

In Danger (Wolf at the Door), I Feel Peaceful Inside

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Abstract: Clinical cases which have themes of Danger and Circles call for consideration of both *Lac lupinum* and *Lac delphinum* when deciding on a simillimum. Fossil remains indicate that dolphins and whales were four-footed land animals that lived over 50 million years ago; and, since they are mammals, it is understood that it is from the wolf that they evolved. In a manner of speaking, we all "evolve" as we undergo the tests that life serves up to us. It is possible, as shown in the following case, that moving from the *Lac lupinum* to the *Lac delphinum* state is attainable through working on one's spiritual process.

Keywords: *Lac lupinum*; *Lac delphinum*; danger; circles

The invitation to take a case, and thereby share in someone's intimate process, is always a privilege; and, in the search for the simillimum a differential diagnosis must often be made to ensure the best fit. *Lac lupinum* and *Lac delphinum* share a thematic connection (1) as the search for the first prescription in this case demonstrates.

A 41 year-old man made an appointment to discuss ways he could improve his immune system as he had never really been well since contracting mononucleosis in 1981. He reported that his energy levels fluctuated, particularly over the past twelve months. Twice lately he had to use antibiotics for a chest infection.

He was the father of six children and loved being a dad and being involved in their care. He owned a plant nursery so his working hours were flexible, which allowed him time to be with his family. At the moment, though, he was facing financial difficulty as the country was experiencing drought; so running a plant nursery had limited financial viability.

However, he was also involved heavily in designing and running personal growth/spiritual development workshops for men and initiation workshops for teenage boys. This was his passion and he felt well-supported by the Universe in this work. "This work simply unfolds. I have an enormous amount of intuition regarding how to structure the programs and all goes perfectly each time. I often have dreams about what is going to happen in the group work, and I love working with the men. It's honorable work; we simply create a safe circle for them to unload their baggage." [The theme of "circles" is

present in several of the *Lac* remedies.]

He took various supplements and ate well (organic food). Because he was not very hungry in the morning, he preferred a vegetable juice on rising, with toast with something savoury on it a few hours later. He liked meat (warm meat) and salad for lunch. Thai beef salad was a favorite. He had meat and vegetables for dinner. He loved the smell of coffee, but rarely had one as it left him exhausted.

He described his mother as "nervy" and that she cosseted his siblings and him in the extreme when they were growing up as she was always fearful that they would get hurt. [Theme: children in danger - *Lac lupinum*] "She could never come to watch us play football and, I must admit, I'm a bit the same with my boys. I'd hate anything bad to happen to them. Mum's attitude is understandable as there's stories in the family of several pretty horrible things happening to her when she was a little girl...all involving death. I don't think she ever got over it." [Mind: horrible things affect profoundly - *Carinosinum*]

He was the eldest of three children; born in western Queensland and breastfed only a short time as his brother was born fifteen months after him. He had meningitis as a toddler and remembered the lumbar puncture. He was not sure if he had any childhood diseases. There was cancer in both sides of his family tree and he was born with two café-au-lait marks on his legs.

His father was an Army chaplain; so they moved a lot. He went to seven different primary schools. It was all right in that he always settled in and was

good at sport, enabling him to make friends; but he felt that there was no real connection socially as he was always moving on. He finished his high school as a boarder and found that "more settling."

His mononucleosis occurred when he was in grade 11 just after his mother left his father. However he still managed to do well academically and was accepted into university to study commerce/law. With the marital split there was no money to support him; so he gave up his university ambitions and worked in the public service.

He lived life to the full in his 20s and used a variety of drugs and drank heavily and smoked cigarettes until three years ago. He recently spent twelve months without alcohol to see if that would improve his health.

He married at 27 and began his nursery business at that time. "Up until my mid 30s I lived for the weekends when it was party time. I have an enormous tolerance for alcohol. Among our friends I'm known as a stayer."

