

Hannemanian Proving of Argentum Sulphuricum

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MIND

02,00:12:42 Crashing pots in dish area (Café area) don,t startle me (often do).

08,00:15:20 Feel very slow and heavy mentally and physically, but am typing just as normal. Balance seems a little off.

08,00:19:00 Four hours went by very fast, yet I feel so slow and heavy. I went outside to wait for my husband and was counting cars until he would arrive. Also as I was standing there, I couldn't keep from swaying from side to side rhythmically for a long time; it felt pleasant.

08,00:20:15 I still feel very slow and that traffic is going too fast, also that time is still going by very very fast.

09,00:20:49 Disinclination to finish paper work already started.

02, 00:20:55 Seem to have a quieter, less impatient quality with people. All day with daughter better than usual in terms of patience. Nice scene of daughter and husband playing music together (very rare) and myself just watching, enjoying, not rushing off to do things. Yet still doing quite a bit.

Ideas for organizing but still finding notes scattered in different places. The desire is there to create a workable system. Starting to pare down the „seven jobs%. Delegated one easily after seeing that I was going to not manage very well with all this on my plate. One job I basically said I can, t do.

Interestingly I didn,t feel a need or envy or anything driving me to write poetry (no mater how bad) when talking to teacher about his poetry. Connected to reality.

02, 00:22:03 Excited to begin to dream. Excited in general.

09,01:15:15 Friend stopped by and when leaving ^ I spotted neighbor and started conversation with her ^ then briefly threw a good bye over my shoulder to the friend. Later I realized I had been very easily distracted in a way I felt was rude.

08,01:17:00 Irritated with husband but didn't feel like going with it or expressing it. He asked me the names of the two patients I had seen today and I could only remember one, the second.

02, 01:19:53 Met 3x with an old friend today after not seeing him for nearly a year. Confident, not looking at him with expectation or timid / fear. Basically I don,t feel as thrown off or tossed around by the activity around me (I normally do). Mental concentration seems stronger today. Deeper concentration is returning / settling after having been disturbed by the travel and company during the weekend.

02, 01:20:08 Wrote a poem in less than one hour for a contest since others were and I was waiting for someone. Did it without angst or expectation of greatness. May not be getting enough done during the day ^ there is a lot to do but not forcing myself to get it all done.

04,02:09:15 Colleague mentions mutual patient, one of three sisters (all are

patients). I can't remember which is which and it's very disorienting. Not simply a lapse of memory, it actually causes me to feel disoriented.

04,02:10:00 Letting my husband wait on me, asking for what I want. Working on a case. Many interruptions, irritating. Say "if people would leave me alone, I'd get more done." "I need a door (I can shut)." I usually just over-ride this sort of comment and don't say them today I express them.

02, 02:12:02 Got upset after breakfast ^ about laundry. I felt this was more than normal (if normal is past few months) but also have had a lot of this type over the past couple years. Difference may be in the feeling of wanting to / and doing some pounding on wood or machine (laundry). The trigger was that my husband washed clean, dry laundry and left me without things I needed.

02, 02:13:50 Missed the bank, turned around, missed it again.

04,02:16:00 Music on the CD player, instrumental orchestral music.

04,02:16:15 It sounds to me like there are voices in there somewhere, but can't distinguish the words. I ask my family for confirmation "are there words in this? Can't you hear that?"

04,02:16:45 Feeling irritable, crabby, somewhat like I'm a bit crazy. (OS) Wonder if I'm making this whole itching thing up. There are no spots, no signs. The symptoms are worse when I pay attention to them, maybe I'm making them up. Want to be a good prover, want to be an excellent homeopath. Think I can't do it, can't even be a good prover, blah blah blah. On the edge of tears.

04,03:09:30 Make up bank deposit at home, add it twice. Take it to bank and submit to teller who says, "you're shorting yourself \$100." Now this was a significant error in the size of the deposit. I'm usually better at math than that.

04,04:00:00 Vagueness seems to be a theme. As my friend and I walk I have difficulty being very specific about some of the things we discuss.

