just so clever. I really think I am clever, this is serious, not sarcasm.



I have the feeling like I can't move and something is crawling all over me, in me.

Paralyzed

Legs don't want to move
 Tingly in my left foot
 Don't want to move, can't move
 Subtle difference b/t left and right
 Left more paralyzed
 Life path
 Destiny points
 Points of choice
 My nose has that same dry sensation as my throat.
 Now my eyes and ear.
 Dry, thirsty, itchy feeling.
 I feel like I can't talk.
 I have a longing for grandmother energy.
 Not having the prove individuality, separateness, just being silently loving.
 Note * this past week Sander (the dog) is really itchy and Derrick got his eye poked severely
 I feel sleepy, but no longer paralyzed
 Song * I'm not mesmerized, I just feel paralyzed with fear *
 *Like allergies & feeling in throat, eyes. Sander.
 Now my arms feel heavy.



Spinal chord
 Back is so sore
 Like I have to sneeze but the sneeze is stuck (I have been sneezing all week)
 Feeling of being longing to be important, nostalgic



C1: Sonya

I was swirling very fast during the grinding, wanting to go faster and faster. Feeling light headed and fuzzy. Sensation on my eyes, like a gentle pressure. Light yet heavy at the same time. Base/crown chakra. Swirling. Vortex. Peaceful calm, like a calm before the storm? Feeling grounded yet light. Like lava coming from underground, shooting up to the sky. Funny how this rock, which has been around for millions of years, can be pulverized by our mortar and pestle in a matter of minutes. It's coming, like a wave. Waves of heat, like heat before my eyes, on a hot summer day. Toasty. Waves of energy. ;
 In the bowl: "C". Crescent moon shape. "V"
 We are doing this trituration on the full moon. I wonder if the moon pulls the lava upwards. Without the moon, would the lava stay in the earth and never erupt to the surface?
 Waves of heat, like a toaster oven. This lava is transforming once again. Once, million of years ago, it was molten hot, it burst out of the earth and then it cooled . Now, after millions of years, it is being ground up with the milk sugar, transformed once again.

Transformation. This must be a part of this remedy. Transforming from liquid to solid, now to a liquid once more in remedy form. The fluidity, like waves.

Sahara is jumping around the room and her movements are making me think of the lava bursting out. It strikes me as funny, her erratic movements, are they mimicking the lava?

The Lava swirls and rises up and bubbles to the surface, faster and faster

There's a feeling of working hard, of going faster, of pulverizing the lava, of strength.

A person needing this remedy would need to have gone through transformation in this life, would you mistake it for a butterfly? From liquid to solid, so complex with so many layers, going from underground to sky. With lots of force and energy.

C1: Prover #4

A feeling in my teeth of being heavy. All my teeth feel that they are not individual but in a continuous whole. Joined together. As if one unit.

Vision of ice field moving slowly-slowly over thousands of years, moving over a vast region. Enormous weight. Unimaginable.

A feeling of noticing my face particularly my upper mandible and the sinuses around my nose.

Seeing sparkly bits like sugar.

From the substance: In a sense the earth belongs to me. I encapsulate it. I seal it. I protect it. It is my job. I also feed all the living things.

Endless wind. Blowing-blowing. Severe lower back trouble. Worse by cold.

Incredible memory. Excruciatingly accurate and exacting. Alert at all times.

I'm not recognized for the benefit I bestow on this planet. I'm not even considered. I give so much of myself. I am used.

My memory can be very muddy as well as exacting. I can feel very muddled and slow.

I am very connected to the sun and moon and all the planets. They are my cousins.

Sleeping too much can be a problem.

I see black oil. Pools of it.

I can be relied upon. I am the salt of the earth. The rock. I work too hard. Hard enough to break a back. Back trouble.

Impatience gets you no-where. I have the patience of Jehovah. The bible comes to my mind. Religion.

Dogmatic. It is ingrained. But it must evolve.

From source: I am crazy for astrology. I'm fascinated with the stars and planets and their meanings.

July 15-17: Sonya's Journal

July 15

Nose started running, had some sneezing, then it stopped.

Husband's upper thighs are rubbing together and when he walks there is a burning pain.

July 16, 2011

Sexy x-rated dream about my husband. Things felt very sexual with him, like it was the beginning of our relationship, we were trying to slip away from company so that we could have some fun together.

July 17, 2011

I notice the skin on my hands is peeling off a bit, unusual.

Usman tells me he has now had a couple times diarrhea with watery stool.

July 15-17: Jenny's Journal

Friday night I dreamt my sexual senses were dull, unable to climax, unable to be stimulated. Also I was exposed, embarrassed.

I lived in a trailer, had no money, and we had to move, the house was no good

Then I saw houses in my neighborhood, that had started to grow food on the roof

Self sustaining

I was thinking that their pots were beautiful, but that the 1st heavy wind would damage them and blow them off.

The last week I have felt alien presence, and been compelled to look at crop circles, UFO's.

When I wake at night, I am not really awake and I can see funny shapes outside and feel a presence in the room.

I was conversing this week with a friend about being self sustaining.

I have the urge to make my own toilet paper, and to devise a way to biodegrade human feces without chemicals.

These are things we need to look at.

Also tapping into the consciousness of humanity around pole shift, how to prepare, self sustain, what to believe, underground house has been big on my mind. Reinforced with stone with breathing tubes that are connected to something solid – rock.

OK. So those discussions are part of the proving or is this proving part of our guide.

The lines are blurred.

Reality testing with this remedy is interesting.

There is an expansive quality to it.

Crown, and root chakra most definitely in particular, growth of the nodum, energy out of the back of crown. This is awakening connection.

Almost a calm serenity dulled senses of anger.

No anxiety (normally more anxious temperament).

We got rats yesterday and they are the smartest most adorable little cratures.

