

**The Homeopathic Trituration Proving of *Prunella Vulgaris* (Self-Heal, Heal-All, Heart-of-the-Earth)
Strengthening Identity & Restoring the Immune System: Protecting & Recognizing Self from Non-self**

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Remedy Nucleus

Heals all types of infections, acute or chronic
Poor sense of self and no boundaries
The bleeding heart: healer heal thyself
Low immunity: viruses, bacteria, parasites, cancer, HIV, etc.
Over-excitability of the nervous system (like all mint remedies)

Heal All Trituration Proving

May 31, 2012

C1

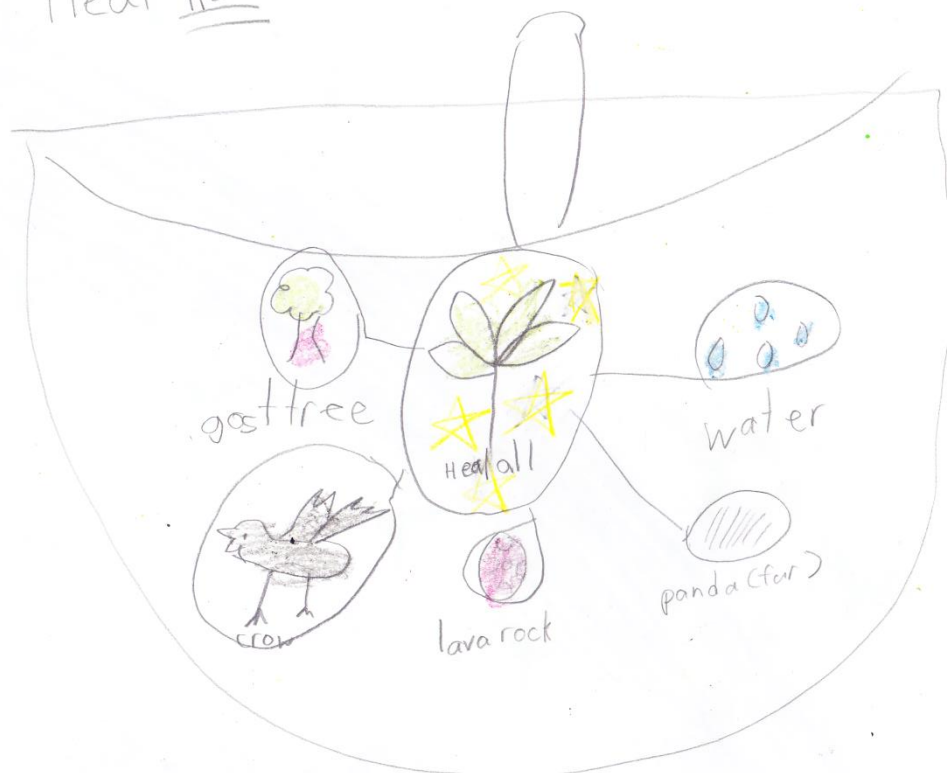
Looks very green in the bowl – healing green



Fragrant

S wants to draw pic of every past trituration we've done

C1 Heal ALL



Feel caring/compassion

Love – loving

A wave of green

Sahara saw a whirlpool of green

Sahara saw a sick animal eating the plant and it was healed by the water, the water is green because of healing, it's (heal all is) a magical plant



Sharp pain under armpit right side

Animals know about the properties of this plant

Green tinged powder

Why be a homeopath

Teeth hurt – lower jaw

Could heal a virus

Cancer cure

Survivor

Hearty – happy anywhere, open to any space (this plant)

C2

Conversation: Allopathic medicine harms

Prickling sensation in neck

Tingling face

Heal all pains

Nerves

Itchy forehead

S talks about “tingling the moshling”