04,04:09:20 I feel depressed, slow, don,t want to deal with it. My state is one of not being able to focus. Can,t decide what to do next. Get many things part way done.

04,04:13:00 As I get ready for work my nose looks bigger. (I don,t think is really is bigger.)

07,04:21:45 I was angry because the house looked like a tornado had hit. Husband said I was snapping at him.

08,05:14:00 Husband observes I have been very focused and productive in my work, but a little absent-minded about other details, such as remembering that we have friends coming over in the afternoon.

04,05:16:00 Don,t care about much of anything at work~the tips reflect this.

08,05:19:00 Friends come to visit and the talk is enjoyable up to a point. Then I feel they are overstaying and imposing. I would normally invite them to stay for dinner, but decide I won't unless my husband suggests it. I have several calls from friends and patients which I take in order to excuse myself from the conversation. I know it is rude, but I am relieved to have a the excuse.

02, 05:22:00 Unable to deal with or respond well to daughter,s moans of

discomfort at mosquito bites (old, excuse not to do something) This is just more accentuated ^ the feeling of not knowing what to do for her faking or exaggerating side.

08,06:10:30 Actually stepped out of my usual role during an interview and responded to something the patient said. Felt very disconcerted and off balance for the rest of the interview although it went well.

04,06:19:00 At dinner made a few obscure conversational connections that the rest of the family couldn't follow but I thought was very funny. Similar to being stoned on marijuana and the odd connections one will make. Not as „gone%o as with pot though. This lasted about an hour.

04,07:09:15-10:00 Today I kept trancing out, and almost falling asleep.

08,07:09:30 Still feel very focused and efficient.

02, 07:11:40 Woke a little before 7 am. Deep sense of happiness.

04,07:16:00 Hair looks kind of limp, flat and oily looking like a cat,s coat does when it,s sick.

04,07:00:00 Feel mentally alert, except I lost my car. I felt confused and like I probably looked pretty silly.

04,08:05:45 I realize I like to have secrets, I like to know things others. It,s sort of a power trip. I like to think that I,m magical and special. I procrastinate because I may not be able to magically heal them.

02, 08:10:30 Desiring to cry. Very sensitive and emotionally weak with kids who seemed more rambunctious. Better around 11 am.

08,08:13:30 Very busy, productive work.

02, 09:01:10 (am) As I was writing tonight I found my mistake in the recording of the days since I had to write in a couple of day,s symptoms and figure out the number. [one day off].

08,09:10:00 We has a surprise overnight guest last night and I found I really enjoyed socializing and entertaining him

04,09:16:40 In traffic I stop so that someone can make a left turn in front of me. I see an actual questioning expression on the „face%o of the **car** not the person in the car, it was very brief, and looked rather cartoonish. I nod to the car, as if to say, yes go ahead, I stopped for you.

08,09:22:30 Inwardly irritable and annoyed by our guests although I know they are decent people and very friendly. I found them boring and predictable, the woman talked too much. At one point I wished I could just escape, go outside, go to bed. But I was outwardly polite.

04,10:00:00 I feel like my mind is making some good connections as if I,m getting some healing from the remedy, healing on a wordless level.

04,10:00:00 Feel organized, purposeful. No more dragging my feet and thinking I should do that while doing something else entirely.

08,10:07:00 I feel miserable, spacey.

04,11:00:00 Since the proving started I keep seeing people that I think are others, like people from the class, people I went to high school with, people from my hometown I used to wait on.

These aren't people I know well that I think I'm seeing. Occasionally in life this happens, but it seems like it's very prominent since I took the remedy.

07,11:06:00 Felt a little aggressive. A parent challenged me (prover is a school teacher). I had to respond; normally I might have let it go.

02,11:20:30 After the struggles with my daughter I wanted some comfort from my husband. When he continued to read rather than relate to me, I went away crying and hurt. This didn't last long which is distinctive.

02, 12:00:00 I have been feeling lazy ^ not wanting to do much or tired a lot. This relates to why I haven't written here. There seems to be a point of overload and shut down when I'm doing too much. I haven't been sick though, which is often the response I get.

