

## **AYAHUASCA AND THE PINEAL GLAND**

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The proving of a South America shamanistic drug, and its comparative implications in the chemistry of the Pineal Gland.

A large part of the following article is taken from the book called Where Science and Magic Meet by Serena Roney Dougal and am indebted to Element books for giving me permission to publish it. Her thesis in this book is that the hallucinogen Ayahuasca and the pineal Gland are specifically connected

Before entering upon a discussion on the hallucinogen Ayahuasca , I would like to take a cursory glance at the latest developments in the field of Pinealogy since it bears some relevance to her own thesis and to a possible cause for hallucinogenic effects.

### **THE PINEAL GLAND A MEDICAL HYPOTHESIS**

Before the 1960's medical science considered the human pineal gland to be essentially vestigial. In 1650, Rene Descartes, located the soul in the pineal gland, and (with a distinct lack of clarity) declared this to be the place where interactions between the mind and the body occurred so creating the " dogma of the ghost in the machine ". Eastern esoteric traditions have always associated it with the third eye and as the centre of psychic ability~ Nevertheless textbooks on physiology regarded it as a calcified vestige of the third eye, found in some frogs, fishes, and lizards, where it is associated with a well developed light sensitive organ.

Nevertheless between 1959 64 research carried out by a number of scientists contributed observations which taken together allowed one to put forward a general theory on pineal function The Melatonin Hypothesis. Human chronobiologists after realising that seasonal rhythms in many animals were regulated by the secretion of melatonin in the pineal gland, assumed a similar role in humans.

It was found that the pineal gland contained enzymes needed to synthesise melatonin from its parent amino acid, tryptophan. Furthermore it was shown that melatonin synthesis varies rhythmically with the Light Dark cycle and that external lighting conditions reach the pineal gland via a pathway involving the eyes, the accessory optic tracts, and the pineal's unusual sympathetic innervation. Further indirect evidence from Harvard Medical School showed that the gland was involved in the light induced acceleration of gonadal maturation

and that melatonin is in fact secreted by the pineal gland, that its secretion rate is diurnal and that once secreted it has important physiological effects. The prevailing view is that the pineal releases melatonin in response to a neurotransmitter released by sympathetic nerves attached to the pineal gland. This fact implies that the pineal gland is a neuro-endocrine transducer like the adrenal medulla ( in other words it converts a message from a neural input into an endocrine output). The rate at which the neurotransmitter (nor-epinephrine) is released declines when light activates the retina and increases when the sympathetic nerves are stimulated (e.g. by severe stress). It was also found that rhythmicity was indeed lost in animals exposed to continuous light but maintained when kept solely in the dark.

Human chronobiologists now see human beings as entrained to the solar cycle via the pineal gland. Furthermore its activity is driven by the hypothalamic suprachiasmatic nuclei (a brain region hypothesised to be the locus of an endogenous biological clock). Melatonin secretion by the pineal gland is tightly controlled by light and most of the output occurs at night and during sleep (between 11pm 7am) and it has been shown that melatonin can clearly induce drowsiness in human beings. This rhythm has recently been implicated in the syndrome called Seasonal Affective Disorder (SAD) though it's mechanism still remains puzzling.

### **Chemical Physiology;**

After a cursory glance at the present medical theories as to the function of the pineal gland it is necessary to go further into the physiology of the actual process to understand fully the thesis elaborated by S Roney Dougal in her book.

It is known that melatonin is linked with the neuro-chemical serotonin (a chemical transmitter in the brain) , which is stored in the synaptic vesicles. The concentration of serotonin is 50 times higher in the pineal than in other parts of the brain. Normally serotonin like other neurotransmitters is inactivated by an enzyme called Monoamine Oxidase (MAO). If this pathway is blocked and serotonin builds up in the pineal, other enzymes may convert the latter to 5 methoxy N,N dimethyltryptamine(S MeDMT) a hallucinogen similar to DMT, another drug used by Amazonian Indians when making up their potent brew for shamanistic purposes. Furthermore Harmala alkaloids (to which species Ayahuasca belongs) are potent serotonin antagonists, MAO inhibitors and hallucinogens. According to one authority comparison of the chemical structures of various hallucinogens and the structures of neurotransmitters such as serotonin show incredibly close similarities

indicating why they should have such a potent effect on the mental and emotional states of individuals.

The Thesis of S. Roney Douglas's book rests on the following hypothesis, regarding the secretion (by the pineal gland) of another type of compound called Beta carbolines. These substances are chemically very similar to the Harmala alkaloids which are potent hallucinogens. This is the linchpin of her entire hypothesis since she argues that this potent compound secreted by the pineal might be responsible for altering the state of our consciousness to a state of enhanced psychic awareness.

Evidence for this assertion can be found from a number of sources.

W.B. Quay in his textbook on pineal chemistry says that the gland can do this and synthesise it possibly from serotonin or melatonin.

Furthermore in 1984 SZ.Langer et al, found that particular Beta carboline (6-methoxytetrahydrobetacarboline )6 MeOTHBC for short otherwise called ( Pinoline ) was present in the pineal gland. They suggested that it works by preventing the breakdown of serotonin and inhibiting certain enzymes leading to a buildup of these neurotransmitters in the synapses which may be one reason for a hallucinogenic effect. Other functions of the Beta carbolines are effects on the temperature regulation, analgesic effects, but the most interesting compound is the one that has a structure similar to Harmaline (this chemical has been isolated from Ayahuasca as the main substance responsible for its hallucinogenic effects) used by the Shamans. The hormonal effects of this Beta carboline are only beginning to be deduced by the medical profession and await much further research.

Other possible biochemical causes of hallucinatory states are supposed to exist. One, suggests that there may be faulty metabolism of protein compounds in the body, notably in the functioning of the thyroid gland. Another suggests that all hallucinations occur as a defect in the chemistry of the system that converts impulses from instinctual to conscious thought, and that adrenaline may be responsible for this breakdown. Nevertheless the most intriguing by far is that associated with the pineal gland since it has been assumed in many mystical traditions as the centre of psychic activity. ( Dreams and Dreaming Norman MacKenzie)

### **Biological Clock:**

Since during the hours of sleep a high degree of psychic activity is said to take place, it is of significance that pineal activity not only regulates the daily rhythm of sleeping and waking but that its electrical activity seems to increase at night.

