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## **Introduction to Homeopathy and Homeopathic Provings**

### **What are Provings?**

Homeopathy is based on the principle of "similar curing similar". This means that a substance that can create a set of symptoms in a person can cure those same symptoms, when given in a diluted and "potentized" form to a person suffering from similar symptoms.

The basis of information for homeopathic remedies has traditionally been from recorded poisonings and from what are called "provings". Provings are when in an organized fashion, a group of individuals take *the diluted and potentized substance* and carefully record the symptoms that they experience over a period of time. The information is then organized and compiled together.

### **About Homeopathy**

Homeopathy is an elaborate and very detailed system of healing based upon the principle of stimulating the body to heal itself. It is non-toxic and highly effective. Widespread throughout Europe, Great Britain, Central and South America, India, and Africa, homeopathy is experiencing an explosive resurgence in the United States and Canada as part of the movement toward alternative medicine. Homeopathic remedies and pharmacies are regulated by Health Canada and the FDA in the United States. The principles underlying the specialty of homeopathy have been systematically proven throughout two centuries of practice and validated by over 200 scientific studies meeting modern criteria of acceptability.

### **What are the principles underlying homeopathy?**

Homeopathy was founded by a German physician named Samuel Hahnemann and the principles that he elucidated have stood the test of time and application. The basic principle, verified by vast clinical experience, is: Like Cures Like — A substance that produces symptoms in a healthy person will cure those very symptoms in a sick person. Healthy individuals called "provers" are given a substance in a highly dilute form and carefully record their symptoms. This highly diluted and specially prepared substance is then given to a sick person with similar symptoms. Homeopaths observe that virtually all substances — plant, mineral, or animal — may produce symptoms if given carefully to sensitive individuals or in larger quantities to less sensitive people. These symptoms are painstakingly catalogued in *Materia Medica*s, which are then elaborately analyzed (in modern days, by computer) to match the symptom properties of substances to symptom pictures of patients.

The basic concept is that symptoms are manifestations of the organism trying to heal. In acute disease, the fever, malaise, pain, and diarrhea or discharges are attempts to kill the offending organism and expel the toxins while encouraging the person to slow down and rest. In chronic disease, the symptoms are attempts to heal which are not succeeding — thus, they are chronic. In the homeopathic perspective, symptoms are any limitations of freedom — whether mental, emotional, or physical. The goal is cure and not just suppression of these symptoms.

## Blue Tang "[Paracanthurus hepatus](#)"



**Scientific name:** *Paracanthurus hepatus*. The only member of the genus *Paracanthurus*

**Family:** Acanthuridae – (Surgeonfish) comprises about 80 species in 6 genera

**Order:** Perciformes

**Common Names:** Regal tang, palette surgeonfish, blue tang, royal blue tang, hippo tang, flag tail surgeonfish, pacific regal blue tang and blue surgeonfish. Their name "tang" is derived from German and refers to their predisposition toward seaweed. The blue tang was first described as *Acanthurus coeruleus* by Bloch and Schneider in 1801. *Acanthurus* is derived from the Greek "acantha" which means thorn, and the Greek "oura" which means tail.

**Colouring and Length:** The fish has a royal blue body, yellow tail, and black 'palette' design and can grow to 30 cms long. Blue Tang can communicate by changing their colouration. Under stress, their blue coloration can deepen. The black marks along the body may become bleached (sometimes referred to as semi transparent) and the markings less visible. The iridiphores causing the bright blue coloration at this time appear smaller and less iridescent, hence the darker shade of blue. Color change also occurs during stimulation such as male dominance interactions or breeding.

**Morphology:** The blue tang is a high-bodied, compressed, pancake-shaped fish, with a circular body shape, a pointed snout-like nose, and small scales. The eye is located high on the head and the mouth is small and low on the head. The blue tang has 9 dorsal spines, 26-28 dorsal soft rays, 3 anal spines, and 24-26 anal soft rays. A distinct yellow caudal spine is located at the base of the tail on either side of the body which resembles a surgeon's scalpel, (i.e. Surgeonfish). The spine fits into a horizontal groove and can be extended and used to fend off aggressive encounters. The dorsal fin is continuous.

**Habitat:** They occur in clear, current-swept terraces of seaward reefs. Juveniles are seen in groups near isolated *Pocillopora eydouxi* coral heads and when alarmed hide themselves tightly among the branches. The species' range is broad and can be found throughout the Indo-Pacific. They live in pairs, or in small groups of up to 10 or 12 individuals.

**Uses and Collection:** The Blue Tang has minor commercial importance; its flesh has a very strong odour and so is not highly prized. It is a very popular aquarium fish. The Philippines were the primary supplier. Irresponsible collecting include using cyanide to capture the fish from their black coral refuge and also the removal of the coral heads where the fish seek shelter has limited their numbers. The fish are captured by a type of net termed a "fence". A barrier is set up ten to thirty feet away in a U-shape and the specimens are chased into the net when they leave their coral nest.

**Life cycle:** Spawning occurs in the late afternoon or at dusk usually in February or March. Males aggressively court female members of the school, leading to a quick upward spawning rush toward the surface of the water during which eggs and sperm are released. This event is indicated by a change from dark blue to a pale blue, and results in the production of small floating eggs. The eggs are small, approximately 0.8 mm in diameter, they are pelagic drifters each containing a single droplet of oil for flotation. The eggs hatch in twenty-four hours and produce small translucent larvae.

The Blue Tangs diet consists primarily of plankton. Adults are omnivorous and they use their beak-like mouth in the wild to consume zooplankton and scrape algae from their environment. They will eat small crustaceans such as mysids shrimp and krill. The fish reaches sexual maturity in 9 to 12 months of age and can live up to 20 years. It is susceptible to parasitic diseases and they also suffer if their diet is inadequate. Common diseases are marine itch and marine velvet, hole in the head disease, and lateral line erosion.

**Defense:** Blue Tangs are very timid. They have a strange tendency of lying over on their sides and playing dead when they feel threatened. If they feel cornered or attacked they can extend the spines located on both sides of the caudal peduncle as a method of protection. The quick, thrashing sideways motion of the tail can produce deep wounds that result in swelling discoloration and pain. Having more than one Blue tang in a small aquarium or more than one male in a larger tank can cause stress and stimulate aggression, which can lead to injury of the fish from fighting. The Blue Tang is regarded as a playful fish, chasing bubbles in the aquarium and even playing with snails and small objects in the tank.

**Poisoning:** The Blue Tang is regarded as venomous. Not many piscine types of venom have been analyzed but their most potent effects are on the cardiovascular system. This includes the release of nitric oxide or other agents from the endothelial cells these have a depolarizing effect on nerve and muscle cells and smooth muscle contraction occurs. The potent cytolytic activity of most piscine venoms is likely the mechanism that causes cardiovascular and neuromuscular effects.

The Blue Tang can cause Ciguatera in humans if it is consumed. Ciguatera causes gastrointestinal symptoms followed by neurological symptoms. Severe cases can be misdiagnosed as multiple sclerosis. Ciguatera is caused because of bioaccumulation of toxins that are produced by dinoflagellates. Dinoflagellates are a type of zooplankton and they adhere to coral, algae and seaweed and are a common source of food for Blue Tang.

**Popularization:** The Blue Tang would have to be one of the most common and most popular Marine Fish all over the world. A Pacific blue tang named Dory was popularized in the 2003 Disney film *Finding Nemo*. It tells the story of Marlin who, along with Dory, searches for his abducted son Nemo. Marlin gets Dory, naïve but good-hearted and optimistic, with short-term memory loss to help.

After becoming trapped in a whale's mouth, Dory breaks down in despair but then reassures Marlin and calmly tries to communicate with the whale. She then loses her memory and becomes confused, but meets Nemo, who has escaped into the ocean. Dory's memory is suddenly restored after she reads the word "Sydney", and guides Nemo to Marlin. After the two joyfully reunite, Dory is caught in a fishing net among a school of grouper. Nemo enters the net with bravery and directs the group to swim downward to break the net and the fish escape.

### **Proving**

**Master Provers:** Louis Klein, Carol Jones and Judith Mapleson

The Hahnemanian Proving was conducted through Lou Klein's HMC course in February 2011. There were 8 provers, 3 supervisors.

### **Source of Material**

Blue Tang was sourced and run up by Robert Munsch of Remedia Pharmacy in Austria. The source was equal parts of the fins and flesh of the fish.

### **Blue Tang Themes**

**Remembering the Past, Memories**  
**Family, Relationship Problems**  
**Disengaged, Disconnected, Separated**  
**Reluctance to Communicate/ Communication**  
**Drugged, Dazed, Disoriented**  
**Mistakes, Memory**  
**Old**  
**Focus, Planning**  
**Confidence/Anxiety**  
**Desire to Protect, Hide, Cover**  
**Isolated, Trapped**

**Threat/Safety****Resist Authority, Running, Hiding****Calm, Ease/Anger****Depression/Joy (laughing, singing, dancing)****Animals, Fish****Death, Poison****Food****Sex, Sexuality****Pregnancy, Labour, Babies****MIND****Remembering the Past, Memories**

6-3 Been remembering old memories. Things like a journey to a vacation when I was a child, and old university boyfriends. Peculiar thoughts with no context to them.

1-42 Dream: I am with my partner, my old boyfriend from 25 years ago and his wife. We are hanging out.

