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FOREWORD

Nuala's large contribution to homeopathy rests upon the outstanding provings she has carried out, as well as her opus in homeopathic education. While hundreds have been directly inspired by her work as facilitator and educator, countless thousands will have used some of Nuala's remedies, and who knows how many in the future shall be thankful and thrilled by those in this book.

The provings in this volume were brought into existence a while back, many being 'delivered' in the 90's, and are now matured through the nurturing process of clinical usage, teaching them in the class room, presenting them at seminars and discussing them in print. Nuala's teaching style is about enthralling the listener by the story of the proving, taking the listener on a journey of discovery. You will get a sense of it when reading the introductions to the provings, and falling under the spell of the uniqueness of the remedy and its therapeutic indications. But please don't think that the information is 'all soft', not backed up by careful appraisal. I have witnessed her proving groups at work, and have participated in reportorial sessions, noting the rigor and careful evaluation that went into all of them. Nuala's attention to detail and thoughtful appraisal insures that the most reliable information is put before the prescriber.

In summary, the beauty of the provings presented lies in the manner of the telling. Many authors present dry facts, but Nuala also gives us the soul of the remedy so that we can understand it as we would the person for whom it may be the similitum.

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PREFACE

Since this is the final volume of my provings to date, I have decided to write the preface as an introduction to my own thinking process and to some of the issues that have led me to producing new Homeopathic remedies. This is not related to the specific remedies included in this volume.

One of my interests is in the rapidly changing needs in homeopathy in keeping with the rapidly changing world in which we live. We live in a world very different from the world of Hahnemann and therefore need more remedies to suit the disturbances, both physically and to our psyche, as a result of these changes. I have been contemplating the last century, which I call the century of Electromagnetism and Ego. Electromagnetism occurs naturally and, if it did not exist, the universe as we know it would not exist. We get electromagnetic radiation from the sun and our physical existence would be impossible without it. On the other hand, too much of anything that is good for us can be lethal, or at least make us ill.

Electricity had fascinated people for a long time. In 1752 Benjamin Franklin had conducted his first experiment to see if he could draw electricity from lightning. The first electric street light was developed in 1875. By the late 19th century, electricity was being employed in hospitals, theatres and other public places, but it was not practical to install electricity into private homes on a large scale until the early 20th century. In prosperous countries electricity was being installed in new houses from about 1905 on. By the early 1920's, less than 10% of British homes had electricity and those that did were wired mainly for lighting.

In the late 19th century, electric shock treatment was being used in the treatment of certain ailments. Neurasthenic patients were described as sexually impaired and were having electricity applied to their genitals in an attempt to cure them. Sigmund Freud used this form of therapy early in his career but quickly deemed it to be ineffective. Around 1893, he had a woman referred to him as a case of hysteria. The woman suffered from great pain on walking and suffering great fatigue. Her treatment consisted of kneading the leg muscles, although it caused great pain, and also treating her legs with high tension electric currents. Freud realised that this form of treatment had no lasting effect and this led him to experiment with hypnosis. In the early 20th century he went on to develop his famous model of the psyche, where he divided the psyche into three components – the **id** (our instinctual trends), the **super-ego** (which includes the conscience and plays a critical and moral role), and the **ego** (which

mediates between the desires of the id and the super-ego). Sigmund Freud is now considered to be the father of psychoanalysis.

Following the First World War manufacturing industries had developed great capacity to produce goods in response to the First World War. This was a time in history when people bought what they needed and expected it to last, and if something was broken, it got fixed. Industrialists were concerned that sales would diminish once people had what they needed and they wondered how they could increase their sales. In the 1920's Edward Bernays (nephew of Sigmund Freud) set about developing methods to use Freudian psychoanalysis to control populations and to manipulate peoples unconscious to desire things that they did not need. For example a tobacco company expressed concern that they were only getting half of their potential market, since it was socially unacceptable for women to smoke publicly. At the Easter parade in 1929 in New York, Edward Bernays persuaded a group of young female debutantes for a lark to light up cigarettes at his signal. He contacted the press and told them that he had heard that a group of suffragettes would light up "torches of freedom" at this parade. The debutantes lit the cigarettes and the story was published in newspapers nationally. Cigarettes became a symbol of liberation and freedom and the sale of cigarettes to women increased dramatically. It was Bernays who first coined the phrase "Public relations", considering that "Propaganda" had too many negative connotations. It appears that Sigmund Freud disapproved of his nephew's tactics. The following is a quote from Freud which gives some idea of how he thought.