07,12:00:00 A little grouchy.

02,12:20:12 It has been difficult to write the little sx down. I am loath to expend the energy. Perhaps as I have been using more of it on my daughter who has conjunctivitis.

My temper with my child seems over all better these past three intensive days (her with pink eye). The only time I seem to not handle my patience well is in the direct struggle over her medicine drops. This is particularly hard with the lack of confidence I have in myself ^ highlighted by the use of them at all. Plus that she is hurt by them.

07,13:00:00 Short tempered with family.

02,13:08:45 Around 8 am I despaired for my child,s eyes are not better, especially that I couldn't survive another 4 days of only nursing her. I also „flipped out%“, anxious that I had made it worse for her by using the medicine and not enough homeopathy.

08,13:13:00 Very busy, getting a lot accomplished. Feel I am better at organizing and prioritizing things. I feel as though I see things, see reality, more clearly than usual. Like seeing deeper into things, this was a quality throughout the proving.

02, 13:19:00 While putting out supper, wished for proper dishes to make a nice presentation (very unusual). Hunted for something for sauce for fish, unsuccessful but didn't matter in the end. Eating didn't interest me at any point (cooking or sitting to eat). But tried to make nice stuff anyway, not satisfied with plain food.

08,14:09:00 Busy making order, organizing, planning projects. Feel a lot of physical and mental energy.

08,14:15:00 Beautiful weather, can't resist being outdoors, enjoying the smells and working in the earth.

04,15:05:30 It,s almost time to leave. I,ll be late. Oh well, doesn't upset me much.

02, 15:20:45 I,m noticing tonight that I,m staring more and differently. Feel that I,m not doing this proving properly because of inability to devote time to clarify the sx.

04,16:18:00 Forgot to call supervisor, wrote it down in the wrong place. Somewhat unusual for me, I usually remember appointments.

09,17:00:00 Upset about interaction with peer at work. Ongoing animosity but some angry notes to me ^ I really felt like gut-punched. I had gone to supervisor to c/o about her work.

02, 17:22:42 (writing about 2 16 @19:00) Hit an elk. My husband driving, daughter in back. I was in the passenger front seat. Quite lucky to be OK. As far as sx go ^ there was a good deal of calm in me, helping my daughter cope and husband deal with it afterward. I was fairly detached even going up and moving aside a chunk of the guts to get it off the road (the bulk was moved by 3 guys). Could look very objectively at the liver, etc. Also this didn,t result in a nervous response later, at least so far. I did forget a few small responsibilities this morning but I don,t think that represents any Sx. There was quite a moment of fright, bouncing in the car to stop and watching the car behind us nearly swerve into us after flying over the carcass.

07,13:00 Short tempered with family. A little impatient with kids at school; got onto (scolded?) art class about coming into room noisily.

07,18:00:00 Short [tempered] with family.

04,18:11:00 Haircut, fluffy, cute.

07,19:00 Very short tempered with family. Low patience for non-compliance with kids, and husband,s work schedule. He has been gone every night. He says I,m being non-supportive. He says I,m being selfish.

04,19:00:00 Slight feelings that people are talking about me behind my back. Partly why I got my haircut, though internally I wanted to anyway.

08,19:12:00 Driving the car about seventy miles, driving slower than usual, not wanting to speed up and pass although I know this frustrates my husband who is with me. Just want to feel unhurried and enjoy the scenery.

08,19:18:00 Cooking food to take to an elderly friend and observe myself doing it in an extremely efficient and matter-of-fact way, wanting to do it well but not spend too much time. This focused, practical frame of mind has been quite typical lately. Not cutting corners, but not wasting time either. Not planning, just jumping in and doing and finishing.

07, 20:00:00 Very short tempered with family. Had an argument with husband after kids went to bed, yelling. And he tells me I only think of myself and how things affect me. I did not cry like I usually do when we have these kin of talks. I just thought about what he said and decided I would really try tomorrow to think of everyone in the family before myself. Although I did not view my actions in the same way he did. I do not think he is wrong; I just looked at my life like everyone was doing things to me, so I was frustrated. He said I was only having a selfish outlook.