I forgot to mention the lead helmets, worry about or more wondering if the info of pole shifts will affect magnetic info and wipe out our brains. I never thought about it before this week. This is a very powerful substance with a deep connection to all.

I feel like a shaman granted access to a passage. I keep hearing lots of information will come, you will be able to handle it.

Like a shaman who uses herbs and psychotropic substances to induce a state of trance. They have to be able/trained to do this.

It almost feels a little like lifting out of the body.

I see the striations of the land and how it all holds together.

There is information here about the pole shift. I can feel it, it is like I need to let it come.

Basalt a weaker Granite.

Its layers give it diversity, uniqueness.

I will wait for the information to surface.

I would like to say a little about the rats because it was a completely spontaneous, unexpected experience. 5 week vacation by their owner. They have this desire to please and be a part of a unit. I thought they were fighting so I tapped on the cage and they immediately jumped to attention as if to signify, "What can we do for you?" They have surprisingly generous spirits.

Holy crap...so tired can barely keep my eyes open.

Sooooo sleepy.

My back fused together at the base

I came out and said there is a real me and a fake me. The fake me got hit by a truck. The real me is alive, joyful full of life like children (Nolan and Julia).

Julia woke up singing and bantered with her dad in a song like fashion.

So tired, barely able to function. Too tired to poop. Slept 4 hours yesterday afternoon!

July 18, 2011: C2-C4

C2: Sahara's Illustrations



C2: Prover #3



Young. Knowing the earth from birth – like the basalt

So dense

Down at tailbone – wants to crack (but this is ongoing for me)

Melancholy

Lonely. But – actually I don't mind.

There's something about not minding

Null and void. Dull. Meh.

In voids. Filling in gaps.

Deliberate. Specific.

What comes? I feel weird but not flighty or light – unable to focus in. Feel solid, grounded

Cacaphony – whoa! What does that mean?

I know nothing. I am basic, eternal. Without misperceptions, without human judgement. I simply AM.

I am the basic building blocks of life

Dry in back of throat (desperate crazy humidity!)

Love the cat and his wee beard. Funny.

Nightshade – what is this? Flower, herb, magic? The carpet field color makes me think of it.

A wandering mind is a free mind. Not rigid.

Crystal – rock – can be both dense and light/ethereal. This is the essence of the “building blocks” of life.

All qualities are within, already. Contains is not the right word for it has limits. It is not whole. Whole is expansive – can expand and contract.

I metamorph. Meta – above, beyond! More than

I am all form. I flow and am solid, now I am powdered – pulverized!

This is about your own ability, capacity to evolve, fluidity – elegantly, yet your essence remains whole, intact. You remain integral no matter the form you assume. We teach this. Spirits of the stones. An earth army you could call it. But not army as you know it. A force of peace, knowledge, wisdom.



Again - flower, essence of life,
like eyes of bugs

A bursting (sheesh – again?!)



infinite

Glad to be wearing orange today

But why did I wear this itchy sweater? When I know it's itchy.



Sort of sunflower
looking (Shape
crested in bowl)

Let the pestle do as it will. If I only use left hand, am I only using right brain?

I have a lot of questions – Because!

Know nothing. Pure.

This is the essence of knowledge – to “know” nothing – and thus see everything.



- lightning STORM

Electric build up
pressure And SPLIT

A release is this like
the earth plates? Sky
and earth are one
unit.

Spilling. HA!

It's flying everywhere and can't write. Silly.

I'm not really scraping. I make a mess.

This is funny. Just want to dump the powder. Play!



Everything means something.
Overlook nothing

Symmetry (in my drawing) is important. All colouring lines must go same way within block. DO NOT deviate! Curious! Hurry up!



Cat. Curious, popping
out of computer desk.
Fun. Funny. I like this.

So dry throat.

Swirling vortex.



Energy. Infinite
looping spirals

Husband – hitting in head w/selenite wand

Elementary. Foundational. Building blocks.

OK! I get it!

Pendulum

I don't mind much of anything

It's funny we use a timer. So precise! Ha ha. Spirit doesn't care. We'll give you the info if you do 4

minutes and don't scrape! It was a rigid masculine mind who created this structure. Yes, generally

pulverize the substance, yes generally scrape it – but do not be bound by this, do not be limited. (uh oh!

Am I going to get in trouble for getting this info?!). Ha ha!

Oh! I didn't finish my colors!

Jenny looks solemn. And I feel silly.

Carefree. But – serious in that carefree is not careless. It is higher. All is well. There is nothing “good” or

“bad” – it just is.

Hungry now. Makes sense.

Humans have a lot of power. And a lot of untapped power. Seems slow to catch on. Strangely – technology has impeded the knowledge – a distraction.
Drums. Low drum roll (Oh, that's a pretty r)
The pattern on sofa is like waves – cymatics at a certain frequency... 717 hz, like that chaotic, but still order
This is the nature of nature, of rock – a crystal. Its inner structure same, stable, yet outer can appear as many things.
I feel like I am on my own today – in this information.

C2: Jenny

We drove in today with many detours along the way.
1st the car needed to be changed, then we went to get the salt lamp for Sonya. It was 9:00 when we actually left and lo and behold we made it on time. Fantastic mineral remedy.
As the substance fills the air I can feel some right eye pain.
(Also Julia almost poked Derrick's eye again).
This morning I had an irrational fear that I had no home.
I was driving and everything just seemed different, as if I could be anywhere without a solid home.
There is an expansion, seems unreasonable fear though.
The air seems very humid, tropical heavy to breathe.
As if sit here Sonya's daughter is closer, closer, bumping, interesting. She is coloring red, and I am wanting orange, she is coloring orange. But she keeps elbowing my left knee, it is hard and hurts but it is OK. It is part of the remedy.