"It is impossible to escape the impression that people commonly use false standards of measurement -- that they seek power, success and wealth for themselves and admire them in others, and that they underestimate what is of true value in life."

The BBC released a documentary in 2002 called "The Century of Self" which is very informative and includes a good insight into Bernays' work.

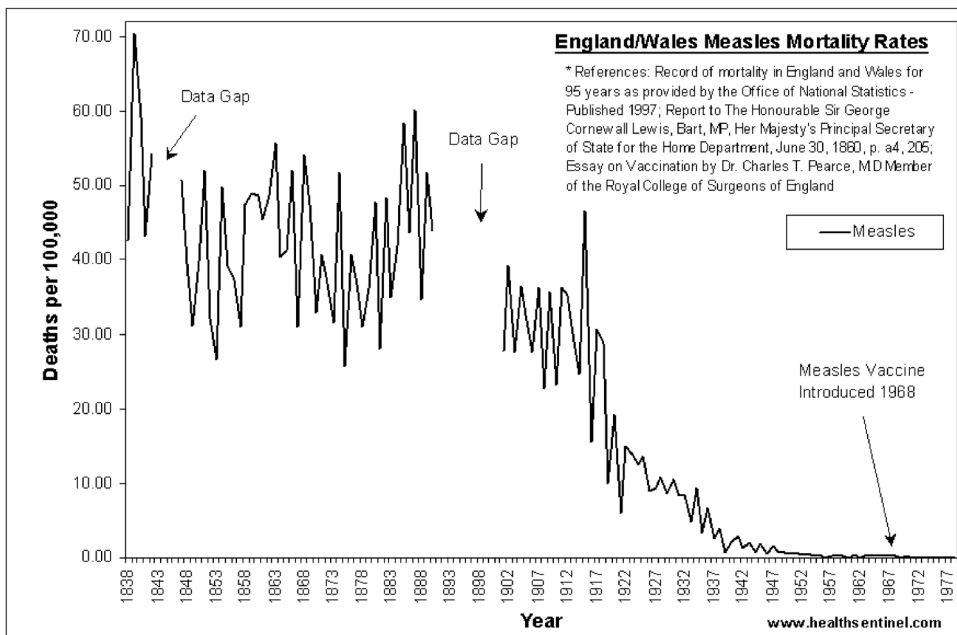
Since that time we have been constantly bombarded by advertising which leads us to delusionally believing that we need things that we essentially don't need. For example, since the Irish recession started in 2008, the sale of Smartphone's increased while the sale of organic produce and products related to healthy living reduced. There seems to be something wrong with our priorities.

An area of great concern is the psychological manipulation and "Hard sell" by the pharmaceutical companies in the sale of drugs in general and particularly the sale of vaccinations. I remember some years ago, when the measles vaccination was being pushed, we were inundated with the adverts "Measles kills". Very quickly people forgot that we all had measles as children and survived, and

with the fear generated by the advertising the vaccination became a “must have” for a lot of children. It appears that if something is repeated often enough, the majority of people believe it without question. I include here some statistics for measles in England and Wales.

- 1901 – Death rate approximately 1 in 3600.
- 1940 – Death rate approximately 1 in 34000.
- 1960 – Death rate approximately 1 in 625000.
- 1967 – Death rate approximately 1 in 5,000,000.

The measles vaccination was introduced to England in 1968. Experience tells me that more children are damaged by the vaccination than by the disease. Some years ago I made a connection between measles vaccination and autism, and this was before the MMR was introduced.



Television was first introduced in the United States in 1928. By 1939 a few countries had television stations – US, Britain, Soviet Union and Germany. At this time there was very limited viewing. It wasn't until the 1950's and 60's that television became more widespread. From then on it became a must have in most households. Television came with a warning not to sit too close to the set as the radiation could be dangerous and on no account to open the back of a television because it was extremely dangerous. The television generally occupied a prominent place in the living room and consequently communication began to

change, as one found oneself frequently competing with “the box” for conversation. Some people seemed to become addicted and would organise their lives around what was on “the box”. It seems that in a lot of cases television was also used as the unpaid babysitter. Television quickly became seen as a basic essential of life.

