

Jan Scholten
Sense Provings - Imperfect copy

Reading excerpt
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of [Jan Scholten](#)
Publisher: Alonnissos Verlag



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1. Sense Provings

Introduction

Sense provings is a kind of proving I developed in order to get good pictures of remedies in a short time. This was needed to get an idea of a vast array of remedy picture. The majority of provings in this book are sense provings, 144.

Format

A plant in flower is picked and experienced in as many ways as possible. The experience is visual by looking at it. The smell, taste and touch of the plant are experienced. The name of plant is experienced. All these influences give an impression on the prover who meditates on all of them.

Advantages

1. Relatively little investment is needed, about one hour.
2. The format gives full focus, gives a strong signal.
3. There is little noise.
4. Sense provings have the best cost benefit ratio.
5. A mother tincture can be made for a pharmacist to produce the potencies for use in practice.

Disadvantages

1. Personal aspects of the prover can distort the picture.
2. The result is very dependent on the prover quality.

Comment

1. This is mostly done with Plant remedies.
2. It is a good way of doing a proving with one prover.
3. Sense provings have helped me a lot in bringing forth the Plant theory as expressed in my book Wonderful Plants.

1.1. *Amborella trichopoda*

Number: 61111.01
Series: Hydrogen series; emphasis on Hydrogen series.
Glades: Amborellaceae; Amborellales.
Phase: 1; Subphase: 1.
Stage: 1.

Introduction

The theme can be that of a very vague kind of existence. It is like an experience without action, just being.

Amborella trichopoda, proving

Sense proving, 30-10-2012, between Los Angeles and Detroit, Melanie Grimes.

Prover 1

Happy bouncy expectant.
Homesick. Seeking water.
Alone, like a small child looking for parent but content and safe right now. Don't know where parent is and not worried about it.
Kindergarten
Snow flakes.
Innocence. Like a boy in school yard chasing a girl but doesn't yet know why he does.
Dry. Tingly. Sparkly. Not an itch but an excitement of nerves. Tingly a bit.
I taste it. A bit astringent. Chalk like, lemony. Dry.
Same sensation of a tingly numbness.
Chalky creamy as if I'd had milk in my mouth. This lasts a while the creamy feeling in my mouth.
I feel a bit bored and want to do something different.
Creamy lemony sensation continues.
Fingers feel a bit sticky.
White foam. Like snow, like sea?
In a shady spot on a sandy beach under a larger sheltering tree.
Pulsing in fingers holding the flower. Left hand first finger. Because I squeezed them too hard or from the proving?
I feel impatient having to write this up from my hand written notes.
Continue to have a lonely happy feeling like in kindergarten. Don't know that there are things to worry about (retarded). Life is simple and fun. Like a box of new crayons.
I am part of the group without knowing the group.
Still amorphous personally. Merging with the rest of the class. We are one. All in sync together.
There must be a teacher but she is around.
We are children playing in a group. Merging with each other, happy content.
Like lights on a Christmas tree.
Some slight nausea. Maybe drowsy, not sure.
A bit anxious to move on, as if this is not enough but I don't know why. I want to stop doing this proving because I am a bit bored like talking to a child, it's not very satisfying. I want more. I am not fascinated, attention wandering, though the child still needs some of my attention. And I am responsible, like for a niece or nephew, not my child.
Or I am baby sitting and want the parents to come back so I can do something else. I feel bad for feeling this way, as if I should be more engaged, but the child is not needy, just needs my presence. Not much more of me, no talk, or interesting talk, so I am bored. Like a sleeping child and I can't leave but nothing to do while I stay. Want to move on but to where? I don't feel trapped. Not restless. Like I'm too tired to do anything anyway, but not physically tired.

I wish I was somewhere else and didn't have this little boredom. Even though it's easy and not occupying much of me.
Still the little responsibility restricts me, so I cannot do anything bigger and I am resentful but I cannot picture anything I'd rather do.
I am like a teenager with no date, no boyfriend, nothing better to do on a Saturday night and this is what bugs me. I have nothing better to do.
I remember feeling this way as a baby sitter when I was 15 and the kids were asleep and parents were out for night having fun and I had to stay awake until they got home for a little bit of money and I really didn't like to baby sit but had nothing else to do. It was all I could do for a job though it didn't suit me at all. I was tired but had this stupid job to do.

1.2. *Annona muricata*

Number: 62243.12
Series: Hydrogen and Carbon series; emphasis on Carbon series.
Clades: Annonaceae; Magnoliales; Magnoliidae.
Phase: 4; Subphase: 3.
Stage: 12.

English: Custard apple; Soursop.
Content: acetogenins.

Mind

Children with a bad stepmother or stepfather.
Street children, au pair girls.
Children lost, during shopping, on holidays, in panic.
Feeling lost, having no home, homeless.
Children never leaving home, staying with their parents all life.
Chaotic.
Low intelligence.

Body

General: cancer.

Annona muricata, proving

Sense proving, Lamu, 12-3-2011.

Prover 1.
Street children.
Homeless.
Au pair girls.
Chaotic.
Children with a bad stepmother or stepfather.
Feeling lost, having no home.
Children never leaving home, staying with their parents all life.
Low intelligence.
Children lost, during shopping, on holidays, in panic.

1.3. *Persea americana*

Number: 62254.08
Series: Hydrogen and Carbon series; emphasis on Carbon series.
Glades: Lauraceae; Laurales; Magnoliidae.
Phase: 5; Subphase: 4.
Stage: 8.

