

Philip M. Bailey

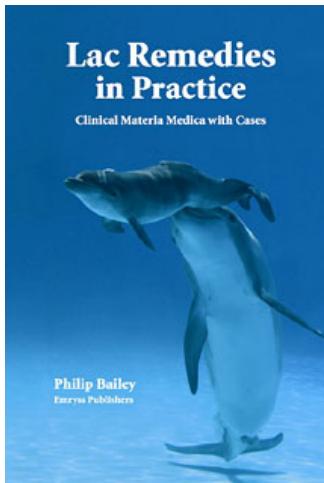
Lac Remedies in Practice

Reading excerpt

[Lac Remedies in Practice](#)

of [Philip M. Bailey](#)

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LAC DELPHINUM

Lac delphinum has a very distinct energy in women (I have seen no male cases).

There is a combination of innocence, warmth, and sensuality that tends to be irresistible to men.

The most obvious example of this energy is Marilyn Monroe. A sex kitten, not a cat. The combination of child-like vulnerability and sexuality is very typical of Lac delphinum. Her helplessness makes her seem even more desirable. And yet a man who falls for her finds he has taken on more than he bargained for. She can be very demanding of his attention. She needs constant reassurance that he loves her and finds her attractive, and she is so moody and volatile that he runs away from her.

I have found that Lac delphinum women lack many of the defence mechanisms that help other Lac people to cope with grief and loneliness. In this sense they resemble Lac caninum. They are more open emotionally, less analytical, and more in touch with their feelings. As a result, they are so sensitive that they easily feel overwhelmed by their own emotions.

Fear

Fear is the emotion which dominates *Lac delphinum*. She has many fears, but the most important are fears of attack and fears of abandonment. *Lac delphinum* is both psychic and highly imaginative. This works against her, as she can imagine hidden dangers, particularly at night. She senses attackers in the shadows, or ghosts by her bed. Some such women are terrified by horror stories, yet also

Lac delphi / Sensual, helpless, warm, feminine, addicted, chaotic, escapist, vulnerable, panicky, dreamy, magical, thinking.

attracted. They watch horror movies, then feel terrified and haunted for weeks.

Lac delphinum has a peculiar relationship to danger. She seeks dangerous situations, and feels calm in them. For example, she will drink too much, and then drive. This can be compared to the dolphin who is always aware of sharks nearby, yet is not threatened. Dolphins will chase sharks away from the pod, and it is only sick and young who fall victim to sharks. Yet dolphins are very aware of the danger from sharks. Several *Lac delphinum* women reported dreams of being *stabbed by sharp objects* such as spears of knives, which may represent the shark's teeth.

Relationships and Sexuality

Whereas many *Lac* individuals complain chiefly about their relationship with their mother, *Lac delphinum* tends to struggle especially with her relationships with men. She knows she is sexually attractive, and may use her sexuality to hook a man, from whom she seeks security. *Lac delphinum* is often clingy and dependent in relationships, and this tends to push partners away. She very easily goes into a helpless, childlike mode, where she expects to be looked after. She is also moody in relationships, because she easily feels neglected, hurt and indignant. As a result she is prone to brief and stormy relationships. She will also push men away deliberately, because she easily feels trapped.

Another pattern I have seen in *Lac delphinum* is a tendency to attract older men, who become father figures. They provide security for *Lac delphinum*, but are seldom sensitive enough for her. Hence she

pouts and fights with them, and eventually leaves them. Often in the process she becomes a single mother.

Sexuality is a prominent feature in the proving of *Lac delphinum*. Most of my patients who responded to the remedy had a high sex drive and a strongly sensual feel. Yet many also reported problems with sexuality. The most common complaint was that they could not connect sexuality with their heart. They either felt love, or sexual, but not both at the same time. Often there was an inability to reach orgasm during intercourse, part of a general inability to let go during sex. And some reported fear during sex, as if they were being raped. The same women felt some masochistic desire to be raped by their partner, and some also felt violent themselves during sex. It appears these symptoms relate to the fact that male dolphins are very aggressive when mating. Several males will chase a female and effectively gang rape her.

Heart-centred and Dreamy

Lac delphinum has a very warm heart. This is part of her attractiveness. She feels great empathy for almost everyone, and will give and give when she feels needed. As a mother she tends to be a natural, exuding maternal warmth whilst dreamily floating through the early stages of being a parent. Very often motherhood is the one stable element of her life, the one relationship she can count on to endure. She is generally a permissive mother, who delights in every aspect of her child.