Nervous system

Neck pain

Eyes water

Hip pain right side

Love

Virus

Heals the insides

C3

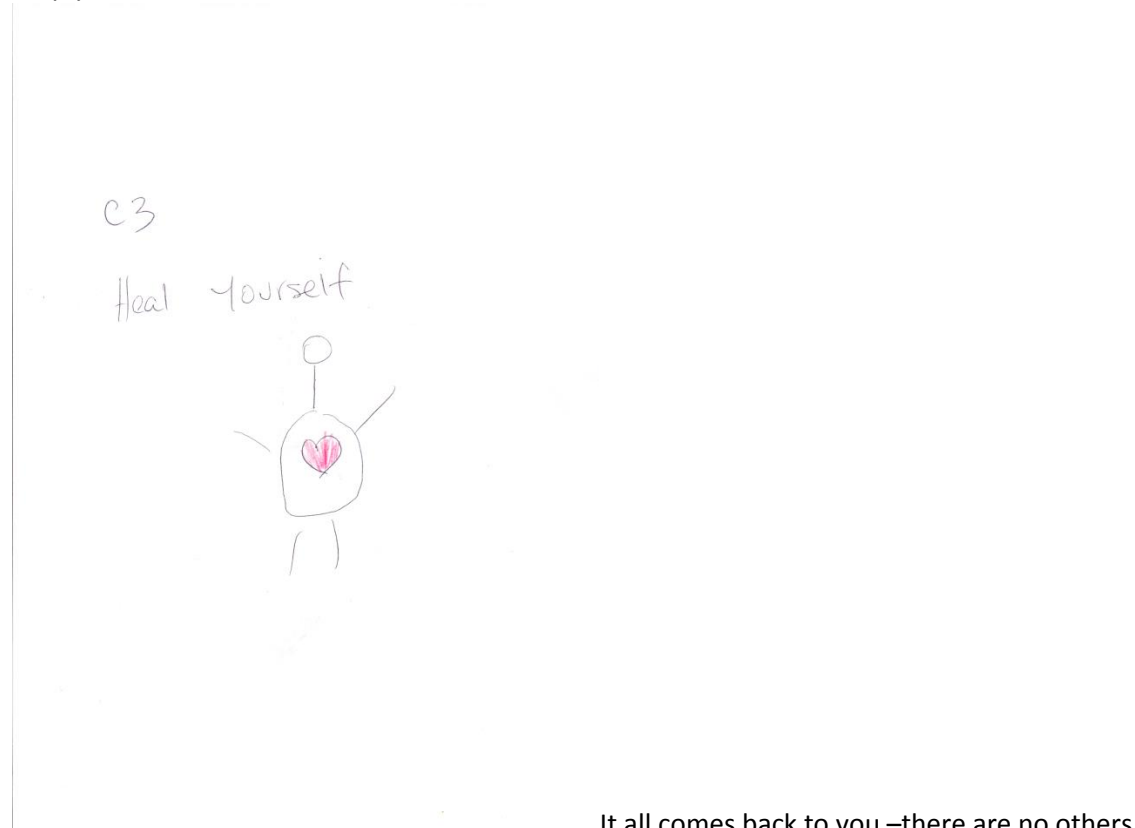
Healing vibration

For healers – resonates – green

Wanting to heal others – can be pathological if taken too far

Healer’s remedy – could look like Carcinosis or Phosphorus, sympathetic

Help yourself first – but how



It all comes back to you –there are no others

The more you care for others the worst your pathology gets – Trap

Remember we all heal ourselves – nobody else can heal us – Ego

Sacrificing our own identity – it becomes suppressed, see ourselves as not as good as

Then cancer takes over – there is no individual left anymore

Warts – it’s a virus – taking over a weak person

Healing is around us, we have the ability, we just have to take the opportunity

Just pay attention – there are signs – everywhere

Every day we pass sign posts, they are everywhere, people ignore them

WAKE UP – pay attention

Oh the things you could see if you could just look around and see what's around you
Every event in our lives, it just leads to that one moment, now, that perfect moment
That moment when your body and mind start to **heal**
When the individual is not strong within themselves then viruses can invade
What can erode a person's identity?
Set up in childhood when the identity is first forming – too much responsibility or abuse
Heals deep emotional wounds
Neck oscillating between feeling better and tight
Free from anger, more peaceful
Sleepy
Love yourself, and everyone else too – no room for hurt or anger
Understanding and compassion

