

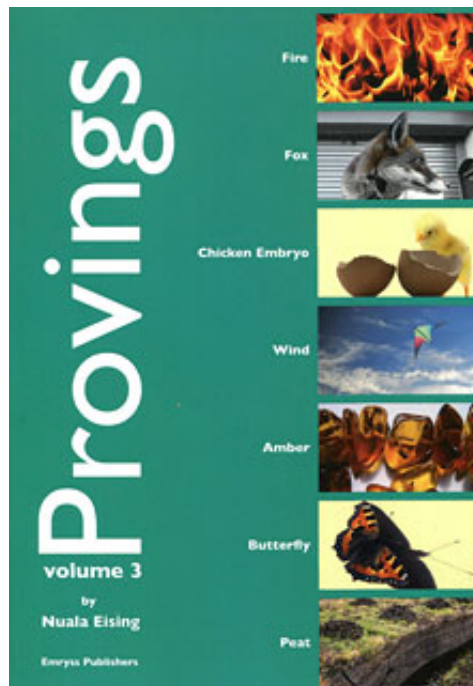
# Nuala Eising Provings volume 3

Reading excerpt

[Provings volume 3](#)

of [Nuala Eising](#)

Publisher: Emryss Publisher



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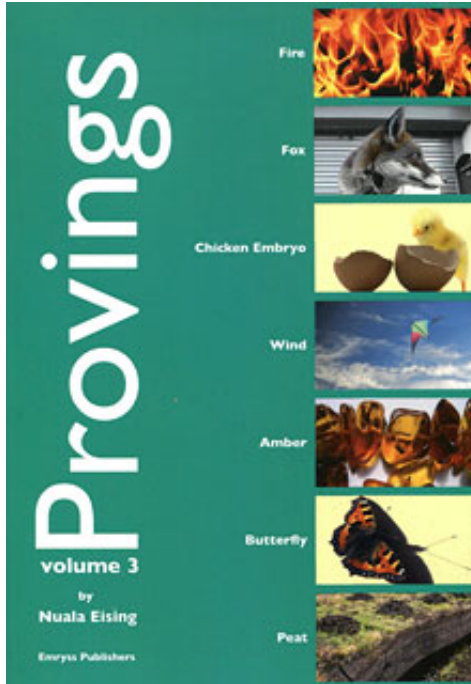
## INTRODUCTION

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.



Nuala Eising

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Fire, Fox, Chicken Embryo, Wind, Amber,  
Butterfly & Peat

524 pages, pb  
publication 2014



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