Although *Lac delphinum* often has a sharp intellect, she is frequently unable to focus. She is particularly liable to space out when she is anxious. Her boundaries are not strong, and she easily feels

overwhelmed by pressure. She then panics and goes into a fugue-like state, where she feels dreamy and cannot think straight. Indecision is a keynote symptom of *Lac delphinum*. She fears making a mistake, and hence will not decide. Perhaps this also relates to the life and death situations that dolphins face with regard to sharks.

Lac delphinum's dreaminess is an essential characteristic of the remedy. It is there even when she is not stressed. She will laugh easily, and seem unable to take problems seriously. She has a child-like giggle, reminiscent of *Ignatia* and *Pulsatilla*, and she likes to fool around and make others laugh.

Play, Escape and Magical Thinking

Playfulness is another keynote of *Lac delphinum*, closely tied to her dreaminess. Dolphins are famous for their playfulness. I feel it is more than coincidence that dolphins are so often used in New Age images of spirituality. Those New Agers who are attracted to the dolphin image often share characteristics with *Lac delphinum*, including innocence, dreaminess and unrealistic optimism. I have found that *Lac delphinum* people are attracted to using aphorisms to attract what they want, and to ward off trouble. It is a kind of magical thinking that can be seen as an escapist or immature form of spirituality, associated not only with dolphins, but also fairies, unicorns and angels.

Lac delphinum is a very escapist type. One way she will escape is to bury her head in the sand. She simply will not look at difficult issues, and so she can feel quite slippery when she seeks psychological help. Instead of responding when asked a question that touches on a painful issue, she may laugh, or stay silent, or change the subject.

Another way *Lac delphinum* escapes is by taking drugs. It is a very addictive type, particularly to alcohol and sedatives like valium and marijuana.

Depression

Lac delphinum is prone to depressive illness. Her life is very often chaotic, and lacking in support. She is extremely sensitive to the world's harshness, and she easily feels overwhelmed, and then sinks into depression. When depressed she is very tearful, and full of self-pity and self-loathing. She is also prone to anxiety when she is depressed. At such times she isolates herself, though she can also behave in a clinging way if she trusts someone. A depressed *Lac delphinum* usually appears lost and hopeless, and has little idea how to help herself. She tends to feel extremely disconnected from other people, and hence very lonely.

Lac delphinum has many characteristics in common with *China*. In particular, both types tend to be dreamy and psychic, and both types are prone to panic. They also share the same defence mechanism. Both can be very stubborn and defiant, particularly with men. One *Lac delphinum* patient told me that she studied astrophysics at university, just so that she could beat her father at something. She was beautiful and sensual and dreamy, the kind of woman you would only expect to be an astrophysicist in Hollywood movies.

As children, *Lac delphinum* are shy, sensitive and dreamy. They tend to live in an imaginary world, and are easily frightened. As with other *Lac* types, sibling rivalry is often strong.

Case 1

36 year-old woman, dark hair.

Past Medical History

Recurrent bladder infections
Appendectomy
Cervical dysplasia

Complaints:

- Tiredness for six months, since working on fishing boats. Feels run down.
- Moodiness:
 - My mood has been very up and down lately, excited then depressed. When I am low I have no motivation. It lasts a day or so. Often I feel anxious if I am under pressure. I am in an on-off relationship. I have a fear of commitment, of being trapped. I need space. That is why I took the boat job, so I could watch whales all day. I love their power and their beauty. I also get needy in relationships.
 - I have a fear of death, of loved ones dying.
 - As a child I was shy and sensitive. I was afraid of making mistakes. I felt alone. I was a very giving child, keen to please. I mixed well with other children, yet I still felt alone.
 - I have a fear of committing to anything. I can be very indecisive. I like to learn. I am intuitive, I love dance, music and art.
 - I have had several dreams about dolphins and whales. And I often dream of flying.
 - I can be very wild, but in a safe way. I am very playful. I get really giggly.

- I would like to have children. My libido is pretty high. I tend to daydream a lot.
- I get scared very easily, and then I space out, especially if I have big tasks in front of me.
- In relationships I expect a lot of attention. I expect to be listened to. I am also giving, and very sensitive to energies.

Analysis

This woman struck me as highly unusual. On the one hand she appeared sensible and mature, and on the other hand what she said contradicted that. She spoke of being dreamy, wild and spaced out, of being anxious and unstable. And yet she appeared calm and focused. I have found this kind of dichotomy quite often in *Lac delphinum* cases. They have a certain self-possession and a good intellect, yet they are prone to spacing out and to attacks of anxiety.

One of the most characteristic features of this case is her fear of being trapped in relationships. She cannot commit, and so the relationship is on and off. This is another common feature of *Lac delphinum* cases. There is a great need for closeness, opposed by an equally great fear of being trapped. (Dolphins are very social animals, that often get trapped in nets.)

