

A CASE Of DYSFUNCTIONAL RELATIONSHIPS

A lady in her mid thirties was experiencing depression.

The history starts with an experience of fog around her .She said she cannot cannot work and concentrate on her work.

She was a single mother and she needed to work .

She had a similar experience in pregnancy. (Many a times patient takes us to a different timeline of the past where the experience is crystal clear) She got pregnant when she was in the university.She wanted to give birth to the child, but as the boyfriend did not want the child, they choose to end the relationship.

P- I was feeling very sick which made me unable to do much. Actually it was when things were getting close to me like if I had a biscuit on the table, I would be like oh I really want that biscuit and if I bring it closer I would just be like stay away.

D- Why? What was the experience when it came closer closer?

P- I got sicker and sicker

D- Okay, but what was the experience when it came closer?

P- I felt sick

D- Okay, so you had nausea?

P- Uh yes, I just really felt nausea

D- What was the experience of that nausea?

P- I feel like the air is bit thick around me *like a fog*, and whatever tries to get in that fog, didn't really get through.

D- Just be with that experience- the fog around you

P- It was preventing me from **getting in contact with the world in** a way, I guess in some way, it would rather calm me, it allows me to not stress cause I was, during the last, the final year of the university degree, it was kind of stressful to push through it all, to drop out and because I was so sick, so I guess it allowed me to relax. So it was kind of relaxing as well as it was uncomfortable.

D- Explain this line- relaxing and uncomfortable, at the same time

P- I guess it stopped my brain from functioning much. The physical sensation was uncomfortable- it made me feel nauseous

D- What was the experience of that nausea- a bit deeper. Nausea is just a word, right? I want the deeper experience

P- It differs from person to person I guess

D- Yeah, it is very subjective

P- It was preventing me from getting anything in, like it was something wanting to come out if something tried to get in.

D- Try to go a bit deeper

P- **Keeping out of things I didn't want**

D- Like what?

P- Probably like my partner, or my ex partner, David . It was creating a distance, which allowed me time to myself and I guess space. Because there was nothing he could do when I was in that space.

D- What was the experience in that space? Just yourself, the time for being, just you?

P- When even though the surroundings didn't feel fantastic at the moment, it was an unusual feeling, I didn't think of being in that space much before. It changed my thinking. I was a bit bored there as well. It wasn't just fantastic.

D- How was it? No fantastic meaning?

P- Well it was boring. Should be boring. The stressful part was that I knew I should've done a lot of things, when I was able to. At the same time, it was kind of, I love the idea of being pregnant, and I really want the child, yet the experience of pregnancy, if the surroundings would've been a bit different, it would've been a much nicer experience. If things were a bit more loving between me and the partner.

D- What was not nice about that time?

P- Well we already broke up so we didn't, I don't think we cared that deeply about each other anymore. Well, obviously..

One of the reasons why I broke up was because I was constantly feeling rushed, which also was one of the things I was trying to avoid when I was feeling nauseous, and I guess I just realised that we weren't a very good match (HG) on some level.

D- What were the things which bothered you about him?

P- We were always out of timing, when he wanted to relax, I wanted to do something, and opposite. I like to take my time and soak into things, where he would rush and get things done and same with intimacy, I kind of would be off. Yeah, I guess, that's about it. We didn't harmonise. (Hand Gesture HG) He's a nice man, I can still say. I like his personality, he's fun, he's charming. I can still say I have warm feelings for him but not enough to have a relationship because it's not my thing. **Towards the end it was like two magnets trying to avoid each other.**

D- What is the experience of magnets?

P- More like space in between, so they can't reach each other. So there's **a sense of lack of connection.**

D- What is the experience of that lack of connection?

P- Isolation, I guess that's where the fog comes in. Not like feeling lonely, but not being in touch with the either person. In touch with lots of other things, but not the person.

D- Other things means? What kind of things?

P- Friends, school, family

D- What was the difference between him and the rest?

P- I think he didn't feel, or to me he didn't feel like interested

D- What was the experience of being in connection with the rest but not with him?

P- I guess it felt like he wasn't really there

D- Any fears you had during pregnancy?

P- Yeah, I feared losing the child, or the foetus, I was afraid of losing the baby, because I had some bleeding .

D- Which month did you have the bleeding?

P- I think it could've been the third or the fourth

D- What did the doctor say- was it that heavy?

P- No it wasn't that heavy

D- Did you take any medications during that time?

P- No

D- Okay, any other fears?

P- I guess I had the fear of the future. I was studying and he was working.

So I was pretty certain that I couldn't give birth in Australia or New Zealand, especially since we weren't married or we didn't have a love relationship. We did have a relation but not a relationship, not active, not intimate.

