

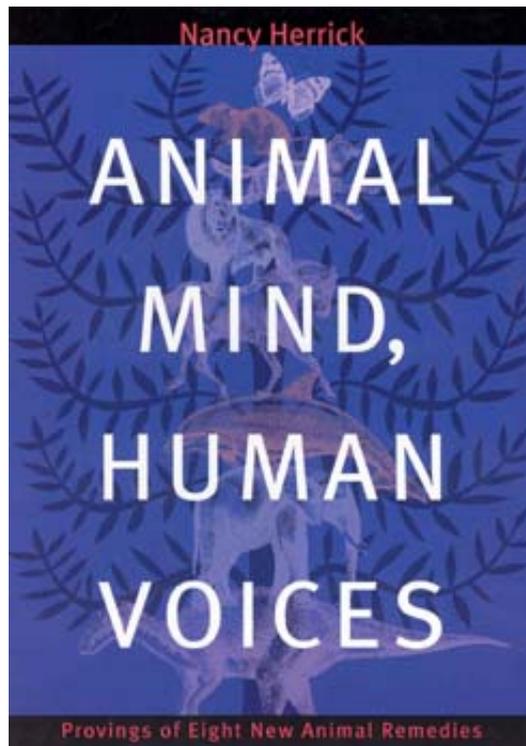
# Nancy Herrick Animal Mind, Human Voices

Reading excerpt

[Animal Mind, Human Voices](#)

of [Nancy Herrick](#)

Publisher: Hahnemann Clinic Publ.



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## *Play ana Pleasure*

#5 Increase in joking, joviality, jesting, silliness, and an increase in laughing. A lot of playfulness during the week. This is not how I usually am. It's very different for me.

#18 I had some moments of spontaneous joy; I laughed out loud, a deep hearty laugh. A real departure from my recent state.

#9 Don't have as much self-control. Usually very disciplined, especially with diet. Chocolate, started eating it for first time in 17 years! Didn't care, not a big deal. The eating chocolate wasn't as much about chocolate as it was about an attitude: "This isn't part of my diet," lessening. I still eat it occasionally now, maybe a tiny craving for it. Ate it first at lunch. A chocolate chip cookie sounds pretty good right now! Also ate onion rings, which I would never have eaten before.

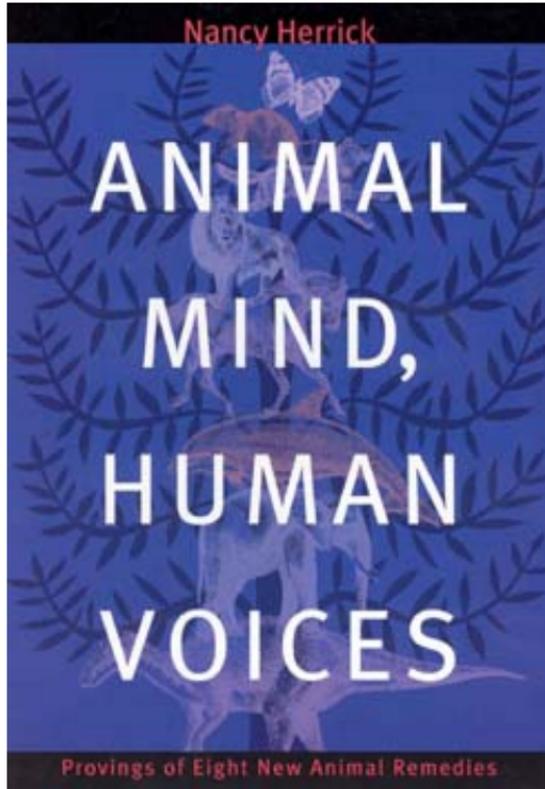
#12 Dream: My usually celibate, female spiritual teacher wanted a male concubine. I auditioned for the job. I touched her, felt intense desire, and woke up with a wet dream.

#17 The night was fun. Going from scene to scene to scene. Exciting. So many images, unusual images, without the element of surprise, just: "Wow, look at that." Fun. Playful. None of it made any sense, and none of it mattered. Element of surprise, it wasn't shocking, it was just fun, interesting. A curiosity. There was an excitement to it.

#5 Desire to touch people, be near them, feel their presence, feel connection, to have fun with them, to laugh with them. Normally I want time to myself.

**MIND**

ACTIVITY; desire for  
AFFECTIONATE  
AILMENTS from; fright or fear  
ALONE, feels he is  
AMOROUS; disposition  
AMUSEMENT; desire for  
ANTICS, plays  
ANXIETY; children; about his  
    family, about his  
CALM  
CLAIRVOYANT  
COLORS; charmed by  
    desires bright  
COMMUNICATIVE, expansive  
COMPANY; desire for  
    wants to be watched constantly  
CONSCIENTIOUS about trifles  
CREATIVE  
DANGER; surrounded by; yet calm  
DELIRIUM; chill, during  
DELUSIONS, imaginations  
    beautiful; things look  
    danger; impression of  
    yet remains calm  
    enemies, surrounded by  
    safe, she is not  
    separated  
        from the group, that he is  
        from the world that he is  
    visions, has, on closing the eyes  
DESIRES; people  
    touch things  
DETACHED  
DOUBTFUL, of himself  
    inferior feels  
DREAMS  
    attacked, son was  
    accidents, of



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Provings of Eight New Animal Remedies

407 pages, pb  
publication 1998



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