

The Lacs

Common themes in Lacs...

- Dependence and independence.
- Nurturing and lack of nurturing.
- Bonding between the mother and baby (or lack of).
- Feelings of separateness, forsaken, isolation and estrangement.
- Dependency; demand care; never satisfied.
- Jealousy.
- Oral substitutes: pacifier, lollipop, sucking the thumb, nail biting, cigarettes etc.
- Feeling of having suffered wrong.
- Suppression of natural instincts in order to be able to harmonize with the group to which one needs to belong.
- Being torn between two sides.
- Loathing of self and life.
- Suicidal tendencies.
- Feelings of lack - poverty consciousness and jealousy.
- Lack of feeling of security.
- Lack of trust in life, and in themselves.
- Inability to bear touch and intimacy.
- Relationship issues.
- Sharp and critical tongue.
- Sexuality increased or decreased.
- Lack of trust.
- Feelings of being let down.
- Feeling of falling to pieces.
- Fear of falling.
- Sense of disconnection.
- Indifference.
- Poor memory. Mistakes in writing, reading, speaking.
- Lack of grounding.
- Needing to escape the body because they feel imprisoned in it.
- Fear of narrow or confined spaces.
- Issues with food. Eating disorders.
- Obsessive-compulsive. hand-washing/cleaning issues.
- Fear of sharp objects.

Common physicals...

- Chilly.
- Problems in breastfeeding; breastfeeding avoided or impossible; mastitis; child wants to be breastfed and rejects all other food.
- Hormonal disturbance; PMT etc.
- Milk: desire, aversion or aggravation.
- > during pregnancy and breastfeeding, < after this period.
- Alternating symptoms.
- Colour preferences : warm colours, deep red, orange, also magenta and purple.

Periodic Table relationships: possible stages of Lacs.

Stage	Remedy
1	Lac Loxodonta
2	Lac humanum, lac ovinum
3	Lac caninum
4	
5	Lac felinum
6	Lac equinum
7	Lac delphinum, lac asinum?
8	Lac asinum?
9	
10	Lac leoninum
11	Lac lupinum
12	Lac caprinum
13	
14	
15	Lac vaccinum, lac defloratum
16	
17	Lac suis, lac humanum?
18	

Lac Asinum (Donkey Milk)

Themes...

- Stupidity and Stubbornness.
- Ignorance, darkness, idiocy.
- Humility and Kindness – a little foolish but obedient.
- Curse and Punishment – 'turned into a donkey'.
- Indecisiveness.
- Helplessness and desertion.
- Others seem spiteful, unfair, ruthless.
- Feelings of being an innocent, passive, defenceless, martyr - a tragic, passive witness.

Physical...

- Pains and sensations around the head and eyes (blindfold).
- Pins and needles – paralysis of the head, face and trunk.
- Swelling, oedema, sweat.
- Right-sided.
- Stamina – well-being, fitness.
- < exertion and heat.
- Dizziness.
- Muscle spasm.
- Heat sensations – face, eyes, stomach.
- Epigastric pain and rumbling.
- SRP – Hot flushes with a need to breath in deeply.

Dreams...

- Children.
- Pregnancy.
- Water.
- Working.
- Others mocking.

- Knives/murder.

Lac Cameli Dromedari (Camel Milk)

Theme...

- Body image distortion / lots of problems. Or, not shy about body.
- Confident, strong.
- Anorexia. Or, over-eating.
- Touchy person; no physical boundaries.
- Feel like teenager.
- Anxiety.
- Irritable /relaxed feeling /peevish/angry.
- Temper tantrums.
- Defying and disrespect for authority.
- Argumentative.
- Missing appointments. Lateness without caring.
- Serious.
- Problem concentrating; freeze frame; zoning out.
- Absent minded; forgetfulness.
- Hard to get together, want to be alone
- Missing appointments-lateness without caring
- Postponing responsibility; lazy.
- Busy.
- Idea of magic.

Dreams...

- Lots of.
- Good dreams.
- Dreams about x-partner.
- Friends, lovers from past - e.g. boyfriend cheating on her. X-girlfriend said hair is in a mess. Revenge on x-boyfriend and feeling good about it.
- High school.
- Strange men/satanic men
- Body image.
- Guns/hunting.
- Teeth falling out.
- Egypt, camels.
- Taking care of a baby.
- Sports.