It was discovered in 1950's that there are two kinds of sleep. One

corresponds to a highly active brain characterised by rapid eye movements and known as REM sleep, and concerns dream activity. The other phase shows less brain activity and eye movements are slow or absent and is known as Non REM sleep. Sleep recordings reveal that REM and NREM sleep are organised in cycles. In adults REM sleep occurs about every one to one and half hours throughout the night so that dreams occur three to four times a night

Furthermore J.C. Callaway in an interesting medical hypothesis on a proposed mechanism for visions in sleep has indicated that the periodic REM sleep is due to the interaction between Pinoline (the betacarboline similar to ayahuasca) and serotonin. Moreover this Beta carboline is functional in inducing REM sleep, lucid dreaming, and other naturally occurring states such as deep meditation. He proposes that, with the onset of darkness melatonin is produced which induces drowsiness which when produced in sufficient concentrations triggers the production of Pinoline which again triggers dreaming because of its own inherent hallucinogenic effect. This then begins to build up which inhibits an enzyme, leading to the build up of serotonin this inhibits dreaming and the brain shifts into the next phase of NREM sleep. This cycle recurs throughout the night. In brief, REM sleep, NREM sleep and wakefulness constitute the three modes in which humans and mammals exit.

**AYAHUASCA** (Latin name Banisteriopsis Caapi)

Having given a brief discussion on the pineal gland, I will now turn my attention to this remedy.

This is a vine like shrub with oval leaves and red and yellow flowers and is indigenous to the Amazon Basin of South America. All of the Indian tribes in this area use this vine in order to induce visions for a variety of psychic purposes. The Indian tribe Amahuaca call this plant "Vine from which the vision is extracted" and in Quichua it means "Spirit of the Dead". Some anthropologists analysed the drink prepared by two tribes from Ayahuasca and found it to contain harmine, harmaline, tetrahydroharmine, harmol etc. These are all known as harmala alkaloids and are psycho active. Further studies concluded that the most psycho active ingredients were harmaline and tetrahydroharmine both of which are similar to the Beta carbolines secreted by the pineal gland.

The vine is usually mixed with other plants such as Psychotria viridis (cawa). The resulting potion is considered essential to trigger the full shamanistic effects.

**Tribal Uses;**

Contemporary anthropologists regard the Shaman's role as a psychotherapeutic. C. Levi Strauss puts forward the theory that the shaman goes further than mimicking the state of his patient (the simillimum) but actually relives it in all its full blown vividness identifying with each and every part of this patient's state. In psychoanalytic this behaviour is called "abreaction" , and is defined as a decisive moment in treatment when the patient intensively relives the initial situation from which the disturbance stems before overcoming it. People of more primitive societies believe the shaman is capable of contacting and intersecting with the invisible world of spirits around them.

Different tribes with dissimilar attitudes towards reality may still use this vine to access the invisible world of spirits. The Jivaro Indians for example regard normal waking life as simply an illusion while the forces that determine events are supernatural and can only be seen and manipulated by the use of hallucinogens. Ill health is believed to be the result of witchcraft and such a view of reality demand a specialist that can cross into another reality.

Another tribe The Sharanahua have created a symbiotic relationship between shaman and patient that is verging on the homoeopathic. Both patient and shaman communicate via a symbolic system validated by myth. The shaman seeks the cause of illness by means of a vision from the vine, and then sings curing songs which are specially chosen based on symptoms and dreams of the patient. Both shaman and patient are bound by limits of the curing song and the former is able to tune in to the feelings of the patient. It is as though the shaman's rapport was so far reaching in his visionary state that he is able to restate the patients dream and thereby create a healing situation.

### **Comparison with our own Hallucinogens;**

All the most important group of psychotropic plants found in Europe belong to the order Solanaceae (potato family) and are found in our materia medica. They are Belladonna, Stramonium, Hyoscyamus and Mandragora ( mentioned briefly in Boericke). They all contain various amounts of atropine, hyoscyamine and scopolamine which are the active hallucinogenic ingredients.

All these plants were featured in traditional European witchcraft. Most of our knowledge on this sad part of history and of the numerous burning of women is derived from the numerous well-documented trials perpetrated in the name of the Church by the Inquisition. But while the specific nature of the plants used by the witches was not addressed the possession of oils and ointments was ground for accusation. The actual ingredients and uses of their potions have been

gleaned from scientists and philosophers working in natural magic at that time.

According to reports, the witches made up concoctions of the above psychotropic drugs with a fatty substance (called Flying Oyle ) and then would anoint an object like a broom or rub the mixture directly onto their skin. Observers say that the witches were convinced they were flying. But what is pharmacologically interesting is the fact that most of the above psychotropic drugs can be absorbed directly through the skin and cause such hallucinogenic experiences.

According to Harner, an authority on shamanism, these European drugs were so powerful that they could cause coma, amnesia, derangement or death and the after effects would last for up to 36 hours. Under such drugs it was virtually impossible to control one's mind or body making them useless for daily witchcraft practise This fact alone he thinks prevented witches from practising proper shamanism since the latter tends to maintain a sense of the ordinary while travelling to the liminal levels. It also meant that such witches had to divide their time into real gatherings and trance meetings. This alone makes such remedies powerful as we well know from the materia medica but they are totally different in their effects to the psychotropic drug Ayahuasca which appears to have just sufficient force not to totally override the mind and therefore by using it one might elicit important information. It is also of interest to note that the Jivaro Indians sometimes use stramonium, but only to access other states; but never to be used when practising as a healing shaman since they regard such a drug as far too strong.

### **Psychological Aspects of Ayahuasca;**

A number of prominent anthropologists have written about the effects of this drug on a group and the common themes that arise after taking it. Claudio Naranjo has conducted experimental and clinical work using this drug in his psychotherapeutic practise, in the same way that doctors used LSD on patients in the 1960's.

In a paper he wrote he compares Ayahuasca with mescaline and LSD and concludes that the effects are very different. In the case of Ayahuasca it induces a sleep like trance and the person under its influence wants to keep his eyes closed, since the external world is of little interest and that this state of reverie is more like a state of alertness since EEG recordings show a disappearance of alpha waves when the patient's eyes are closed.

He then goes onto to describe the themes and general contents of the state produced by this drug. He used a group of 35 people and found that only in two cases no hallucinations occurred. But significantly in

most cases the reverie produced went along with or was followed by an unusual intensity and insight about metaphysical or personal problems. In two cases I have treated with this remedy its effects produced extraordinary insights into either a personal or a metaphysical problem.

I have chosen to summarize some of the recurrent themes that arise out of taking this drug, as noted by a number of different anthropologists.

The Themes were as follows

1. The soul is believed to separate from the physical body and make a trip, normally with the sensation of flight and rapid movement. Eight people in one group of 35, experienced visions or feelings of their own death. It is a process of becoming dissociated and leaving one's body. There seem to be regular occurrences of flying at high speed, or even weightlessness, some have described it as "having wings".
2. Visions of crocodiles, reptiles in general, snakes in particular tigers, leopards, and cats. They all seem to imply danger and a relation with the dynamic aspects of rage and movement.
3. Another important theme which is difficult to fully classify is that of the mythic or religious theme which seems to surface in many individuals who take this drug. In one group 18 out of 35 (volunteers from Chile not natives) came face to face with religious themes, 5 with the devil, 3 with angels, and 2 had a vision of Christ and the others were various religious visions.
4. Sensations of seeing distant people or places and interpreted as clairvoyance
5. Divinatory experiences, for example seeing the enactment of a crime committed in the past, or unsolved mysteries that at times the individual is able to access because of his state.