1-45 Dream: A guy from the area where I grew up and my family lives calls me and tells me he wants me to go to a party with him at Christmas when I am home. He knows I am in a relationship. He is very forceful and assumes I want to go. I tell him I will not be in the area at that time. There is a silence on the phone; he is speechless and incredulous that I will not be going to the party. I think he is a creep.

5-2 Dreamed of my cat last night. After 15 years we had to put him to sleep at the beginning of December-heartbreaking. In the dream I was calling and whistling to him to come home. I noticed that he was in the yard of a neighbour up the hill at the base of a tree that has a hollowed out trunk where animals lived (foxes, groundhogs. Etc.). He was in a lion pose. And could hear me as he turned his head to look, but wouldn't come home. I returned a couple of times to try and get him to come home and each time he would hear, but not return.

**Relationship/Family Problems**

1-60 19:00 I really want to end the proving, I'm tired of dreaming of old boyfriends and weird guys after me.

3-8 ... I'm just on the edge (children and Partner are back) And then my son and daughter were simultaneously attempting to make valentine cards for their classmates-before school! At the same time, my son was going extremely slowly and being a smartass- my voice was escalating to shouting- and I got stuck there shouting for a long time. My voice is now hoarse- I've never gone this far saying (yelling) I'm tired of being a mother- I want out.

3-19 I am feeling down today. Feeling unappreciated at home (by my partner). It is very hard to motivate myself to do anything.

3-32 I feel like I am in a bubble, something buffering my interface with people, my family especially. I'm feeling so much calm with my children, and maintaining a small distance with my partner. There's a bit of sadness with this but also some benefits as he continues to tip toe around me and treat me with more consideration than previously. My partner pretty much forgot about my birthday back in February- and didn't do a thing for me on Valentines day- which festered for a while before I had it out with him a couple of weeks ago. I'm also fed up with his chronic pot smoking-it gone on forever- at least several times daily. I'm really concerned about the children finding out about this –and it's really come to the fore in the past while.

3-34 Dream: ... I can't believe I'm living here with my family. Suddenly my partner realizes that it's a holiday weekend-all stores are closed- and he needs milk. There is a shopping cart filled with milk containers just outside the house on the sidewalk. He rushes outside, ignoring my protestations, and grabs a couple-then pushes the cart down a staircase –blocking the doorway to someone's basement apartment. I can't believe he's doing something so mean.

3-35 HmMMM I'm still upset with my partner (clearly-since the dream).

5-5 Friction with family – general disagreements escalate for no reason, blame and lack of taking responsibility.

### **Disengaged, Disconnected, Separated**

1-1 14:37 Email to supervisor entitled “Are you there” Just needed to know that you were there. I feel so weird, likes things are unreal. I wrote it all down. Just had to let you know. I feel like I'm from outer space and want to know that I have a friend on earth.

1-1 14:20 Colors seem more vibrant as if I have been meditating a lot. The world seems almost a little unreal, like the intense colors are there and very real but at the same time I am not completely here.

1- 1 15:30 Go to visit my neighbour a few doors down on my floor. I look back to my door from hers. It seems so far away, how will I get there? I almost wish I had a walker. It's probably only 35 feet. I feel I need support, emotionally and physically

3-32 I feel like I am in a bubble- something buffering my interface with people-my family especially.

6-XXX .... It seems to tie into the non- communicative thing. Something to further isolate me from engaging.

6-1:12:30 Noticed that I felt a bit separated from reality. Things felt a bit fuzzy. As if I wasn't going at the same speed or focus as world moves around me. The sensation lasted until the evening.

6-3 Still have the dazed feeling. It's like feeling a little disconnected.

6-14 ... The dazed feeling from earlier seems to be more like a detachment and I want to protect myself by closing or covering up. Yet there is a desperate desire for engagement without the ability or will to do it.

6-16 ...I'm worried I have antidoted the remedy even though I doubt it. Again in and out of my head stuff. There then not really there. Dazed. Disengaged.

6-20 I'm disengaging by reading escapist novels and watching lots of movies. Other stories than my own. It feels as if I don't have a story of my own.

6-30 A number of things I've thought about the stoned desire thing a bit. To me it seems that the state I'm in is a feeling of disconnection. This state is a trigger for me and this feeling has in the past led to me using drugs. The feeling here I think is similar as the cravings haven't come up in ages. Disconnected, a little alienated, not really here and then trying to mask it all. It's been real work to stay present.

6-30 ...I feel happy, the isolation isn't really bothering me. The sexual aspects are making for a good connection with my partner.

6-44 ... This reluctance extends to my attitude to engage almost anything. I don't want to be out at all. I don't really want to talk to people. I haven't in fact. I have shut myself away and stay on the couch. I've watched movies (spy films) and slept and slept. I feel frustrated isolated and disengaged. I've considered emailing Lou to end this early. I haven't I would have to do something. Like believing this is the proving and not just me.

6-65 I've been feeling like I've been in my head too much. Too many thoughts, too much reflection. It's been hard coming out of myself. I'm struggling with motivation and not wanting to do anything. It's been weeks.

### **Desire to Protect, Hide, Cover**

6-14 ... The dazed feeling from earlier seems to be more like a detachment and I want to protect myself by closing or covering up. Yet there is a desperate desire for engagement without the ability or will to do it.

6-44 I've noticed a continual reluctance to write anything down. This reluctance extends to my attitude to engage almost anything. I don't want to be out at all. I don't really want to talk to people. I haven't in fact. I have shut myself away and stay on the couch. I've watched movies (spy films) and slept and slept. I feel frustrated isolated and disengaged. I've considered emailing Lou to end this early. I haven't I would have to do something. Like believing this is the proving and not just me.

### **Reluctance to Communicate, Communication**

1-35 16:30 I tell the co-master prover about the experience yesterday with my supervisor. I was conflicted whether to speak up because I feel like I am ratting on him but have to express myself.

1-49 10:30 I find myself going over my proving notes again and again to see what my experience has been and to be sure I have expressed myself clearly. I already know what I have experienced but I like to read it again and again. I don't know why.

2-6 Nothing further to report after day 4

3-8 I've never gone this far saying (yelling) I'm tired of being a mother – I want out.

4-3 Nothing of note.

4-15 – Stopped recording information at day 15.

5-5 – After this not much to report.

6- XXX ... It seems to tie into the non- communicative thing. Something to further isolate me from engaging.

6-14 I noticed a reluctance to write stuff down. I've been putting it off. There are a few things of note...this seems to be a theme, I'm not wanting to discuss things I want to keep a close hand. It's even hard to get this down on paper. I'm having to work really hard at not letting my reactive responses get in the way. I'm having to check myself and then I still don't want to talk about anything. Conversations that I should have with my mother or my husband I'm avoiding.

6-20 At the beginning of the week I was worried I'd antidoted the remedy. I'm sure I haven't. What I've noticed is that I've withdrawn into my own very private world. I've not been talking to many people, not even my kids so much. I've been engaging reluctantly even with something like this diary. I keep thinking maybe I'm making it up, its not important. I then realised that I'm doing the same thing with the proving. Just want to be private. At the best of times I keep what I feel close now its much more masked.



6-30 ...I feel groggy and tired. This just cycles into not wanting to communicate.

6-23 Feel a little more in the present. Noticing still holding back from speaking my mind. There is a festering irritation with the world around me. Noticing that I would like things to go my way.

6-30 I can't believe a week has passed. This remedy is really bad for getting to write stuff down. I just don't want too. I had to make a real effort to call XXXX. I kept forgetting....Disconnected, a little alienated, not really here and then trying to mask it all. It's been real work to stay present.

6-44 I've noticed a continual reluctance to write anything down. This reluctance extends to my attitude to engage almost anything. I don't want to be out at all. I don't really want to talk to people. I haven't in fact. I have shut myself away and stay on the couch. I've watched movies (spy films) and slept and slept. I feel frustrated isolated and disengaged. I've considered emailing Lou to end this early. I haven't I would have to do something. Like believing this is the proving and not just me.

6-44 Definitely more tuned into the polarization of the global state of war. Feeling a bit helpless in the context of it. Miss the principled self of my youth. Feel like I've revealed too much!!!

### **Drugged, Dazed, Disoriented**

1-1 14:35 Feel a bit drugged. Struggling to get the top back on the honey jar. A little disoriented. Unreal. I feel weird. Laughing out loud when I write that. Everything outside of me is more real but I feel less real.

3-1 Started to feel really really spacey-floating in my head. I just wanted to stay in my seat unable to focus on a conversation with my partner.

3-6 This morning I'm feeling woozy as if I've had very little sleep and was drinking last night (not the case). When I speak, I'm mixing up words-substituting cow for goat, sheep instead of... repeatedly this morning. This passed as the day progressed.

6- 2 The same sensation as yesterday. I've called it dazed: a feeling of not quite seeing the world, as it should be. It's not unpleasant it's almost fuzzy.

6-3 Still have the dazed feeling. Its like feeling a little disconnected.

6-8 Had a private moment where the thought of not smoking popped in my head. Unusual because I'm not ready. I note it because it's the second of these thoughts in a week.

6-14 ... The dazed feeling from earlier seems to be more like a detachment and I want to protect myself by closing or covering up. Yet there is a desperate desire for engagement without the ability or will to do it.

