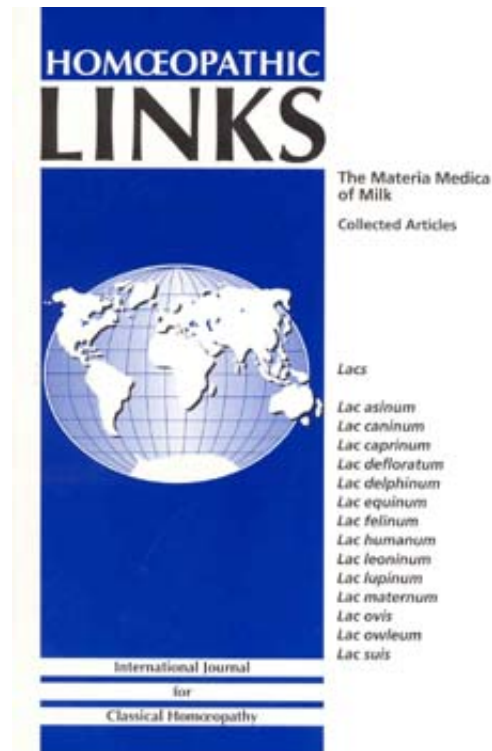


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I am nothing, I don't count

A case of Lac caninum

Ananda Zaren, USA



This article was developed from material presented by Ananda Zaren in August 1995, Switzerland.

Ananda Zaren's comments are in Italics.

This is a middle-aged woman. Her face appears distorted; even in rest she looks like she is crying. (On the video great anguish is seen.) She is obviously in crisis. Her appearance is messy and disheveled, yet she sits in a very seductive way. She has very thin lips and her legs are quite restless. She is dressed like a little girl. Her story explodes forth with rapid speech. Ananda makes a comment: *'It is like she is having a tantrum.'*

Ananda asks if she is in a relationship. She hesitates not wanting to say that she has been married four times.

She tells Ananda that she feels very sick. Her legs and back hurt, and she feels very 'toxic.'

She is full of pain. In a way, she looks drunken, unkept, she is unable to take care of herself.

She complains that she is overweight, her nails break and her face is breaking out. She weeps uncontrollably. The crying started when she watched her daughter go through birth with twins, an ordeal that lasted a whole day. She fears aging. She believes that a physical event took place in her body that made her feel she had become old. It happened when she became a grandmother. *As she becomes afraid of growing older, she cannot cope. Instead she has age regressed.*

The woman remarks that she currently has a terrible sweet tooth and eats a lot of chocolate.

She is very thirsty and likes cold water. She has hot flashes all the time; they become worse with stress.

She is in a state of shock and overwhelmed.

Of late it has become difficult for her to remember things. In June of 1993, her mother died of Alzheimer's disease. She was unprepared for it. She feels she is not grieving about her mother's death but because of the fact she never really had a mother. When she was younger she was always made to feel that she was in the way. She was sent away to a boarding school. She was always told that she was annoying to her mother. She was always trying to win her mother's approval. *There is an element of shame in the case. If you have had the proper mothering you will feel safe and secure in the world and if you haven't had that you feel totally unsafe.*

Lac caninum

She is in a crisis and she wants her mom. Eating sweets and chocolate is her attempt to ameliorate her deprivation.

When a person goes into crisis, they can react by suppressing the emotion, pushing it further away by engaging in addicting behaviour, such as alcohol or food consumption. With a crisis there is also an opportunity to understand the deeper meaning and relate it to childhood events and thus experience a deep learning. In the case of this woman, her pattern is an attempt to deny the expression of her feelings.

Her story continues. A man at her employment exposed himself to her. It was one of her bosses. She filed a lawsuit and it was poorly received. Her co-workers did not support her but rather blamed her.

Historically, her mother rejected her and currently her colleagues reject her. The early wound of rejection is being reproduced. In addition, she feels tremendous guilt about it. As a result, this woman is ready to collapse. There is uncontrollable weeping. Anxiety of conscience is strong in this remedy.

She says that her dreams are very strange. She can't think of any of them right now. She is afraid of death. She is afraid of snakes. She has disturbing dreams. She lacks self-confidence and she has memory loss.

When asked about her anger she remarks that she gets angry if she is not feeling well but really she has always felt guilt rather than anger. The anger stays inside and she is never sure whether events are her own fault or not.

She feels like she is nothing, worthless, undeserving of the expression of anger. This is a big part of this remedy - I am nothing, I don't count (a feeling of guilt that turns into depression).

When she was young, her family had a nickname for her: 'Nuffy'. They called her this because she was so unimportant. She was 'Nuffy' and nothing, whatever she did was never enough.

No one ever bothered to tell her when her grandmother died. No one ever told her when any of the relatives in her family died. Her mother didn't even want to see the children most of the time, consequently the patient spent a lot of time with the maid. When the children were all cleaned up and nice they could go in and kiss their mother goodnight. (She keeps weeping throughout the interview.)

She has no recollection of her mother being there or accompanying them on family vacations but she knows that her dad did take them places. In her memory there was very little contact with her mother.

Her sister paid a lot of attention to her and was the only person who showed her affection. Her sister 'mothered' her and this saved her life.

As a result she has a hard time hugging her own children, however she wants to do everything with her kids. She has no model for parenting. She doesn't have anything to compare it to. She never had a mother; she has no memory of being mothered.

Lac caninum

Ananda asks her if she is trusting. She says she can trust people but she cannot trust herself. She doubts her own sanity. She is allergic to many things.

Her relationship with her husband is good. Her sex drive has decreased. She doesn't lubricate very well. She cannot find a comfortable position in bed and she is restless at night. *The organism is in a state of deep disturbance. The weeping is uncontrollable. She is out of control.*

When asked to give a description of her personality she says, 'I am not good at parties. I would just like it if I didn't have pain. I am impatient.'

She is plagued with tremendous feelings of guilt. Her whole body aches all the time. As is typical of this remedy, she forgoes pleasure in her life. She does not allow herself to have pleasure. Also characteristic of this remedy is the sensation of an inner emptiness. *Ananda remarks that this woman exhibits self-loathing, self-hatred, and self-doubt.*

Rubrics that support the choice of *Lac caninum* in this case are shown in the table.

Rubrics for *Lac caninum*

(Complete Repertory by Roger van Zandvoort)

- MIND; ABSENT-MINDED
- MIND; AVERSION; herself, to
- MIND; WEEPING, tearful mood
- MIND; ANXIETY; conscience, of
- MIND; GRIEF; waking, on
- MIND; RESTLESSNESS, nervousness
- MIND; EXCITEMENT, excitable
- MIND; CONFIDENCE; want of self
- MIND; DELUSIONS; insane; become, that she will
- MIND; DELUSIONS; smaller
- MIND; INDIFFERENCE, apathy
- MIND; FEAR; death, of
- MIND; FEAR; happen; something will
- MIND; FEAR; insanity, of losing his reason
- MIND; MALICIOUS, spiteful, vindictive
- SLEEP; SLEEPLESSNESS
- MIND; HYSTERIA
- MIND; DIRTINESS
- MIND; SENSITIVE, oversensitive; external impressions, to all
- MIND; SENSITIVE, oversensitive; noise, to
- MIND; THOUGHTS; collect, cannot
- MIND; THOUGHTS; vanishing of
- MIND; UNCONSCIOUSNESS, coma, stupor; sensation of
- EXTREMITIES; TREMBLING; Hand

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Lacs

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Lac leoninum
Lac lupinum
Lac maternum
Lac ovis
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