In conclusion this drug can be taken by the shaman and in a state of controlled trance use its potential to be able to access states otherwise closed off to our normal everyday experience. It has a quality of essentially playing out mythic and archetypal themes in a state that does not quite overwhelm the recipient but enables him to connect with deeper issues that were waiting to be released in his subconscious.

To quote Claudia Naranjo

"The beauty of fluid fire, the graceful tiger, or the subtle and wise reptile, these seem most expressive for the synthetic experience of accepting life as a whole, or, better, accepting existence as a whole, life and death included; needless to say the experience is essentially religious, and it could even be suspected that every myth presents us one particular aspect of the same experience".

### **MEDITATIVE PROVING OF AYAHUASCA:**

For the protocol on this type of proving see Berlin Wall in this journal, and for a fuller discussion of the novelty of this methodology, see Chalcancite, A Proving, in the first volume of this journal. The following proving was done by a group of thirteen homoeopaths in a state of meditation, after taking one dose of the remedy.

This remedy is a material of extreme power inherently dual in the effects it can have on the consciousness of an individual. It is a remedy of contrasts, the white side very much overshadowed by the dark side, and can take an individual from the depth of despair to the heights of bliss. Its contrasting nature will be very much dependent on the individual using it. Historically it has been used in South American Shaman practises so as to enable the practitioner of this art to move into another dimension of time and space. But because of its ability to change the very inner depths of an individual it must be used with extreme caution and only by those that have been taught the way.

It can be used for the purposes of spiritual purification in so far as it cleanses and purifies the aura and the chakras. It opens the heart centre and once awake there is no turning back. It enables the spiritually blind to open their heart and mind towards greater things.

It helps us to work from our heart centre and as the heart centre begins to open and develop you will begin to recognise your own truth. It enhances spiritual awareness especially intuition which is awakened in the heart centre and links the heart centre with the higher levels of consciousness and healing. Due to its inherent power it has the ability to change one's karma and bring one to a state of equilibrium and to reawaken our lost consciousness.

This remedy opens a gateway for those who can hear. The remedy is about opening the heart and following your path with your heart and about connecting the heart with the higher mind, allowing the intuitive side of the mind to function. It is about absent healing, about gentleness and it is about fun. It is about awakening the child in each one of us and having fun, playing in the water again and trusting and behaving towards each other with impeccability.

If the energy and powers given by this remedy are abused in any way i.e. using it in a wrong way or for material gain or to increase their own ego the energy will turn against them and they will be destroyed and this is a warning and must be heeded. It is contra indicated for those using recreational drugs or spiritual practitioners who use drugs to enhance their awareness since the vine may misguide the individual.

Its strength can heal the mind and bring back sanity to a deranged individual.

On a deeper karmic level it releases souls from ancestral bondage, and breaks magic spells and releases suicides cases.

It has a potent effect on the miasmatic layers of a person and may clear two to three miasms at the same time as well as clearing deep rooted fears and phobias stemming from past lives

It is a Life/death remedy. It may be used in exercises/healing/spiritual cleansing ceremonies. It will show you the dark aspects of your soul that are holding up your progression and will make you face your fears. There are extremes of light and dark and deep sadness and great joy.

It is associated with black magic and blackness but the very darkness can be transformative creating a complete turn about from black to white magic.

It makes you retain your individuality and be proud of it.

NB It is an important symptom that on being given to the initiate who is aware and wants to move onwards to show them where lies their biggest weakness, weak link biggest fault weakest chakra or weak aura and it will show the way and provide a crisis to help show the way forward. Our biggest fears are our stumbling blocks and that which angers us is our main stumbling block.

### **AURIC LEVEL:**

Due to the power of this remedy and its ability to plummet the depths of despair or stretch out towards the greatest spiritual heights we find that all through the proving different provers seem to be affected in either way.

It seems to have its effects mainly on the heart centre as well as the solar plexus chakra.

Solar Plexus chakra:

One prover had her solar plexus chakra very badly affected creating much fear and despondency around this centre.

But in other cases it affected this centre positively and gave much courage and fearlessness.

Even giving one feelings of enormous power to do with no limitations and opening up the heart chakra. As if one were linking from the deepest depths to the greatest spiritual heights possible.

Heart Chakra:

It can affect the heart chakra both in a negative or positive way.

In one prover her words were Overpowering pain coming from the heart. Such a deep grief. More than I have ever had. So much grief, so much pain, such a deep grief beyond anything I have ever had.

Another prover became incredibly peaceful and calm .

Another prover experienced enormous anguish and a thick black crust around heart.

Another prover, "Overwhelming sadness and grief  
Incredible pain around the heart. Grief you bring with you from the beginning of time.

### **MIASMS:**

As a result of the profound power of this remedy it is associated with the deepest core of syphilis ancient syphilis and comes from the very blackest depth of this disease. And with this corrosive activity comes fear. Fear because the vine has been used for ritual purposes connected with death, execution and burial as well as medicinal purposes.

### **PHYSICALS:**

#### **MENTALS:**

It is a remedy for self hatred where the heart is emotionally scarred and one has nothing to offer except one's own torment.

Those who hold on to life with uncomfortable tenacity when everything dictates that they should not be living any more.

For people who are expected to lose their faith and expected to lose their hope. Their love is in abeyance. For those who have a fear of disease, fear of cancer. For those who lose so much of their life through chemotherapy. It keeps changing its shape. One moment bloated, flat and doughy, the next thing, wizened, threadlike.

Situations which are constantly inconsistent.

For children who have the umbilicus around their necks. And for people who will not let go. All those patients who despite everything won't let go, with stupidity. Perhaps we think of them as having made a choice to remain in that state but it is just as much stupidity and fear.

There was a lack of concentration. A memory loss for recent things and almost a childish, childlike attitude not confined to children alone. Sense of vertigo with tendency to fall backwards but with all of these symptoms centred around the lack of nourishment. Sense of weakness, a clinging on all levels to the present for survival but also clinging on to the past, and To observe the child, there was no fear, just a childlike acceptance and an understanding of their suffering.

#### **LUNGS:**

A lot to do with wastage of soft tissue and right lung especially. Emphysema and Collapsed lung.

#### **ABDOMEN:**

One of the main areas that this remedy can treat are troubles with absorption, assimilation and elimination. There can be a great

weakness from malnutrition caused by faulty assimilation. Cases of multiallergy which absorb food badly and seem to be depleted

#### MALE:

It is a male remedy. It is good for sexual abuse and it needs to be looked at in more detail because there are many more instances today where this remedy could be used.