June 1, 2012

C4

The healing power of plants – it's great
Plants are grounded in the earth
Not grounded, always striving – cancer miasm
Cancer – can't recognize self from non-self – no individualism
Heal-all – it's everywhere and all-encompassing (so is cancer)



Infection

Neck twinge (right side)

Going back to the ancient ways – grinding with mortar and pestle – more grounded

What happens during economy collapse – we will have to grow our own food and make our own medicine

Anti GM food meeting in Richmond, attended this earlier this week, comes to mind – trying to become more self sufficient

You have to be an idiot not to think that our whole world will not collapse, look around you, wake up
Strangely I'm thinking this without anger or fear, more detached, it's just a fact

So what, things will change, no need to be fearful, we will be more grounded

What are we striving for anyway? Money, power? It's all "fake," not something tangible or real like medicine, plants or food. Money is just paper.

Now I start to feel a bit sad, not sure why, eyes feel a bit weepy

Striving for recognition or power – it's a trap

Trap because in the end we just want to be happy, to survive. Power doesn't make us happy. We think it does but it's a fake happiness – maybe more like a smugness "I did better in life than you did"

Did you? Were you really happy? (feeling sad now)

We have to heal that ambitious part of us – that's what's leading to our downfall. We want power over rather than to work together

I start thinking of the joyfulness of being united – now that really is joyous

Generosity – not because you want something in return but working together for a common goal

Could I do this without the timer? Maybe if I got the feel of it down...

Something just got a lot lighter – felt something shift

Sitting here staring at this bowl making medicines I know this is what I was meant to do, this is enough, I've made it, come into myself truly. Meant to take cases, prescribe, and make medicines – not much else to do (I guess there is the writing too teehee)

Time = Art. Yep, that resonates.

It's when we come out of our true calling that things start to go sideways

I feel a thump in my chest as I grind, like the grinding is swirling in my chest and resonating there – scraping, scraping my chest

Sharp pains in my abdominal region

Internal wounds – it can heal the insides

Someone who's been wounded – who has not been?

Deep wounds

Green

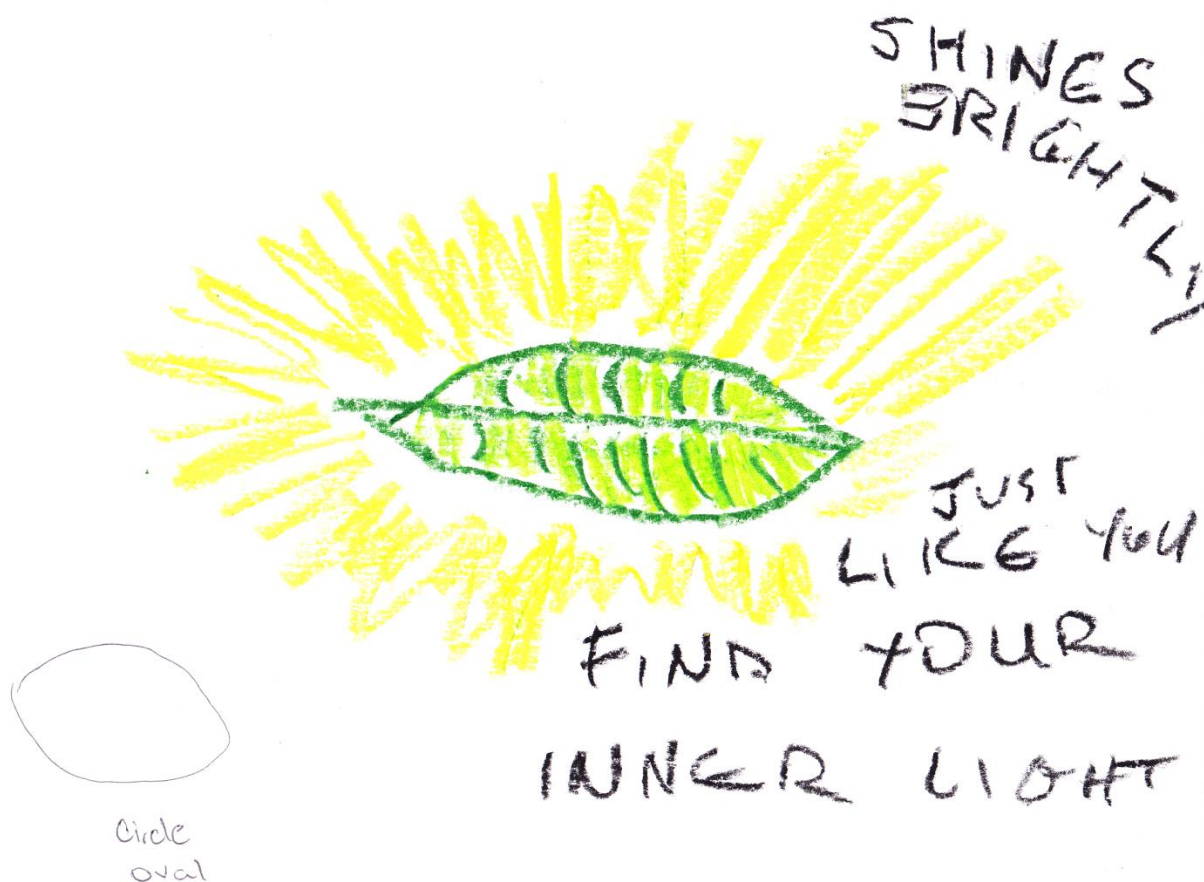
I notice the GREEN towel in the bathroom (just changed it yesterday)