6-16 I took a painkiller on Saturday without thinking. Now I remembered the proving. I'm feeling really guilty. I'm worried I have antidoted the remedy even though I doubt it. Again in and out of my head stuff. There then not really there. Dazed. Disengaged.

6-21 Another weird thing is that I've noticed a craving to be stoned. Perhaps a mirror of not quite feeling with it. It's strange for me because I haven't been stoned in over 10 years.

### **Making mistakes, Memory**

1-6 19:00 I sent a box of gemstones tumbling in a shop. I broke a stone. I don't ever remember breaking something in a store before.

1-49 10:30 Repeated checking of proving notes to be sure I've expressed myself clearly.

1-49 10:30 I find myself going over my proving notes again and again to see what my experience has been and to be sure I have expressed myself clearly. I already know what I have experienced but I like to read it again and again. I don't know why.

3-6 This morning I'm feeling woozy as if I've had very little sleep and was drinking last night (not the case). When I speak, I'm mixing up words-substituting cow for goat, sheep instead of... repeatedly this morning. This passed as the day progressed. I have loads of energy and paint until 1am.

4-1 – Took remedy late (2.35pm vs. noon Day 1)

4-4 – Took Aurum met 200C while showing a patient how to take his remedy (it was a liquid dose in a dropper) Immediately thought of the possible implications to the proving process and talked to my proving supervisor. Redosed 4 days later as per supervisor recommendations.

4-9 – Still fumbling with words while lecturing, maybe more than usual.

5-2 – Find myself making more typing mistakes than is usual when working on the computer-many more mistakes. I am usually quite fast and accurate, but now I seem dyslexic, switching letters.

5-37 Continue to have the typing issues, problems, dyslexic type.

6-16 I took a painkiller on Saturday without thinking. Now I remembered the proving. I'm feeling really guilty.

6-30 I can't believe a week has passed. This remedy is really bad for getting to write stuff down. I just don't want too. I had to make a real effort to call XXXX. I kept forgetting.

### **Old**

1- 2 Visiting my partner's brother and sister in law in their new house. They lived in the mountains and the roads were curved and tight with stone walls. The view from their window showed terraced land with two small old stone castles. The feeling was a medieval place but in modern day.

1- 3 I was in my office which looked like a big old warehouse room, almost empty.

1-19 I am with my old French boyfriend from over 20 years ago. He is talking to his old girlfriend and she is quite upset about a current relationship she is in.

1-4 7:45 Am listening to loud rhythmic rock music in my car. Really loving it. I am usually sensitive to noise. The regular news shows boring and dry for old fuddy duddys.

3-11 Someone male is trying to find/steal a magical energy source. Has followed me to my old bedroom (in my parent's house) he's close by and my son and daughter are there with me.

3-61 I must return a dog-a medium sized hound dog (very sweet) to his owners. His name tag says "snaggly" I have an address-the search takes me through my old childhood neighbourhood.

6-3 Been remembering old memories. Things like a journey to a vacation when I was a child, and old university boyfriends.

### **Calm, Ease/Anger**

1 – Prior to proving – angry at delay of start from inconsiderate nature of other prover.

1-1 14:20 ...A lot of energy gently moving in my body. I feel relaxed.

1-2 8:20 ...I feel gentle and at ease with the world. Feeling like the world is a magical place. Innocent, light. Not aware of the dark side. Feeling maybe its an actinide. Ancient, childlike, dissolving, magical feeling.

1- 32 11:00 I notice that people in my hall have put up a paper sign on their door with scotch tape. I feel angry that they don't get a nice sign. It's a beautiful historical building and they

don't care. We all have to look at that sign. There are nice inexpensive decal signs on the internet and you are supposed to check with management to get the ok for your sign.

1-33 15:30 The co-master prover tells me that I am the only prover who handed in my consent form so far. This makes me very angry. How can people be so inconsiderate? She took a lot of effort to mail them out to everyone..

1-34 My supervisor tells me a theme of the dreams of the other prover he is supervising. I get very angry and tell him that it is not the protocol of the proving to discuss this openly. He tells me that he feels it doesn't affect the proving. I feel that he is not respecting the integrity of the proving and out of his own carelessness would compromise others work and time and the proving itself. I am determined not to tell him anything else about my proving symptoms.

3-2 I've felt strangely calm today, much calmer with the children (less angry and volatile, as has been the norm for awhile now). I feel more on top of my work, no sense of panic that I'm falling behind.

3-3 The strange calmness continues, despite not being able to do everything I needed to do today. And, although I felt suddenly sick with anxiety when I saw that my bank accounts had gone negative-the sinking feeling was gone in less than a minute and I let it go.

3-9 I feel like I'm oscillating between extremes-emotionally: from calm and unflappable to raging/yelling.

3-32 I feel like I am in a bubble, something buffering my interface with people, my family especially. I'm feeling so much calm with my children, and maintaining a small distance with my partner.

4- 2 Focus was slightly improved. More at ease while I was teaching physiology (it was my first semester of teaching). Information seemed to flow better during lecture.

4-9 A problematic and pessimistic student went to the back of the classroom and didn't bother me in class today.

4-10 – Almost lost control of car in ice/ rain but calmly steered into a fortunately located driveway –didn't panic at all.

4-10 Still don't feel as "rushed" all the time. Lecture today went very fast.

5-3 – Generally looking back I feel I have become calmer, not so quick to react, don't rise to the bait as easily, more detached from things that would previously have riled me up.

5-4- Remembered a remnant of a dream where I found that I had a lump in my left breast, more flat and wide than lumpish, sitting vertically on the lateral side of the breast. I was surprised but not terribly alarmed.

6-2 Had an unstressful morning getting the kids to school.

### **Confidence/Anxiety**

1-6 16:00 In yoga class I am too hot and just wear my undershirt. A first for me, I am usually modest. I don't care.

1-7 Overall I am feeling more self confident and less self conscious.

1-8 16:32 Feeling low today and anxious. Sinking. Glad I'm busy.

1-11 My practice is going very well. I am receiving many calls and many people are making appointments.

3-16 I'm experiencing mild anxiety around not getting enough done; am I prepared for work tomorrow? I haven't done everything I said I would for a school committee—a low grade queasiness and feeling that I'm running out of time to get everything done.

4-11 Had a meet and greet with a potential patient and she recorded the whole question and answer period. Felt comfortable and confident in my answers.

### **Focus, Planning**

3-9 I'm also finally managing to tackle my piles of files, bills and letters and its getting organized. This is something that's been building and neglected for many months.

3-86 But I've also been very positive, very constructive around my business-where I'd normally be despairing or anxious. Instead, I've been going out a lot, meeting up with people I haven't seen in years, making connections. My thinking is that this year I'm going to make some big changes with my practice-location, marketing....

4-1 Definitely right after (took remedy) felt more focused and less scattered. I always feel like what to do next, anxiety.

4- 2 Focus was slightly improved. More at ease while I was teaching physiology (it was my first semester of teaching). Information seemed to flow better during lecture.

4-9 Seem better able to plan things in my head. In appointments with patients I felt more "authoritative" and less of a need to explain as much as I normally do.

4-15 Worked on a new business idea with a friend/partner and felt confident and focused about what needs to be done. I will president of the company – potential name XXXXXX even though I hardly know what presidents of companies do.

### **Depression/Joy (laughing, singing, dancing)**

1-1 14:40 Wrote my supervisor an email. Chuckled afterwards out loud to myself like it was joke but it wasn't. Or was it? Feeling a little crazy. Reading this journal is making me belly Chuckle. I guess it is a private joke. I almost have the giggles like in high school when you are trying hard not to laugh so you almost burst.

1-4 7:00 I am singing and dancing in the shower to ska (reggae /rock). Really getting into it. I often sing, but don't dance. It feels freeing and joyous.

1-4 7:45 Am listening to loud rhythmic rock music in my car. Really loving it. I am usually sensitive to noise. The regular news shows boring and dry for old fuddy duddys.

1- 5 Enjoying loud rock music again. Still low interest in the news which I usually like.

1- 11 8:15 My partner says see you later alligator and I start dancing around the apartment singing the classic rock song " see you later alligator, in a while crocodile".

1-16 18:00 In general not feeling well today. Feel like I'm sinking emotionally. Not depressed, just angst.

1-32 15:00 Am feeling very depressed. I seem to be much more affected by the weather than usual and the rain gets me very down.

3-8 When I dropped my daughter off at school after lunch, I was having a great time laughing and chatting with a couple of mums. At one point I thought: I must look completely starved for adult company, rein it in.

3-19 I am feeling down today. Feeling unappreciated at home (by my partner). It is very hard to motivate myself to do anything.

### **Desires Animals**

3-25 For the past week I've been fixated with the idea of getting a rabbit-a large rex or a Giant Flemish rabbit from a rabbit rescue organization. I've spent hours on line looking at rabbits-and fantasizing about this large bunny hanging out with our cats and our old dog. Today I've let go of this obsession (it would eat through all our electrical wires....) and almost immediately I'm onto the idea of getting a second dog. Got an email from the Humane Society and fell in love with a photo of some pups. This is completely insane. I've sworn that when our old dog goes, I'll happily be dog free for a while!

3-72 I'm still really wanting a dog-spending hours looking at dogs on the internet. I've decided on the type of dog and where to get him/her.