"One day, at about 35, I got sick of looking into the bottom of a beer bottle trying to find myself; so got into dealing with my "stuff" by going to retreats and doing meditation. It was at this time that I made the connection with the men's health business and became involved in a big way.

"I became very interested in myth and legend... anything to do with 'The Mother.' I think I was trying to find my feminine side. During this time I had an occasional dream of making love to a woman who had scars like deep vertical gashes up her arms and legs; no doubt, my wounded female side trying to express herself. I must say I was delighted when our last child was a little girl after four boys; it's helped me to continue to celebrate all that is feminine. Our eldest (at 13) hasn't yet had her first period and I'm looking forward to the day when she proudly tells us that it has arrived and we'll all celebrate her coming of age."

I inquired about his dreams, to which he replied: "As a child I used to dream of whales and, twice, had a scary dream of the Big Bad Wolf chasing me, but I turned on him and grabbed him and flushed him down the toilet! I also remember having a dream occasionally of looking for a toilet and actually wetting the bed thinking I was using it."

He was a hot person and had a history of constipation. If he had Aloe vera juice daily then his bowels functioned well. His tongue had a white coating with a central furrow and clear edges (a common *Lac* symptom). He said that he drank a moderate amount of water each day and preferred it cold.

When asked what made him angry, he volunteered: "Any chaos around my children. If they get hurt, I get angry. My biggest fear is losing one of our children.

So like my mother was with us, I'm hypervigilant regarding the children. I'm usually really nervous whenever any of them are involved in anything 'risky'. Though, having said that, I've been less so this year since we survived Cyclone Larry [a category 5 cyclone which practically destroyed the coastal township where it made landfall] without incident. I had three of the boys with me on a visit to one of my nursery plantations when the cyclone hit. Never for a minute did I feel that we'd be harmed.

"I simply sat them down with me in a safe area of the house where we were staying and kept telling them stories (they love my made-up stories and, even on a weeknight, they'll leave off watching television to hear a story). When we were in the eye of the cyclone, I went outside to check on the damage and the absolute dead calm hit me keenly. It was surreal, and the boys and I simply stood there taking it all in. The light was unreal...so bright that it was almost blinding and there were no birds or other everyday sounds that we were used to. For me, it was an apocryphal moment, and I came to an understanding (a deep knowing) that I need no longer have mistrust of any chaos around my children."

Rationale for Choice of the Simillimum

This is a case of cancer miasm – the family history of cancer, the café au lait spots, the history of never well since mononucleosis, and the personal desire for perfection on a spiritual level all indicate this miasm.

Because of his strong need to protect his children and strong connection to the Mother/Feminine my initial thought was that this was a case of *Lac lupinum*. Nancy Herrick suggests that *Lac lupinum* belongs to the cancer miasm (2) Certainly for the wolf, life is a struggle; and, with their noble qualities, they represent perfection among the canids.

Other *Lac lupinum* symptoms from Nancy Herrick's proving (3) include:

Generalities: weakness, enervation, daytime, exertion from, slight

Generalities: weariness, afternoon

Generalities: Food: desires meat, spices, piquant

Rectum: stool, tenacious

Dreams: dogs [black]; whales

Dreams: danger, children to, hiding from

Dreams; bathroom, searching for *

* not included in the original proving list of rubrics although present in the proving diaries of provers #7 (pg 207) and #8 (pg 211). This rubric, along with that of 'bathroom using, being observed, while' (pg 211) (cf *Lac-h*), has been clinically confirmed in several of my cases.

Additionally, there are the themes of Protection of Children in Danger and Circles to consider.

However, with the personal pursuit of spiritual perfection and, in particular, the desire for the attainment of the coniunctio (Freud's archetypical "marriage" of the masculine and feminine) and the strong desire to share this possibility with other males, my thoughts turned more to *Lac delphinum*, which, apart from Danger and Circles (which are akin to the aforementioned *Lac lupinum* themes) as well as the other themes cited by Herrick, also has themes of Communication and Groups. These are to be considered along with the Delusion: danger, impression of, yet remains calm.