08,20:11:00 Received bad news about my brother's state of health. Felt like crying but wanted to suppress that feeling, didn't feel it was helpful. Instead

was sad but philosophical about it, thinking about the positive things in his life.

07,22:00:00 Mood seemed okay unless challenged or provoked. Then I seemed to attack, verbally. I couldn,t let anything pass, I had to make a response.

04,24:10:00 Losing some words. e.g. „anemia‰ couldn,t think of the name of the condition. At a meeting with an acquaintance I,ve had some problems with in the past. I don,t know if it,s self-consciousness that causes the lapse. I,m having difficulty following the conversation.

04,24:10:00 It,s hard to be cordial to this woman. Persistent thoughts about this woman, she,s out to get me for some reason, (possibly jealous of my position in the esteem and affection of another woman.)[I honestly think this is part of what,s going on, not part of a delusional state from the remedy]. She doesn,t have the same ethics I do, I,m trying to be professional about it all, but she,s bugging the hell out of me. My thoughts go round and round and round. Discuss it with my husband, my best friend, my proving supervisor, another friend, still another friend. I,m trying to work this out. Why is she acting this way? Feel tired and depressed. I,m annoyed with myself that I,m focusing all this attention on this woman, but I must, can,t get out of the circles.

04,24:00:00 Feel restless as well as depressed, at loose ends, can,t focus on study.

04,25:00:00 Spent the entire morning on the phone trying to work out my differences between myself and the colleague referred to yesterday. This obsessing is an old issue. Feel depressed, puzzled, while on the phone I clean walls in the room off the bathroom. Try plucking my eyebrows, I,ve got the idea they are too bushy.

04,25:00:00 In the past week I,ve bitten off all nails. Compulsive finger picking. I feel very insecure.

04,25:00:00 Feel tired, flat, low energy. Discouraged sort of.

02, 25:07:40 In the past week, lazyness increase. Irritability also increased at times.

04,26:08:45 I feel domestic, cleaning walls and such yesterday, a corner and the compost bucket the day before. Today I,m going to make soup and cookies.

07, 27:00:00 Good mood until we drove around to look at houses. Then got grouchy later that evening. Snapped at husband about not picking up the mess

04,27:07:00 GOD I am sick of these people!! What a pain! It continues on in this vein, people calling in sick, coworkers complaining about the help I assign them. My attitude plummets.

04,27:13:00 I feel very tired, dragging through the day, I wish it were over. I,m tired of the regulars and don,t want to even be friendly to them. I am (friendly) though, and wonder if they know I don,t care.

08, 27:14:00 Mood is fine, however. More than usual number of phonecalls from patients and "sucky" people. I mostly deal with them with good will and equanimity and let a couple of them pass.

04,27:16:00 I feel pretty self-indulgent.

04,27:00:00 Depressed, tired, flat, disinterested in Husband,s budget,

tired of spread sheets.

04,27:00:00 I,m irritable, easily bothered. At work by customers mostly. Tolerant of family and friends. Would rather be alone, but then I can,t really motivate myself to do anything. State of ennui. Everything takes too much effort.

04,27:00:00 Desire to be more perky and not so flat and bored. I bore myself, you see. I,m tired of hearing myself talk. I feel very self involved.

04,27:00:00 I was off work. No customers to hate. Tired, listless. Feel very loving with mate.

07, 28:00:00 Very short mood, weepy, at anything gone wrong. I wanted to cry and go home after the timing was off for me to join my family (at church), but I stayed and hid out in the nursery. Hard time focusing on tasks, tried to do work 12:30 to 14:00. Mind wandering on other thoughts.

04,29:00:00 I write an email to the woman I was obsessing about one short week ago. Send copies out to all concerned. It,s all out in the open, everyone can see what I said.

07, 29:00:00 It is getting much harder to make myself fill out my journal, because my days are bad; much conflicts with people around me at home and work.