### **Sex, Sexuality**

3-22 Dream: I'm male/female?- everyone's gender and sexuality is ambiguous. My partner is unwell and we're staying in a hotel. I'm looking for something outside-but, its dangerous if you stray from the hotel walkways. So I stay in the hotel compound, running into people I haven't seen for years, partying, having flings.

6-14 There are a few things of note. I've noticed an awareness of my body. It feels sexual. Things I'm accustomed to wearing feel too revealing I want to cover up. Reveal less. This had now come up 3 times.

### **Dream –Isolated, Trapped**

3-22 ... My partner is unwell and we're staying in a hotel. I'm looking for something outside-but, its dangerous if you stray from the hotel walkways. So I stay in the hotel compound, running into people I haven't seen for years, partying, having flings.

6-14 I had a dream where I opened a door and was exposed to radiation. There was this sense that now I was isolated.

6-32 Weird dream last night. What I recall is the idea of strongly not wanting to be like Persephone, that is, trapped with only a temporary relief in the spring. The feeling was that that was the situation.

### **Dreams- Food**

1-18 My partner had a dream that he found me in the corner of a bar eating a sugared donut and had the white powder all around my mouth. I thought this was funny since I am craving junk food.

3-25 I have a large wooden shed in the garden-inside I've stored hundreds of strawberry mousse cakes (in moulds) they're sitting on the beams –filling up the entire ceiling & all the shelves. They've been amassing for the past year or two and now my partner & myself are trying to broker a deal. But, I feel uncomfortable selling them-they can't taste good, having been in the shed, unrefrigerated all this time. Yet I'm angry that the money we'll get falls short of the cost of the ingredients. We have no choice but to sell them- I need the money, and there's something sinister in the air- I want to get out of there- I'm meeting someone at a small patio/bar-a clandestine meeting. Its mesmerizing watching him chop & crush the ice for my drink.

3-27 I'm staying at a house-beautiful wooden Asian (Thai?) style, in the countryside. I'm cooking food for a large group of people who are fixing up the house, there's a pan of fried rice, noodles, and a cooked bird, the featherless cooked head stares at me. And someone keeps plating the food incorrectly every time I'm back at the stove. I'm getting frustrated having to correct this.

3-34 I'm attending a weekend seminar with some ND's that I haven't seen in years. One of them has brought along a child's wagon filled with her new "product", coconut macaroons shaped like gloves that you fit on your hand and slathered in raspberry jam-then eat them. It's a very innovative way to make money (I'm feeling like I'm really lacking-especially because I used to be a chef...)

3-34 ... Suddenly my partner realizes that it's a holiday weekend-all stores are closed- and he needs milk. There is a shopping cart filled with milk containers just outside the house on the sidewalk. He rushes outside, ignoring my protestations, and grabs a couple-then pushes the cart down a staircase -blocking the doorway to someone's basement apartment.

### **Dreams- Animals, Fish**

1- 2 ... Nearby I saw an elephant flip in the air and someone caught it on a wooden board. They said it was the training ground for the circus. I said wasn't it strange that the hostess and her daughter both lived near a circus training ground.

1- 3 ... I saw a baby squirrel zooming around the room and run into a large hole in the ceiling. I looked up and a rabbit peered at me from the hole. Then a tiger looked down. I left to find someone to fix the hole.

1-9 ... I go outside alone and an almost 6 foot swan has my keys in his beak and is walking me to my car. I wonder if I need to tip him.

1-35 Over a certain area, there are single dirt holes in the earth, like little pod rooms and each contains one person. The people are trying to stay safe from a wild foraging animal, I think they are wild pigs and there is a scent emitted in the holes which helps to repel the dangerous animal.

3-5 .... Then I notice there are 2 large cats asleep on the chair. I'm really drawn to one of them, he has hair similar in texture to Persian lamb's wool-in a ginger/tabby colouration. The cats get up and are joined by several more-they're all unusually large but I'm really drawn to this unusual ginger one-he's so strong and regal -like a jungle cat.

3-9 I'm leaving homeopathic pellets in a dish outside at the edge of a path-a large gorilla later comes to eat them.



3-11 ... A large fish merges from the toilet sort of a puffer fish and swims around. I tell my kids to look. Then suddenly the bedroom has filled with water. And were able to walk around/be in it. Then I notice there are huge slabs of beautiful multi-coloured quartz in the beds- and the quartz is lighting up and glowing. The fish comes into the bedroom, then I feel this male presence and realize that we have to protect/hide the crystals. I'm trying to cover them by lying on them.

3-27 ... Suddenly I notice that every telephone pole has a hole bored out and a bird inside. So I back up and get my daughter to look. They're woodpeckers- but as we slowly progress up the road they start to look like silk plush toy cardinals, bluebirds, etc.

3-61 I must return a dog-a medium sized hound dog (very sweet) to his owners. His name tag says "snaggly" I have an address-the search takes me through my old childhood neighbourhood. Finally I find the driveway. There's a quaint wooden house near the entrance and I look in there. It's empty, so, I continue along the driveway to a slightly larger wooden house. I enter and there's an elderly couple in a bunk bed. They look alarmed initially, then tell me that the dog people are further on, picnicking. I soon find myself in a valley and by now I'm carrying the dog. Suddenly I realize that I have to climb an enormous and very steep hill to find the couple. The task is becoming too daunting.

4- 8 Dream involving tuna, large pieces of this big fish cut up, in the dream it was seen as a good reliable source of protein or something.

5- 2 Dreamed of my cat last night. After 15 years we had to put him to sleep at the beginning of December-heartbreaking. . In the dream I was calling and whistling to him to come home. I noticed that he was in the yard of a neighbour up the hill at the base of a tree that has a hollowed out trunk where animals lived (foxes, groundhogs. Etc.). He was in a lion pose. And could hear me as he turned his head to look, but wouldn't come home. I returned a couple of times to try and get him to come home and each time he would hear, but not return.

### **Dreams- Travel, Journey**

3-8 I'm running through underground rooms and halls with someone/several other people, need to escape from I'm not sure whom. Then I've managed to get onto a plane, we're headed back home to Canada-when the plane is suddenly diverted back (to the US?). A sinking feeling as were marched into a holding area.

3-15 I'm travelling through time to these caves (made of rock and snow with many tunnels) to retrieve things. There's an urgency to these tasks.

3-61 I must return a dog-a medium sized hound dog (very sweet) to his owners. His name tag says "snaggly" I have an address-the search takes me through my old childhood neighbourhood. Finally I find the driveway. There's a quaint wooden house near the entrance and I look in there. It's empty, so, I continue along the driveway to a slightly larger wooden

house. I enter and there's an elderly couple in a bunk bed. They look alarmed initially, then tell me that the dog people are further on, picnicking. I soon find myself in a valley and by now I'm carrying the dog. Suddenly I realize that I have to climb an enormous and very steep hill to find the couple. The task is becoming too daunting.

6-4 Dreamt intensely last night. Even woke up. The dream was weird. I was in a bus traveling up a steep mountain road. It felt like it was in India or Nepal. I realise that I'm going up the mountain to get to a market. I have a bundle with me it has 7 children in it. They're really babies. I'm going to the market to sell them. I'm disconcerted even in the dream. I wake up.

6-5 Dreamt of walking along a spine of mountain. I was trying to get somewhere. The journey was beautiful.

6-8 Felt like I'd been traveling in my sleep again. A journey of some kind.

### **Dreams Pregnancy, Babies, Children**

1- 15 I see my homeopathic colleague, who is around 60 years old, and she is 4-5 months pregnant. I remark on how happy she must be and she scowls at me; this was an unexpected and unwanted pregnancy.

1-33 ...Then I am with a 14 year old boy in his bedroom , who looks like the main character from Juno, the teenage pregnancy movie. We have fumbling sex and then he shows me himself on You tube playing the guitar. I wonder if he was a virgin. He then goes and tells his parents that I am there and I feel horrible for what I have done and wonder if his parents will forgive me. The father comes in while we are hanging out on the bed in our bathrobes with the other brother. I am very embarrassed and wonder if I did this from post traumatic stress from falling in the hole. The dream is so real it takes me a while to shake the creepy feeling.

1-48 Someone is responsible for a young child. The child is hit by a car.

3-6 Its winter, early morning (still dark) and lots of snow all around. I'm pushing an infant (my daughter?) in a stroller in the middle of the road (the sidewalks are too snowy). We're at the top of a hill and a car is coming behind us, so I grab my baby and slide down the hill on my belly we're going very quickly and make it to the bottom and off the road before the car can reach us. It felt exhilarating.

3-63 I'm shopping at the Bay when I suddenly go into labour- I'm rushed to the hospital (which is connected to the department that I'm in). There I deliver twins-but there's something wrong and they're taken away into the NICU. I'm with friends days have passed and I panic, realizing that I still haven't seen my babies and no ones telling me anything. My friends are discussing the doctor who's in charge; he's being investigated, suspected of illegal practices, something shady. We're back at the Bay and I'm also panicked that I haven't breast fed the babies, and do I even have enough milk for them? So I go to the hospital. We manage to find the room where

they are being kept. They're in what looks like a wooden booth with glass fronts to observe them. They're somehow suspended in the air and are quite misshapen and slowly moving around. I'm torn between repulsion and wanting to grab them and take them out of there.