Physicals...

- Right temple headache.
- Vertigo.
- Sneezing.
- Eyes sore, burning.
- Ears ringing.
- Milky taste in the mouth; yoghurt feeling
- Teeth sensitive, sore.
- Breast pain; imagines breast cancer with axillary pain.
- Increased thirst.
- Food cravings; overeating (or anorexia).
- Loose bowels/constipation
- Nausea.
- Kidney Pain.
- Leucorrhoea; early menstruation; cramps.
- Dry skin and scalp; dandruff; flaking; pimples, itch.
- Athlete's foot.
- Pain in back; right sided pain, sharp, tension, dull, as if ready to burst out.
- Napping.
- Hot generally. Hot feet.
- Perspiration of feet.

Lac Caninum (Dog Milk)

Themes...

- Dogs.
- Disconnection/hovering.
- Restlessness and anxiety/guilt.
- Self destruction.
- Failure.
- Sensitivity/rage.
- Low self esteem – thinks that whatever she says is a lie.
- Hypersensitive amounting to hysteria.
- Forgetful.
- Aggression and rage.
- Fears and excitement (fainting, falling, snakes, spiders, insects, ghosts).
- Constant desire to wash hands.
- Hypochondria and fear of disease.
- Dependant victim.

Physical...

- Warm patients.
- Alternating sides.
- Ravenous appetite.
- Desires pungent things – pepper, and salt.
- >Cold applications.
- < before and during menses.
- Parts glisten/shine.
- Vertigo with sensation of floating in the air.
- Genital organs easily excited from touch.
- Painful, swollen breasts before menses.

Lac Caprinum (Goat Milk)

Themes...

- Controlled individuals, prudish.
- Fright and fear of razor sharp deadly teeth and a vulnerability at the sides of the throat.
- Fear of being taken by surprise, of being jumped at (noise, motion).
- Fear of being pointed at.
- Fear is internalised and not expressed.
- Shameless sexuality.
- Fear of their own sexual impulses.
- Themes of breasts and oral sex.
- Nervous, frightened children clinging to their mothers.
- Individuals in high social position (safe place on a height) who hide sexual indiscretions and are subject to scandal and disgrace.
- Fear of falling/losing social place or position.
- Childlike helplessness, timidity and innocence.
- Can become indifferent as a strategy to avoid or internalise the fear.

Physical...

- Chilliness.
- Left-sided.
- Wandering pains (sharp/stitching).
- Shooting pains in throat, eyes, abdomen.
- Cracking in joints.
- Digestive disturbances.
- Headaches.
- Palpitations.
- Strong odours – feet and genitals.

Lac Defloratum (Skimmed Cow's milk)

Themes...

- Need to belong to the community.
- Fear of being rejected by the community.
- Forsaken feeling.
- Feeling of being separated from the mother.
- Need to be attractive.
- Tremendous sense of injustice.

- Need to bear a lot of suffering.
- Cares for and by the mother.
- Fears and dreams of being pursued, of being beaten.
- Dirtiness.
- Depression, suicidal disposition.
- Meditates on the easiest way to take his life.

Physical...

- Strong desire or intolerance of milk.
- Affections of the breast including poor lactation, pain in the breast before menses.
- Obesity.
- Disturbed nutrition.
- Anaemia.
- Sleeplessness.
- Headache – throbbing in the temples when the rest.
- of the head feels light.
- < milk, loss of sleep, cold, during pregnancy.
- > Pressure of bandage, conversation, rest.
- Intense thirst.

Lac Delphinium (Dolphin Milk)

Themes...

- Calm during danger.
- Play and pleasure.
- Circles.
- Separation detached.
- Clairvoyance.
- Attraction to water.
- Groups and community – close bonds where being separated from them causes discomfort.
- Feeling of lack of privacy.
- Guilt with responsibility.
- Possibility of being lead astray, seduced by the good life as well as a desire to find meaning in everyday life.
- Maternal instinct and the need to nurture and give shelter.
- Keep things secret in family, a big family secret, shame.
- Witnessing abuse, but keeping quiet about it.
- Awful things were kept hidden, anxious about this.
- Abuse.
- Suppressed or repressed sexuality.
- Sensual appearance.
- Throat diseases.

Physical...