08, 36:18:00 Extremely annoyed by two members of local homeopathic study group whose personal sniping at each other and one of them threatening to stop coming because of it, could bring the group down. Feeling "Why can't they leave their petty personal trips out of it? They are ruining it for the rest of us." Indignant and disillusioned in both. One is a close friend, but I feel very angry with her part in it and feel I don't want to commiserate with her about it.

07, 44:00:00 Bad problem at work for last five months is really escalating this week, especially today. A bad note from the Parent challenging what I said. They say it,s not true~it is. Bothered me very much all day, hands shaking, couldn,t cut paper, kept messing up. Took all my thoughts all day. Kids came home, very short tempered, yelling. I was rough with them putting them to bed. They were all crying. After they were in bed, I cried and cried. I hated myself. Why did I act the way? I wanted to drive away and never come back. I almost did. I don,t know why I didn,t. I just kept crying. I did not want to be around my family. And I especially did not want to have the Parent attack me again, as the frequency is getting to be every day not~I can,t stand it.

04,44:00:00 My attention span for reading is different somehow. As if I forget what I just read, but somehow still remember it in the back of my mind. Feels like I,m preoccupied.

04,45:09:30 I feel self-conscious about how I,ll look.

04,45:00:00 Thinking a lot the last week or so about the transient nature of

life, how short life is. How we get old and then die. Rather melancholic ponderings about my kids when they were little. Noticing aging people, my own gray hairs, etc. I don,t feel particularly old, but life feels so very short.

07, 45:00:00 Official school meeting. I got very mad and make a remark back. I was asked to leave. I had a Large rock, size of a softball, inside my stomach. It stayed for three to four hours. You could have felt the rock with your hand on my stomach.

04,46:00:00 Feeling a bit confused.

07, 46:00:00 I have had a hard time writing in this journal, because I have had many conflicts with several people recently. It,s the part of myself I do not like. I,m ashamed of myself. I do not like to show this side of me. It has not been seen for a very long time, four or five years. Now weekly and more often daily. I do not like myself right now. I had been doing so well, especially the last two years after Sepia and Ferrum. Now doing so bad. Most conflicts are my fault due to me being so thin skinned and taking every comment so personally. I feel attacked by the people I,m in conflict with, and I can,t just ignore them or let their comments roll off my back. I must defend myself. This has caused many problems in the last two months.

04,46:07:00 I,m feeling a bit more superstitious the past two weeks, since that passive-aggressive „attack%o by another person. I wear a special necklace made of lapis so I,ll be conscious of speaking and protected from speaking wrongly or too much. Wearing a black undershirt feels really good. I like the lace around the neck. I was told the Navajos always wear something black as a protection against evil spirits and evil influences.

04,46:00:00 It,s not that I feel superstitious but I,m thinking and remembering more about when I was more enmeshed in the magical thinking realm and acting accordingly. Is this denial, compensation or what?

04,46:10:30 I had a cup of tea, looked for my stir stick, it wasn,t there, dug into my purse to get out a spoon to stir the tea. Drink the tea, set it aside. The red stir stick is right there on the table by my left hand (where I had looked for it before). Red stir stick on a white table cloth, but it disappeared.

04,46:12:00 Confusion, I think I hear instructor say look in the back of the packet, it,s really the front of the packet.

02, 46:23:30 Noticed several times that I wrote words wrong while taking notes ^ getting to the end of words and realizing I had switched parts around, semi aware yet lazy enough to not stop in the middle.

04,157:00:00 Evening: I don,t want to talk to anyone. I don,t like this flatness and tiredness. Feeling of defeat. Doubt of myself, my abilities, can,t concentrate, just want to read light fantasy novels and sleep. And clean house!

DREAMS

10,01:00:00 Dream: I was commuting between work in Denver and was driving on

the freeways. Some anxiety anticipation about getting there on time.

04,01:05:30 wake up with the alarm (have to work at 0630)

Lots of dreams, but don't remember any of them. Seems like they were fun dreams.