And whenever I liked intimacy, he wasn't interested in that. He said my body was too warm, and he was uncomfortable.

D- Did you ever feel your body was warm?

P- Not specifically, but of course with a baby girl in there, I'm sure it was warm.

I'm usually warm enough.

D- Any dreams during that periods?

P- No, not much dreams at all actually. I usually dream quite a bit but not during that period.

D- What are your dreams other than that period?

P- I have dreams about travelling, dreams about water, I also had dreams about trying to get hot which has stopped in the past few years. And relations with different people, I

also have dreams about my daughter sometimes, but that was after she was born.

D- What did you see?

P- I fell in love with another man in New Zealand and I ended up having these nightmares which I forgot my daughter in the pram and I forgot where I had put her. It had been days and even weeks. It was winter outside and cold. It was really horrible, horrible. I couldn't tell the police, or I could tell the police but the police didn't know where she was either. So I felt extreme guilt over not having total focus on her.

D- So these were your nightmares?

P-Yeah .That she's totally outside in her pram and its cold outside?

Yes, because I had been spending time with the other guy, and not being home with her.

D- So how does the child feel when the child is alone?

P- Well it was totally lethal, in the dream it would've been totally lethal, she wouldn't have been able to survive

D- And otherwise, in real life, if the child is alone, what is the experience of that?

P- If there's other caring people, it's no problem, for a short period of course.

D- Yeah, but if there are no caring people around, if there's no one around?

P- Well, it would be difficult to survive if you're a 2 years old.

by piece for her. Because I think she really always trusted her dad's love for her, which I did as well- I mean trusting that her dad loved her. She just broke to pieces, basically.

D- How do you react to animals?

P- I like animals

D- Which animals do you like?

P- Dogs and horses. And cats. Cats are alright. I was allergic to cats when I was young and dogs, but I grew out of it. And I like birds, snakes.

D- Snakes?

P- The nice ones, not the poisonous ones. Well, I think, but I wouldn't have them in my house. Lizards..and caterpillars.

D- You don't like caterpillars?

P- I do like caterpillars.

D- What about them, do you like?

P- I like the green ones- the ones that grow on the cabbage.

D- Anything else which you don't like?

P- Spiders- they're not my favourite, I have fear of lions, and I'm also quite scared of tigers. I don't mind wolf or bear, polar bear- no problem. The lion or the tiger *laughs*

D- Why?

P- And I'm not too fond of giraffes. But that would be about it- I think.

I do enjoy insects.

D- What do you like about them?

P- Yeah, that's a very good question. I wonder it too.

I think the pattern and colours, minuteness of the insects.

D- Patterns means?

P- Pattern- how they're built, how they look.

D- How do they look? What are their patterns which appeal to you?

P- It's specific colours and shapes which appeal to me.

D- Like?

P- Like a butterfly, like how the colours- strong colours and like the green caterpillars- and the softness of it..their skin is very soft as well.

D- How does it feel to touch?

P- It feels like velvet...a soft feeling

D- How is that feeling?

P- Tender

D- And?

P- And receptive, and.. it feels green. It feels fresh.. and kind.

D- What is kind?

P- Um..the softness

D- Okay, and what is the opposite of that?

P- Hardness.. so unreceptive.

D- And?

P- **Rejecting**

D- And?

**P- Cold. *gesture* We're back to the lack of connection.
(Hg)**

D- Just explain this gesture which you did with your hand.

P- This is what I did with my ex partner.

D- Yeah, what is this?

P- There's no meeting, so it's like isolation. You know, the magnet.

So the feeling of touching a caterpillar, that little green thing, it would be receptive, it would be like the magnets meet. So I don't feel a magnetism toward a caterpillar obviously. But the touching feeling, while it would be the opposite feeling ?

D- I'm not getting how you're connecting the magnet to the caterpillar?

P- The feeling of the touch

D- What is that feeling?

P- I was saying that it is a connection and the opposite would be a disconnection with a hardness.

D- So when I say these words- hard, rejecting, unreceptive, cold- what comes to your mind?

P- Well, right now, my ex.

D- Okay, but like, we are giving an example of caterpillars. In that sense if you give me something that comes to your mind, what would it be?

P- You mean anything, not insect?

D- Anything- any animal which comes to your mind.

P- Yeah, cockroach.

D- Okay

P- I also know I can be like that sometimes.

D- How?

P - I can be cold, and untouchable and unavailable. And I think yeah, my mom can be.

I think not so much anymore.

D- Okay, what is this?

P- Do you want me to describe it?

D- Yeah, the world was like that..

