

Awakening From The Cocoon

By Melanie J. Grimes

Narrow-Winged
Damsel Fly

Felt like reconnecting
nerve ganglia after
being in prolonged
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Outside is freedom,
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Introducing the birth of the Tule Bluet Dragonfly, *Enallagma carunculatum* into our materia medica

Dragonflies are among the most ancient of living creatures, having populated the earth for 325 million years and predating dinosaurs by 100 million years. With more than 5,000 dragonflies worldwide, the *Tule Bluet* is part of the dragon or damselfly subset named *Zygoptera coenagrionidae* (narrow-winged damselflies). The proving began in October 2002, with a group of 25 people, on three continents. It was a Hahnemannian proving, with both supervisors and provers blind to the substance. Each prover/supervisor pair reported to me directly. I will share what I have observed in compiling the "as if one" picture of the remedy, in the provers' own words.

Remedy picture

When creating the repertory information, I noticed a great deal of digestive and extremities rubrics. There was abdominal discomfort, noise, hunger and flatulence. The generals related to food, drinking, stretching, heat, air and electricity. The proving contained many symptoms in the mouth, face and head as well. There were 13 rubrics relating to sleep.

The picture that emerges for me is one of awakening from a cocoon. The digestion begins to rumble, the extremities twitch, electric-like pains along the central nervous system pathways. There also seems to be a lot of coughing, as if clearing the lungs. And sleep. The proving presented a strong indication for ADHD/dyslexia/autism, with a sense of disorientation and mental confusion, combined with a need to order things around them. There was a need to organise, along with an inability to organise and a desire to hide, along with many mistakes and memory weakness. One prover described the proving as follows: "The movement goes from coma-like waking (autism?) to desire for almost obsessive order (neatness) (obsessive compulsive disorder?), to disorientation about height, heat, spatial confusion (ADHD?) Then hunger, and irritability."

Alternating States Or Consistent Duality?

In this proving, the states did not alternate. It was rather that two states existed at the same time, like a double brain (*Doppelkopf*) perhaps. In my heading (p. 130), I call it "Duality/centring/polarity". In this remedy, the sensation is like a tug of war, a duality that lives inside, the difference between right and left, and as one prover described it: "Like two wings settled down, not like wings, because they came together in the centre line. Maybe I brought them together in the centre line."

Compiling this remedy 'as if one', I felt a narrative movement and direction: the sensation starts as confusion, then becomes disorientation, then the heat sets in leading to a desire to go out. Then there is a desire to go in and hibernate (also because by now the confusion is so great and the disorder gets to be a bit much and desire to organise sets in), followed by being overwhelmed by inability to cope, and retreating again.

How To Read A Proving

I observe that in provings that are full (well collected and edited) you will see the whole LINE of information. For instance, a proving will bring out diarrhoea as well as constipation, telling us that this remedy had an action on that body system. This is how you KNOW you have the full picture of a new remedy. In this proving, so many of the symptoms were complete in this way: organised/disorganised, that it makes me certain that those symptoms are an important feature of the new remedy. This thinking explains to me why we have "hot Sulphurs" or prescribe *Sepia* only for women. The proving picture was not complete. If it were, you would see that *Sulphur* is about temperature, and we would have a better picture of a *Sepia* man.

Proving Extraction

For the sake of brevity, I have condensed the proving and only listed provers' actual words with quotes around them, except in the MIND section, where all comments are from the provers.

MIND

Electrical/ autistic

A sense of centre line of my body, energy resolved along the centre line. Sensation like a plug in a light that already was there. Symptom on right and hits something on left and the light goes off. First left, then right.

It's like you plug in the electrical cord and there is something on the other end, like a lamp, that goes on. It bounces right to left. For instance, pressure above eyebrows. I connect it and it contacts the left hip.

Like a CNS attachment between the symptoms.

It comes on rapidly and diminishes rapidly. It's like a pinball machine (in the way it bounces around), but more electrical.

End reaction of scratching is the same at the other end. I am compelled to also scratch at the other end. I must scratch both ends, press both ends.