Equally typical of *Lac delphinum* is her labile mood. These are creatures of whim, almost like mermaids, magical and inconsistent. They are often very beautiful, and they exude a soft sensuality, but they cannot be caught.

Of course, her love of dolphins and whales, and dreams of them, immediately put me in mind of *Lac delphinum*.

Treatment: *Lac delphinum* 1M.

Follow up after six weeks

~ I went through a lot after seeing you last. It was like I couldn't do anything for a week. I just couldn't focus. Lots of memories came up from my childhood, sadness over feeling separate from other kids. And a memory of my mother being really hard on me. She didn't understand me. I even cried over my sister always getting more approval from my mother than I did. And now I am feeling a lot better. My energy has gone from about 40% to about 80%, and my mood seems more stable. I have a sense I can cope better with stresses now. I am getting on well with my boyfriend, but I am still not really ready for total commitment.

No treatment

Follow up after a further two months

~ What did I come to you about originally?

Philip: 'Your energy and your mood?'

~ Oh yeah. My energy seems fine now, except when I have too many late nights. And my mood is the most stable it has been for a long time. My boyfriend says I am much easier to be with. I am beginning to feel more able to commit to him. It is still scary, but not so much. And I have noticed that I don't get so scared now when he seems aloof. I used to fear that he would leave me. We

have been talking about having a child, and we both seem more open to it now.

Case 2

32 year-old woman, blond, slightly overweight.

This woman was in a state of distress when she first came to see me. She was tearful and vulnerable, and seemed very young emotionally.

- I have suffered from anxiety and depression since I was 21. I think I have been depressed on and off my whole life. When I get anxious lights seem to shimmer, and distances go unclear. For the past six weeks I have felt overwhelmed. I split with my partner, and since then my self-esteem has been really low. It was only a brief relationship. I feel my career plans are disintegrating. I want to paint. I have painted my arse off, blindly believing I could make it as a painter, and now I don't have that faith anymore. I feel pathetic, without any direction, and I feel so tired.
- It feels very uncomfortable crying here with you.
- I get by with sedatives and alcohol. I take valium every day.
- I am a single mother. My daughter is six years old. I work as a topless waitress. I am good at it, but it's not very stimulating.
- I had a bad relationship with my parents. My mother used to throw stuff. But she supported me. Dad tried to have me put in a children's home, because I lied and smoked pot. Dad had a short fuse. He smacked me with a wooden spoon. It was humiliating.
- I am very sensitive, to everything. I used to be angry and defensive with my parents. I am also very compassionate with everyone. I

connect strongly to people, and try to help them. I am very intuitive with the men at work. I can give them what they need.

- I tend to isolate myself. I feel unlovable. If I am attracted to a man I feel afraid. When men see my fear they reject me. The last three guys left me. They all said, 'Something is missing.' It was devastating. I was very close to the last one.
- I am needy, starved of love. And I can get pushy. I resist if things don't go my way. And I can hold onto resentment. I resent my mother. She is so horrible to me. And I am so dependent on her. She babysits for my daughter. She is vicious and cruel. I always felt unloved as a child. I was picked on at school. I used to cry all the time.
- I was afraid of the dark. I didn't want to go to bed. I still am afraid of the dark. I am afraid of seeing dead people. Once I saw a guy by my bed at night. He was transparent.
- Sometimes I smell my grandmother at night.
- I used to be promiscuous. Now my heart is more connected. I don't orgasm, except during foreplay. I think too much during sex.
- I am very sensitive to injustice. I have campaigned for Greenpeace. I give to charities. I can't watch the news. It horrifies me, makes me feel sickened, defeated.
- When I am depressed I feel guilty, a loser. I hate myself. Then I tend to rush around. I used to feel like a victim. I still do in relation to my parents. I feel so broken.
- I want to be in the sea all the time. I surf when I can. I feel cleansed by the sea. I dream of the deep ocean, of whales. I love sharks. They are monsters. They hunt us. Humans are so arrogant.

- On a very deep level I feel disconnected. Everything is happening all around, without me. Sometimes I have dreams where I know that I am dreaming. I like to paint spirals. I get spaced out easily.
- I am also very playful. I goof around. I was a smart-arse, the school clown. I was told I was too communicative.
- I have a fear of getting old. I like challenging situations. In Vietnam I was doing heroin, and there were these junkies around me, yet I felt perfectly safe. I drive the car when I am drunk. I have just lost my driving licence.
- I am really into affirmations. They help me to feel positive when things are hard. And I am constantly noticing synchronicity, how everything is connected with everything else.
- Last week I had a strong dream: I was swimming under the water. There was a lot of light. I swam around my ex-partner. I wanted to eat him. A wave knocked me into him.