P- I think my daughter is experiencing something I was experiencing when I was younger.

D- Yeah, just explain that

P- It's a sense of the world being cold .Like I didn't have my place, *gesture*

D- You showed a gesture when you said "your place" Just explain that

P- My experience of this *gesture* ?

D- Yeah

P - Well, that would be my place, my surroundings, the physical embodiment of where I should be.

D- And?

P- And I think I found that.. I feel like I found that. (Hg)

D- Where?

P- Now.

D- Now?

P- Yeah

D- So what is the experience of this place, your place, your space

P- Well, it's home, basically. It should be a place of calm. and serenity, and quite often, it is, and sometimes, it is not.

D- Sometimes, it is what?

P- Upheavals and discussions, strong will against mother's voice.

D- How do you react to your mother's voice?

P- Well, I was talking about my voice- with my daughter.

D- So, how do you experience your mother's voice?

P- I think my mother's voice is rather ugly.

D- Ugly means?

P- It means **cold and rejecting**.

D- What is the experience of that? Cold and rejections?

P- It makes me cold. It makes me unwanted.

D- And?

P- Where I'm not belonging.

D- The deeper experience if it?

P- My experience of not being necessary? Yeah, not being wanted?

Wish I wasn't either- I wasn't wanted. My mom got pregnant and she was actually with another man. Then she got me and **she didn't want me**. She gave birth still though- as you can see. It was a very troublesome time for

her as well. She also told me she doesn't know what love is. So obviously its a bit of a- that's almost about it. It's a feeling of not belonging. So her voice would kinda be like.. makes me feel cold.

D- What is the experience of not belonging? Not being wanted? Rejection?

P- Well, my experience of that is- it's a very lonely feeling- and its a hurting feeling. It's a bit of a lack of space feeling maybe- or maybe too much space- feels a bit like a vacuum.

D- What is a vacuum? What is the experience of a vacuum?

P- There is nothing there.

D- And the deeper experience of it?

P- Emptiness.

D- What is the experience of emptiness?

P- **The lack of care, the lack of love, lack of warmth, lack of being seen or - just nothing.**

D- Lack of being seen means?

P- Well, notice. I mean, there's no response.

D- What is the experience of being noticed?

P- Well, it's a meeting *gesture*

D- What is that meeting? What was that gesture?

P- It's energy touch. You notice me, I notice you- it's a meeting. So its a lack of a meeting. (Hg same gesture)

D- You said something about minuteness of an insect- you like that?

P- Yes

D- What is that which you like?

P- Well, that's a very good question. It's something i guess about them- they intrigue me. maybe self-defencelessness.

ANALYSIS

CRUX OF THE CASE _ the human song and The other song are intricately connected. We see so many non human specific words which are coming from the source

No connection

The world is a cold place

A sense of not belonging

Not being wanted.

***Emptiness No warmth Lack of care Lack of warmth
Lack of being seen.***

Defencelessness

Rejection

Here we see a lady who has dysfunctional relationships with her mother, then boyfriend and now her daughter. When we try to understand her experience of her relationships, we can see a pattern which explains why she feels disconnected and cold in every relationship. It is nitrating to see that the she feels that the world is also cold towards her. There is no warmth.

As we examine this pattern further , we see her intricate relationship with insects and insects being her inspiration. She is an artist by profession. She is intrigued by colours.

Kingdom Animal

Issues of survival
Being Defenceless
Vulnerable

Subkingdom Invertebrata

Here the aggressor is not well defined
The world is general a harsh, unkind, repulsive, cold place.
One of the reason to separate from the ex boyfriend was
that he always rushed in.

Subkingdom Insecta

She was intrigued by the patterns, colours and minuteness
of the insects

She was fascinated by butterflies. She found the colours
very inspiring

While talking about the caterpillars she said they are kind
and receptive. This is her connection with the caterpillars at
the energy level.

Remedy Given Limenitis bredowii californica 1 M

Level of Experience Level 4

Delusion the world is a cold place. It is not welcoming .

Her experience that her mother was with another man when
she was pregnant and did not want her

Follow up

After one month

I am feeling good. My relationship with my daughter has
been improving. I can feel some warmth.

After two months

I can feel the shift in my relationship with my daughter. We can talk on many issues right now. She is in her teenage now. Initially we would land up in ugly discussions.

After six months

She was very happy and she felt the joy of living. She said “ you have transformed me and my daughter” She said I am in my happy place now. a place where I belong. She was happy with her art work,

Rubrics

She wanted to continue her teenage pregnancy. She wanted a child.

Mind; children; desires to; have, to beget, to nurture:
aq-des *jade* lim-b-c lsd nat-m *onc-t* ox-ac plac taosc tritic-v.