How to heal others – make your own medicines – and heal yourself

Aysha's butterflies emerged today – we can transform, we all have that ability

The remedy is shining, luminescent, glowing

C4: Heal All



Inner light – everyone has one

It's the small acts that can change the world
Shine a light on things
Looking for the specs of dirt in the bowl...feeling fastidious
It doesn't have to be so exact, but feeling the need for perfection
Beauty is perfection – but we all have flaws, and there is beauty in that
Could clients come in needing this remedy – yes! – it's for the helpful sort, the bleeding heart – but
harder for them to help themselves vs. others
Just let it go
Lower teeth hurt again (sharp)
A virus infected my computer....hmmm
Suddenly got a bad taste in my mouth, bitter in the back
I keep making the lactose into a symmetrical shape - Circles and ovals
Prickle in my arm/wrist right side
Itchy behind my ears
Do what you know in your heart to be right
This remedy feels gentle, can soothe the heart
The lactose looks like an egg, perfect oval
Heartache
Just let it go
Regaining my innocence again

C5
Pain in left temple
Crampy abdominal pain
AIDS – autoimmune – can't recognize self from non self
Caring – over care – nurture
Sahara's eyes water just looking at it

June 2, 2012 (C5 Continued)

Sharp twinge in heart
Knee or leg pain – Aysha, Sahara, a client (this past week)
And Aysha felt a sharp pain in her hand last night for a second
Left temple pain again, Sahara feels dizzy
Virus that invades the body and the immune system can't fight it off – could be a parasite

CS Heal All Heal all Doing its job



The body is the host to these little critters – could be herpes too

Mmm the herb leaves taste like lettuce, good, healthy taste

Nourishes the body

Hahnemann did over a hundred provings of remedies that were needed at the time, but cancer and AIDS are modern diseases – not really present in his day

Heal all = modern remedy for modern diseases

Body as host for viruses – weak identity/boundaries between oneself and other organisms

Being strong within oneself

My website got a virus. A VIRUS

Viruses attack the weak

Weak defences – heal all strengthens – keeps invaders out

Ah illuminate. Inner light keeps them out

Boundaries strengthen – outside/inside

Lactose in a perfect ball/oval

C5 Heal all



June 4, 2012

Potentizing to C5/40 level

My newest web page was about using homeopathy for AIDS (wrote it a few weeks ago). And I was also working on, but never finished, a homeopathy for malaria post.