Bottom of bowl

I just remember something and then it slips away. I am OK just being, sitting here doing nothing, leaning against this pillow feels so soft, so lovely, like I could sleep.
I sit and watch the little ones. They are the embodiment of openness. They get the energy easily.
I am actually tired but very aware.
In the back of my mind I see this big mallet smashing down and yet I feel so peaceful.
It is almost lazy, but not lazy just not moving.
Stillness
Last night I thought I lost my calendar and I was very irritated by this then I found it but the irritation lingered.



The feeling I have is why do we act the way we do
 What is the driving force
 I like courage
 I don't even know what that means but I feel judgemental of wishy washy, it feels icky, gloomy
 Layers feel important
 When I grind I can see the layers in even the thinnest line
 Conform – scrape – follow the rules
 It feels like the bottom of me is expanding like an upside down funnel



This is my power
 I am powerful

I have an itchy right ear (inside)
 I feel the presence of a big tan female lioness lying by the window
 I get shivers and feel like she is walking in amongst us
 Her eyes are golden
 She is not a threat
 More of a protector
 As I write this the cat enters the circle
 Strange bubbling pain in outer part of tummy and chest like gas trapped too near the surface of my body
 The pain moves around
 Cramping, sharp but dull ache at the same time, radiates up to my mid back, concentrated in my stomach/liver region, rising up to back.
 The pain in my back has risen too
 I am nauseous from the pain
 Right side catches my breath like wind knocked out of me, and a pinch in lower stomach, intestine maybe.
 Going to breathe in and can feel the fire

The pain is black, necrotic like the tissue is dying
Dying to transform
All in the space of manifestation
Citrine, calcite orange
When I wrote this and acknowledge it the pain left
There is a heart piece, small but there
Pain is a bit bubbly
Knee pain, going on to hands and knees better
Magic is a part of this, and letting go of ego

C2: Sonya

Swirling lava, I have the feeling that the lava wants to move in the bowl, the motion of fast swirling.
Feeling a bit dazed and dull, like my head is floating. A bit spaced out.
I don't feel any urgency to do or write much at all. Heady feeling. Content to just be. Unmovable like a rock.
Then sparks before my eyes, a bit of a quicker energy. Sparkly. Fireworks. Like dynamite. Dynamic.
Sparks. Chemistry. A chemical reaction. Lightening flash. A brightness before the eyes.
Jenny and Hollie gave me a lava lamp, how appropriate!
Rumbling, quaking feeling.
Now straight lines up and down with force
C and V
There's a force now, wanting to pulverize, a forceful up and down with the scraper, almost a frantic energy with a lot of force
Feeling light, bubbly, like things are flowing upwards. Then bursting to the surface. Now waves before my eyes, undulating back and forth. Flowing up and reaching upwards towards the sky. Feeling like I could reach towards the planets, upwards and upwards, unto another universe or galaxy.
Like kundalini energy, flowing from the base of spine, up and out of the crown chakra and into the outer universe
There is something alien about this energy, like it is from another world or planet. Maybe long ago it was?
Alien like moon rock. What are rocks from the moon made out of? Is the rock volcanic?
Feeling like I'm drifting, drifting, drifting away to another universe, another time.
Could I be tuning into basalt on other planets, other galaxies? How universal is basalt? Many substances are unique only to earth, as far as we know, but maybe basalt transcends earthly existence. Can it be found on many planets on many universes? Is it the universal rock?
Ding dong, Jenny knocks the scraper against the bowl. Eureka I've got it!
House, home, for basalt home is everywhere. Such a common part of the earth.
Drifting, drifting, home is everywhere. Drifting and flowing.
Itchy, tingly nose.

C2: Prover #4

Ch(H)O2 mists of time,
Solid substantial, base, support, central support, everything else works around, foundation of life, alive
but molded as a unit, giving of goodness for nutrition of life,

Body heat, overall body sweating, for the last few days (is it because of the odd weather?) Huge trees. I am essential for them to grow this way.

Time is unimportant as in speed or slowness. As I give off my essence and tiniest particles, you and all life absorbs my constituents from your surfaces, from ingesting, from breathing. I am everywhere.

Sense of strong acrid body odor.

My ears seem sensitive to jarring noises.

I am just 'there'. I am history and have an affinity for history.

I like old-old books and ancient libraries.

I am hard working. I toil endlessly. But I have the strength to do it. Others would collapse. Deep relationships are easily sacrificed for work.

Feeling like I want to make a star shape in the bowl.

I am not affected by other people judging me. At the same time, if they have something valuable to give me in thought, I can be impermeable.

I am what all seed of life requires.

There is stubbornness. I can refuse to talk for extended periods of time if I am feeling pushed.

Somnolence and explosiveness. I am both.

Heaviness in the lower back. Feels like it's dragging you down. Can extend to the pelvic girdle.

I am amazing. Ego yes!

C3: Prover #3



Oh, it's dense, almost wants to stick (the powder)
Clumping, making a poultice to draw out toxins
Smell the tea. Hot ginger goodness.



Swirling inward
Banging - thumping Sahara

Matte. To draw out (extract) (This basalt does)
META. Higher. Unifying.

Aysha thumping. Sahara pounding pestle.
Stamp. Stomp. Ancient dance.

Moon connection? Mars? Craters. Holes. Bubble holes.

Ancient tribal dance. Circling. Chanting. Is this Hawaii – Sonya said Hawaii now I’m thinking of it. Jenny said weather feels like Hawaii (sans sun). I want to go back to Hawaii – learn their ancient rites...spirits, traditions

Tummy gurgly (I ate muffin)

– left side under ribs – what’s this?

I should learn anatomy. Well...meh.