10,01:04:30 Nightmare. In the dream a man held something threatening (I can't remember what) and was menacing me with it. A male friend (I didn't see him in dream) kept the first man at bay several times. One time he chased this man and then they jumped into water, like an ocean and the man who was the menacer dove deep in the water and got away. I was witnessing this dive. Then this man was menacing again and then I woke up.

08,01: 05:30 Frequent waking, light sleep. Dream: helping others, mostly children in a war-like siege situation.

09,01:07:00 Selecting vintage wine at wine shop with a coupon.

02, 01:19:53 I,d dreamed of trying to get something logistically organized ^ but I forgot whether this was a place to meet or what.

04,01:24:00 Lots of dreams-don't remember them.

09,02:00:00, „Lead shoes% mentioned in a dream but that,s all I remember.

10,02:00:00 Just before waking. Several dreams in a row of common things in My life. Can,t remember them--just that they were one after another and quick.

07,02:02:00 I woke from a dream that I had captured some little animal that was flying around, like a bat. But after I caught it in a cage, it grew very large, the size of an opossum, and had no wings. It was black and furry but had white fur on the face. It looked like a „furbie% . It looked at me and then tried to push very hard with its feet to get the lid off the cage. I knew it was trying to escape, so I put the small cage into a larger cage, one I could walk in to. I put the smaller cage on a table inside the larger one and got out quickly. Then the animal did escape; he became small again and flew around much like a bat. I walked away and then I woke up.

07,02:05:00 I had another dream, about people this time, but couldn,t remember it in the morning. Neither dream was scary or intense.

02, 02:07:40 Dream after asleep again: We lived in a house made of cement, in a place that was similar to another country like Mexico / India. Outside there was a table that was set up. First I recognized old cloths of mine; they were to be given away. Next a lady was giving away food, breakfast and one piece of raw meat to each neighbor. Some of the meat was covered but most was just there.

02, 02:21:40 dream from this morning. There were stairs leading to and from our house,s doorway, as if the side walk went between a wall by the street and the wall of our house. I went out the door to the right, down the stairs to the open street. There was a table with clothes that I recognized as my old coat, etc. These were being given away, I didn,t want them. Another woman was giving away food ^ breakfasts of bread and meat to take home. A young man ran up the stairs on his way past our house and I felt a twing of worry for my daughter who had a room just off the open doorway. I realized I wouldn,t necessarily be aware of any harm to her if I were in my

own room. Woke uncertain about the reality of my house for a few minutes.

04,02:23:15 Someone telling me "A kid's hands are his work% Meaning you can look at a kid's hands and tell what they should do as their life's work.

04,02:23:15 Dreamed a friend wanted to borrow my car, because hers wouldn't turn off. I don't want to lend it to her, but feel like I should be generous. I'm a bit leery that something will happen to my car if I lend it to her.

04,02:23:15 I'm at some sort of gathering, see a girl with her left eye very crossed. Think "left-sided strabismus" in the dream. Big party scene that I'm not really participating in. Dancing and partying.

04,02:23:15 Dreams with lots of people.

10,03:00:00 Early morning dream that I used a Polarity massage technique on a client.

08,03:06:00 I am in Russia, feeling very confused in not understanding the language and only a little of people's gestures and expressions.

04,03:06:30 Husband being suspicious of how I spent "the money". I tell him I'll put his name on my checking account if he wants. He makes many excuses why that won't work. I tell him it will work and explain how. If he wants to take over the money management I'll let him. He doesn't want to though. The theme here to me is that I'm proving myself to him.

02, 03:07:02

Dreams

1) Invited to a dinner with many important people. A princess in white but modern clothes was there with a few people at the beginning. I knew we were meant to meet and be together; I was male at that moment. That meeting took place and we loved each other. There was a shift into my own spot, own female sex. We were downstairs (basement) in a wealthy family's house but they never came to the gathering. I seemed spread out at the table, scattered stuff around me. I was looking at the wall between the two doorways that had the coat of arms of all the guests displayed. For those without such family background there were simple solid colored cloths with some embellished design (one for all). One of those was for me. A kind man waited for me; I was the last in the room. The lights were turned off. I was still collecting my stuff. He and I went into the hall to climb the stairs which were supposedly behind some cupboards. I opened the cupboards and found supplies for making / decorating cakes. I found a bag of two sweets ^ nougat and chocolate, rare delicacies. We decided we could take them, they wouldn't be missed. The stairs never appeared but the sense was we left, carrying on a pleasant conversation all the while. [I seem to remember a scene afterwards with rain, stairs and bicycles outside the house; I was obviously not of the right class, riding away on a bike but everyone mistook me for part of the household.]