Names: *Persea gratissimum*.
English: Avocado.
French: Avocatier.
Dutch: Avocado.
Content: asparagin, dopamin; fitosterol, lecithin;
Vitamin A, B, D, E, G.
Use: food, as butter.
Botany: female flowers open one day before the male flowers.

Mind

Does not want to look at himself, because his ideal image and that of reality are too different.
Desire compliments to come to terms with himself.
Beautiful, light, soft.
Individuality.
Mother too protecting, too feeding.
Irritability; anger from the past that cannot be released.
Simple people, strong chin. Stubborn.
Adapting.
Sexual desire increased, without erections.
Ailments from loss of position, job.
Pessimist.

General

Desire: salt, salty food.
Aversion: milk.

***Persea americana*, proving**

Sense proving, 1-6-2009, Utrecht.

Prover 1.
Food, feeding.
Use as butter, food.
Image of a feeding mother.
Child that has all it needs.
Individuality lacking.
Hard core, stubborn, obstinate.

1.4. *Calycanthus occidentalis*

Number: 62257.06
Series: Hydrogen and Carbon series; emphasis on Carbon series.
Glades: Calycanthaceae; Laurales; Magnoliidae.
Phase: 5; Subphase: 7.
Stage: 6.

DD: Natrium, Silicon, Thulium.

Mind

Retiring from feeling not recognised, acknowledged, lost parents, being orphan.
Protective, hidden, closed, don't communicate about themselves.
Rational, logical, consistent, intelligent, intellectual; scientist, dry.
Wiseacre, stubborn, self willed. Indignant.
Firm, strong, don't give up.
Atheism.
Easily distracted, dreamy, excursive.
Brightness is gone, < disappointments, < lack of love and sex, wife walked away, < violence in the world.
Delusion: being not good, bad, dirty, rotten.

***Calycanthus occidentalis*, proving**

Sense proving

Prover 1
Smell of old cheese
Retiring from feeling not recognised, acknowledged, lost parents, being orphan.
Protective, closed, don't communicate about themselves.
Indignant.
Hidden, in the depth.
Radiating, but not seen, wanting to be not seen because they think they are not good, bad, dirty, rotten.
Firm, strong, don't give up.
Stage 6.
Taste: bland, somewhat pricking.
Rational, logical, consistent, intelligent, intellectual.
Easily distracted, dreamy, excursive.
Dry, dry.
Thulium.
Let oneself go, because it makes no difference.
Taste: later bitter. Having to swallow a bitter pill.
Atheism, pretending to be beautiful, but all brightness is gone due to disappointments, lack of love and sex, due to the violence in the world, in their youth.
Scientist, dry.
Wiseacre, stubborn, self willed.
Man, 40, who does not understand that his wife walked away from him; she walked away because he was too dry and silent, taciturn.
Sharp lines in the face.
Retired.
Natrium, Silicon.
Phase 4, 6.

1.5. *Zantedeschia albomaculata*

Number: 63211.06
Series: Hydrogen and Carbon series; emphasis on Silicon series.
Clades: Araceae; Arales; Liliaceae.
Phase: 1; Subphase: 1.
Stage: 6.

Mind

Vehement, strong.
Very focused; one sided, goal oriented; opiated.
Split of sexes, difficult to get real contact, contact is only sex.
Male power; macho; policeman, fighter, soldier, Rambo.
Delusion: woman has to obey her husband, in sex.
Desire: play outside, sports and fights.
Sexuality strong; instinctual; rubber, latex sex; frequent and long.
Can easily be manipulated, by intelligent women.
Fear: intimate matters, sexuality; rejected, outcast, < sexuality.
Cannot go back, step back, have to go on.

***Zantedeschia albomaculata*, proving**

Sense proving, 16-7-2011, Utrecht.

Prover 1.
Vehement, strong.
Fear about intimate matters, sexuality.
Very focused.
One sided, goal oriented.
Obstructed nose, narrow air passage, smell lost.
Rubber, latex sex.
Split of sexes, difficult to get real contact, contact is only sex.
Male power.
Policeman.
Macho.
Woman has to obey her husbands, in sex.
Clenched teeth.
Cannot go back, step back, have to go on.
With fire and sword.
Instinctual.
Young man, 18, who wants to impress every woman with his sexuality, frequent and long.
Can easily be manipulated, by intelligent women.
Fear being rejected, becoming an outcast, when their sexuality will become known.
Fighter, soldier, Rambo.
Rhinitis.
Long nose.
As a child opiated, desire to play outside, do sports and fights.
A young lion, pushed out of the group, looking for his own tribe.
Prostate complaints.
Swollen genitals.
Vaginitis, leucorrhoea, prolapse.
Gonorrhoea, chlamydia infections.
Stage 6.

1.6. *Lysichiton americanus*

Number: 63211.08
Series: Hydrogen and Carbon series; emphasis on Silicon series.
Clades: Araceae; Arales; Liliaceae.
Phase: 1; Subphase: 1.
Stage: 8.

Content: calcium oxalate.

Mind

Hiding.
Fear: criticised, seen as dirty, ugly, offensive, instinctual, greedy; attacked on their sexuality.
Silent, reserved, in the background.
Doing bad things things in the dark.

Body

Mouth: irritation.
Stomach: irritation.

***Lysichiton americanus*, proving**

Sense proving, 13-4-2012, Utrecht

Prover 1

Hiding, wanting to hide.
Fear being criticised, seen as dirty, ugly, offensive, instinctual, greedy.
Fear being attacked on their sexuality.
Silent, don't say much.
Fear showing themselves, saying too much.
In the background, doing bad things in the dark.
Stage 8.



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192 pages, pb
publication 2013



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