- Disease of sinuses, congestion/blockage of the left nostril.
- Pain in big toe.
- Pharyngeal infections with very sore lymph glands.
- Weakness from the sun.

Lac Equinum (Horse Milk)

Themes...

- Apathy/ennui.
- Industrious and businesslike.
- Difficult encounters.
- Frustration.
- Confrontational/critical/nasty.
- Mistakes.
- Organisation.
- Impatient.
- Irritable.
- Killing/violence.
- Great passion for horses.
- Feeling of having one's wild spirit or nature beaten out - tamed into submission.
- Discontentment, restlessness, constriction, and desire to break free.
- Strong desire for bacon.

- Dreams of horses.
- Restlessness with great fastidiousness.
- Issues with time and pace (e.g. watching the clock, or eating every 2 hours).
- Burdened, with responsibility for others.

Physical...

- Nausea.
- Weakness.
- Heart problems
- Lung problems.
- Left sided.
- Severe headaches.

Lac Felinum (Cat Milk)

- Fear of falling down stairs, but without vertigo.
- Great depression of spirits.
- Mental illusion that the corners of furniture, or any pointed object near her, were about to run into eyes; the symptom is purely mental; the objects do not appear to her sight to be too close (asthenopia).
- Morbid conscientiousness ; every little fault appeared a crime.
- Very cross to every one.
- Sympathy with others.
- Sensuality.
- Violent sexuality.
- Incest.
- Lack of self respect.
- Fastidious.
- Moody and clinging to Independence with sudden bursts if ill temper.
- Desire to be alone/for freedom.

Physical...

- Headaches over eyes, temples and vertex with burning and pulsation.
- Affinity with the eyes – weary, twitching, darting pain, inflammation.
- Sinus problems.
- Brassy taste on the mouth and loss of taste.
- Salivation with tongue enlargement.
- Stomach swelling and a desire to eat paper.
- Anorexia, nausea, cramps.
- Amenorrhoea, dysmenorrhoea, diarrhoea.
- No appetite.
- Heat in the epigastric region.
- Chest symptoms with oppression and difficult breathing.
- Alternating symptoms – cold and heat.
- Dullness with heavy and prolonged sleep where they don't wake easily.
- Intolerance of hunger.

Lac Humanum (Human Milk)

Themes...

- Lack of concentration.
- Lack of confidence.
- Dreams of death.
- Forsaken/Isolated feeling.
- Helplessness.
- Indifference/apathy.
- Shuns responsibility/caretaker.
- Caring for food/caring for others.
- Need to be nurtured.
- Being helpful to others so that you received acceptance and are not alone.
- The 'I' needed to be sacrificed for the good of the "we." It is necessary to do things for others, obey the rules, and be sensitive to the opinions of others, but unfortunately, this also leads to feeling forced, treated badly and ridiculed.
- The issue of having two wills is central.
- Thus there is conflict between having both a spiritual and non-spiritual nature, a desire to work and a desire to go on a holiday, a desire to be an individual, yet part of a group.

- Lot of emphasis on relatives and on being helpful to friends, family, community and those less fortunate; humanitarian service.

Physical...

- Eczema, worse from milk.
- Emptiness and depression on waking.
- Alcoholism.
- Extreme thirst.
- Affinities with the breast and the female organs.
- Endocrine system.
- Kidneys.
- < alcohol, eating, waking, before menses, breastfeeding.
- > eating, motion, sex, breastfeeding.

Lac Leoninum (Lion Milk)

Themes...

- Anger/rage.
- Concern about people and desire to help them especially children.
- Theft.
- Problems with authority figures.
- Women at odds with their husbands.
- Men relating to other men.
- Cats/catlike.
- The queen of beasts, the lioness, lends her milk for the healing of humanity. There is a theme of royalty, being a person of high standards, arrogant, with a love of power.
- Fear of losing this power and independence, resulting in being put down, blamed and brought low with feelings of being inferior, weak, fragile and lonely.
- The flip side of being the king or queen is to be a lowly pauper, dependent on the pride for everything and being dominated by the current king – or turned out to fend for oneself.
- Reacts with anger, violence and pouncing upon one's enemies, especially when there is a feeling of hurt pride.
- Anger from being blamed.
- Busy/Industrious.
- Dictatorial.
- Desires respect.
- Dreams of responsibility.
- Sensitive to the truth.
- Sexual desire increased.
- Changeable moods.