EYE

I like the sound the cat ears make when he shakes his head

The mountain represents union of earth reaching up into the sky

It is not dualistic – it is whole



Pinwheel shapes

Swept, lost in physical

Fascination with shapes, patterns

Designs I can make in the powder

Why the Hawaiian connection if the rock is from here? Well! We are all connected! Pacific Rim. But perhaps more like they are still tuned to nature, thus, it feels Polynesian?

Don’t like the scrape sound!

Drums. Tribal.

COLOR IS SO IMPORTANT

Just the right hue, tone

Rainbow. The rainbow hearts above fireplace are so perfect

I feel really content. Don’t need to keep digging. Whatever comes, comes.



Compound with confidence
- the lactose powder

I only want to spin counterclockwise, always these pinwheel spirals.

Spilling ☺

Now that I have connection to these remedies – I suppose I can call upon them as needed

I love that the labs, pharma supply industry manufactures “pharmaceutical grade” ancient “witch” tools, tribal/pagan – mortar & pestle

Does every culture have their version?

Tried want to lounge, laze around

But



C3: Jenny

I am staring off, my head is swelling, open feeling
I can feel a contrast between the cold and warmth
My left hand is cold, my face is warm
I put my hand to my face and it feels like an imprint of cold is left
Rhythm, the dance, the music
Urge to meditate on joyful abundance from the heart
Sahara radiates rainbow loving energy
So strong
Sonya has a rhythm, I can hear, melodious, musical, enchanting
I have a desire to call out a deep tone
Here is the sensation that the noises are all louder than they really are
And comes the right sided tightness again



Spinning

Balance is important

I see the plant on the bannister with all the leaves growing in balance, but far out are the edges. How does it stay upright, from tipping over.

When I went to the bathroom I felt spinning

I am just having random thoughts, disconnected

Like "I wonder what is would be like to be bald," my bangs are in my eyes and I am pulling them back

I feel better with my hair back from my eyes, less gloomy, brighter

Wow I am really spaced out
Like chunks of my thinking or thoughts have disappeared
My stomach feels large and flat
(What the?)
That's all I need, a large flat, vast stomach
Expansive
Stretchy
Large
Flat



Round Ball

Sensation of swimming in the sea but it's empty dark and warm, not really the sea, more like space
Here are some boundaries
I can feel the sensation, light on my shoulders
A little closing in and around me
It's a peaceful sensation
I have the thought that maybe this is what it would feel like to be dead, floating, some pressure and
there is light bursting ahead
Or am I bursting towards the light, more like flowing into the light, the openness, the planes again
Sharp ache, 1 inch left of naval, pulsing
Like I sense I am in a cave. I think that is what I am flowing in towards the light
I do not flow quickly
Thick
Edging
Heavy
Trapping
Acrid
It is easy to daydream and not know what I was daydreaming about
I spread out across the land within me there is capacity to hold everything
What does it mean to expand across the land, to hold, to nurture

C3: Sonya

Whole body shaking up and down back and forth like an earthquake
Swirling, twirling, whirling, pulsating. Rhythmic.
Atmosphere.
Sahara is drawing an eye. The eye sees, the eye knows. The eye is about knowledge. Can you see it? Can
you see what I'm saying?
We use our third eye to do this work, to gain knowledge about the remedy. Once we perceive what the
remedy can cure, we can use it as a medicine.
The eyes have it.
Mystical, magical, the third eye. There is a magical quality to this remedy. It led me to a tarot card
reader. There were many doorways in the reading. The doors of perception? She said it's not about

overthinking it (brow chakra) it's about perceiving it (crown chakra) only then will you see how to use this remedy.

It's not about thinking, it's about experiencing. Our minds, our ego, rational thought, can get in the way. We have to unlearn these things and it can be hard to do. We live in an ego centred world, and ego is an important part of who we are. It's what distinguishes one person from the other. Without ego we are all one.

The kids are going for their eye appointment. I don't think there's anything wrong with their eyes. I think they can see a lot better than we can.

There's magic in the air, there's magic afoot. Magic is about the transformation of one thing into another. Lava is magical because it transforms, even in its physical form.

Feeling a bit silly, laughter, and a bit lazy.

Light and airy. Like dust or ash, floating in the air. Moving and swirling in the air.

I see a volcanic crater in the bowl

It's ancient, timeless, exists for millions of years. Immovable.

There is an airy quality to this remedy. Whoosh. Floating, flowing, higher and higher.

Lava is deep and dark. Lava is earth and lava is air. Lava is light and lava is heavy.

It opens the door between heaven and earth, linked by a rainbow bridge.

Sahara: Drew a rainbow girl. Jenny felt rainbow energy from her body. Drew rainbow eyes and rainbow face.

C3: Prover #4

Okay, let's go! Lets get it done! It's good to work. Move forward.

I am the base. I am the base in basalt. I am basalt. I am stable. Your life will rise from the sustenance I offer. The living are only here for a blip and then all the physical elements that make the body are returned to the earth where I am. (More ego)

Drowsy, want to sleep.

Who cares if the powder flies out of the bowl. Just do it!

Very dozy.....

Fluctuations between dullness/drowsiness and driving ambition/enthusiasm.

Exceptionally tender skin after overuse of certain muscles.

I (me) almost think that there isn't that much to this remedy basalt. Is that possible? Is it fair? Wouldn't all substances in the world be equally useful given the right time and circumstance?

Again...overpowering sleepiness...I worked hard yesterday and slept quite well last night. No explanation other than the basalt trituration for this torpor and sleepiness.

Sahara's energy is low and wants to rest.

I just feel like laying down. Everyone is so sleepy. It's hard to find the motivation to write or stir the pestle in the mortar. Halfhearted effort.

People who walk the earth looking down at the ground all the time. Depression that entails not looking people in the eye. Can't seem to take their eyes off the ground. A fixation with their eyes downcast. I've seen people like this myself.

Extreme drowsiness. Sahara sprawled out on the floor, still just barely moving the pestle.