Although psychotherapy existed long before this, from the 1960’s there was a huge growth in the use of psychotherapy as more people sought psychotherapy for numerous mental and psychological problems. Various theories and forms of psychotherapy emerged at this time, and it gradually became a normal part of health care. From then on, one did not have to be “Nuts” to go to a psychotherapist. Psychotherapy is a wonderful science and a very beneficial form of therapy. In the hands of egocentric, power-seeking individuals who wish to use the principles of psychotherapy for population control it can do a lot of damage. Electromagnetism has also opened up some amazing possibilities and can equally be grossly abused with potentially lethal consequences. I do not suggest a connection between electromagnetism and the development of psychoanalyses and psychotherapy – merely a coincidence.

Mobile phones (cell phones) came into use in the 1980’s, but the majority of people could not afford them. They first entered Britain in 1985 and cost £3,000, but by 1990 the cost had come down to £1,499. During the 90’s they increased in popularity. By 2000 half of the adults in Britain owned a mobile phone and by 2012 the number of mobile phones was greater than the population.

Home computers did not become popular until the mid 1990’s, although computers had been in existence for a number of years. The internet was invented in 1969 and the first website launched in 1990, though most people did not know about the internet until 1995 with the launch of Windows 95. By 2000 50% of households had internet access. Before the invention of home broadband, the dial up internet was slow and could take up to 30 minutes to download a song and over 28 hours to download a movie. The common usage of broadband did not begin to rise until 2001 and the price was prohibitive until 2004, when the average American household found broadband to be affordable.

I consider all these tools to be extremely useful, not the least being the sheer amount of information accessible through the internet, which would take us hours or days of searching through libraries. What concerns me is whether we are using these tools or are allowing them to use us. Research has shown them to be addictive, although I don’t believe we need research to tell us that. Observation on the way these devices are used will bring us to the same conclusion. There is lots of documentation on the potential damage to health from the overuse of mobile phones and of broadband. I believe that, through our

overuse of these devices, we are becoming extremely egocentric. In the proving of Mobile Phone (2002), one of the most common expressions was, “What about me”. The following is a statement from a prover of mobile phone.

“I feel very self-centred, self-conscious and self-obsessed. I’m consciously trying to not have everything about Me! Me! Me!”

In the proving of Broadband (2011), egocentricity and narcissism went to a much greater degree, with provers feeling that nothing existed outside themselves. The rest of the world became like a game they were playing or a show they were watching. The following are a couple of statements from that proving.

“Spent a number of days totally self-obsessed – looking at old pictures of self and feeling I was falling in love with myself. Amazed at how beautiful I was. Narcissistic, I would think.”

“I have a strange feeling of disconnection from everything. Everything appears to be in a frame, or like a scene I am watching, and I have no feeling of participation in life.”

There is a lot of abuse associated with the use of mobile phones and the internet. It stands to reason that, if we live in a virtual reality and nothing else exists outside our own ego, the rest of the world becomes like a computer game in which we can do anything.

Evolution is a continuous process and all animals, including humans, have gradually evolved through the millennia. While we are material beings, we learn and grow. We take care of our body by eating, drinking, excreting waste and sleeping. We learn through experiencing the world around us and by discovering what our preferences are. Our ego or sense of self helps us to focus on our needs as individuals and, in its healthy state, makes us aware of the individual needs of others. Our conscience, which is both inherent and learned, exists to tell us right from wrong. We have a mind with which we make conscious all our experiences and beliefs. By nature we are a curious animal with a desire for the truth. It is my current opinion that we live in a time of immense psychological manipulation and are more grossly deluded into mistaking compulsive desires for needs. It seems more than ever that we need to develop our consciousness and start questioning everything. The word “Why” needs to return to our vocabulary.