Physical...

- < before menses.
- Extreme thirst.

Lac Loxodonta Farican (African Elephant Milk)

Themes...

- Murder and violence.
- Homelessness.
- Sense of not enough food.
- Positive emotions.
- Terrible dreams.
- Feeling 'I do not want to fight, but I have to or I will die'.
- Sensation of timelessness with this remedy; time can feel like it is passing too slowly or it is distorted in some way.
- Spaced out feeling; strange sensation of mental fuzziness.
- Forgets things, or has trouble finding things due to dullness on the mental level and difficulty in thinking.

Lac Lupinum (Wolf Milk)

Themes...

- Mortality/immortality.
- Protective of children in danger.
- Intruder/outsider.
- Danger/desire for danger.
- Fire.

- Damaging liquid.
- Danger in water.
- Detached.
- Confused/organised.
- Critical.
- Trying to help.
- Enclosures/crowded/tunnels.
- Friends/loving.
- Broad/wide/huge.
- Circles/spirals.
- Holes in legs.
- Fish.
- Wallet/purse/lost things.
- Transportation/vehicles.
- Water.
- Perceptive.
- Vivacious/lively.
- Good communicator.
- Spontaneous.
- Hungry for life.
- Food issues.
- Heightened or finely tuned senses.
- Cannot tolerate being tamed.
- Need to own themselves.
- Long for the wild - yearn for nature.
- Feel world / society is the wrong shape for them.
- Find the world much too left brained.
- Emboldened; feel self entitled.
- Awakened / reclaimed sexuality.
- Live in their bodies - body awareness.
- Desire for deep friendships/relationships.
- Playful.
- Ailments from abandonment.
- Need for movement, dance and exercise.

Lac Maternum (Human Milk – multiple mothers)

Themes...

- Anxiety about life.
- Homesickness for the astral world.
- Refusal of the child by its parents at the beginning of pregnancy.
- Anxiety for the responsibilities of a new life.
- Lack of centre.
- Poor boundaries.
- Energy easily disturbed by the energy of other persons and of the surroundings.
- Lack of clarity of mind; thinking is muddled and defences against the outer world are lowered.
- Want of self esteem.
- Sadness.
- Lack of joy.
- Sensation of floating out of body.
- Daydreaming. Muddled.
- Lack of awareness of one's surroundings/boundaries.
- Unfeeling/Indifferent.
- Incarnation - the process of incarnation that takes place during pregnancy is not complete.
- Lack of incarnation from deeper causes such as: anxiety in accepting the physical state; apprehension of the difficulty of the tasks during this incarnation; homesickness for the astral world, refusal of the child by its parents at the beginning of pregnancy.
- Deep unawareness of the true identity; not centred and the energy is easily disturbed by the energy of other persons and of the surroundings.
- Remedy helps person becomes aware of people who do not respect them; that people abuse their kindness. Becomes increasingly aware of own own needs and of what really wants for self.
- Helps person to become aware of their own frontiers and makes it possible to cleanse his own energy from all

that is 'not self'. More able to say 'no' to other people; no longer willing to be used as a drudge.

- Weak libido.

Physical...

- Headache, migraine.
- Dizziness, vertigo.
- Empty feeling.
- Flushes.
- Loss of hair.
- Coldness of the extremities.
- Awkwardness.
- Chilliness.
- Eczema, psoriasis, molluscae.

Lac Suis (Pig Milk)

Themes...

- Alertness.
- Drug-like effect – not being able to distinguish between themselves and the space around them.
- Forsaken feeling.
- Feeling dirty.
- Cold, fearful.
- Slowness and being behind – no desire to do anything.
- Hurried.
- Being abused, misused, outcast, unjustly condemned, or being abandoned. Many provers reacted with severe anger and hatred. Cruelty, violence and brutality.
- Speech difficulties.
- Shameless lust and indecency.
- Behaved "like a pig".

Physical...

- Floating sensation.
- Hyperventilation.
- Fainting, vertigo with falling backward or forward.
- Numbness of hands and twisting the fingers.
- Acute sense of smell; loathing of toilet smells.
- As if the face was pressed flat.
- Nervous palpitations.

Dreams...

- Many strong dreams.
- A child is raped. "I am very upset", "Never again" .
- Deceit and treachery with hatred.
- Discovery of treasures and jewellery (like Fluor).