6-4 Dreamt intensely last night. Even woke up. The dream was weird. I was in a bus traveling up a steep mountain road. It felt like it was in India or Nepal. I realise that I'm going up the mountain to get to a market. I have a bundle with me it has 7 children in it. They're really babies. I'm going to the market to sell them. I'm disconcerted even in the dream. I wake up.

### **Dreams- Calm**

1- 12 I am living in a big group home with a lot of women. Something happens, I can't remember, maybe a fire, and I lose most of my possessions. I am not upset. I lost my possessions in a fire more than 30 years ago but I have never dreamt of it.

5- 4- Remembered a remnant of a dream where I found that I had a lump in my left breast, more flat and wide than lumpish, sitting vertically on the lateral side of the breast. I was surprised but not terribly alarmed.

### **Dreams- Remembering the Past, Memories**

1-19 I am with my old French boyfriend from over 20 years ago. He is talking to his old girlfriend and she is quite upset about a current relationship she is in. He is trying to comfort her with his arm on her back and he says you should have come to me rather than go to him. I am very upset because this sounds like an invitation to his bed but he says it was not. I then think of all the hours he is gone during the day and wonder if I can trust him and of the possibility of hiring a detective.

1- 42 I am with a girlfriend from high school and we are driving through a neighbourhood I lived in many years ago in my twenties and reminiscing, as if she had lived there too, which in real life she had not.

1-42 I am with my partner, my old boyfriend from 25 years ago and his wife. We are hanging out.

1- 45 A guy from the area where I grew up and my family lives calls me and tells me he wants me to go to a party with him at Christmas when I am home. He knows I am in a relationship. He is very forceful and assumes I want to go. I tell him I will not be in the area at that time. There is a silence on the phone; he is speechless and incredulous that I will not be going to the party. I think he is a creep.

1- 46 I am visiting an old boyfriend I have not seen in 30 years. His sister is there as well. I am with another friend of mine and her husband. In real life, my close friend's husband who is

there and this old boyfriend weirdly have the same first and last name. The sister is wearing corduroys that I remember from 30 years ago; I had always wanted a pair (in the dream).

1- 54 Old fling from 25-30 years ago.

4- 11 Dreamt last night of clearing out some things from an ex-girlfriend's home. They were driving away and I picked up some of my things. Her new boyfriend was in a kind of Navy outfit with a completely white kind of spandex thing on his face. (i.e. made him faceless)

5-5 Dream of the mother of a man I was with for 8 years more than 20 years ago. I was at a bake sale in some hall and was leaving with a plate of goodies when I saw Dorothy, looking as she had 20 years prior, wearing a bright fuchsia suit. I went to greet her and we happily chatted for a few minutes, shared some baking and promised to get together for tea the next week.

5- 37 Dream of past boyfriend, seem to be still living together yet I have married another man, a younger Chinese man that I am very happy with and have a daughter. I know I have married two men and am somewhat worried about the first finding out, but not enough to do anything about it. I see the first husband playing solitaire off in a corner somewhere.

### **Dream- Death, Poison**

1-8 My partner's mother died. I don't usually dream of people dying.

3-39 I keep dying and being reborn into the exact same world/situation. I feel stuck and helpless—each time this happens a pain comes in the left side of my chest. I'm simultaneously trying to think of a remedy to break this cycle and treat the pain.

6-20 I dreamed last night I was bitten on the ankle by a cobra. I couldn't remember how poisonous they were. I thought I needed the anti venom and I thought I should go to get some from the hospital. Somehow I did not choose to go to the hospital. Somewhere else would provide the anti venom. The dream became a bit of a countdown, the ½ hour wait to see if I'd die from the bite kind of thing. There was some thought as to whether I'd be paralyzed or crazy.

### **Dream- Love, Relationships**

1-2 I was with my Chinese medicine teacher and a few students in an old garden with a stone wall. There was love streaming from our eyes. The feeling was that we had been together in a past life but nothing was spoken.

1- 9 I am at a home movie sitting with my nephew, who is 9. We are cheek to cheek. I can feel the love.

1-23 Michele and Barack Obama are my acupuncture patients. I find out that Michele is having an affair.

1-43 I am with a Russian guy that I just met. I am not sure if I am interested in him. We are meeting some people from our Chinese medicine class in a restaurant. There are many rooms and hidden stairways in the restaurant. We find our classmates finally at a table for nine next to a fireplace with a fire going.

1-49 My boyfriend is trying to find a way to get rid of me. I feel insecure and anguished.

5-34 Dream of husband's business partner having his father divorce his mother.

### **Dreams-Sex, Sexuality, Rape**

1- 30 I am in a basement and a troubled teenager comes in to try to get me to help him get out of trouble. Then we are outside with his father who tackles him to the ground and pulls down his pants and holds up his small penis. It may be a punishment for his misbehaviour? I am taken aback.

1- 32 ... I am with a 14-year-old boy in his bedroom, who looks like the main character from Juno, the teenage pregnancy movie. We have fumbling sex and then he shows me himself on YouTube playing the guitar. I wonder if he was a virgin. He then goes and tells his parents that I am there and I feel horrible for what I have done and wonder if his parents will forgive me. The father comes in while we are hanging out on the bed in our bathrobes with the other brother. I am very embarrassed and wonder if I did this from posttraumatic stress from falling in the hole. The dream is so real it takes me a while to shake the creepy feeling.

1- 60 Some guy is trying to have sex with me but it's not really working out and I'm kind of repulsed by him and don't even know why I'm with him. I just want to be with my boyfriend. I'm trying to figure out how I can cover my tracks so my boyfriend doesn't find out.

3-2 In one class were under an enormous sheet working on telepathy or some psychic process and at the same time there's a vaguely sexual theme as we roll/move around.

3-22 I'm male/female?- everyone's gender and sexuality is ambiguous. My partner is unwell and we're staying in a hotel. I'm looking for something outside-but, its dangerous if you stray from the hotel walkways. So I stay in the hotel compound, running into people I haven't seen for years, partying, having flings.

6-XXX I've had dreams of being raped. Very unusual. Twice. It seems to tie into the non-communicative thing. Something to further isolate me from engaging.

### **Dreams- Buildings, Houses**

1- 2 Visiting my partner's brother and sister in law in their new house. They lived in the mountains and the roads were curved and tight with stone walls. The view from their window

showed terraced land with two small old stone castles. The feeling was a medieval place but in modern day.

1- 37 I get a big beautiful sunny apartment with my homeopathic colleague. I discover that she has built a large structure of shelves, in front of existing shelves in the kitchen and has nailed shut two swinging doors as part of it. I am very upset and feel that she has destroyed the harmony and flow of the apartment and that she should have spoken to me first.

1-43 I am with a Russian guy that I just met. I am not sure if I am interested in him. We are meeting some people from our Chinese medicine class in a restaurant. There are many rooms and hidden stairways in the restaurant. We find our classmates finally at a table for nine next to a fireplace with a fire going. The room is enormous with very high ceilings.

3-2 Scenes of abandoned buildings-starting to crumble- a decaying city- sense that I need to do something to halt this process.

3-2 I'm back at school-university-morphing between my current self and a younger me. I'm bouncing between classes and learning and flashes of dilapidated cities. There's a sense that we need to learn something to stop this decline.

3-5 I'm an interior designer working on a room, which becomes more like an art installation. In the room (long and narrow) I've placed a line of 5 vases with a simple enormous flower in each. Pillow and cushions have been arranged elsewhere in the room. People are coming through to view this. Then I'm in a messy workspace-material, fabrics, sewing machine, very crowded.

3-18 I'm staying in someone's house-the size of a garden shed-dominated by a bed. I'm trying to keep it clean and tidy but I can't.

3-27 I'm staying at a house-beautiful wooden Asian (Thai?) style-in the countryside. I'm cooking food for a large group of people who are fixing up the house-there's a pan of fried rice, noodles, and a cooked bird-the featherless cooked head stares at me.

3-29 I'm in a forested area & have been directed to set up camp-so I'm attempting to clear the area, but it's muddy & no good as a campsite. So I wander over to the next group of people-across the stream-and offer my assistance. Then I'm walking further and find that this forest is actually in a large building-a mall? as I walk past businesses & shops.

3-34 I'm living in a dingy apartment-it's the ground floor of a house. It's terribly dusty inside-hasn't been cleaned in years. I can't believe I'm living here with my family.

### **Dream- Threat /Safety**

1- 12 I am with my sister and we go into an indoor market/tourist destination. I am showing her around. We go to a side room and it morphs into a moving train with a dramatic open

natural vista outside. I pat the seat next to me for her to sit down to be able to see better and the train is suddenly on the edge of an immeasurably huge cliff that goes straight down. It is thrilling! I don't ever remember having a dream with my sister in it

1- 12 I am living in a big group home with a lot of women. Something happens, I can't remember, maybe a fire, and I lose most of my possessions. I am not upset. I lost my possessions in a fire more than 30 years ago but I have never dreamt of it.

1-33 I fall into a deep dirt hole and there are people trying to survive and scrounging, like in Haiti after the earthquake.

1-35 Over a certain area, there are single dirt holes in the earth, like little pod rooms and each contains one person. The people are trying to stay safe from a wild foraging animal, I think they are wild pigs and there is a scent emitted in the holes which helps to repel the dangerous animal.

1- 43 I am with two guys deep in the woods on snowshoes. We are trying to get to a skiing area. We try to cross the stream but my brother falls into the water and is completely immersed and rolling. I make sure to find a safer crossing.