Felt like reconnecting nerve ganglia after being in prolonged stasis, uncomfortable, but forces movement. I needed to get up and get out. Outside is freedom, liberation from confinement, not like a penal colony, but from prolonged stillness.

Animal-like

Felt like I was an animal. Wanted to stretch, back, legs, in lots of directions.

A 'predator' feeling. I am on the hunt.

I feel like a starfish, like tentacles are coming out of my back.

It feels like a sea anemone, an otter or a starfish. Something that sits for long periods of time. An otter because it grooms itself.

I don't feel like a mountain lion, no dimension involved, just to be alert. Not conscious of safety, no anxiety at all. No size differential, like being king of the beasts or a rat. Proving makes me feel like a bear, the hibernating, the animal images, fishing in the water (for food), animal images.

Feel very animal. Hopefully, I won't become a dragon from this and scorch people.

Animals bite your head off.

It occurs to me that there has to be some connection between the Phoenix and this proving and mention that to my colleagues.

Sudden desire to sit crouched on a rock with the sun on my back and watch things with the small alert brain-within-a-brain behind my eyes. Back feels tired and tense, like it shouldn't be in upright position—like the vertical body conformation is all wrong and it should be horizontal instead. Experiment with moving back to various positions. Immediately comfortable in horizontal position—even if just bending over from the waist with back unsupported which requires muscular effort to maintain.

Reptilian

Response from woman who worked with reptilians. She says: "Have you had any forgetting or finding it harder to 'get into higher states'? Split between the two? Interesting. I would have to say if you are moving around with them, even in this dimension, etc, be aware of the 'dragging' energy." Delighted by this—and not surprised—it's exactly what I've been experiencing.

Confusion

The minute my mind moves from the subject onto something else, then what I had been thinking about escapes completely.

No logic, no creativity. Instead I felt animal, predator, but no level of threat, except I was hungry.

No parietal or lobe activity, just instinct. I'm more aware today, know when I've been doing something wrong, out of the ordinary, different, (for tracking the proving symptoms). I forgot about the dishes until you mentioned it. Still issues of "leaving the nest".

Time

This is only day three since I took the dose of the remedy! It seems much, much longer.

Three hours just flew by.

Make myself a drink and have enormous difficulty. Incredible amount of time needed to change focus from one element of the task to the next.

Neat/Messy/Exacting/Concentration

I am not a neat individual, but I groomed myself. I wore a brown belt. Haven't worn a belt in decades. Lick hair, smoothed it down.

Didn't clean the kitchen after breakfast, before I left, or make the beds as I usually do. My surroundings. I could leave that behind. I am going outside and things are going to change. (Like, I am not coming back?)

Like hibernation.

When I come out of this I'll throw myself into an abysmal depression. (From seeing all the clutter. It will really bother her, which it does not now in the proving state.)

Remedy had an organising influence. My workspace, I can see the floor. I carried boxes to the kitchen and they are still there. (Curative.)

Did all the washing up and then went looking around for more.

Inside Aggravates / Confinement

House was cool, but I felt better outside, more liberated.

Inside a friend's house, I felt suffocatingly hot in here. Couldn't get out fast enough.

I had to keep going outside, to the garden. I can't be in here. Confinement is an issue.

Disassociated/Disoriented

Feel disoriented this morning.

I didn't feel like myself yesterday.

Walking back up to house, the whole house seemed to have lost its sense of connection to me. Like I knew them but there was nothing invested in them. Felt a bit alien.

Grooming

Chose clothes I haven't worn before in that combination.

Touching my hair, grooming, fiddling. Not to appear attractive. I wanted a neat appearance, to be clean.

I knew immediately what I wanted (to wear). Emphasis is on an olive green colour.

Heat/Cool

Lying on a rock wasn't about heat, to sun myself like a snake. Feeling that a rock would be cool.

Cool, open air, dampness, wanted all that. Liberation, freedom, accessibility.

Incredibly tired on waking and remained that way all morning. Weather has been much colder these last three days: seems to have something to do with it.

Spending a while sitting in front of the stove in the living room. Radiant heat feels unusually good. Still playing with mouth a lot; with fingers, and also pulling lips in over teeth, then pushing tongue in and out through them.

