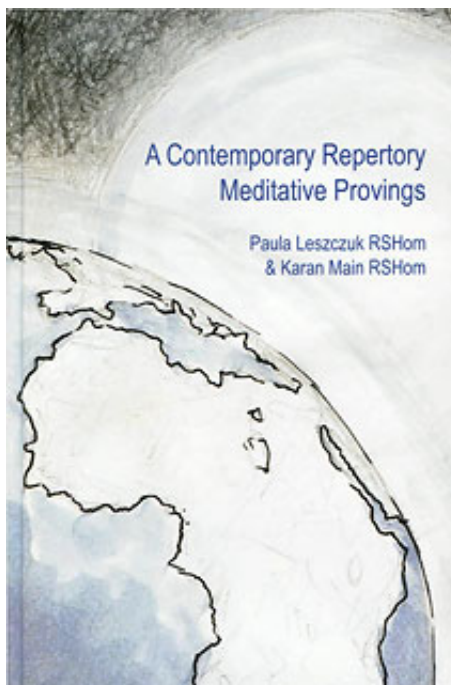


Leszczuk P. / Main K.
A Contemporary Repertory Meditative Provings -
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Reading excerpt

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Sensations as if

Abdomen : *Almond, Bay leaf, Bog asphodel, Brown rice, Cotton, Oak, Sea salt, Sequoia, Silver birch*

ball, sensation of ball in the solar plexus : *Silver birch*

burning sensation in solar plexus : *Bog asphodel*

constriction, sensation of constriction at the solar plexus : *Bay leaf, Brown rice*

drum, sensation of tight stretched abdomen like a drum : *Almond*

fear felt in abdomen : *Cotton*

hole, sensation of hole at solar plexus : *Sequoia*

kicked, sensation as if kicked in spleen : *Sea salt*

knot, sensation as of a knot in umbilical region : *Oak*

warm feeling at solar plexus : *Bay leaf*

Arms : *Buddleja, Copper beech, Earthworm, Lotus*

big, sensation as if arms and legs big : *Buddleja*

pinprick sensation on skin of arms especially : *Lotus*

separate :

- arms and hands feel heavy and separate : *Earthworm*

- sense of weight right shoulder down arm to fingertips as if arm separate: *Copper beech*

weight, sense of weight right shoulder down arm to fingertips as if arm separate: *Copper beech*

Axillae : *Holly berry*

needle, sharp pain in both axillae as if needle stuck in : *Holly berry*

Back : *Buddleja, Butterfly, Kigelia africana, Rose quartz, Sandalwood, Silver birch, Snowdrop, Viscum album*

bigger, sensation as if shoulder blade is much bigger: *Sandalwood*

break, sensation as if break in middle of back : *Viscum album*

compressed, feel squashed, concertinaed, compressed : *Butterfly*

concertinaed, feel squashed, concertinaed, compressed : *Butterfly*

crawling, mid spine sacral region with numbness and crawling sensation : *Rose quartz*

heat, sensation as if heat down back : *Buddleja*

numbness:

- mid spine sacral region with numbness and crawling sensation : *Rose quartz*

- spine feels numb : *Butterfly*

rod, sensation as if rod down spine and another across shoulders, < right side, forming a cross : *Kigelia africana*

shoulder blade, sensation as if shoulder blade is much bigger: *Sandalwood*

split, pressure as if back will split: *Snowdrop*

squashed, feel squashed, concertinaed, compressed : *Butterfly*

weight, sensation of a weight on back : *Silver birch*

Brain : *Jet, Lotus, Plutonium, Thymus gland*

contracted, sensation as if meninges are heavy and contracted : *Thymus gland*

Sensations as if

disconnected, can't think, jumbled thoughts, brain feels disconnected :

Plutonium

halves, sensation as if two halves of brain : *Jet*

heavy, as if meninges are heavy and contracted : *Thymus gland*

squashed, sensation as if brain squashed : *Lotus*

Breathing : *Medorrhinum american, Okoubaka, Rhodochrosite, Tiger's eye*

can't breathe, constricting sensation as if can't breathe : *Tiger's eye*

suffocating, sensation as if suffocating : *Medorrhinum american -*

can't breathe but don't care : *Okoubaka* -when having heart attack :

Rhodochrosite

Brow : *Buddleja, Sycamore seed*

expansive feeling in brow : *Sycamore seed*

pressure, sensation of pressure at upper brow : *Buddleja*

Chakras : *Almond, Buddleja, Butterfly*

brow, sensation of pressure at upper brow : *Buddleja*

crown, lot of sensations up in crown area on left side : *Almond*

heart, sensation of a cold rod or an ice crystal at the heart chakra :

Butterfly

Chest: *Conium maculatum, Lotus*

brick, sensation of a brick in the chest: *Conium maculatum*

hollow, diaphragm, hollow feeling : *Lotus*

rolling sensation in the chest: *Conium maculatum*

Circulation : *Conium maculatum*

accelerated, sense of accelerated circulation and feeling of walking fast:

Conium maculatum Crown : *Almond*

lot of sensations up in crown area on left side : *Almond*

Ears : *Buddleja, Medorrhinum american, Sea salt, Strontium*

blocked, sensation as if ears blocked : *Sea salt*

bound, sensation as if ears bound around : *Strontium*

cold, sensation as if ice cold water right ear: *Sea salt* ice, sensation as if ice cold water right ear: *Sea salt*

numbed, sensation as if ears numbed : *Buddleja*

tube, sensation as if left ear down a tube : *Buddleja*

water, sensation as if ice cold water right ear: *Sea salt*

worm, sensation as if worm is crawling through the left ear:

Medorrhinum american

Eyes : *Chalice well water, Kigelia africana, Oak, Ruby, Sandalwood, Sea holly, Strontium*

bound, sensation as if eyes bound around : *Strontium*

gouged, inner corner right eye, pain as if gouged with aching spleen and rapid heartbeat: *Oak*

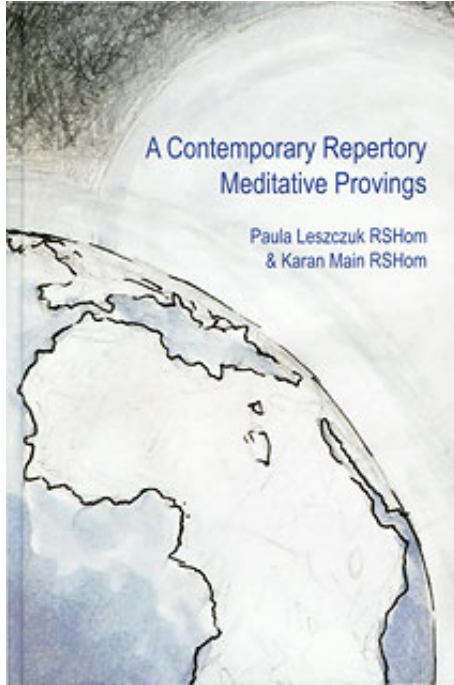
grit: sensation as if grit in eyes : *Sandalwood, Sea holly*

pain, sensation as if pain in eyes : *Oak*

right, sensation in right eye : *Oak*

Sensations as if

- rock**, sensation as if rock in eye : *Sandalwood*
smoke, stinging and burning in eyes, almost as if acrid smoke in them :
Chalice well water
stabbed, sensation as if eye had been stabbed with a finger: *Ruby*
- Face** : *Apple tree, Butterfly, Holly berry, Hornbeam, Plutonium, Sequoia*
bat (animal), sensation as if bat hitting the face : *Plutonium*
cheek, paralysis, sensation of paralysis in right cheek : *Holly berry*
cobweb, sensation as if cobweb on face : *Sequoia*
congested, face feels congested and heavy: *Butterfly*
heavy, face feels congested and heavy : *Butterfly*
open, left side of face felt open : *Hornbeam*
pulled up, sensation as if skin on face being pulled up, more right-sided :
Apple tree
Feet: *Goldfish, Mimosa, Obsidian, Sea salt*
Thymus gland
cold, sensation as if head big and hot, feet cold and frail: *Mimosa*
dead, feet feel dead : *Obsidian*
gouty sensations left foot: *Goldfish*
heat, sensation as if heat on top of left foot: *Sea salt*
weighted, sensation as if weighted at the feet and powerless to move :
Thymus gland
Female : *Milky way, Nettle*
Tiger's eye
cervix, pain, sensation of labour pains in cervix : *Milky way*
ovaries, sensation as if ovaries hard like pebbles, as though encased :
Tiger's eye
vulva, sensation as if vulva swollen, engorged with desire for sex : *Nettle*
- Fingertips** : *Copper beech*
weight, sense of weight right shoulder down arm to fingertips as if arm
separate: *Copper beech*
- Generals** : *Almond, Ametrine, Banyan, Bay leaf, Berlin wall, Blue, Bog asphodel, Brown rice, Butterfly, Caesium, Chalcantite, Conium maculatum, Copper beech, Ether, Frankincense, Goldfish, Green, Hazel, Holly berry, Hornbeam, Jet, Kigelia africana, Lotus, Mimosa, Moldavite, Moonstone, Nettle, Obsidian, Phantom quartz, Plutonium, Purple, Rainbow, Red, Rhodochrosite, Rose, Rose quartz, Ruby, Sea holly, Selenite, Silverfish, Slate, Snowdrop, Thymus gland, Willow, Wych elm, Yellow*
- asleep**, as if asleep : *Selenite*
bigger, sensation as if feeling bigger and bigger: *Butterfly*
blanket, as if surrounded by a blanket: *Blue*
bottom:
- top of body feels a long way away from bottom half: *Jet*
- upper half of body feels bigger than bottom : *Jet*
break, sensation as if would break into pieces : *Bay leaf*
bruised, watery and bruised sensations : *Conium maculatum*
burning sensations : *Caesium, Moldavite*
carried, sense of peace, trust, being carried : *Selenite*
cocoon, feeling of being in a cocoon : *Selenite*



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