I need some brightness to balance me. Quick! Bright colours!

Heaviness in weight and spirit but amazingly nutrient minerals are released to life freely. Overwhelming sleepiness. Lethargic.

C4: Prover #3



Dry. Itchy. Z



It's like it's multiplying!
- the powder expanding

Eyes burning. Sting-y
WOW – IRRITATED! Eyes (more left)
FREQUENCY same as Sonya



Lines jagged

O! smell plants wet – post-rain smell

Wow that was a fast 7 minutes

Cyprus - hmm – island nation or tree? Compelled to create tiny (molecule) layers – Can I? Inspecting powder at close range. Would love a magnifying glass.

I am happy and content. I like this “work” What a treat

The sun is coming out – warming – lifting spirits, energy. Releasing the damp, dense heaviness

Ooh! I'd like to go very fast right now. Wind. Zoom!

Egg burp. Haha

Feel dreamy, light. Easy – watching the spinning pestle is hypnotic, mesmerized

I'm hot. The moon. Hm here it is again...but is it the moon? Hmm – maybe some planet or star we don't know about.

Walls turned on their sides are bridges – on Sonya's wall – I like this. Then, her wall is actually a bridge...to another world.



OOH! PINK. Yes. Pink – again. In C1 pink showed up....maybe.. Coral – firey orange plus soft pink – yah. Creativity and love.

FUN. This is fun. Yipeeeeeee!

Hi Sonya – as you read these notes later. Big hugs!

Dry throat – still, again!

I'd like to fill up a big bucket w/this lactose and stick my hands in it! Weeee

SILLY. Fun. Light hearted.

Wow the pestle is heavy.

Back and forth reverse spins.



Flaming heart

Really want to stick my hands in powder.

Scandal. Defiance. Haha! I can't? Says who?! Oh yah – watch me!

POOH STORIES. OUTBREAK OF LAUGHING – MAJOR. Oh my God. Funny – the book on Sonya's shelf.

Imagine if it was about poop!?

FIRE EYES! Burning. Holy crap. Tears burning. Yah whatever. Cool. All god. <3 Funny.

Feels very real. How do I describe it? Just clean, pure, earthy fun goodness. Are we delirious now?

Oh? Now...sex comes into the mind. Physical pleasures...the physical nature in a fun, easy way. Natural.

There's an element of openness, airey-ness, Can this rock float? Like pumice? Sort of...nah.

Jenny is holding it close to her face too. Curious

Funny. What's funny? Nothing. Yet, here I am laughing. Why don't we laugh more? So serious all the time

Isn't "just for the fun of it" a good enough reason? It ought to be but usually not.

Sweating – everywhere

What does the Dalai Lama do for fun?



Holy! I've never spilled so much. It's everywhere

My hair is a disaster – ha. Don't mind.
Pencil. I can erase. What excellent technology
I wrote and erased 3 lines.

What are letters supposed to look like

Blah blah blah. Now I'm just futzing. Is that a word? I like that it has a z in it.

Words that are the sound

- Buzz – clip clop – meow – boom – pop – honk – whirl – plop – cock a doodle doo

I am absent minded

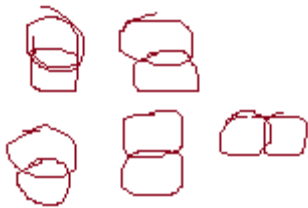
Vesica pisces

Eee

Looping looping

Ooo

Why can't I draw a damn circle?



C4: Jenny



Lift off
I can see the moon
It pulses a warmth that tingles the chakra of my crown
Crown glows yellow like the sun
What about the second sun?
It feels like a halo, an opening
Flowing and endless and attached to the stars
Each spark is a spark of a star
Each star is a spark of the sun
The Great Central Sun
One Orb
One Eye
One thought

How does this flow into separateness find itself spun back into one
Apart, separate, winding together
Melding, molding, being
The wind
The light
Are these the driving forces that move me
Or do I move by my own free will
Free will, ego, strength, separation
Taming the ego like taming the dragon
Bygones
The timing of the synchronistic noises rises up within me like an explosion
Of celebration
Of life
Together, One
Separate, Apart
Ebb and Flow
Come and Go
Opposites behold the mirror of yourself
Explosion right temple in behind
Blinded by what you can't see, what you don't want to see
Where, how, why, when
Becoming what you never were. Always what you never left
O Basalt, thy great God, I feel like I beseech you
My language comes in cryptic tongues
And rhymes flow forever
The bees make the same noise
The noise of zees
The noise of steam
Don't question, just trust
Thrust
Forward
I bow on hardness
Surrender
Retreat, withdrawn, foam
Loam
Marsh, wetlands, Siberia
Manganese, Cobalt
Sapphire, Basalt
Pain in right eye
Lots of frontal lobe involvement
The split, is it a split personality
Right and left brain
Or split treasure
The treasure is in the mind
The upward inward motion excites me
Anticipatory, much more energy this time around
Catapulting out of the dark age into the age of light
Once again mirrors of each other

A conversation surfaces
Its themes of black and white judgement
Comprehending the incomprehensible
Faltering
A strong presence seeking balance
Unable to cue a change
Or maybe que a change
Quippy plays on words
Fast thinking, witty
But the cost is brain pain
I cannot get my projects out of my mind
Earth bag homes sustainable in this weather
No fear
Move forward, embrace change
Bringing brilliance to the light
Yours, mine, ours
Like a path being blazed
A candle on a porch
I see the crator and rock
My palms are sweaty from excitement
I sit here and my mind drifts to the sea
It is cooling, longing
As the heated bubbling rock enters
It becomes solid structures
Where are these structures pushed over time to other spaces
And now the earth being pushed more
I think of the movie with Jim Carrey
He lived in that bubble since he was a baby
The fake world
Got up, went to work, the same thing every morning
Until he found his way out.
People would watch him and he did not even know it. Is that happening to us (this is really weird)
What was the name of that movie, it has a whole different meaning now. They created each experience
and watched his reactions.
Break free, be authentic
Create your own life destiny
Ask questions
Break free of the bubble
Cucumber is cooling
Law of frequency dynamics
Windswept
"Truman Show"
I actually feel clear again, no physical pain
No colour
What would it be like if the hair on our armpits grew like our head?