Twinge in my right knee

Got interrupted by a Vidatox inquiry (homeopathic cancer treatment)

Improper nourishment – not food, but also love, which nourishes the soul (thinking of Citizen Kane, we watched it last night and though he had much money all he wanted was love. “You Must Love me” says Kane)

Sad story, starving for love

When upbringing is too harsh or lacks love this remedy can help (right knee twinge again, sharp, ouch)

Neck twinge left side, twinge in jaw right side

June 5, 2012

Writing up the document

I should mention that about a week or so ago Aysha got a cold (maybe a little longer than that) and the congestion is staying. Usually she does not get congestion that long. Aysha hasn't had a severe case, but Sahara got a cough and had to stay home last week, so I decided to do the trituration with her while she was home from school (there are no coincidences!). Both of them have had a lingering cough which is unusual for them of late.

And out of nowhere right now I sneezed – seemed remedy related.

Another thing that was unusual was I caught their cold, but then the next day it was gone, usually it lingers with me.

Bitter taste in the back of my mouth – so easy to be bitter, life can be like that, weigh you down

Still, it's up to us to heal ourselves

I have the sensation like I could choke on my own bile, maybe it's revulsion

Sharp pain in breast

Feeling more sexually aware/excited/stimulated (root chakra stimulated)

June 7

Can see this remedy's similarity to diamond (Adamas). Also diamond has an affinity with viruses so they could be complementary remedies.

June 8

In the middle of the night my throat felt so dry but went to bed well hydrated, my whole throat felt very dry. Sensation of dryness in the throat, causing me periodically to cough.

Also last night some shooting pains in my vaginal area.

I should also mention that I have had some skin itching with minor eruption – also noticed the kids were itching a bit more than normal, felt a bit like hives or an allergic reaction. Also mild reactivation of my eczema on my fingers.

June 10

Yesterday watched “Alien” and I think it resonates with this remedy. The story originates with a crew member who gets infected by one of the alien eggs – it needs a host (human) to grow – exactly like the viruses, bacteria, parasites, etc. that need a human host to survive. Also I should mention that Usman had a dream about aliens a few nights ago. Unfortunately most of our dreams have been unremembered when waking.

July 12, 2012

Of course I had thought that the proving was long over but too late I realized it had continued on.

We got a new roof 5 years ago and it was under warranty, but the roofer refused to honour the warranty, they were a referral from my parents, not to be trusted it turns out.

Then, around the same time we were dealing with the roof, I realized that my website was still infected, in google searches only (a virus that only affects how it appears on google). That’s really bad, because I rely on google.

Again, this web designer had been a referral from somebody and I trusted them (blindly, it turns out).

Then I got to thinking about (now I feel a sharp pain in my heart) – about how, many years ago, I trusted someone else and he ended up turning on me in the end. I trusted him with my money....well, it’s a familiar story, previous to that incident there was another incident where my money was stolen by someone I trusted too much.

So the issue seems to be about trusting somebody too much.....the heart of the matter really is that it’s OK to trust, but to trust the right people. I think it’s easy to trust in the wrong people when you are not strong about what you want in a roofer or a web designer or a friend – when you have not done careful investigation, when you are not using your better judgment. Trusting blindly is a problem, because a referral or them being family just isn’t enough.

When you trust too in someone else because you don’t trust enough in yourself. When you are strong within yourself, you can trust in your inner voice (inner light!).

Now, I realize, a remedy that I thought was for somebody else was for myself. I trusted my inner voice, my intuition, and it didn’t lead me astray. I’m learning to trust it more. (something in my heart feels lighter).

I should also say, there was one dream I do remember, a few nights ago. I dreamt of a man who was in a wheelchair, I gave my sympathies to him and he said “It’s OK, I’m only resting.” And he got out of the wheelchair. I called him by name, “David Warkentin.” Well, in real life, David Warkentin died of cancer recently. He was the creator of MacRepertory (computer program for homeopaths).

Yesterday, I trusted my intuition and took a walk through Little Mountain (tears in my eyes now). Yes, I have to say, it’s a healing place. Baby ducks, a heron in one of the ponds (so beautiful). I also saw – you guessed it – heal-all flowering in the lawn. Not just a bit of it, but a lot of it, growing everywhere in the park. And I was drawn to it, and I knew, it was trying to speak to me, and I listed, so here it is, in this entry, what I learned.