#### EXTREMITIES:

Lot to do with shrivelling and muscle wastage, gaunt, fleshless people. This is one of those remedies for scarred tissue  
As a consequence of poor assimilation the tendons, the elasticity of the muscles and the porosity of the bones, leading to a tendency to dislocation and crumbling joints, are affected

#### CLINICAL APPLICATIONS

Necrotic activity, gangrenous infections, covered in sores, oedematous processes.

Ailments with necrosis, gangrene, blackness, wasting, ME, polio, shaking palsy, Aids, cancer of various forms and I get the feeling if it were physically possible to insert this remedy into a female like radiotherapy is inserted in cancer of female organs, within a month they can be cured.

It is a remedy which could be useful in autism.

### **SHORT CLASSICAL PROVING OF AYAHUASCA**

Initially started with 10 provers but two never took the remedy, so the results below are based on eight provers. Each prover was given an unlabelled phial of 12 tablets medicated with Ayahuasca 30c, to be taken for 12 days, one dose to be taken at night daily. Each prover was numbered, four women and five men participated in the proving. The provings were started on different days and contact was kept up daily for a week, then this tapered on to every three days. Each prover was given clear instructions and a sheet with printed information and a note book to record daily any changes experienced. After the 12 days we decided to continue to record symptoms for a further 6 weeks, at which point 1 decided to limit the proving. Provers were numbered from 1 8 which are the numbers recorded by the symptoms. I also wish to thank Kieran Linnane for all the help and time she spent in collating and editing the proving of this remedy.

#### **GENERALITIES**

##### **TIREDNESS/ EXHAUSTION /MEMORY**

Afternoon feeling low shaky and tired very noticeable have not felt this bad for months. 1

Feeling very hung over, groggy, and tired, and had some white wine but felt awful on it 1

Feeling extremely tired and very oversensitive and 1 would love to sleep for a day or month. 1

Feelings of complete exhaustion whilst taking the remedy esp. during the day, felt weak with tiredness often. 2

Stopped remedy feeling less tired but by evening utter exhaustion and very hungry tired and felt awful and went to bed feeling awful and awoke feeling tired. 1 the only other symptom that I day 1 felt was extreme tiredness and sleepy. 7

Had great difficulty waking up and getting out of bed. 7

Physically felt sleepy as if 1 had become a dormouse from Alice and Wonderland. 7

Emotionally felt pretty numb in a contented way because I felt so tired. 7

Concentration difficult and difficulty thinking much. 7

Feeling so incredibly tired that I feel like jelly and continuously dropping off to sleep and could not wake up in morning. 7

This extreme tiredness and fractured sleep must be the remedy and 1 can not continue to work so decided to stop taking remedy. 7

Emotionally feel tired and drained and feeling I am fighting for energy with desperation. 7

Mentally felt terribly irritable. 7

Physically woke up with whole body achingly tired and continued like this all day. 7

No physical energy just felt to lie on couch staring vacantly into space. head felt detached from body. 2

Detachment and then moments of sadness but unable to cry. 2

Today was very vague just drifting around doing very little trying to replenish my energy. 3

Energy still low like a mental bum out. 3

Very tired and sensitive. 1

Emotionally ok but very tired. 1

1 was feeling very well not tired in fact while doing my gym 1 felt very energetic that week and overdid it so that by the end of the following week my muscles were very sore and 1 could barely go up or down the stairs. 7

Felt frustrated because 1 could not remember my dreams, surprised since I am aware of them, and have a sense of being forgetful. 8

I forgot to go modelling, shock horror, I have NEVER done that before, so 1 phoned and apologised, and said I would turn up tonight, again 1 forgot, 1 freak and phone my supervisor in hysterics and say ' am 1 out of control'. 8

## **DISORIENTATION / 'SPACED OUT'**

Also felt dysfunctional. 1 could not recall arrangements. Also unable to work out my priorities during the day. 2

Feelings of disorientation, feelings of being wiped out and had to keep lying down all the time. 7

The last few days of the proving whilst during earlier part 1 felt my feelings more intensely now I have started to feel utterly detached both from my feelings and my body. I felt I was on a drug. 2

A sense of unreality that is in fact more real as there is a deepening of the senses shattering everyday illusions lot of time have been feeling very out of it, and uncomfortable in body.

Head felt detached from body. 1

Still feeling very detached from myself, observing myself doing jobs or talking, it feels like a split in a part of me very similar to taking L.S.D. 3

Still dream and finding it hard to make decisions, went to a party for Guy Fawkes night and felt very detached from it all. Energy still poor. 3

Feelings of disorientation, of being wiped out and had to keep lying down all the time. 2

Today felt 1 was totally on drugs, like a zombie, comatose, wanting to sleep all day, can not get on with things, more comatose than 1 can ever remember, brain and body weak, did absolutely sweet FA. 8

Last day of remedy, I can take no more I feel overwhelmed by my disorientation, I even forgot how to use a can opener today. 8

## **CLARITY**

Days of good perception with patients feels that 1 have complete understanding of the subject and again great clarity with patients. With patients it's almost effortless working out their case. Ideas and thoughts flow easily into each other. 3

Taught at college and again felt very clear about subject matter, unusually clear though I think I came across quite vague. 3

Telepathic thoughts of Pauline fellow prover, not exact but feel connected. Telepathic ideas. Great clarity of thought, see how my life is connecting into the world. This is difficult to explain, just a great sense of being connected or part of the whole. 3

A sense I felt more integrity that 1 had owned a part of myself which has been suppressed for a long time the artist within me. 2

All in all at the moment I feel very well. I feel very settled purposeful but I think it was happening before the remedy. 7

## **HEIGHTENED PERCEPTION/ SENSITIVITY/ SENSE OF ONENESS**

In morning sensation of light around head and within it, very pleasant.

Sensation of light around the head expanding and expanding. 1  
Infinite expansion and feeling very close to huge life force and God. 1  
Marvellous walk in rain wonderful colours. 1  
Very aware of colours and energy and want to sleep or be outside with autumn colours. 1  
Felt extreme joy with beautiful sunset. 1  
Breath taking sunset felt I was it felt part of it. 1 Very sensitive. 1  
When closing eyes seeing more psychedelic patterns and expansive forms of energy and a sense of deepening spiritually very aware of whole earth less stuck in London consciousness like a deeper sense of connectiveness. 1  
Patients own intuitive feelings of remedy the pineal gland makes strong bridge with Pituitary accessing higher and higher realms into the physical body and physical world." 1  
Sense of synchronicity about remedy prover has reading aboriginal myths and legends and dream time seems to connect up with all the feelings about this remedy. 1  
In a crowd of people at firework party the energy and configurations more important than physical bodies. 1  
Immediately I stopped the remedy my energy returned. Felt wonderful and focused. Felt a rush of creative energy and knew that I had to paint and Sculpture and that I had to explore my creative side of my nature which had up to now not been expressed. Felt as if I were on a mild acid trip. All the colours esp. the reds were intensely beautiful to me. I felt I wanted to paint and film them. I found the world absolutely ecstatic and beautiful. I felt absolutely ecstatic and full of energy. 2  
Also felt telepathic I knew who was on the phone before picking it up and everything connected. 2  
Sense of colour being composed of light and that everything was light vibrating at different speeds. Everything felt connected. 2  
I feel that a totally new direction has opened up to me and it is connected to my eyes and the visual capacity to do with perception. It is as if my eyes suddenly woke up. 2  
My eyes have woken up and I feel now more in the world instead of being separated from it. I am looking out of my eyes in a different way maybe my receptivity has increased. 2  
I feel that the remedy enabled me to contact the wishes of my being and showed me that all boundaries are fictitious and illusionary. There are no divisions in the world of beingness and there are no man made divisions. 2  
I felt very purposeful almost as if some issue had been solved. 4  
Made some changes in my life that have been productive. 5

