Sense Provings
of Jan Scholten
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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
http://www.narayana-verlag.com
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 Angelos 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.
Same sensation of a tingly numbness.
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?

I wish I was somewhere else and didn't have this little boredom. Even though it's easy and not occupying much of me.
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 contend.

1.2. Annona muricata

Number: 62243.12
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.
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, homeless.
Low intelligence.
Children never leaving home, staying with their parents all life.

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1.3. Persea americana

Number: 62254.08
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.

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
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 prickling.
Rational, logical, consistent, intelligent, intellectual.
Easily distracted, dreamy, excusive.
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 to 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; Lilianae.
Phase: 1; Subphase: 1.
Stage: 6.

Mind
Vehement, strong.
Very focused; one sided, goal oriented; opinionated.
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 opinionated, 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.
Gonorrhea, chlamydia infections.
Stage 6.

1.6. Lysichiton americanus

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

Content: calcium oxalate.

Mind
Hiding.
Fear: criticised, seen as dirty, ugly, offensive, instinc-
tual, 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 things in the dark.
Stage 8.
Jan Scholten

**Sense Provings**

Companion to Wonderful Plants

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