Through the last century we have also been exposed to increased levels of Nuclear Radiation and the consequent damage to health from that. I have done some homeopathic work and research in that area. I believe that Nuclear Radiation and Electromagnetic Radiation are two of the biggest threats to the

health of everything living on our planet. However, I see Nuclear Radiation as the lesser of the two evils. My reason for this is that Nuclear Radiation does not appear to be addictive and therefore people will do what they can to avoid it or seek a cure if exposed to it. Whereas with Electromagnetism, like all addictions, the dangers will be ignored in the interest of the next fix. We could be heading into a world of ego junkies or ego zombies.

I do not see the world in terms of “Us and Them”. I believe we are manipulated because we allow ourselves to be. I believe that we need to retrieve our conscious critical faculties and be able to differentiate between our desires and our needs by constantly questioning our impulses. Technology is quite amazing and has made a lot of things in life much easier and has put a great deal of information at our disposal. The question is, are we using it or is it using us. Homeopathy for me is an excellent means by which we can enhance our consciousness. Taking a homeopathic remedy is so often like holding up a mirror and getting a real look at our unconscious beliefs, and also facilitates the process by which we can change our mind.

Having conducted two electromagnetic provings (Mobile phone and Broadband), I realise how easy it is for us to detach from our conscience and from our survival instincts and to imprison ourselves in our ego.

“Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility.” Sigmund Freud

Having completed this preface, I am aware that I have included quite a number of issues in a relatively short document and, as such, it has a disjointed quality to it. As I wrote I became aware of the coincidental parallel between our increased use of electromagnetic devices and the development of psychoanalysis and psychotherapy. Having rewritten this preface a number of times, I have finally come to the conclusion that it is probably just about as disjointed as the past century. Did I mention that I don't believe in coincidence?

In conclusion I also realise how easy it is to mistake desire for love and that without love life would seem to have no meaning. Love keeps us in touch with our spiritual connection to everything and without love we can forget that there is a reason for our existence.

“Whoever loves becomes humble. Those who love have, so to speak, pawned a part of their narcissism.” Sigmund Freud

INTRODUCTION

Doing a proving is the process of taking the “wrong” remedy and consciously experiencing it in its totality. To be a “good” prover, it is a good idea to develop the art of self-observation and self-reflection and to do so with our “unprejudiced observer” in tact, so that we can experience and not judge the emerging symptoms. It is also helpful if one finds everything in life interesting, including oneself. Having said that, it also happens that some people do excellent provings on some substances while not on others, and this seems to depend on an individual’s resonance with a particular substance or energy. Therefore, it is good practice to have a number of participants in a proving. With our observation skills and consciousness working well, we can explore the emerging symptoms in the proving and make clear decisions about the manner in which to explore them further. For example, if in a proving I found myself very attracted to the colour yellow, I could make a clear decision to buy some clothes in that colour and explore further what it feels like. However, if I find myself in a rage desiring to run a knife through someone, I would decide to find it interesting that I had such an impulse and would explore the feeling further to find out where it was coming from, but would not use the knife. It is also helpful for provers to have a supervisor with whom they can easily connect if they have any concerns or queries or just for the purpose of talking about their experience. Talking generally brings a lot more clarity than merely thinking about it.

I find that doing a proving has a lot of benefits, aside from the obvious one of producing a remedy that will help another person. We can get a lot of insight into and appreciation of the belief systems of another individual. It can loosen our own rigid and often unconscious beliefs and help us to re-evaluate our life and consciously choose healthier ways of thinking and being. For example, the proving of Amber brought out the age old battle of the sexes. At the end of that proving I was contemplating the obsession we have about understanding each other. With men constantly saying, “I will never understand women” and women saying, “I will never understand men”, I realised what an absurdity this is. Why do we presume we have to understand anyone? Why not appreciate other people and appreciate that they are who they say they are, instead of trying to do the impossible task of trying to understand another individual.

If we take it that, among other things, we are all varying combinations of the four elements – Fire, Air, Earth and Water - we can appreciate what it is like to be weighted too much in one of the elements. In the proving of Fire, we experienced the lack of compassion associated with the absence of Water. Fire also had a love of power and the delusion of being at war with evil. The proving

of Wind was an experience of being totally in the Air element, where we were propelled into the realm of intellect and ideas and, without the grounding effect of Earth, lacked practical application and tended to spin out of control. Since I believe that we all have the ability to balance ourselves and therefore be happier, I see Homeopathy as an excellent tool to help us to consciously achieve this.