Additionally there are similar rubrics in the *Lac delphinum* proving (4) to support this remedy as the simillimum for the pathological state:

- Generalities: exertion, physical, aversion to
- Generalities: weakness, enervation
- Generalities: afternoon (3-4pm)
- Generalities: exertion, from
- Generalities: heat from, sun of
- Additionally, we can consider:
- Rectum: constipation; bowels, action lost, as if with
- Dreams: amorous
- Dreams: clairvoyant, prophetic

We know from anthropological studies that there is an evolutionary connection between the wolf and the dolphin. Even today, an occasional dolphin is detected with four rather than two dorsal fins, and this is thought to be a vestigial reminder of this evolutionary connection. The dream by prover #1 in the *Lac delphinum* proving (pg. 245) of a dog with its fur shaved perhaps provides an additional "clue." (5).

For dolphins, the group is everything. They rely on it for their survival. They, like the wolf, are ever alert and communicate clearly using their sonar, which affords them an extremely fine-tuned percipience which "translates" into a clairvoyant ability as in the *Lac delphinum* type. They have a unique connection with circles. They cavort with nose to genital slit in sexual communication (conjunction of the male and female... the yin and the yang) and sleep in a pod with only one half of the brain shut down allowing them to remain alert against attack from predators. As they sleep they form a gentle spiral going down and then up to take a breath and are able to achieve this without entanglement, the contours of the spiral approximating those of a sine wave (perfect fractality).

Interesting *Lac delphinum* proving dreams associated with this were provided by several provers (6):

#2 (day 2) "Restless and turning at night. Like doing 360's. Laying on one side, then a few minutes later, do a half turn, like on a rotisserie all night." (pg 247)

#10 (day 1) "... We were walking in a circle clockwise, around the perimeter of a crowded mezzanine in a mall. I asked why was she walking in a circle, and she said enemies were coming to get her, and she has to keep looking over her shoulder as she was trying to avoid enemies. There was a languid swimming feeling as we were walking." (pg 256)

However, even more interesting is the fact that there are dreams of a similar nature in the *Lac lupinum* proving which tends to substantiate the phylogenetic connection (7):

#2 (day 6) "I was in an elevator which was a chute or circle going up and down the outside of a building. The chute went in a circle, transporting me like an elevator. It would suck me into a spin to stay on. Feeling of rushing up and down, sucking me into a spin, suction." (pg 190)

#5 (day 8) "We go inside and open a secret door to find a slide like a spiral hamper chute ... down a water tunnel. I am afraid to go down." (pg 203)

With these two dreams there's a sense of high energy rather than the gentle languor of those from the *Lac delphinum* proving, the latter dream possibly resonating with the trepidation that must have existed when the wolf took to the ocean to ensure its survival.


For this man, the search for some feminine balance in his life tied him to his mother's baggage and it was this that led me to strongly consider *Lac lupinum* for the simillimum. However with his work as a Spiritual Warrior honoring all that is masculine, he has moved through the possible negative impetus of his miasmatic tie and is using it to attain an appropriate sort of perfection - a spiritual one. And with having survived the deadly force of a category 5 cyclone (a destructive spiral) and protected his children during that event by remaining calm amid the chaos, he has constructed his own initiation into full manhood; his personal totem being that of the dolphin rather than the wolf.

One dose of *Lac delphinum* 1M was prescribed; a month later he reported that all the respiratory symptoms had settled and that he was feeling fantastic in himself. He was in the throes of formulating a new direction for his business and was quite excited regarding the prospect. [Theme: Communication: *Lac delphinum*] Subsequently he had some digestive disturbance that settled with a follow-up prescription of *Lac humanum*, and he then got through the following winter with just a minor cold that needed no homœopathic medicine.

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