## **GRIEF /INTENSE SADNESS**

Feeling very upset and shaky grief regarding an old friend rejection which I had thought I had dealt with. 1

Feeling despondent hopeless and missing friends and wanting to be alone 1

Emotionally and mentally feel rather numb and bemused. 7

Been weeping a lot more again recently, yesterday at therapist about what to do with my life, esp. after listening to the record by the Cult's Black Angel about waiting too long and felt as if thousands of years of grief went by. 8

Crying deeply and briefly over the same record again quite suddenly. 8  
Awoke this morning very depressed. Alone and nothing to look forward to talking to a friend about future. Ended up weeping for a long time as if in a state of total impotence. 8

Around the full moon 1 lost control of my emotions. 1 had been trying to sand my bathroom floor and I could not decided how to varnish it. This sent me into complete despair as 1 felt that my life could not go on until I had finished the floor. I felt absolute despair and a sense of stuckness and powerlessness. 1 ended up sobbing and sobbing. 2

Very emotional feeling rejected and excluded and lonely and yet detached wanting to remove myself from people. 1

Phoned friend for dinner but latter uncommitted and felt myself go into depression over my mother abandoning me because she was depressed. 8

Emotional outpouring again watching film about dolphins. 8

Interview about work very sensitive 1 was shown around house and in one room felt unbearable and felt intense sadness and despair and the man showing her said that many groups had been held in this room. 1  
Since stopped has noticed very sensitive to atmospheres and people in general. 1

Especially sensitivity in heart area, Pain in centre of heart or chest around sadness very intense. 1

Two days after stopping remedy 1 felt so tense I got quite worried. Felt tension in heart and navel area and even felt suicidal (which is unusual for me). 5

## **MOOD SWINGS**

Everything is so acute and changeable, deep anxiety at being abandoned after my party, but changed quickly and became very content. 8

My energy all over the place, not uncontained but very changeable. 8  
Felt grief then rage. Feel quite happy again then feel angry and could pick up a gun and then calm again. How could this be two opposing forces, states occurring at the same time, At any rate 1 am oscillating

in quick succession? 8

Aware of all the polarities . 7

My energies are changing all the time, not sure where I am. 1

More up and down than has been for along time and heightened senses. 1

More feelings of negativity and increased sense of joy. 1

It was a very intense and changeable time during and after remedy proving. 5

Changing all the time from depression to getting back to domestic chores so fast. 8

I can take the emotional swings and feelings of being like a child in one state and changing completely to another has been rich and feeling much more focused than usual but now remedy is rendering me comatose. 8

### **SEXUAL ENERGY**

Sex desire up or may be more aware of it, More aware of feeling frustrated as no partner. 1

Rampant sexuality, got the hots for everyone but none to be with. Its never really satisfying to satisfy yourself, and I am pretty sure I am ovulating. 8

At the same time I had massively high sexual energy leading to a lot of masturbation. Over the weeks of the proving I felt attracted sexually to 3 4 different men and I had primeval feelings of wanting to be taken by them. Lots of very primitive and sexual thoughts and fantasies. 2

My sexual energy has calmed down. It now feels more connected to my creative energy as if the creative and the sexual are actually one energy. It had felt like a problem before a split off part of me that threatened to run riot. I feel I have befriended my sexual energy I have accepted that it is part of my own creative energy and is not to be feared and suppressed. 2

Feelings of intense sexual jealousy. 5

Recently experience a complete drop in sexual energy, no interest or sexual thoughts. This has been so through the whole proving so far. 3

Sexual energy returning. Now have strong sexual urges. It has changed quite drastically. (5 days into proving). 3

### **CRAVING FOR STIMULANTS**

Craving tea, coffee, and wine (thinks because so tired). 1

Would like coffee and tea by lunchtime but avoiding wine till evening. 1

Day Energy a little low, plus craving alcohol and got a little drunk again. This is unusual for me to have so much alcohol in such a short space of time. 3

Had a strong craving for alcohol or getting out of it and got a little bit pissed at a party. Energy again quite low. 3

### **SLEEP/ SENSE OF DREAMS**

Feel like I would like to sleep and dream for a week. 1

Woken by child felt I wanted to dream for ever. 1

Many dreams, continuous all night but hard to recall. 1

Intense dreams felt safe and happy in dreams. 1 A lot of action and activity in dream. 2

Incredibly powerful dreams all night. 1

I fell asleep but was very alert during my sleep so felt as if I wanted to dream and the dreams were there but I was too alert to do so. This feeling last all through the week during taking the remedy. 4

Felt very peaceful in dreams but less when awake. 1 Dreams are epic ones continuous very active remembers them but hard to remember in morning although remember to remember in dream( lucid dreaming).

1

Dreams have quality of timelessness and cover many years like a whole life review. 1

### **DREAMS MAIN THEMES**

#### **1. Trying to resolve incomplete situations**

Keep dreaming about people in past any incompleteness coming up. 1

Dream about two friends who I was very close to but do not see much now when I speak to the man I tell him I am upset but he does not respond one of the friends book is rewritten and loads of success and fame. 1

Dreams about marriage. 1

Dream of ex boyfriend. ( whom in reality I have not seen for 3 years after the end of a very intense and destructive relationship), he collects me by car and takes me back to his home. We sleep in the same bed and do not have sex but there is a sense of peace and reconciliation between us. 2

Dreams muddled and confused about thwarted plans and reflecting actual events. 5

Dreamed that grandfather who died a month ago was still alive and had in fact started to walk again having been bed ridden for over a year, the fact that he could walk again had nothing to do with the fact that he would live longer and he was going to die on Nov 3 which happened. The family all knew but he did not and various people were betting on his death. 1 am trying to get to some destination on a train . I have to keep changing trains and make connections. 2

Dream I was measured in height 5 foot 6 or 7, I was pleased but though I was wearing high heels but man said I had grown. 1