2) My husband and I had two guests sleeping on our beds. They left. Another guest was expected. H. helped remake the beds but very sloppy. I lay down to rest. The two guests were expected to return instead. I fixed the beds back with old sheets, straightening out them better.

3) A cat had a very valuable diamond on its paw. It was the Forgotten or Forgetting Diamond. It had been taken from a ring of several precious stones. This ring was somehow related to my history, had been mine or from my town. I held the diamond. It had appeared like a multi-faceted, clear stone set in a silver setting when the cat had it. In my hand / finger I saw it as a smooth cloudy stone, similar to an Indian Star Ruby but the color was a rich tan/okre.

09,03:09:00 About in-laws and being snubbed by sister-in-law at some kind of family reunion. She had new haircut and looked very sophisticated.

04,04:00:00 Lots of dreams, no recall.

09,04:00:00 Dream: 1. Sitting in culvert of some sort with some man. Wonder why we are there and why we have to sit in the mud. Floodgates of some sort open and I am washed away in the water. I am deep in the water and then float to the top but am being pushed backwards with the rush of the water. I loved it after I was sure I would rise to the top. Still wondering if I will have to land back in the mud.

09,04:00:00 Visiting someone's 3-story home. Lot of details of why I am there are forgotten. Some man invites me to the back yard to sit on a ball-like thing on which we fly around the back yard. It was exhilarating and then becomes a little scary when we are as high as the roof of the house that seems rather dilapidated. Whew! Exhilarating, but too much and I asked to come down.

04,04:00:00 My daughter has sent pictures of her college. Then I am there at the campus. There is a field lying fallow, weeds are coming up in patches. The weeds are tufts of irises, tall ones, say 3 feet tall. I joke and say „the corn didn't come up well did it? They need to replant.% Whoever I'm joking toward doesn't think that's funny. I know this type of iris is a weed, not corn at all, the feeling is that tobacco was supposed to be growing there. Someone tells me I,d feel better if I was wearing a silky shirt. I say I don,t have any, you should buy me one. (another joke) The scene of the dream and the fallow field is like the island where the boys lived in the movie „Hook%. There,s a kind of underground house, or like the inside of a huge plant room like are at zoos. No feeling from the dream, just having a good time seeing „where my daughter lives% and joking about the corn. As the alarm rings I,m looking as someone holds up a large spoon, it,s made from a new sort of metal. The steel is a different color, sort of pewter colored.

07, 04:10:30 I also had a dream about a flying squirrel. He was hurt and I was going to help him get down the mountain. It was very muddy on the mountain. Bet a guy was there and made a ramp so the squirrel could just slide down the mountain, so he didn,t need my help.

02, 04:20:52 Dream this morning was of new boss and I. I had to fit through a very narrow place. I had done so before but it seemed even narrower and I had to move the walls to fit.

10,05:00:00 Had a dream that I had Gall bladder problems and was taking [remedy]. When I woke up I thought I should get a pap smear as I haven,t had one in many years.

04,05:07:35 Many dreams, not remembered.

04,05:00:00 We bought a big craftsman style house. My ex is in the living room playing the same simple phrase over and over on the piano. The CEB, key below middle EC, is broken, won,t give a sound. He tries it again and again. It,s always broken.

04,05:00:00 I,m at a large movie theatre, restaurant, mall-type complex. Lots of people. My daughter loses \$11.27 down a revolving doorway. We try to figure out how to retrieve it. No use. My 14 year old daughter takes the electric bill from me and pays it. She wants to help out.