C4: Sonya

There's a rhythm to this grinding, Hollie and I are grinding to the same beat, like we are playing music or drumming. I want to dance.

Fire dancing. Ancient tribal rhythms. Fire can sometimes look like it's dancing, it sways up and down, ebbing and flowing. It can be mesmerizing. Sometimes I can stare at the flames for hours at a time. There's something eternal about fire. The four elements: earth, air, fire and water. Lava flows, but water is probably the most absent element from basalt. Lava flows out of the earth, goes into the air, with fiery intensity. Lava is the absence of water. Once it cools, the basalt is dry and solid, completely lacking in moisture.

Dryness is an aspect of this remedy. Dry skin. Yet there is also heat and sweating. Sweating is the body's way to release water, therefore making the body drier. When lava is released from the earth, is it a way of cooling down the earth or regulating its temperature?

Eye in the bowl. Mixing counterclockwise. P in the bowl.

I keep seeing an eye in the bowl, it must be important, must symbolize something.

Volcanos regulate the temperature of our earth, just like the sweat glands do. When we get too hot, we sweat. When the earth gets too hot, lava bursts forth. Laughter bursts out of Hollie. Some things cannot and should not be contained.

Suppression always leads to disease. Lava and volcanos are the opposite of this – lava cannot be contained or suppressed. Lava brings the earth into balance. Without lava our earth would be so different, maybe we would not exist. Without lava would many worlds not exist? I think lava is responsible for the earth forming the way it has. We can learn lessons from lava, about how suppressing something internally leads to disease. We must express, not suppress.

Sometimes it's OK to explode with anger, laughter or weeping. It's natural. It happens. Sometimes that will happen if we are truly in the moment. That can happen if we're not holding ourselves back. Basalt teaches us to be more spontaneous, to be more in the moment. Let life happen spontaneously without worrying excessively about what will happen in the future.

Everyone is grinding counterclockwise. Jenny asks, is that the way the earth spins?

It's easier to be joyful when living life in the moment, when living spontaneously. It's hard to be joyful when we are in planning mode.

Art is always created in the moment. Maybe that is why art can be such a joyful process. The best art is created in the moment, spontaneously, without planning. Art comes from that place. Art can be like the flow of lava, bursting forth, then the idea eventually cools once the piece is done.

C4: Prover #4

Lumbar pain <movement. As if back were breaking.

The zig zag back and forth movements of the pestles remind me of sound measurements, which remind me of walking on basalt stepping stones. It's a dull thud if the ground is solid beneath the slab and a fake hollow sound if there is an air pocket.

It's interesting that I too was wishing to hear drums at more than one point in this trituration. It comes to mind of ancient peoples drumming in different parts of the world and how one could put their ear to the ground (basalt) and feel/hear the vibration. Some dance to it.

Beginning of time. Wisdom to be shared.

Baking in the sun. mmmmmmm. Wonderful! Animals appreciate my warmth.

Frontal headache is possible. Dull. Also, fleeting pains around eyes sockets and brows.

Starting to feel dull and sleepy again and I just drank a whole cup of coffee. This product is very powerful to cancel out the caffeine.

Cervical pain. Aching.

Escape! I want to escape! Fly out into the bush where there is sun dappling through the trees and creeks are joyfully tumbling over rocks and plunging down outcroppings. Birds are chasing each other and diving through the air. Beetles are finding homes in cracks of rock, and treetops are striving to burst through the sky and their roots burst through the rock beneath them.

Oh boy! So sleepy!

After the Trituration: Prover #3

I had been experiencing phlegm in the throat and it persisted for what seemed like forever, and is only now almost gone. My throat seemed not to function properly in general and some days was sore, feeling like there was a 'hole' in the back of it, dried out, yet still phlegmy lower down.... bizarre combination.

After the Trituration: Sonya

July 19, 2011

Dreamt of being on a boat on the ocean, boating to a small island with a lot of other people and restaurants. After landing the boat, there was someone there I was supposed to save or help(?) but they ran off and I left the person I was with, who implored me not to help that person, we were standing by the ocean, the waves lapping around us. I could not find that person I was supposed to help.

July 21

The last day or so the kids have both gotten spots on their face, they look a little like bug bites. Aysha has one at the side of her mouth and it burns and it's itchy. Also a couple weeks ago the kids' hair started falling more. We thought it was stress but it might be related to the remedy?

September 2011: Here We Go Again - Sonya

September 11

On Friday (2 days ago) there was an earthquake on Vancouver Island though I didn't feel it. I realized on that very day that we didn't go far enough with the trituration, things weren't adding up. I need to open myself up to the remedy again and get more information. I then felt the basalt energy wash over me again. My steps became heavier, feeling very grounded. Slept longer than normal these past couple days, very concerned with getting sleep. Though that might be fairly normal for the weekend, the length of sleep was unusual Friday night (almost 12 hours).

Husband had a dream last night of bird poo twice, putting his hand on the railing and on his arm/shoulder. He kept getting it on his hand.

Last night I had two dreams: first one, there are people with harmful intent, they are trying to play some kind of trick. Take take off in their airplane or helicopter, then something goes wrong. Their plane

crashes and all but 1 die. We say good, that's what you deserve for playing your tricks. Left them for dead on the grass and walked down the side of the road.