Dreams intense about healing situations. 1

Dream of searching for some people and found them in a sort of church, I was not sure whether I was welcome until I met the head priest, who okayed me. I was now welcome but looking for fault and felt terrible element of control and deceit in organisation, wanted to belong but could not. (prover used to belong to a religious organisation). 8

Dreamt my dad was having a baby with a friend of mine, and realize that this may be next best thing to me having one, genetic line will be continued and it is too late for me. 8

I feel certain I have lost my man, he is chatting to other woman and I wish my ex boyfriend were her, it would be easier. I am now off on my ritualistic search for a clean toilet, but I can not find one, someone taking a shower while I am on the toilet, I think it's the man, I throw water down toilet to flush it and turns to shit and I am horrified, but a bright damsel says never mind, I think she is the man's new girlfriend and she rises above the shit and I am left in it and awake full of it! 8

Dream trying to take bath but room expands and becomes dining room and all my family gathered there for dinner, and I am trying to bathe inconspicuously and hide my nakedness. Dad says everyone sees nakedness but I am tell him he has no ideas what it is like and everyone keeps sneaking looks at me but then Dad sorts of understands me. 8

Dream I am in this car with this man cross between my cousin and Richard Gere. I like him he is quick witted and we enjoy a most poignant conversation with each other. He is my match, at one point he asks me if I was having a battle with the female side of me, and after consideration agreed although not sure whether female or male side. Then he turns his face and looks at me and I feel this is my man! 8

## **2. Animals**

Dream writing a poem on dolphins whales and the rain. 1

Energy and patterns of light developing into different shapes on going to sleep developing into many life forms like tigers, lions, jungle trees, some in dream some awake( daydreaming). 1

Dream about giant frogs bright green I love them but I do not know what to feed them on they want meat and I am wondering about cat and dog food but quality meat would be better. 1

Dream Angus ( my dog) and woman coming off train hinting she knew I ignored my children and said she had material for me to keep them safe. 7

Driving towards tube station saw a little animal with hedgehog body and squirrel head, I thought I'd driven over it but it was only a plastic bag. I therefore assumed it to be a hallucinogenic flash. This day felt

like a hallucinogenic trip, I felt like I was observing myself doing things. Could not take things seriously, there was a hilarity to most situations. 3

Dream of a man trying to show me how to cast a dead body and makes sand cement and cast it into a sacred scarab over the body, but realize it is the wrong spot so he moves it and it disintegrates and we have to remake it. 8

### **3. The Sea**

Going on a voyage on a huge sailing ship there is another woman who is very experienced and she is very welcoming feels great to be there taking risks and feeling secure huge waves. 2

Next scene 1 am working in a cake shop near the sea. The owners name is Sheila. The cake shop is very busy all the time. 1 am staying by the sea with my mother and I am filling in the shop' when Sheila is not there. I am a student and 1 am trying to earn some money so that 1 can continue my studies. I am very industrious efficient and responsible in the dream. 2

Next Dream I am with a married couple ( 2 friends of mine) . The man says he can envisage retiring by the sea and that there is a town by the sea that he has always known will be his place of retirement. In the dream I feel neither the debauched scene or the married couple scenario suits me. I do not fit in with either world. 2

### **4. House / Flats**

Dream that I have a Scottie dog. I am living in a small attic room which you get to by ascending loads of stairs. The Scottie dog for some reason lives in a flat lower down. One day I go to the flat but 2 men are moving into it and there will be no place for the dog. I am very anxious for the dog as 1 have left him in the flat for a long time without a walk and now I do not know where to put him. I wonder whether I can go and live with him at my parents but decide against that. There is nowhere to go and 1 feel anxious. 2

1 was house sitting a series of flats and houses. Each one was very grand with high ceilings and large windows and each had more than one domestic cat. 2

I was mauled by a lion. Then I was working at a job 1 had left one month before. The place was of the same grand architectural as previous dream. I was writing a report. 5

Trying to get into a large flat but was not able even to get to the door because there were physical pitfalls underfoot and large gaps in the pavement. I could not get in and could not leave. Others were there hindering me. 5 1 am in a flat and cannot open or lock the door. Someone's prowling around outside. They get in but turn out to be

friendly. Then I ran into 2 old friends of 15 years ago, both are men both have Tuberculosis and I notice I am afraid of catching it. 5

Trying to work out how to negotiate my way through a building using mathematics. A life and death struggle.

Involved in building a huge tent ( say 50m ) eventually it was built and seemed small when I walked about inside but still was rather temporary and unsound, met Antony Hopkins. 5

Woke up in a room in a house as though out of a black out, not knowing how I had got there. Seemed to be in Dublin. Seemed to be as a result of some mistake of mind. There were lodgers in other rooms in the house. My mother was the landlady and I had a feeling of relief when I awoke. 5

Sharing a house with 3 friends, I had a large part of it to myself, it felt good. 4

Vague lot of houses and cars feelings of vertigo lots of colour was back at old job part time where there was a large party going on with lots of people in a house. 5

Once I stopped the remedy I slept very soundly the first night and then the following 2 nights I had very vivid dreams. They were dreams related to houses. The feelings of the dreams were very positive. 6

## **5. Drugs**

Dream of smoking dope and taking drugs, lots of drugs in the dream I am in quite a debauched state with everyone on some kind of drug. I am smoking dope with Paul Simm. I say to him Is your name Jonathan? he replies Are you kidding/ And then I realise that he is Paul Simm. He is very sexual towards me and I am feeling repelled by it. All the men in the dream are very sexual but I feel threatened and repulsed by their energy. I feel frozen and unsafe. 2

Dreams: This dream was amazing, I was teaching to a class of students how an L.S.D. trip works on a biochemical, physiological, emotional, hallucinogenic and telepathic level. I had complete understanding of this in the dream and could teach it. On waking I tried to remember the theory, but couldn't. 4

## **6. Miscellaneous Themes**

Dream: Barbara at centre of clock or wheel. There are different people at different points of wheel going round and round like a fairground ride but it is not a fair ground It is magic or alchemy and something wrong I remove myself from it and find various people they are under cover as greengrocers selling vegetables but are really wizards or alchemists but there is some danger and we have to speak in whispers. We do not approve of Barbara's wheel. 1

Dream Gave a talk on an Australian novel I had read to a large gathering of people. However, every time I tried to refer to it, the text appeared to be a long piece of aimless drivel. So my talk was not good. Then 1 dreamt of a woman I know whose boyfriend had left her and she had found someone else immediately in America. 5

Dream In Crouch End ran into an old friend Gillian who in dream was the mother of another old friend. We talked about him. Then I was sitting in a public area and someone came up and said to me you are Aunt Nelly's great nephew which is true he recognised me by my facial features. 5

Dream In some place of DSS Doctor's surgery large place lots of people lots of queues with a friend. Had a period of vertigo terror walking on a side of cat walk. 5