1-48 Someone is responsible for a young child. The child is hit by a car.

1-48 Dream: I am playing with a young child. I play "airplane" with the child, putting him/her up on my feet in the air and the child falls on its' head. I am very worried that the child is injured, but everything is ok.

1- 50 I am with a girlfriend and there is someone stalking me. It is a small town with roads in a grid and when my friend and I go out at night I am afraid to leave the car because the stalker might find it. Then there is some shooting and we are dodging bullets.

3-1 ...There's a sense of danger, and we need to get off the street. We enter a small dingy canteen to hide out. There were offered a small selection of unusual wines and Belgian beers, home made/artisanal corned beef with various garnishes--- I'm trying to figure out how to get out of trouble (I sense I'm in trouble) and suddenly I'm outside, it's sunny now with someone else.

3-6 Its winter, early morning (still dark) and lots of snow all around. I'm pushing an infant (my daughter?) in a stroller in the middle of the road (the sidewalks are too snowy). We're at the top of a hill and a car is coming behind us, so I grab my baby and slide down the hill on my belly we're going very quickly and make it to the bottom and off the road before the car can reach us. It felt exhilarating.

3-8 I'm running through underground rooms and halls with someone/several other people, need to escape from I'm not sure whom. Then I've managed to get onto a plane, we're headed

back home to Canada-when the plane is suddenly diverted back (to the US?). A sinking feeling as were marched into a holding area. ... Then suddenly were all running from bullets and flames are falling on us, destroying the dessert table. Then we're running through a pine forest dodging bullets and fire balls.

3-11 I have been hired to investigate some criminal activities in a business?, a family?. I'm climbing a very long narrow ladder to explore the building, and I'm being watched. There's a threatening feeling.

3-11 ... The fish comes into the bedroom, then I feel this male presence and realize that we have to protect/hide the crystals. I'm trying to cover them by lying on them.

3-12 ... Many people are living inside, almost like refugees. We're staying inside to stay safe from the tornados, which blow through quite often. There's something sentient about them (the tornados) as they can be provoked. Suddenly everyone's running, panicking. I look outside at the fields and there are many tornados just hovering there, poised to hit us.

3-18 I'm running down a wide busy street somewhere in the city there's been a car accident and I think my father is involved in this –he's injured so I have to get to him.

3-19 I live in an apartment in a house. I've had to ask the upstairs tenant to leave. However, she keeps coming back, alone or with her girlfriend to go through all my possessions-clothes, underwear, wine...they're cataloguing everything, as well as taking/stealing. And I'm powerless to stop them. I know they're trying to make a case against me, to have me thrown out, and they're tormenting me by blatantly stealing.

3-22.. . My partner is unwell and were staying in a hotel. I'm looking for something outside-but, its dangerous if you stray from the hotel walkways. So I stay in the hotel compound, running into people I haven't seen for years, partying, having flings.

3-25 ...We talk... suddenly a bomb goes off & the bar is destroyed. I somehow sensed that this would happen, as I'm walking away when it goes off. The streets are empty & I feel I need to get off them and hide.

3-29 ... Then I'm walking further and find that this forest is actually in a large building-a mall?-as I walk past businesses & shops. Then I'm back at another camp-I believe that the police are about to raid them-so I'm helping them get rid of or hide away any pot and pot paraphernalia.

### **Dreams- Mistakes, Memory**

1- 3 I was at a bar, taking someone's case. At one point I realized that I must have zoned out for 45 minutes or an hour. When I came to, the patient was still talking and my computer was halfway down the bar. I was worried because the patient had given me his case and I hadn't heard a lot of it or gotten it down.



1-19 My car is piled with parking tickets. Six of them are seven dollar tickets. I do the math in my head:  $6 \times 7 = 43$ . The other is a single bigger ticket. All these tickets are for one day of parking. I had checked the signs carefully and must have made a mistake. I am quite indignant. It seems over the top to give so many tickets.

3-18 I'm in a store looking at pots (for plants) when a salesperson comes up to me and starts chatting. Then they're gone but I notice that he/she has left their notebook behind. I start leafing through it; it contains pages and pages of info on me. Stuff that no one could possibly know recorded from a discussion that I don't recall. Immediately I know that I've been drugged (to get this info)

3-27 I'm staying at a house-beautiful wooden Asian (Thai?) style, in the countryside. I'm cooking food for a large group of people who are fixing up the house, there's a pan of fried rice, noodles, and a cooked bird, the featherless cooked head stares at me. And someone keeps plating the food incorrectly every time I'm back at the stove. I'm getting frustrated having to correct this.

### **Dreams- Giving/Receiving**

1- 11 I receive a birthday card from my female jeweller friend and when I open it, there is a lot of jewellery inside as gifts – all made of beads, at least 10 pieces of jewellery. I am very happy to have this beautiful jewellery but wonder how I can reciprocate.

1-11 I am in a big house and it seems a lot of women are coming for the weekend. I am hanging out on a big comfortable bed but when some underprivileged women show up I offer up the bed, because I can sleep anywhere and I feel that they have a much rougher life than I do.

1-37 6:00 I feel so badly for the people in Japan, their suffering and their future suffering, that it does not seem right for me to lie here comfortably in my warm bed.

3-19 I'm planting dahlia tubers-enormous ones-in a small rectangular patch. They're growing so quickly (overnight) that I'm having to harvest them (beautiful fuchsia-purple flowers) –the entire plant-daily. I'm giving them to a woman to be used for her young son as medicine.

3-29 I'm in a forested area & have been directed to set up camp-so I'm attempting to clear the area, but it's muddy & no good as a campsite. So I wander over to the next group of people-across the stream-and offer my assistance. Then I'm walking further and find that this forest is actually in a large building-a mall?-as I walk past businesses & shops. Then I'm back at another camp-I believe that the police are about to raid them-so I'm helping them get rid of or hide away any pot and pot paraphernalia.

### **Dream- Resisting Authority, Running, Hiding,**

2-4 Dream only vaguely remembered, but had to do with resisting authority. I was at a border post somewhere and the official couldn't or wouldn't accept my passport. I got very indignant, not too clever as there were big men with guns. Nothing else.

3-4 I live in a foreign country-one of a small group of people who are aware that the military (posing as friendly/benign) are about to take over the country. Our group is in a concert hall (in the audience) when we decide to speak out and tell everyone present that they need to resist and fight against this plot. But all we manage to do is make a commotion we start to do an unrehearsed clumsy dance routine- and they're dragged away by the soldiers who are present. I'm pissed off that they blew a great opportunity- and now, it's just myself and several others who are able to do something- running, chasing and hiding ensues.

3-8 I'm running through underground rooms and halls with someone/several other people), need to escape from I'm not sure whom. Then I've managed to get onto a plane-were headed back home to Canada-when the plane is suddenly diverted back (to the US?). A sinking feeling as were marched into a holding are. Then someone comes up with the idea that a wedding ceremony will distract (the authorities) and allow for our escape. There appears a long table filled with elaborate pastries and tall cakes. A Japanese girl who doesn't speak much English has volunteered herself as the bride-she appears in an ivory gown. Then suddenly were all running bullets and flames are falling on us, destroying the dessert table. Then were running through a pine forest dodging bullets and fire balls.

3-11 Someone male is trying to find/steal a magical energy source. Has followed me to my old bedroom (in my parent's house) he's close by and my son and daughter are there with me. I go into the bathroom and rearrange/place the sink against a different wall. Suddenly a dark fluid comes out of the toilet then turns clear and the entire bathroom fills with water. A large fish merges from the toilet sort of a puffer fish and swims around. I tell my kids to look. Then suddenly the bedroom has filled with water. And were able to walk around/be in it. Then I notice there are huge slabs of beautiful multi-coloured quartz in the beds- and the quartz is lighting up and glowing. The fish comes into the bedroom, then I feel this male presence and realize that we have to protect/hide the crystals. I'm trying to cover them by lying on them.

3-25 ... suddenly a bomb goes off & the bar is destroyed. I somehow sensed that this would happen, as I'm walking away when it goes off. The streets are empty & I feel I need to get off them and hide.

3-33...Then I'm back at another camp-I believe that the police are about to raid them-so I'm helping them get rid of or hide away any pot and pot paraphernalia.

### **Dreams – Family**

1- 2 Visiting my partner's brother and sister in law in their new house. They lived in the mountains and the roads were curved and tight with stone walls.

1- 12 I am with my sister and we go into an indoor market/tourist destination. I am showing her around. ...I don't ever remember having a dream with my sister in it.

### **Dreams -Miscellaneous**

1- 7 A giant ball about 10 feet in diameter made of earth and plant material in in the lawn, It is not a dung ball, but has that appearance. We are playing with it but it is heavy to move.

1- 16 I take a dose of Bacillinum (we had just been talking about this before bed) and find a red Chinese made down quilt in a store for only \$50.00. I am deciding whether to purchase it.

3-6 Someone who I can't stand walks into my dream-my room strangely dressed in very young/childish clothes.

3-18 I'm in Canadian Tire buying small metal pieces (gears, bolts etc.) that I need to make oddly shaped designs (art?) I have to make these quickly as a conveyer belt comes to pick them up.

4-15 Dreamt last night that I was "fit"- don't remember much else.