In an open heated spacious bar, I didn't want to be there, not from confinement, but heat.

Height

I wanted to sit up high and observe things. I wanted to sit on a rock with my head between my paws. I wanted to lie down—not sit—recline up high so I could see what was going on around me. Not feeling threatened.

Feeling is not a whole lot different from my cows in the field (in its animalness). But no fleetness. Cows are quick. Can turn on a dime. They have no flatness. This feels flat, and has no sleekness, except for the primping sensation at first. It doesn't feel canine, or deer-like, like rapid high jumpers. There is no sense of elevation.

Hunger/Hunt

Majority of symptom abated after eating, except photophobia.

After yawning for a half-hour, massive ingestion of oxygen, stomach breathing, deep breathing, open mouth, large yawning.

Then was hunger. On the hunt. Then primping while dressing. Tucking shirt in, put on belt. Not a restrictive belt, but for neatness. Not going into battle, but going to the hunt.

Ate two ice cream sandwiches, very frozen. Desire was not for sweets, just cold.

Irritable/Impatient

Grumpy impatient, angry. Desire cool.

Irritable. 'Bitey'. Almost like "I'll never laugh again". Like the character Scrooge, not with money, but with grumpy attitude.

Impatient before lunch.

Introverted/Extroverted

I am usually gregarious; this has an element of frantic to it.

Feeling so much more comfortable in social groupings than I normally do. This seems the polarity of the initial state, which, although extreme enough to remark on at the time, wasn't an unfamiliar feeling. Am wondering if the remedy has been curative in this regard. (Curative.)



In that drowsy state: the dichotomy, the two sides of my body. One wanted to go out and one to retreat. Like two wings settled down, not like wings, because they came together in the centre line. Maybe I brought them together in the centre line

Hibernation

More flat today—sense the inertia is back to some extent.

Several errands needing doing—stuff to post, remedies to deliver, bills to pay—but managed to postpone them all.

Feeling like coming out of hibernation. I'm abandoning my cage, not going back. I'm done with that part of my life for now.

Threatening/Threatened

Everything is life-threatening around me, feels threatening to me personally. I've had a lot of loss, but this knocked the shot out from under me. Felt very adult.

Felt my husband was threatened.

At local grocery store, clerk asked me: "Has something traumatic happened to you?"

Depression

Mental. A few twinges of depression. She was able to keep out the feelings of depression, even though their car broke down and they need a new one.

I can get a little depressed. The remedy made me feel hopeless for a few days. It felt familiar, but different in that it was just off—same degree of hopelessness. What was off was that I wasn't involved in it. More artificial. Some separation from it, objectivity. Some part of me not involved in it. Like an artificial disease. Artificial but familiar.

No depression (which she has struggled with in past). (Curative.)

Water

At the botanic gardens, was incredibly drawn to the sound of the water running down the stream. Just wanted to stay and listen to it.

Weather is pretty wet; a lot of rain and spray on the roads, but despite this really enjoy the drive.

Daughters

Had a fight with daughter over her daughter's lack of consideration.

Youngest daughter wakes with earache. Take her down to sleep with me.

Daughter had to wake me up from deep sleep.

Woken by daughter because cat had brought a wren into the house.

Duality/Centring/Polarity

It's like an *Anacardium* war—the good side talking to the bad.

The dynamic between the roses and the lilies. Something resonates here. The union of lily and rose, or their metamorphosis into each other, "requires higher spiritual powers" seems central.

Felt drowsy for days after taking remedy. In that drowsy state, the dichotomy of the two sides of my body. One wanted to go out and one to retreat. Like two wings settled down, not like wings, because they came together in the centre line. Maybe I brought them together in the centre line.

Two energies interfere with my life. I was able to let go of them. They came together; they weren't separate. (Curative.) The proving resolved this polarity. Today, it is settling down along line of polarity.

If I could draw a picture of how I think I look, the right eyebrow would be higher but I look symmetrical in the mirror.

Clairvoyance/Clarity

'Light bulb moment'. Perceive the stark contrast between compassion and sympathy.

Am seeing very clearly the webs that the whole of humanity weaves around each other to try to tie people up. It's all based in fear. It's all so unnecessary.