Dream Lots of people and a large group of us are going to Brighton. Someone wants a ride on my bicycle which cannot take two people. Eventually bicycle breaks. 1 met Barbara Windsor who opens her wallet showing many colourful notes and gave me £10 Then does not give it to me. Frustrating dream. 5

Dream: That night of sleeping with a woman who had an orgasm before we even had sex. Then there was a girl travelling very fast towards me on a skate board, we met and then went to a movie together. 3 Dreamed I was somewhere with lots of roller-skates and roller-skate park. This made me happy as they were all there for the trip and 1 was able to mend my skates. 6

Dreamt of Pauline and daughter, Pauline was upset that a friend had come round to paint her daughter, we went out, on our return we found out her daughter was posing nude for the painter. Pauline was upset with her daughter and blamed the bad influence of her hairdresser friends. This is a strange dream as another prover is doing nude modelling for artists (of which I was completely unaware at the time and seems to represent some telepathic link?). 4

Dreamed that a surgeon at our hospital came home and found that 1 had got his sports car very dirty. 1 picked it up on my back and washed it in the sea which was in his garage. Then rinsed it with water, the 2 of us walked to a nearby off license. We saw 2 guys with guns but ignored them. Then suddenly we heard shots and the men were running. 1 ran quickly and arrived at the office to alert the police who were raiding the premises at the time because of a brawl. They went to sort out the shooting and more shooting was heard. Finally it was over and a guy I know who is the son of the surgeon emerged from the fracas with various shot wounds. 6

Dream of murder a boy was killed in police custody and I made a statement saying so the police went crazy and very angry I had a dilemma was it the truth or not since the boy had only been 14. 7

## **HEAD**

Very sick headaches and want to sleep with it. 1

## **EYES**

Tongue coated white. Feeling deaf in my ears and could not focus on anything. 2

## **FEMALE**

Period about to come and late and feels more heavy than usual. 1  
Period did not come wish could take a remedy for this and take a nux vom for exhaustion and yukiness in the morning and wanted to take Ignatia for some of the feeling she had been going through. 1

## **EXTREMITIES**

Had peculiar sensations in right foot as if someone suddenly stabbed to the top of it with a sharp needle. Awoke one night at 3am with this and could not sleep. 2

## **CONCLUSION**

All provers reported that the effect of this remedy was very powerful. One prover was forced to abandon taking the remedy after two days as she reported feeling so tired and 'shut down' that she became virtually non functional. Predominant feelings, were of being exhausted, disorientated, separated from the body, 'spaced out' as if removed from everyday reality. Such characteristic exhaustion might be compared to a state of nocturnal fatigue which we associate with pineal secretion .

Some provers reported " becoming dysfunctional and detached from every day reality". Others reported intense feelings, both negative and positive in content from grief and despair to joy and ecstasy which compared favourably to the original meditative proving, where it was noted to be a remedy of extremes. Furthermore this intensity was accentuated by a noticeable increase in the state of sensitivity and cognitive ability of some provers. There was a heightened sensitivity to colour and light and an increase in psychic ability which is most interesting since the remedy seems to have a strong affinity for the pineal gland (which has always been associated in many cultures to be the centre of the 'third eye'). This remedy also seemed to access a deeper level of reality. Two provers said that individually they experienced a sense of oneness", akin to the mystic state. The symptom has been noted in the proving of the remedy Hydrogen. Ayahuasca is very different to other hallucinogens belonging to the family Solanaceae, and does not present hyperactive or manic symptoms. Instead, provers it facilitated profound personal insight. Abundant dreams were produced by the majority of provers, and were

noted in individual patients who were prescribed the remedy. If I were to give these dreams any significance, especially after having gained insight into the remedy, a good starting point would be the sea. According to C.G. Jung, "the sea is a symbol of the collective unconscious because unfathomed depths lie concealed beneath its reflecting surface the sea is a favourite place for the birth of visions is invasion by unconscious contents . The themes were about four main subjects. The sea could represent the unresolved material deep in the psyche; the animal theme, the movement out from this matrix. The house and flat theme could indicate resolution and the material to be resolved would be the last theme. This tentative and speculative process on the dream material is only possible, because of the noted transformative nature of this remedy on the psyche. Not only was this reported in a number of proverbs but also occurred in some cases who not had been given the remedy. As a complete description of the powers of this remedy, from having observed its profound effects, I would say that the remedy appears to align oneself with one's soul purpose, and put one on the next part of life's journey. My feeling is that this remedy can constellate universal archetypes that can be activated into consciousness, if the individual is ready for that transformative movement forward.

### **BLACK TYPE SYMPTOMS**

Weariness

Sensitive to all external impressions

Delusion Mind/Body separated

Clairvoyance

Grief

Extremes of Mood

The remedies that come to mind when analysing these symptoms are Phosphorus, Cannabis Indica, Lachesis, Medhorinum and Anhalonium.

Phosphorus:

This remedy displays the lassitude at times, plus the clairvoyant abilities and sensitivity to all external impressions. But it does not have the profound intensity that ayahuasca displays. The lassitude of phosphorus comes from a constant diffusion outwards in a form which is connected to compassion, but at the same time the phosphene patient will tire easily of such constant stimulation, while the new remedy goes into a state of deep exhaustion.

Lachesis:

This remedy has symptoms of clairvoyance and delusions of being taken over by supernatural forces, plus an intensity that gives the symptoms an edge so competitive, and centred in a deluded egotism that verges on megalomania with its concomitant suspiciousness and

desire for vengeance. So that Lachesis is fundamentally a remedy centred around competition with other individuals and does not lead to insights which revolves around more existential states.

**Cannabis Indica:**

Here the person becomes sensitive to all external impressions; can be clairvoyant and deluded about his state: seeing things as more beautiful, colours more brightly; and music louder and more vibrant. He also laughs a lot and creates fantasies out of ordinary things. But this remedy lacks that intense grief or weariness that Ayahuasca can produce that seems to realign an individual with his creative side.