Analysis

This woman was also highly unusual. I had never before treated a case where the patient was so sensual, and yet so warm-hearted. She worked as a topless waitress, and used to be very promiscuous, yet the energy she gave off was centred more in the heart-chakra than anywhere else. Furthermore, she was highly sensitive emotionally, and intuitive. And despite her warmth, her attractiveness and her depth, she was depressed to the point where she appeared to be falling apart.

These extremes of light and dark are typical of *Lac delphinum*. Not the light and dark of *Stramonium* or *Mandragora*, but a more human spectrum, where the individual's strong positive qualities can barely enable her to cope with her extreme vulnerability and lack of

boundaries. Her combination of inner and outer beauty, and pathos, was similar to that I had seen in some *Phosphorus* cases, a beautiful damsel in distress, almost pleading to be rescued.

A superficial overview of the case could lead to the prescription of a *Fluoratum* remedy. There is strong sexuality, weak boundaries, despair and dependence on narcotics. And yet I was sure that *Fluoratums* would not cover the case. There is a detachment and a cynicism in *Fluoratum* cases that was entirely absent here.

The patient's previous campaigning for the environment, and her tendency to help people, suggest a *Lac* remedy, as does her victim status in relation to her mother. She is an intuitive single mother with low self-esteem, who relies upon New Age affirmations, a very common *Lac* presentation. She never felt loved, and still resents her mother. In fact her mother is the only person she expressed resentment toward, despite having had an abusive father and some difficult romantic relationships.

Within the *Lac* group of remedies the only remedy, apart from *Lac delphinum*, that I have seen to be effective in cases that were this boundary-less is *Lac leoninum*. In both remedies there is often a lot of chaos and impulsiveness around romantic relationships, which can lead to depression and anxiety.

There are, however, many features which favour *Lac delphinum* over *Lac leoninum*. First of all, the woman is playful in a sensuous, girlish way. *Lac leoninums* I have treated were less sensual, and less playful than this patient. Secondly, her dependence upon narcotics is far more typical of *Lac delphinum*, as is her spaciness. Then there is the keynote of the remedy, feeling safe in dangerous situations. She drives when she is drunk, and in Vietnam she was surrounded

by junkies, and shooting up heroin, yet she felt perfectly safe. And of course there is her special relationship to the sea, with dreams of whales and sharks (both frequent companions to dolphins in the wild, one safe and one dangerous).

Treatment: *Lac delphinum* LM1 daily.

Follow up after six weeks:

- I have felt a lot better on the remedy. I haven't needed to take valium for the past three weeks. Previously I was taking it nearly every day. I feel like I can cope with things better. I am not so tearful, and I feel like I have more to give my daughter now. I was just in survival mode before. I had a dream last week:
- I am in a tower, surrounded by armies of soldiers. They are carrying spears. They are all aiming for my heart. I felt so vulnerable. A spear goes through my back into my heart. I am in front of a family. My heart is bleeding. I try to tell them. I can't. I vomit blood.
- When I woke up there was such a feeling of sadness. My eczema has been a bit worse.

Analysis

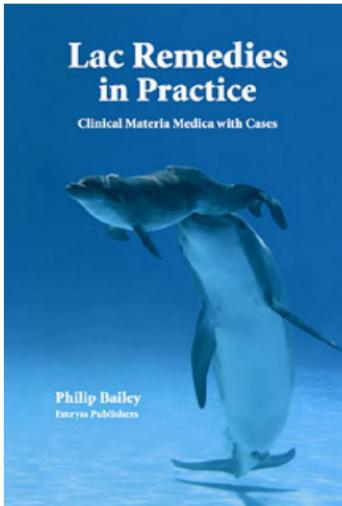
She is clearly doing well. The dream appears to express very poignantly the heart-pain that she is processing. Literally a bleeding-heart, dying in front of a family she cannot reach.

Treatment: Continue *Lac delphinum* LM1 daily.

Follow up at 12 weeks:

I have had a good few weeks. I seem to be on a more even keel. I don't get so low, and I don't get as stressed as I used to. I am beginning to feel in control of my life for the first time in years. I haven't taken any valium since last time, and I am drinking a lot less beer. I realized the other day that I don't know how to receive love. I push it away. I don't let people get close. I want to change that.

Lac delphi / Sensual, helpless, warm, feminine, addicted, chaotic, escapist, vulnerable, panicky, dreamy, magical, thinking.



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