5-34 Dream of husband's business partner having his father divorce his mother.

### **Miscellaneous**

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1-12 20:30 I tell my partner that I love doing the proving because it is so much fun because I have so many interesting dreams. He tells me it is not supposed to be about having fun.

1-18 Vision of egret

1- 29 21:30 Half asleep I have a vision of a bird. My mind says the word penguin but I think it's a different bird.

1- 29 22:30 I sometimes see "Movie clips" on my closed eyelids. In the scene, it is night and I see huge vertical slabs of ice standing straight up with smaller pieces of wood by them. It is dark and peaceful, mildly eerie. It's a bit like a glacier.

1- 49 1:00 – Vision- At first I think it is a peacock; the colors are royal purples, greens and blues, but then I realize it is a smaller and airborne, a dragon fly or hummingbird.

1-49 1:15 – Vision- A glacier separating into two in the dark but can be seen by the light of the moon. There is a dark uneven crevice opening.

2-1 No noticeable effects. No dreams.

2-5 Should I redose? (I did not)

4-8 Instinctively I put pressure on the base of head of 1<sup>st</sup> metatarsal bone of the foot (corresponds to Spleen 3 source point in acupuncture theory) at 3:50 pm just before eating.

5-37 Purchased flashy cat glasses with small crystals embedded.

6-32 Had another desire to stop smoking. Felt disgusted with it.

## PHYSICALS

### Generalities

1-1 12:08 Getting hot-feels good starting to lightly sweat, lot of energy moving through body.

1-1 14:20 A lot of energy gently moving in my body. I feel relaxed.

1- 2 13:20 Felt abnormally hungry at lunch. Wanted comfort food, heavy and filling. Had a potato and egg sandwich.

1- 5 Last night I couldn't stop eating cheese and drinking cheap cooking wine. I ate half a package of cheese and was disgusted with myself afterwards. Haven't done that in many years. Yesterday had comfort food for lunch – falafel wrap. Craving heavy comfort foods that I usually rarely crave.

1-6 16:00 In yoga class I am too hot and just wear my undershirt.

1-15 Yesterday I ate a whole tin of chocolate, which I don't even particularly like. Last night overeating again. In recent years, my eating habits are quite healthy but on this remedy I want to stuff my face with junk.

1-17 15:00 Very thirsty for cold water. I've been drinking a lot of water. I am usually never thirsty.

1-32 15:00.... I seem to be much more affected by the weather than usual and the rain gets me very down.

1-60 15:00 I am so deeply tired every day for four or five days now at this time. My energy is fine all day and then I'm exhausted.

3-1 10:00 Came downstairs from putting my daughter to bed, freezing, so chilled I put on a winter coat.

3-11 Feeling famished this morning-finished off my daughters oatmeal then had a smoothie- I can't recall the last time I felt so hungry in the morning.

3-25 12-4 pm is a consistently strong aggravation time during this proving.

3-29 I really feel hungry but I know that if I eat it will only aggravate this burping-which continued off and on till bed.

3-40 My appetite is all over the place. On Monday, I was so hungry and couldn't get enough to eat- I kept snacking. But the last couple of days I have had very little appetite. Today all I had was some fruit and veggies.

3-48 Late in the afternoon, for about one hour I had a bizarre "tic" or spasming in my lower left quadrant-every 5 or so seconds.

3-86 I've been so cold during this proving-constantly wrapping up in a thick sweater or even a coat at night (at home) and cranking up the thermostat.

4-1 Felt like energy was high during TAing from 3-5pm. Felt very tired when driving later at about 6-6:30 pm on the 401. Sensation of heat and "aliveness" in the night and early am.

4-2 Woke early and not tired (usually more tired in am).

4-13 Hung over after drinking with step dad, had a tough time drinking more beer that afternoon and felt really terrible until I ate a strong Caesar salad-then I was able to drink more (hahaha).

6-3 Been eating mostly carbohydrates. Bread and potatoes.

6-4 The other thing I've noticed is that my aches and pains seem less. Physically I seem to be a bit better.

6-6 Noticed by the end of the day that I'd eaten 2 pints of blueberries. This is unusual.

6-7 I had blueberries again today.

6-10 Noticed some cramping on the right side. Small sharp pains.

6-14 Still eating lots of blueberries. Its totally weird everyday, blueberries. These are not generally my first choice of fruit let alone berries.

6-22 Still with the blueberries.

6-30 Physically I'm exhausted. I want to sleep or lie around and do nothing.

6-30 I've noticed that I'm more thirstless than usual. Almost no water at all.

6-30 Still eating blueberries.

6-44 Food that wouldn't usually bother me is becoming harder to tolerate. This has been on and off for about a week.

### Head

5-5 Head feels stuffed but nose free of congestion.

### Head Pain

1-1 12:08 Very mild frontal headache.

1-60 15:00 Today I have a frontal headache.

3-7 ... I had a dull heaviness/pain in my head (occiput) –very unusual, as I never get headaches. It was gone by early afternoon.

5-5 Still dull headache but more through the temples both sides. Not really pain, more of a thickness, pressure pushing outwards.

5-6: 7 pm Headache persists, pain at temples, pain in left sinus, worse from cough. Pain worse on left side of head, sinus, behind eye. All pain < coughing.

5-6: 9pm Sinus pain disappeared within about 15 minutes. Went from fairly bad, eye swollen, tearing to nothing. All left side involvement. Still have headache in temples, occiput < coughing.

5-7: 8 am Still remnants of headache at different places around the head.

5-7 Sinus pain returns about 2 pm. Coughing sends pain shooting up the sinus and along the left side of the nose, behind the eye and eyebrow.

5-7 Coughing also causes pain in several places in the head-occiput, front of the face, behind left eyebrow, above temples. Pain >> pressure while coughing, pain on bending.

5-7 Sinus pain still there but less.

5-10: 9 am No sinus pain now on coughing or bending

5-10: 2 pm Had a visual migraine this afternoon, leaving slightly disembodied feeling and dull headache.

6-1: 5:30 pm Felt the onset of a sharp headache. A pressing pain around the /from the occipital ridge around to my temples. I was worried it would be a migraine but the pain faded within 5 minutes.

6-2: 2:30 My head started hurting afterward/ Had to lie down. The pains were sharp.

6-3 2:30 Moments of the sharp headache again.

6-22 Also had another massive headache. They seem to come on suddenly especially when the weather gets cold. Very intense and sharp. Lying down seems to help.

6-30 Still occasional intense headache.

### Eyes

3-7 10:00 my eyes are very heavy ... Went from fairly bad, eye swollen, tearing to nothing. All left side involvement.

5-7 Eyes seem to be blurry. Wearing usual glasses, cannot see as well.

5-7 .... Coughing sends pain shooting up the sinus and along the left side of the nose, behind the eye and eyebrow. Causes tearing in the left eye.

### Vision

1-1 14:20 Colors seem more vibrant as if I have been meditating a lot. The world seems almost a little unreal, like the intense colors are there and very real but at the same time I am not completely here.

5-10: 2 pm Had a visual migraine this afternoon, flickering rainbow on the left side of vision gradually moving to outer range of vision, leaving slightly disembodied feeling and dull headache.

5-37 Continue to have visual migraines more frequently than ever before. Flashing switched from left to right

6-30 Still sensitive to bright light.

### Ears

2-3 Left ear blockage. Slight bleeding internally. No pain.

3-78 This week I also experienced an odd pain in my left ear-at the helix. It feels sore on pressure-ie there's a cyst there; however, only a bit of redness is present. It lasted about a week.

### Hearing

1- 45 4:30 When I wake up, my boyfriend is sleeping to my right, but I distinctly hear him breathing to my left. I have very good hearing and I carefully listen. Its so clear and so weird....

### Nose

3-9 ...plus there's a small tear at the upper medial aspect of my right nostril (normal for me when I get a cold).

3-12 I wake with one of my nostrils congested. This gradually improves but doesn't entirely go.

3-22 My right nostril is sore and red again over the past few days.

3-26 ... Its difficult (and painful) to swallow and my nose is stuffed up- I was mouth breathing last night.

3-27 ... my nose is slightly obstructed. This is the easiest cold I can remember having.

5-5 Head feels stuffed but nose free of congestion.

5-6 Left side of nose congested, switch

5-7: 8am Mucus easily discharged from nose, light yellow.

5-9 Full body sneezing, not just a little achoo!

### Face

1- 4 6:15 bright red tiny macula on left side of my face, both cheek and forehead.

1- 23 10:23 still bright red spots on my face. Before all left sided now one on my right forehead.

3-18 For the past couple of days I've been getting pimples-small bumps on my cheeks they don't get big and go after a couple of days.

6-3 8:30pm excruciatingly sharp pain in the TMJ. Lasted about a minute. Stopped all conversation. Had to even lean into the pain and press on the joint.

6-44 Some physically interesting things. They are under my left eye on my cheekbone and around and into my eyebrow and forehead was really sensitive last evening. Just lightly brushing my fingers over the hair on my face was painful, so much so I seriously considered the idea I had shingles.

### Mouth

3-25 Around noon the upper left area where my wisdom tooth was feels tender-slightly painful- as if a tooth is trying to erupt there. My tongue keeps probing the spot. And then gone by 4 pm.

3-53 For the past week my lips have ben painfully dry- a burning sensation where the skin borders at the lips. It felt like my lips were shrivelling and taut. Nothing would help (lip balms were useless). Then it just cleared up.

