

THE ART OF  
**PROVING**

**Sonya McLeod**

BA, DCH



**Saltire Books**

*Saltire Books Limited, Glasgow, Scotland*

# CONTENTS

<i>Dedication</i>	vi
<i>Foreword</i>	ix
<i>Acknowledgements</i>	x
<i>About the author</i>	xii
<i>Preface</i>	xiii
<b>1 ALBINO “GHOST” REDWOOD (<i>Sequoia sempervirens</i>)</b>	<b>1</b>
About Albino Redwood ( <i>Sequoia sempervirens</i> )	2
Proving introduction, remedy information and summary	5
Summary C1-C5 Trituration of Albino “Ghost” Redwood, Aug 26–28, 2011	15
Cured case: Albino “Ghost” Redwood	46
References	49
<b>2 NORTHWESTERN CROW (<i>Corvus caurinus</i>)</b>	<b>51</b>
About Northwestern Crow ( <i>Corvus caurinus</i> )	52
Proving introduction, remedy information and summary	57
Summary C1-C6 Northwestern Crow Trituration: Jan 28–29, 2012	66
References	85
<b>3 HERKIMER DIAMOND</b>	<b>87</b>
About Herkimer Diamonds	88
Proving and remedy information and summary	90
Summary C1-C7 Herkimer Diamond Trituration: Nov 2012–Mar 2013	101
References	134
<b>4 WOAD (<i>Isatis tinctoria</i>)</b>	<b>137</b>
About Woad ( <i>Isatis tinctoria</i> )	138
Proving introduction, remedy information and summary	140
Summary C1-C5 Trituration of Woad ( <i>Isatis Tinctoria</i> ), Aug 9–11, 2013	153
References	186

<b>5 THE NEMIAH VALLEY WILD HORSE (<i>Equus ferus caballus</i>)</b>	<b>187</b>
About Nemiah Valley Wild Horse ( <i>Equus ferus caballus</i> )	188
Proving introduction, remedy information and summary	191
Summary C1-C6 Trituration of Nemiah Valley Wild Horse, Aug 2014	202
Cured case: Nemiah Valley Wild Horse	217
References	221
<b>6 ANGELITE (<i>Blue Anhydrite</i>)</b>	<b>223</b>
About Angelite ( <i>Blue Anhydrite</i> )	224
Proving introduction, remedy information and summary	228
Summary C1-C7 Trituration of Angelite ( <i>Blue Anhydrite</i> ), May 2015	241
References	271
<b>7 BLACK KYANITE</b>	<b>273</b>
About Black Kyanite	274
Proving introduction, remedy information and summary	278
Summary C1-C7 Trituration of Black Kyanite, July 15–17, 2016	286
References	328
<b>8 TWO PROVINGS OF RACCOON FUR (<i>Procyon lotor</i>)</b>	<b>329</b>
About Raccoons ( <i>Procyon lotor</i> )	330
Proving introductions, remedy information and summary	335
Summary C1-C7 Trituration of Raccoon, Sept 29–Oct 1, 2017	349
References	376
<b>9 THREE PROVINGS OF GIANT PANDA (<i>Ailuropoda melanoleuca</i>)</b>	<b>377</b>
About Giant Pandas ( <i>Ailuropoda melanoleuca</i> )	378
Proving introductions, remedy information and summary	383
Summary C2-C8 Trituration of Giant Panda, June 2–3, 2018	394
References	432
<i>Index</i>	433

### EDITORIAL NOTE

The drawings depicted in this work are scans of the originals obtained from the provers. In some cases, the images are of a lower resolution than might be normally used. The decision was taken not to regenerate the artwork, but to keep it as close as possible to that provided by the author. For this reason, some notes may be illegible but hopefully this will not detract from the overall concept of demonstrating how art can be used to assist in the proving of homeopathic remedies.

# 1

## THE HOMEOPATHIC TRITURATION PROVING OF THE ALBINO “GHOST” REDWOOD (*Sequoia sempervirens*)



*Figure 1.1* Albino “Ghost” Redwood (*Sequoia sempervirens*)  
(Photograph by Judy Schriebman, Mendocino County, CA)

~Difficult transitions~ ~Stuck in a negative space~  
~Genetic interference~

**Core Delusion: I am too weak to “man up” and take responsibility**

Led by Anneke Hogeland, MS, MFT, CHom and Judy Schriebman, CCH,  
RSHom(NA)

*Written and compiled by Sonya McLeod, BA, DCH*

## About Albino Redwood (*Sequoia sempervirens*)

### Scientific classification

**Kingdom:** *Plantae*

**Division:** *Pinophyta*

**Class:** *Pinopsida*

**Order:** *Pinales*

**Family:** *Cupressaceae*

**Genus:** *Sequoia*

**Species:** *S. sempervirens*

### Coast Redwood trees (*Sequoia sempervirens*)

Coast redwoods are some of the tallest trees in the world; many grow to over 300 feet in height. Coast redwood forests range from Southwestern Oregon to the west coast of Monterey County, California. The oldest coast redwood tree on record has been determined to be around 2200 years old. They are hearty trees; their thick bark will withstand wildfires and they can withstand extensive damage due to their unique ability to easily sprout and grow new foliage.<sup>1</sup>