Wondrous sense of lightness, power and freedom. In a delightful mood. The inertia seems to have lifted. Singing away to myself. Very taken with a song which daughter is playing—the line "this is how you remind me of who I really am" is the hook. Seeing very clearly the pulls and tugs that family members are exerting on each other and me—all the subtle emotional manipulation. I'm watching quite delightedly.

Noise/Vibration

A fighter jet passes low over the house. I feel the noise it makes in my body. A high-frequency vibration travels up my spine and stops at the occiput. Also sensation of weight at occiput, better tipping head backward. Burning sensation now in the occiput and scapulae. Shoulders feel sore and overworked.

Head

Band-like headache

Pressure in centre of forehead.

"Feels as if my skull (the bones themselves) are sore."

"A fighter jet passes low over the house. I feel the noise it makes in my body. A high frequency vibration travels up my spine and stops at the occiput. Also sensation of weight at occiput better tipping head backward. Burning sensation now in the occiput and scapulae."

"Constant slight headache in vertex occasionally affects balance to minor degree."

"Occasional desire to scratch scalp over vertex repeatedly. This seems to temporarily and partly relieve feeling of tension/pressure."

"On lying on back, sensation in vertex feels like a heavy weight pulling top of head back, but this is not the case in any other position."

Vision

Photophobic.

Blurred peripheral right vision.

Two-dimensional vision.

Longer than normal for my focus to adjust to distance.

Face

Dark circles under the eyes.

Pressure on eyebrows.

"Wanted to furrow my brow with pressure."

"For years, I have had a greenish smudge by my nose, which is an indication of liver congestion. Today, the green is less. (Curative symptom.)"

"Tension behind eyes. Almost feels as if I'm frowning but I'm not."

"If I could draw a pictures of how I think I look, the right eyebrow would be higher but I look symmetrical in the mirror."

Mouth

Burnt sensation on tongue.

"Tips of the lower front teeth feel sensitive (to air mainly)."

"Chewed at lining of mouth around inside of right lower lip until it bled, then kept constantly worrying at site with tongue throughout the day, along with continuing to play with mouth with finger and stick tongue out between clenched lips."

"Occasionally clenching lower jaw and holding tension there, or pushing tongue hard into base of lower incisors."

Smell

Sense of smell heightened.

Throat

Clearing throat.

Sub-maxillary glands a little swollen. Throat slightly sore, feels dry and prickly on swallowing.

Stomach

No appetite. Easily satiated.

"Numerous instances of stomach growling throughout the day."

Stomach gurgling. Very audible. Husband heard it from other side of the breakfast table and asked me if I was all right. Cat across the room, was listening to her stomach gurgling.

"It didn't take much to fill me up. Sated."

Abdomen

Muscle knots (tension) under right breast wrapping around chest wall to back right side.

Sensation in abdomen of stomach turning over, by that I mean turning upside down, "as if" stomach were turning over.

Umbilical region: mild abdominal uneasiness, lasting about ten minutes, then lots of gurgling and rumbling and squeaky noises (borborygmus).

Intestinal gurgling.

Stool

Flatus. Noticed flatus problem again. Bowels loose, but very stinky!

Insistent urging to stool. Constipation.

Urine

"Got up to urinate once an hour, from 6pm yesterday to 6am this morning." (Each hour her bladder was full.) Urination extremely slow--dribbling.

Female

Mild hot flushes. Frequency of hot flushes greater than usual hot flushes by about a third. "The frequency and intensity of my hot flushes is markedly decreased from what they have been in the past several months." (Curative.)

"There is a marked difference in size between left and right breast. Left is bigger."

Cough/Expectoration

"Coughing again on waking. Paroxysms of coughing before going to bed. Once in bed, soon calmed down." "Tobacco smoke provoked the odd cough." "Cough increases markedly after lying down. Urge to cough comes from both bronchial region and throat (same prickly feeling). Swallowing helps prickly sensation in throat." "Decide to have a bath, thinking the steam might ameliorate the cough but it made no difference."

Chest

"Sensation of heat across chest moving downward." "Stabbing pain below left clavicle worse deep inspiration or expiration." "Momentary stabbing pain under left lower ribs in liver region, not seem to be prompted by any particular movement or position."