### Teeth

4-7 Flossed teeth for first time in a while (I bounce between flossing and not flossing frequently)

### Cough

5-6: 7 pm Pain in left sinus, worse from cough. Cough started, moved in to bronchi, barking cough. All pain < coughing

5-6: 9pm ... Still have headache in temples, occiput < coughing.

5-7:8 am ... mucus in throat and barking cough that sends shot of pain into sinus inner corner bottom of eye

5-7 Coughing sends pain shooting up the sinus and along the left side of the nose, behind the eye and eyebrow.

5-7 ... Coughing sends pain shooting up the sinus and along the left side of the nose, behind the eye and eyebrow. Causes tearing in the left eye.

5-7 Better throughout the day, cough abated somewhat, more productive.

5-7 Coughing also causes pain in several places in the head-occiput, front of the face, behind left eyebrow, above temples. Pain >> pressure while coughing, pain on bending.

### Voice

3-8... my voice was escalating to shouting- and I got stuck there shouting for a long time. My voice is now hoarse- I've never gone this far saying (yelling) I'm tired of being a mother- I want out.

3-70 I've noticed the manic speech is back. I was out with a group of people for lunch and I was talking a mile-a-minute energetically, enthusiastically. I was aware of it at the time-worried that I was dominating the conversation-but enjoying myself so thoroughly that I just kept going. The same thing happened last week, when I got together with a friend, hours of conversation that moved so quickly and in so many directions.

5-5 Cold symptoms progressed more to throat, voice lowered, husky.

5-7:8 am Woke up with voice still husky.

### Ext Throat

3-26 Tonight in the shower I notice that my left submandibular lymph node is enlarged and sore/bruised feeling on touching.

### Throat

3-7 10:00 my eyes are very heavy and my throat is starting to hurt-it's a bit uncomfortable to swallow. The sore throat persisted all night but cleared after getting up in the morning.

3-9 My throat is mildly uncomfortable-it feels more like a mucous lump when I swallow (slightly right sided at the back of my throat).

3-10 My throat is sore throughout the day. Nothing unusual, except that I'm waiting for this to segue into my typical annual cold and it's just not happening (usually my throat becomes so sore I can't swallow anything).



3-25 As the day progresses my throat feels sore-gets worse towards evening: slightly raw (pharynx) and mucousy.

3-26 I wake up with my throat feeling swollen, closed-in. Its difficult (and painful) to swallow . It feels as if theres lots of tough mucous in the back of my throat- but my throats too sore to hawk it up. By mid-morning throat pain is improving, and almost completely gone by noon! (this never happens to me).

3-27 There's mucous (tough/tenacious) in the back of my throat...

5-7:8 am Woke up with voice still husky, mucus in throat .

5-9 Mucus in larynx causing cough to clear.

6-21 Strongly right sided sore throats that come in the evening and don't amount to anything.

### Stomach

3-13 ... I came home famished (hadn't eaten much today) had some nachos with avocado and half a sandwich- then the indigestion started up again: some burping, and heaviness in my stomach. This lasted for 2 hours.

3-14 Burping and a heaviness at the base of my stomach start up again around early afternoon. There's absolutely no reason for this ! I'm starting to get annoyed that I'm experiencing these symptoms. These went away later afternoon.

3-15 It's past noon and here come the GI symptoms again-its bordering on queasiness plus small burps. By mid-afternoon the discomfort has shifted to my abdomen- somewhat bloated and gassy very unpleasant smelling, then gone by early evening.

3-29... And, the burping has started up again early afternoon. I really feel hungry but I know that if I eat it will only aggravate this burping-which continued off and on till bed.

3-31 Digestion still bothering-after very little food I feel full-like there's something heavy in my stomach and like I need to burp.

3-35 Ate some dim sum at noon-shortly into the meal I began to feel full-which progressed to a mild biliousness. This lasted the rest of the afternoon. And cleared up after eating a small supper.

3-40 My appetite is all over the place. On Monday, I was so hungry and couldn't get enough to eat- I kept snacking. But the last couple of days I have had very little appetite. Today all I had was some fruit and veggies. I had some corn chips this evening, but hey didn't sit very well- some burping a couple of hours later.

3-78 It's late afternoon and I'm starting to prepare dinner when suddenly I get a sinking "thunk" in my gut-... I also hadn't eaten much all day-so I went ahead and had dinner. It didn't sit well, sitting heavy and high (in my stomach). Then a small bout of burping, followed by gas. This hung around for a couple of days.

6-44 I've noted that I've been waking up with indigestion. Around 6:30 am. It's lasting well into the day. Food that wouldn't usually bother me is becoming harder to tolerate. This has been on and off for about a week.

### Abdomen

1- 24 6:30 I have an itchy red macula on right side of abdomen, 2 inches lateral to the navel and down a little. It is like a single pox.

4-10 Foul gas (1.5-2 hours )after eating falafel

4-14 ...foul gas again

5 1-37 Throughout the proving period have been very, very gassy, worse from carbs, I think (bread, oatmeal, pasta) Lots of noisy rumbling, distension and flatus emitted after soon after eating.

### Rectum, Stool

1- 4 – External haemorrhoid, swollen and tender.

1- 8– 20:00 Hemorrhoid very uncomfortable sore on walking and standing. No problem sitting.

3-16 I am mildly constipated the past 2 days-small incomplete bm's.

3-17 Constipation is gone.

4-XXX Bowels have been slower, more constipated. Haven't been eating as well.

4-10 Bowel movement in am after coffee and greasy breakfast, required more pushing to expel. More stagnant bowel, dark and malodorous stools.

6-7 I noticed that today I had 3 large bowel movements. There were some of the small sharp cramps before each of them.

6-9 Noticed that the frequency and size of bowel movements was still increased.

### Urine

6-21 The other weird one is my urine has had the occasional but strong smell of popcorn.

### Female

3-72 I haven't had a period since the end of Dec. I've missed the odd period last year, but nothing like this. And hot flashes are definitely decreasing in frequency-maybe 1-2 per day and very brief.

3-72 Low sex drive the last couple of weeks. Simply no desire-quite content to do my own thing at night, go to bed, mediate and fall asleep.

6-30 ...I feel happy, the isolation isn't really bothering me. The sexual aspects are making for a good connection with my partner.

### Back

3-28 Odd fleeting discomfort at left cervical lymph nodes-lasting most of the day.

3-29 My neck is tight and stiff- turning in any direction is uncomfortable.

6-2 Sharp neck pain. Lasted moments.

6-7 The other thing I've noticed is small little sharp cutting pains. They don't become something and they are really just moments, like a little stab. Usually in my neck.

6-22 I've had a crick in my neck on the left side.

Extremities

1-2 13:20 The medial part of my left knee is constricted, sore and uncomfortable walking down stairs.

4-7 Crack in lateral fold of skin of distal interphalangeal joint either appeared this day or worsened- rhs I think but not sure of sidedness. Flexion of fingers feels weak, thought of hypothyroid as a cause of this weakness. Picked at a dry piece of skin on interphalangeal joint of the thumb till it bled.

6-4 The other thing I've noticed is that my aches and pains seem less. My knee isn't bothering me and neither is my ankle.

Sleep

1-2 8:20 I feel sleepy. I am usually a morning person. I feel gentle and at ease with the world.

2-2 Very tired. Actually took a nap today and didn't feel guilty. First time in years. No dreams.

3-2 In bed-its late (got stuck into a book) I can't sleep (unusual for me) I try meditating-no go. My heart is beginning to race-it takes a long time to calm my heart and bring the rhythm back down.

3-8 At times this afternoon, I feel I could sleep for hours-alternating with manic energy. I'm so dragged out I feel like I can sleep for hours-... The fatigue lifted by later afternoon, and, strangely, had a really good evening.

3-16 Very poor sleep-waking every hour (doesn't help that my daughter got into bed at 4am and the cats were in and out as well) not wanting to oversleep and get up before the alarm.

4-2 Woke early and not tired (usually more tired in am)

4-11 Slept over 8 hr and wanted more.

4-12 Last night fell asleep on my bed without trying (this proving book was on the bed when I woke up in the middle of the night) When I woke may have been the time of my "angel visit" sent to me by a friend.

6-1 Slept well, do not recall my dreams. Woke a little bit tired even though I had plenty of sleep.

6-2 Slept well again, no dream recall.

6-7 I've been sleeping really well. My head hits the pillow and the next thing is morning. This is an improved situation, I usually toss and turn and wake up a number of times a night.

6-9 Slept really well

6-30 Physically I'm exhausted. I want to sleep or lie around and do nothing. Waking up is unrefreshing. I feel groggy and tired. This just cycles into not wanting to communicate.

6-30 ... I'm enjoying the sleep.

Perspiration

1-1 12:08 Getting hot-feels good starting to lightly sweat.

Skin

1- 24 ...single itchy red macula on right side of abdomen.

3-18 For the past couple of days I've been getting pimples-small bumps on my cheeks they don't get big and go after a couple of days.

4-7 Crack in lateral fold of skin of distal interphalangeal joint either appeared this day or worsened- rhs I think but not sure of sidedness. Flexion of fingers feels weak, thought of hypothyroid as a cause of this weakness. Picked at a dry piece of skin on interphalangeal joint of the thumb till it bled.