### What are Albino Coast Redwood trees?

Albinism is always the result of a genetic defect. In plants, albinism is characterised by the absence of chlorophyll, the vital substance that makes plants green. Chlorophyll collects light energy to be used by green plants to manufacture food in the process of photosynthesis. Lacking chlorophyll, the albino coast redwood must obtain nutrients by some means other than photosynthesis if it is to survive. By sharing a common root system with regular coast redwood trees or by attachment to a parent tree, albino redwoods tap the food supply of regular coast redwoods to sustain life and growth. Albino redwoods are essentially parasitic.<sup>2</sup> Because the albino redwood is incapable of photosynthesis, which normally all plants must be able to perform in order to live, biologist Zane Moore says, "It should not be here. It should be dead, but it's not . . . just like a ghost."<sup>3</sup>

Because the coast redwood tree (*Sequoia sempervirens*) is among the most genetically complex of plants, it is not surprising that genetic mutations (albino redwoods) exist. Genetically, the coast redwood is what's called a hexaploid. That means that each of its cells contains six sets of chromosomes, for 66 chromosomes total. In contrast, humans are merely diploid,

with 23 chromosomes. Thus, the tree has a large capacity for genetic experimentation.<sup>4</sup>

### Physical properties and description

Normal coast redwoods are massive trees, growing up to 200–300 feet tall. In contrast, albino redwoods consist of small sprout groups or modest shrubs under five feet tall, found at the base of the parent redwood.<sup>5</sup>

Albino redwoods are also known as white redwoods due to the colour of their leaves, which are an ivory shade of white, feeling waxy to the touch. Unlike regular coast redwoods, the wood is not strong and lacks critical chemicals. Their internal vessels are narrow. And their growth rings are very close together, suggesting slow growth. When times get tough, the parent tree withdraws all support and the seedlings perish, turning brown. In times of abundant rain, they sprout again, flourishing. “They come and go, like ghosts,” says Dave Kay a lecturer at Henry Cowell Redwoods State Park in Santa Cruz County, California. “They starve to death and shrink back. Then they reappear.”<sup>4</sup>

### Distribution

A mere five dozen albino redwood sites have been recorded. All occur in the coastal redwood region of California (the one and only coast redwood forest in the world). Albino redwoods are notoriously hard to spot, and California’s coastal redwood forest is spread over 1.5 million acres and 450 miles, so there is a possibility that many albino redwoods remain undiscovered. Those who have knowledge of their locations are often protective of this information, fearing vandalism.<sup>6</sup>

### Climate

Coast redwoods are intolerant of wind and sea spray, preferring more protected areas. They are moisture-loving trees, depending on fog and/or rainfall for their survival (fog decreases water loss through transpiration and evaporation).<sup>7</sup>

Albino redwoods are much more sensitive to temperature extremes than their green relatives. Even normal redwoods will suffer from moisture stress, which is the inability to supply water to the top foliage as fast as it is lost through transpiration, the evaporation of water through leaf pores. The upper side of albino leaves have many more pores than green leaves, indicating an increased capacity for transpiration. Because albino redwoods rely

## Remedy nucleus

- Difficult life and death transitions: miscarriage, birth, the dying process and mourning.
- Weak emasculated men who lack courage and give all responsibility to the female.
- Inherited genetic disease or ailments from genetic interference caused by a toxin.
- In limbo: people stuck in a negative space. Lack of incarnation. Sense of foreboding.
- Painful blistering itching peeling skin eruptions esp. on feet. Perspiration, worse heat.
- Stitching pains. Dry throat. Joint, eye, heart, back, abdominal and neck pain. Nausea.

**Summary: The C1-C5 trituration proving of Albino “Ghost” Redwood. Vancouver BC and England UK (August 26–28, 2011).**

### Potency C1: Albino Redwood (Vancouver)

At the time of this proving, Prover #14 was only 7 years old. She was happy to express herself artistically throughout the proving through her drawings (Figures 1.3–1.8) but did not wish to participate in any of the verbal disc.



*Figure 1.3 Potency C1, drawn by Prover #14*



*Figure 1.4 Potency C1, drawn by Prover #14*



*Figure 1.5 Potency C1, drawn by Prover #14*



*Figure 1.6 Potency C1, drawn by Prover #14*



*Figure 1.7 Potency C1, drawn by Prover #14*



*Figure 1.8 Potency C1, drawn by Prover #14*

Both girls have heads in mom/grandma's lap. Judy feels too tall in the chair – too far away, with Anneke in the chair at the far edge. Prover #4 is way down in the couch; usually likes to be up in the chair. Quiet . . . after the beginning. Sadness/stillness. **Rushed** feeling inside. Wanting to get going. Wanting to rush to get things done.