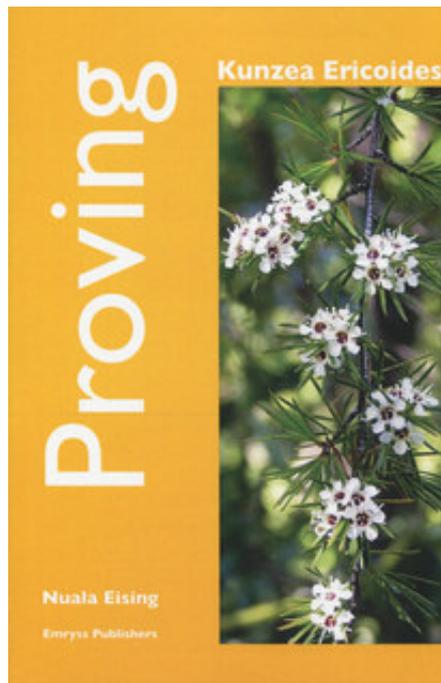


Nuala Eising Proving - Kunzea Ericoides

Reading excerpt

[Proving - Kunzea Ericoides](#)
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THE PROVING

MIND

DISCONNECTED: SEPARATE

Prover J - I feel a little strange today, like things not flowing. I have only just taken a third dose and feel a bit disconnected and non-reactive. I have a sense of disorientation.

Prover H - I went into a place of complete disconnection, duality - far from higher self. Complete spiritual disconnection, direct opposite of previous feelings of empowerment and assertion. Duality, reflection vs. imploding anger. I can't express my complexity of feeling and just want to hide in cave, my dark quiet place.

Prover E - I feel very disconnected from my husband overall.

Prover N - Last night's dinner party rang alarm bells (that's fine). I felt oddly disconnected from everyone - though I love them all. Was I picking up on a friend's homelessness which is taking up all her attention just now? The looming wedding is getting to be bigger than I wish till I can think of something to say/write in my poem. The trouble here is accessing my true feelings after all the difficult years around my grandson growing up. Remember, it's just a bit of divine madness that people in love have the energy for. Then, am I up to driving up and down with a car full of adults? I doubt it. To be truthful, there is too much on my plate - one way yes, not two.

Prover N - Family gatherings; It seems like we are on the outer circle of this one, which is fine. A new generation takes centre stage.

Prover N - I am feeling rather disconnected; losing and breaking things and seeing imperfection and disorder.

Prover L - During the day, I think there is something in this, that I have a need to be connected - that I want to be in a symbiotic relationship with the world. When things go wrong I feel like

I am dropped off the planet and I am small and I panic and I am cross and feel, don't leave me behind and I really feel alone and separate and had lost sight of the important issue that I am supposed to be dealing with. When the spotlight is on me I am separate from the whole world.

Prover L - I remember a scene from my childhood where I wet the floor at school (aged about 5) as I was too shy to ask to go to the toilet and the teacher left me wet sitting surrounded by soaked newspaper. This time in the memory I was aware of shyness in asking to go but what caught me unawares was a flashing memory of not wanting to go to the toilet on my own and that I would rather sit humiliated that have gone out to the toilet on my own. In the flash I had a quick memory of my mum pushing me out the door for behaving badly on an earlier occasion and all I wanted was to be let in again. The terror of being put outside was overpowering - her pushing my hands away as I tried to cling to her and pushing me away. I am still not sure if this is a real memory but the experience was very real and scary and in the moment I knew why I never wanted to be outside or separate yet always feel so.

Prover L - Just a dot, like a lone star in such a small space. In connecting dots expansion occurs, opening possibilities - we are not alone.

Prover K - I live alone, in rural isolation and also in social isolation. Yesterday, unusually two people phoned me. I found it difficult to hear them or engage empathically, as I normally would. I felt as though there was quite a gap between us, almost worlds apart. I like the two of them and would generally be delighted at a natter opportunity. I kept flipping my attention and going back to what they had said three sentences and some paragraphs before - They were a little disconcerted, lol.

Prover F - I woke in the morning with the thought in my head, "You don't need to connect with your siblings - they are just people you once knew." This followed from a dream during the night where I couldn't find a way to get from the lane I was on to the lane my sister was on.

Prover F - Family organised a surprise party for my birthday. It was lovely and everyone in good form. I couldn't connect and would prefer to be alone. Felt tense and unsure of what to do. On the other hand, I thought it was lovely and really appreciated what was happening.

Prover F - I was sitting outside a cafe this morning. At the next tables there was a family of two grandparents, two parents and three children. I was watching the way they connected - and it was beautiful to see. Grandfather was talking about Christmas past (I got confused for a moment as to what time of the year we were in - it is summer now). The others were riveted to his story. Then the mother was sharing something about some new electronic device and again, one could see the interest and focus on her story. All the time the children were weaving in and out and getting the full attention of whoever they were trying to connect with at that moment - without any sense of hassle from the adults. Anyway it was bringing tears to my eyes and, as we got up to leave, I compulsively went over to them and told them what a beautiful family they were. They seemed really pleased. I walked away and then wondered if I was a total idiot and then thought, "Old ladies can get away with anything."