She was very open during the case taking. She said a few times ,this is a nice question. even I have been thinking of that. This person is from Europe and still she could connect to me on Skype so well.

Mind; communicative, expansive; heart, from the, desires to be:
calop-s LIM-B-C.

So the feeling of touching a caterpillar, that little green thing, it would be receptive, it would be like the magnets meet.;

alco **CALC** calc-sil harp LACH lim-b-c NAT-C **PHOS** sam-co-m **SIL** uran.

Mind; dreams; snow; strange dark cities filled with:
lim-b-c.

[illegible]

Limenitis bredowii californica. Proving By Nancy Herrick

I found the themes extracted from the provings to be thought provoking. One theme from the butterfly proving was feelings from childhood and adolescence: dreams of being an adolescent and realizing that adults don't have all the answers; feeling anxious, unsettled, indignant about finding the right answer; a dream of being a teenager and having to wear the 'right' clothes.

Another related theme was that of a child feeling unprotected by adults; a dream of an approaching tidal wave with the adults directing the kids to wait outside of the safety zone, causing the dreamer to wonder "don't they know it isn't safe out here?"

The butterfly proving evoked pleasurable sensations of joy that come from the lightness of feeling love for ourselves and others. Some excerpts from the provers' journals during the butterfly proving include: "Sensation of the heart chakra being very open. Experienced a deep sense of compassion, feeling of joy for other people's happiness; Very spontaneous feeling of pleasure. Felt incredible, loving feelings towards my family, towards my kids and my husband. Really a delight, wonderful. Peaceful, happy, easy going."

A brown-yellow butterfly, which is almost invisible on the bark of the oak tree. The alkaloids of the oak trees, which the larvae eat, are poisonous for birds.

Symptoms recognised from the proving of Nancy Herrick:

Children feel **unprotected** by adults. State of unprotected adolescent. The eggs of this butterfly are laid in the open air and are not covered, so they are unprotected.

Children **without guidance**, feel anxious.

Anger, irascibility

Relationships are focus of life. Relationships are good, sweet and smooth.

Limenitis bredowii: unprotected, relationship

Feeling unsafe is a strong theme (the eggs are not covered); dreams of danger/ dreams of buildings: the home represents the protection

Parents who do not want to think about rules, they just want to feel love for their children

Aversion to responsibility

Loving feelings; Relationships are focus of life

Emotions, not the mind; Inability to think

So when we see this case in context to the proving ,we see teenage / adolescent pregnancy and why there is a need for guidance in teenage .The butterfly energy gets carried away and needs guidance from the elders in this adolescent stage.The feeling of being unwanted and not belonging is because the baby is unprotected as it is born out of wedlock. The themes are emerging beautifully and getting connected to the source.

The Themes which are emerging

Butterfly themes

1) Sensitive

Sensitive, even highly sensitive. Antennas

Fine build, slender. Small, or feeling small

2) Nectar

Strong need for sweets hypoglycaemia (need for nectar), especially fluid food (sucking up nectar with a hollow tongue)

This translates to needing for fun in life. Clothing, beauty, silk, passion for dressing up

3) Metamorphosis:

A general insect theme particularly present in Lepidoptera, certainly due to the almost miraculous transformation of this creature. Patients exhibit need for transformation or change, sometimes simply in the form of mimicry, disguise, camouflage or the desire to dress-up,

4) Cocoon

Lives in her own world, dreamy, in a cocoon; other polarity: play, amusement, fun , creativity.

5) Abandonment -

Lack of guidance as a child, losing the way, unsafe, unprotected, taking on a caring role

Great feeling of responsibility, trying to make the other feel safe, trying to guide the other

6) Concentration problems+++ Emotions, not the mind. Inability to think
Sensitive to noise, sensitive to changes in atmosphere, smog

7) Fascination for colors

- With their huge compound eyes, they can perceive a larger range of colours than any other animal, perhaps comparable only to that of dragonflies. Hence, two butterfly markings that appear identical to the human eye can be drastically different for lepidotera since they perceive infrareds and ultraviolets humans are blind to;

8) Sexuality -

The insects have a very small life span so the only scope of their 3 to 7 day existence is to find a mate and copulate.

Dr Meeta Nihlani is practicing Homeopathy in Raipur, India ,since more than 3 decades. She has evolved her own approach to healing, which blends the essence of the concept of The Other Song based on The Sensation Method and various healing techniques which unlock the energy signature of a diseased individual. This understanding has been instrumental in her success in healing Psychiatric Disorders like Depression, Anxiety and Panic Disorders, Bipolar Disorders, Schizophrenia, Obsessive Compulsive