My second dream was I met a lady with a thick European accent at a café. On the way there saw a new store with a nice logo that said "Feminism," with a whole bunch of curtains as walls. Walked to the café, this lady with the accent, did I know her, was she my client? Trying to work out her remedy reaction, then realized she actually wanted to set up an appointment. We laughed and hugged.

Tarot Card reading done about Basalt Trituration

Celtic Cross Spread

Significator: King of Wands

The prevailing influence and nature of the querent: 5 of coins (material and personal losses) Disorderly situation, like love affairs or financial worry in marriage. Financial problems cause worry and strain. Positive action will require making a break and disregarding the consequences.

Opposing forces requiring a rectification: 4 of swords (rest from conflict), The querent has been involved with other people's troubles and now seeks retreat to gather their own thoughts. Positive healing and recovery from serious illness. The querent might spend more time alone but don't retreat too far and cut off from people who can help.

The ideal solution, or what will be achieved: 6 of swords (success due to tremendous effort and overcoming many obstacles) Holiday after continuous effort.

The heart of the matter, past and present influences: Page of wands: A young man who helps the querent solve a difficult problem (ill dignified: a young ambitious person creates problems)

Past influence no longer need to take into account: The Star (brings unexpected help and shows the way ahead, an inspiration to the querent).

Future influences which will occur shortly: The Lovers: Can inspire love, rapport and understanding

How the querent is responding to the situation: 3 of cups: A happy conclusion to personal problems or family matters. Celebrate good news and good fortune

Home and environment of the querent: The Tower: impending disaster

Hopes and fears of the querent: Queen of Coins: A sensible business woman

The Final outcome: The High Priestess: Great tenacity and wisdom for dealing with problems. Relates to arcane arts and sciences. Ill-dignified: superficial knowledge

September 12

(Email from prover #3) One thing which was totally out of character for me - on Monday I had very strong lower back pain. It felt as if I had been doing some seriously heavy lifting (which I had not) and even found it cumbersome to get in and out of the car that day.... Later that evening I was at an event and in very high heels but it had disappeared by then (I was worrying it might be a disaster in heels with a sore back). I don't know if this was basalt, but it was certainly not normal for me. I did nothing specific to bring it on or to make it go away. It just showed up and then was gone.

Husband: explosive diarrhea last night and twice this morning. Watery runny nose this morning, keeps blowing his nose. "Hot bum" last night, a burning in the anus. Dream of male competition, to determine who is the better man. Later that afternoon says he was getting upper back/lower neck pain across his entire shoulders, in a line (fusion sensation).

My dreams: I was with some people, one of them had their car stolen/taken/towed by some thugs. We needed to get it back so we snuck into the place (all I can remember). Another dream, of being at a hockey game with a friend but we were sitting separately.

Today was a pretty good day, too busy at work to visit Little Mountain like I'd plan (hopefully I will have time tomorrow). Second guessing myself about the decision to do the trituration alone on Wednesday, feeling a bit like Buddha on the mountaintop lol. Am I cutting myself off from and isolating from others? Feeling like I maybe need to do this on my own. I messed it up (didn't see the remedy) and now only I must fix it. All I know is I need to do something different otherwise I miss seeing the remedy. I refuse to believe there is nothing to this remedy. There must be some reason why I was drawn to this remedy, no mistaking its power over me as I climbed the cliffside in July, feeling an irresistible draw, hearing the basalt's call. If only I could go back to that same location, perhaps I could feel it again (feeling a strange pulling feeling in my stomach now). I look forward to tomorrow when I can visit basalt in person, go back to the source, and I will be thinking of basalt tonight during this Harvest Moon.

I wonder if I had it wrong all along. Was I in my head instead of my body? Now I listen to my body....

After a moonlight walk in little mountain feeling so grounded, solid, heavy like I weigh a lot more. Funny feeling in my jaw, almost like I have to yawn. Sensation above my ears.



September 13

Woke up with a sore/tense neck, also had this same neck pain a few days ago.

At Little Mountain

I feel like this remedy is all about the body, it's about being in the body. And also about using intuition instead of overthinking it. Feeling instead of thinking.

Rumbling gas in my abdomen (this remedy can affect the intestines and bowels)

Keep feeling twinges in my neck, this must be part of the remedy not just my usual stuff

Pain in my temples now

Feeling an urge to shake my whole body around, like twitching (reminds me of tremors from Parkinson's or some other neurological disorder) Like convulsions or epilepsy.

Feels like this remedy has to do with the structure breaking down. Body structure.

Feeling like I'm being pulled down towards the ground

Sharp pain at my naval, to the right side of the belly button

Starting to realize that due to the ancientness of the substance (30 million years old) it is quite basic and not that sophisticated, more tribal or cave man

I was looking for a more complex explanation but it's not there because this is simple stuff!

Why this fascination with astronomy? Astronomy is very ancient and old, the other planets and the moon are made from rock that is as old as the Earth.

Looking at my C1-C2 notes I see that there was a lot of theorizing and I got it wrong, let ego get in the way instead of feeling it with my body and intuition.

Later at home

Eureka I think I've got it. Reject science, and its male dominated egocentric drive for power. Go back to body based wisdom, to loving the earth. Return to tribal culture. Like Ancient Egypt or South America where they built buildings according to the stars and moon, lining up with the Equinoxes. (my feet are tingling). It's not about knowing (science) it's about living, it's about experiencing, about being grounded, and we've lost that in our modern culture, it's about being in the moment. Living day to day off the land, in tune with nature, now that's really living.

I also realize that going off on that tangent during the early stages of the trituration was part of the remedy proving (I was being egotistical and individualistic going off on my own tangent, which must be let go of). Both husbands almost got their eye poked – remedy says get rid of the ego (eye=brow chakra=ego).

Basalt = foundation of our planet. People who are the foundation in our society

September 14

Head feeling very heavy as I do my work. Feeling like laying my head down on the table. Like my head could fall off. Twinge in my neck.