Prover E - I read a book to my boys about a fictional Indian boy removed from his idyllic natural existence and forced into white education, and as I read it, cried at the thought of what he suffered. I wanted to live his life with my boys and teach them about connections.

Prover E - My disconnection from my husband is no longer an issue and we are communicating really well and discussing lots of things that have come between us in the past in a very calm and progressive way.

Prover B - The week following taking the remedy felt quite unsettled all round, a general feeling of disconnect would be the best way to describe it

CONFUSION: MEMORY

Prover J - Driving the car, I have no idea which side of road I should be on. I am confused around people - but calm also. I think I am looking at people like an alien who just landed would. I think I must seem a bit thick. I am very non-reactive. I seem to be looking at people longer before I speak, like I'm not sure what language they are speaking. It's not an unpleasant sensation.

Prover J - I'm spiralling down into complete confusion and start of dementia, tainted with a bit of paranoia. I went shopping at Dunnes and got lost, then got to the counter and was terrified I wouldn't have enough money. I had €70 in my hand and had only a bit of shopping. I then got back to work and couldn't decide if the food in the car would melt or not. I couldn't remember if loo roll was food or not, or if a tube of mayo would melt or not. Eyes feel sticky - like when you wake up. I'm not sure I am awake actually or if it's a dream.

Prover J - OH LORDY, soooo funny; I just had a family of 5 in here - for homeopathy, and I wandered into the loo and started squeezing a spot on my chin, LOL. Then I told the kids I had a remedy for them to 'finish them off. Then I nearly started giggling, and then I couldn't find the remedy. I then got stuff all over my hands while looking for it - back into the loo again. Total distraction. Fascinating really - it's a very strong sensation of being asleep, yet trying to function. LOL, just put a toy purple dinosaur in the 'S' section of my remedies - LOL, this is nuts.

Prover J - I was moving four horses and, for some stupid reason, I thought I'd just leave open the gate and they would walk to other paddock at end of the drive past the garden. Oh no, they galloped all over the show and thought it was great fun, ruining my garden. But I remained completely calm, didn't feel anything, just waited until they calmed down and got them in one by one. So funny really. Everyone should be like that. No emotional silly me, just total acceptance of how things were. Maybe a good remedy for Alzheimer's or a grief. I can't decide if it's suppression or denial LOL or total clarity!!! But definitely has a drug-like feel to it.

Prover F - A lot of confusion - what am I supposed to be doing?

Double booking things. Confusion about what day or even month or year it is.

Prover H - Going into autopilot for tasks but in wrong direction/manner, as I haven't thought out the logistics enough on leaving (for example on car journey, keep going around in circles!) not engaging in logic.

Prover H - Confusion, anxiety. Emotional turmoil hits heart and gut. Terrible feeling of dread.

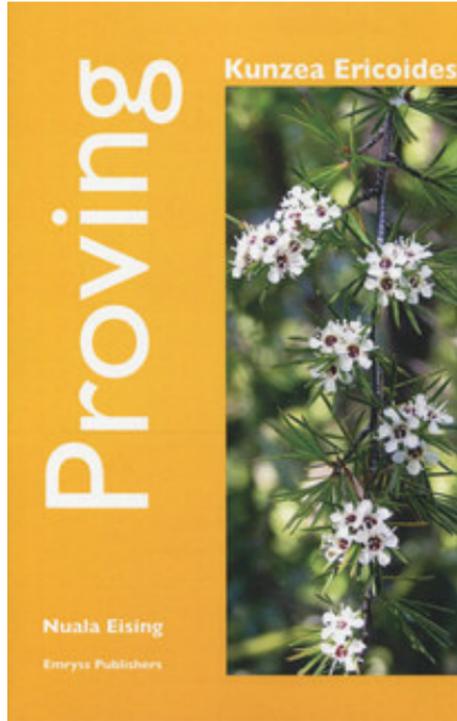
Prover F - I am generally finding it difficult to find the words when in conversation. Also, thoughts disappearing before I get the chance to verbalise what I am thinking.

Prover P - My memory is really bad. I keep forgetting what I was about to say. I go totally blank and then get confused. I find myself being slightly concerned that I may have the onset of Alzheimer's.

Prover P - I got very confused this morning on waking as to where the door of my bedroom was, and where the other rooms in my house were. I was trying to draw a plan of my house in my head so I could orientate myself.

Prover L - Twice I forgot to collect my son aged ten. I completely forgot to collect him at the pool and when he comes home with friends mum he says, "You forgot me" and he is sad about this. Then, on the way to Galway, I phone home at lunch and he answers. "You forgot me again." Luckily, as he was the only child on the bus and was alone at the bus stop, another mother from school passed by and spotted him, and when she couldn't get his dad on the phone she walked him home, and fortunately my older son was home as the event he was going to was cancelled. Both times I forgot him he was rescued by another mum, and while I was grateful for this my overwhelming feeling was that I had done wrong.

Prover L - I come home and get a letter that I am accepted on a course. I am so happy that I could dance and sing. I have a huge smile that I can't wipe off my face - thrilled with myself - on



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