**Anhalonium:**

This remedy is by far the closest equivalent in its symptomatology to Ayahuasca, and is also a remedy used by South American shamans in their pursuit for altered states of consciousness. According to R. Sankaran it is for people that seek ultimate spiritual experience and are searching for an out of the world experience. In the Synoptic Materia Medica, F. Vermeulen describes "an increased involvement in the inner life to the exclusion of the outer . It is also associated with audio visual hallucinations and coloured visions, a sensation of being carried by music and a confusion as to his identity. In summation it has many similar symptoms to ayahuasca, though my own opinion is that one would use anhalonium in cases of psychiatric deterioration, while ayahuasca would tend to be a remedy used for re establishing a sense of purpose (as in case 3 below)

**Medorrhinum:**

This nosode is similar to ayahuasca in its extreme mood swings , and states of exhaustion and clairvoyance, but it is different in its apparent egotism leading to cruelty and lack of connection to those around . Although it can be sensitive at times the underlying theme of medorrhinum is great instability leading to a state of sycosis where insight is lost. Whilst medorrhinum might lead to a diminution in the state of sycosis, its main activity is towards equilibrium, while ayahuasca has a more teleological function in so far that it may transform a situation from the depth of the insight obtained in the action of the remedy

## **CLINICAL OBSERVATIONS**

Though ayahuasca did not appear to produce many physical symptoms, which I believe is in the nature of this remedy, a group of women ( forty in total), have taken the remedy 3x once a month at full moon. A number of menstrual symptoms were reported by almost all the women. Generally speaking the cycle changed menses started a couple of days after taking the remedy whether or not it was in its

cycle and adjusted the cycle to that of the full Moon. Several women reported a longer/heavier period (which was painless) dark discharge at the close of the period sensation of cleansing of the womb. In one woman all menopausal flooding ceased and she has had normal menses ever since. Others reported clearer dreaming and an increased facility to recall dreams. As well as a number of reports of increased self confidence i.e. people who had great difficulty in obtaining and keeping work, found they were able to channel their energies more creatively and constructively.

### **CASE 1**

Male Caucasian, age 42, has been under treatment for heightened states of anxiety, panic attacks and general oversensitivity . He is a very intense and thoughtful individual and first presented with chronic catarrh.

On taking the case he was found to be highly psychic and had many premonitions in his dreams. In 1969 he got involved in a religious organization and did some yoga. Since that time has never been the same as he feels he underwent some strange mystical experiences. He was capable at times of hallucinating for 6 months after that experience. This strange occurrence has resulted in an extraordinary sensitivity to people and events.

He is deeply philosophical and very serious and appears well informed about everything. He is a physicist and electronic engineer and is sought after in his field for his highly original and intuitive solutions to complex problems.

He had a difficult childhood (mother was a schizophrenic) saying that he was often left to his own devices.

He presents typical features of Sulphur with burning feet and a mania to wash his hands every hour. He responded well to sulphur, though his state of sensitivity did not decrease but if anything seemed to increase slightly.

He has responded to sulphur on and off for some 4 years, alternating with staphysagria when he felt outraged at being treated unfairly in business practises. I chose to give him ayahuasca 30c since it is a remedy of heightened sensitivity. It is known to be useful in centring individuals of this disposition.

He took ayahuaska 30c on Monday.

The following are his own words as to what happened to him

"Soon after taking the remedy. I felt that I had taken a mild hallucinogen, I felt "spaced out' in a dream like state, thought forms were no longer weighted down or conditioned by material constraints. It was as if my perception had shifted to another level yet my "feet still

felt firmly on the ground". I became more conscious of a natural order, a greater philosophical insight into the mysteries of the universe. A perception free from the conditioning of material qualities. A consciousness of a more perfect order that exists behind the veil of manifestation. A dream like quality of perception that made perfect sense, a more level playing field "for consciousness to work in. On a practical level. I found some things more difficult to cope with, jobs which I would normally find simple appeared to be difficult, I would find myself taking longer as if each action was a state of meditation.

I also felt a strong need to spend time alone, the feeling that changes were occurring within me that required sitting still in solitude. On a physical level I found myself more sensitive to food and I had to be careful what I ate and yet I felt enormously relaxed. He felt that he had never felt so good in his life and during his state of "spaced outness" he managed to obtain some of the most important insights into his work he has ever had.

Though this is a subjective testimony of one patient it does confirm the extraordinary transformative powers this remedy can elicit in an individual ready for such a shift in his consciousness. Moreover such an insight into existence led him to an enormous surge of creative energy.

## **CASE 2**

Female, Caucasian age 27, presented with a chronic allergic dermatitis on her hands and face. Her appetite was fair but ate a lot of junk food, craved chocolate, loved bacon but greasy food made her sick. She had a nervous stomach and tension would cause it to rumble. At times it was overwhelming and she had use the toilet. Her bowel motions were always loose. Her menstrual cycle would last for 8 days and she would become irritable and her breasts would swell up painfully before her period.

Her response to the temperature was that of a warm-blooded individual. She was apprehensive of thunder and lightning. She had insomnia and recurring dreams of death and falling off a cliff. Her mental symptoms were; a state of anxiety with a number of very clear symptoms that ranged from a fear of burglars, fear of flying, fear of lifts, suffered from claustrophobia, fear something bad will happen. She was always in a rush and was continually making lists and worrying about everything.

She received Argentum Nitricum 200C.

She responded well to this remedy and her condition improved considerably over a number of years, having doses of arg nit in various

potencies interspersed with medorrhinum twice, until she went into a sepi state from some domestic trouble which led to a temporary separation from her husband. Three months later she returned to her husband and began living well again. She then responded to arg nit again. She became pregnant but miscarried at two months and then started to develop clairvoyant dreams and became involved in a course in Shiatsu. At this point her hands threw up a horrendous dermatitis and she seemed to be getting on badly with her husband, After prescribing arg nit to no effect I chose AYAHUASCA 30C, six doses.

After this remedy her hand and feet developed an acute infection with vast amounts of puss but her Irritable Bowel Syndrome cleared up and she decided that it was time to leave her husband. She also became aware of a number of intense dreams, and her level of psychic awareness appeared to increase considerably. I prescribed nothing for another month and the next month when I saw her she said she had realised that she and her husband were incompatible; that her illnesses had resulted from her own inability to take her own power; that she had always been afraid to be happy for herself, and it was time to retrace her steps over all those lost years so as to start afresh and find proper love again with someone who could appreciate her. She also said that for the first time she knew she was doing the right thing and felt calm and ready for the next stage in her life.

### **CASE 3**

Sixty year old lady, very sensitive and intuitive and caring. She has nursed her husband and her mother for the past 15 years and both have now passed away. She gave unconditionally and rather lost sight of herself with this over care. She seems to fit a causticum picture and has a number of symptoms that indicate this remedy. She has obviously given of herself too much and has reached a point of despair. She would like to pass away herself and she feels her job is now done here and there is little more for her to do. Her will is beginning to fade and she is extremely sad describing the feeling like a hole in the heart . She is emaciated and hardly eats anything and is allergic to many foods especially sweets. She is overwhelmed by her own grief and situation and feels as if she has entirely lost sight of herself in those years of caring and looking after others.

REMEDY Caust 10M four doses

Returned a month later with no improvement.

REMEDY AYAHUASCA LM 1 for 6 weeks.

One month later she has begun to improve and feels as if she had found herself. Her abilities to feel joy have increased and feels her depression is lifting and her will to do things has returned. In her

words she feels her purpose in life has returned as felt as if a complete transformation had taken place . Complete transformation of her state has taken place and after the LM for 6 weeks she was given nothing and is still improving 3 months later and nothing else has been prescribed yet.

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