C5 (September 14, 2011) - Sonya

Scrape scrape scrape sound seems muffled. Left temple pain head heavy to the ground. Feel energy moving down to the ground. Am I punishing myself for not getting it. Feels like a necessary journey, like a rite of passage. Old, ancient. Things that have been around for centuries, older than the hills. Older than time, immovable, stable. Earthquake. I get a deep sense of dread, I can feel their suffering.

Fukushima. Gives me shivers, like a tremor. Disaster. My head trembles and goes up to the sky, whole body quaking. I want to lie flat.

You thought you were above the law but humans will be punished for what they've done. Feeling chills. That's always been the way, human sacrifice, watch them burn. Destruction, devastation, it's what they deserve after all and maybe a few left standing will survive. Doesn't matter whether innocent or not you are all human so you must pay the price for the sins of the human race. It's only right if you want to talk about morality, after all, the survival of the earth is at stake. I protect the earth and she always comes first. I am a great tribal warrior. I am fierce, I protect the earth from harm. I do not forgive.

The scraping hurts my ears, I wince in pain. What can we do to stop this?

You must love the earth not hate it. Keep hating me and I will return it to you tenfold, after all it is divine retribution and I am a powerful warrior. I was here long before humans existed and long after you're gone, do you really think you can get away with this (evil laugh, a little arrogant). There's a lot to be arrogant about, I'm powerful and you're really pissing me off (belly laugh). Do you see what you have to do?

How do I survive an earthquake?

Just get out of my way, you are like ants to me. Can't you see you need to connect with the world around you again, connect with the cosmos, look upon the moon and stars, build buildings according to

the equinoxes again. The moon is powerful, it controls the tides, a woman's menstrual cycle, it is sacred. You must recognize the sacredness of the earth again, and of the cosmos. The ancients knew this. Understand that human survival is not terribly important to me, please don't ask these questions (big laugh again) Please don't be so silly.

OK then, moving right along (I laugh) what is your benefit as a remedy

Well, now that you mention it, it might help the human race to use this remedy in terms of survival, not making any promises though

Of course

After all, I'm a survivor, I've seen a lot of things come and go but I remain, I hear you humans like the idea of immortality (chuckles)

Yeah, I guess most of us don't like the idea of dying a horrible agonizing death from molten lava or of huge buildings toppling over us

And you think we enjoy being raped and pillaged by you, that's a laugh. The complete lack of empathy you humans have for other beings on earth and the cosmos is astounding.

So getting back to not dying and suffering...

There you go again, egotistical, thinking only of yourselves. Maybe you value your life so much because it is so short. Please. If you cared so much about suffering you would not be in this predicament, it is only human suffering you care about (laughs). Greed definitely plays a role, and self centredness.

I feel like I could talk with you forever

You probably could, I am always around, a rock, dependable. But not safe, anything but, I can cause destruction if I need to.

So you can teach us how to survive?

Yes, I do know something about survival. I did like your ancestors a lot better than you, we were good friends.

What about survival?

You must be self sustaining, it is the only way, in tune with nature and the cosmos, go back to the old ways. This has happened before and it can happen again.

Feeling dizzy, like something is whirling inside my head. A bit of acid reflux. Rumbly shaky feeling in head. (decide to do another round, doesn't quite feel finished).

C6 - Sonya

Feels like I'm scraping the inside of my own head.

I hear a buzzing sound. A message from the bees? You destroy us and you destroy yourselves. Get rid of pesticides. Twinge of pain on left side of neck. Work towards a common good. Look how much you have built so far. You can create whatever you like if you put enough work into it. You can create your own reality. All it takes is good solid work. The worker bee. Busy bee. Collective consciousness. Hive mind. It has happened before and it can happen again. We are all one. One earth, one planet. I feel a sense of joy though it's fleeting. Imagining what that might be like.

We have the ability to tap into source, we used to know this, this is old knowledge, I can teach you this again. That is the gift this remedy can give to humankind. (I feel the energy start to flow and shift a bit, a pushing sensation in my jaw)

You can do this at will again, you can connect with any creature on earth and with the cosmos again, the ancients knew how to do this.

This will make you more grounded, more connected with the earth, once you learn to connect again with all things.

Wow you really thought you were alone in the universe, how silly of you, there is so much here to keep you company

In the lord of the rings they had to throw the ring into the volcano, it's about sacrificing greed for love of all creatures

I've completely forgotten what homeopathy is about now

Maybe it's just evolving. It's about raising awareness, once we are fully aware there is nothing to heal

Then I would be out of a job

Perhaps, not sure if that will happen soon however there's always work to do, just like everything homeopathy will evolve and change

It would be nice to be perfect...

However, that may be impossible to achieve, all we can do is to continue to work on ourselves and for the greater good

Remind me about the greater good

The greater good is the survival and protection of all life on earth and the cosmos, the complete whole, nothing excluded

Rumbling in my ears again. Back of the head at base of neck hurts now.

How do I tap into collective consciousness?

In everyday life? Try following your intuition more, that is the first step. How do you think animals can sense earthquakes? They can sense it with their intuition.

Ah ha so that is what you must do..

Yes, tap into your intuitive side, that part of your brain that knows about earthquakes, it is ancient knowledge everyone has. Of course it is only part of the solution but it can help you dodge a dangerous situation.

Perhaps there is a part of us that can sense seismic activity before it happens, perhaps it's a subtle frequency or soundwave that we have to tune into

That's right, if you observe closely enough with your 6th sense you will be able to sense it. It's a subtle vibration we've learned to tune out and ignore, but the ancients could sense it.

Teeth clench together. I feel lighter, it feels complete.

Goodbye Basalt.

Feel free to come visit and we can talk again, I will always be there when you need me, after all, I am a rock. I'm not going anywhere 😊