Back

"Neck still a bit tense and stiff, like it's in the wrong position. Muscles of back feel tired as after a lot of exercise." "Large knot located right shoulder blade" "At 3.30pm backache above kidneys when sitting. Dull pain, no heat, or cold, or sharpness, just there." "Backache and pain radiating makes me think of *Ranunculus*."

Extremities

"My fingers are not as stiff as usual." (Curative symptom.) "Right fingers much stiffer than left." "When I took my knee-socks off at night, my legs did not itch as usual." (Curative symptom.) "Pain in left calf, between the muscles. Then left foot swelled up."

MAIN THEMES OF *Enallagma carunculatum*

CONNECTING ORDER EXTROVERTED	DISCONNECT DISORDER INTROVERTED	Noise/vibration
Electrical connection/ CNS	Inside agg./Confinement Autistic	Hunger/hunt Grooming
Neat	MESSY	
	Hibernation	Hibernation
	Concentration/Confusion Disassociated/Disoriented	Threatening/Threatened Daughters
Grooming Clairvoyance Clarity Positiveness	Heat agg.	Reptilian
	Time confusion Noise agg.	Height (flying) Clairvoyance: vision from above
		Water/Heat agg

"Pain in both legs, same as earlier pain, up and down. Not a cramp, like a nerve pain. Sharp, not stabbing, like a dull implement with a tip and you increase pressure and get pains wider. Pain goes top to bottom." "Palm of hands feel as if they're starting to sweat and fingers to burn." "Burning sensation in trapezius muscles, both sides but slightly more intense in the left. Heat and burning sensation now extended to wrists. Sensation of burning heat now extended midway to elbows and midway up upper arms." "There is a general feeling of weakness, floppiness, in both arms, mostly felt in the wrists." "Notice that when I'm not typing, my hands are clenched into fists." "Pain in both the elbow and shoulder joint from weight bearing." "Arm muscles, and to a lesser extent leg muscles, feel tired and sore. Present in both arms, but more noticeable in the left."

Generals

Sleep: Restless. "While sleeping, wanted to be cooler. Shoulders were rounding and curving forward. I had to try to straighten up. Used a pillow to support my shoulders so they could curve up."

Sides: "At first, left side felt dominant, then the right." "Symptoms were right to left, now settling on right side."

Time: 3pm agg. "3pm. Feel incredibly tired—mostly in the eyes and brain rather than in the body."

Air: Better open air. "Cool, open air, dampness, wanted all that. Liberation, freedom, accessibility."

Dry: "The air feels very dry. It's raining and I've opened the window to get some moisture into the room." > damp

Fatigue and Stasis: "Remedy could work for someone in a coma, would give it to them for stomach start-up and electrical connections coming back. Like plugging something in." "Felt like reconnecting nerve ganglia after being in prolonged stasis, uncomfortable, but forces movement. I needed to get up and get out. Outside is freedom, liberation from confinement, not like a penal colony, but from prolonged stillness."

Food desire: Desires cold, frozen food.

Thirst: Very thirsty for cold water. "Quite attracted to drinks of hot chocolate to soothe slightly rough throat."

Hunger: "One centralising thought, hunger. I couldn't think of anything else." "I wanted something cold, wet, icy." Desire fish, shrimp. "All symptoms abated after eating." "Fuller sooner faster." "Appetite non-existent though am aware that stomach feels hungry. Skip lunch."

Hot/cool "House was cool, but I felt better outside, more liberated." "While sleeping, wanted to be cooler." "When I got warm, while in bed at night, I would move to keep my upper back cool. Important to keep back cool." "Waves of heat from drinking hot drink. Too warm. Felt particularly in head, between shoulders, and palms of hands. Again, palms remain dry, though sweating." "Weather has been much colder these last three days—seems to have something to do with it"

Sensitivity: Photophobia. Sense of smell still more than normally acute. Tobacco aggravates

Yawning/sneezing: Yawning for a half an hour. Huge yawns. Massive ingestion of oxygen, stomach breathing, deep breathing, open mouth, large yawning.