04,05:00:00 At the theatre my current husband and 2 friends are in front of

the curtain, wearing pants and no shirts and three Musketeer type plumed hats. Husband is making a welcome speech, the theatre has something to do with our new house, maybe we've bought the whole complex.

09,05:00:00, Sometime in the night a dream about rain. It is pouring down at my house but there is no rain next door.

02, 05:03:30 Strong dreams: Being invited into my wealthy friend's house in the city. Security and employees out walking at night protecting the entrances. Large party of people like family filling the stairs. The children tired. Her disciplining so effective and strict; me too lax and ineffective. Admiring and sad.

Going early with Husband to a conference, drive in, to field, park big old truck next to our friends. Sense was, of homeopathy. Books lying on grass: like „Search for Man“ by Houston, etc. I picked up one by my friend and opened it to an email interview with LK; article about permanent studying.

(New or continued into:) I noticed my glasses were pressed into some hard plastic (like zipper) (forget how) and on touching them felt (couldn't see at first) a dent in the center where had pressed the hardest. Soon the circle of each lens was deep enough for my whole fingertip. Another friend who has glasses was there and explained this was from not using part of my eyes and that she was doing exercises regularly to prevent just this. Decided I needed to be more routine, take care of my body, teach my daughter how to Σ Somewhere in this bunch of images:

08,05:05:00 Visiting fabulous mansions of about 100 years ago; parties with opulent food, well-dressed people; waltzes. At first it is interesting, then boring. I borrow a bicycle and cruise through an area like Chinatown. All along the street there are big buckets full of huge and colorful flowers. Mentally mapping my whereabouts so I can return the bicycle.

02, 05:15:00 Dream of father and husband and self. Father said with usual definiteness that we had reached the point in our marriage where we would never enjoy sex with each other. I responded that he was not appropriate in saying this and forcefully told him to stop, leave or otherwise not do this.

08,06:06:30 I am in an old city. A group of people had become lost and asked me to lead them out of the city. As I am leading them through the streets, I look back and see a scene of arches, cobblestones, donkeys, and merchants. I am quite struck by the ancient, unchanging nature of the scene. Later or in the same dream continued, I am in the mountains in the snow with a small group of people, many of them I seem to know. There is deep snow but the sun is shining and it is warm. I am showing the others how to shake the snow off their blankets and dry them in the sun. Helping fix a roof that had fallen in from the snow. Basic survival scene.

08,07:05:00 At a fancy hotel with an old friend and we are playing pranks: spraying water with a hose and taking exactly one of everything at the breakfast buffet, then balancing our many plates as we carry them back to our table. High spirits, silliness.

04,07:07:00 Woke to cat purring in my ear. Lots of dreams unremembered.

02, 07:11:40 Dream of woman psychic and community of yoga and alternative healers. In the dream there was a large compound, beautiful gardens and buildings. There were assigned „hot“ times when someone would be leading the group. My weekly „hot“ was scheduled for several days from the moment. We were going to groups separated male and female. My friend and I were in with the males for a while even though we were female. There were only a few people attending either group, not everyone had arrived, they were

expecting more soon. The woman was large in body and blurted out something very insightful about my lack of paying attention / spending time with my husband and daughter. My reaction was a bit shocked but I did see the point she was making.

04,08:05:30 Trying to cut up a salad of „roasted tomatoes%~they aren,t real tomatoes, it,s a fantasy fruit and looks more like roasted peppers. They won,t cut right. In the dream I had scheduled two new patients, one a 5:00 and one at 7:00. The 7:00 came at 5:00. We were eating. Dinner was late too. I told the 7:00 woman to come and eat, we,d figure it out. It got later and later and I hadn,t taken the first case because of dinner. I don,t know what to do. This was the only time I could do any of these things, eat, take the 7:00 case, and the 5:00 case`everyone seems like they think it ,s all fine. I feel dismayed. How can I do all this at the right times? I have overscheduled and don,t know who to tell to reschedule since this is the only timeΣ. I sort of fake it, hoping it will all work out. Everyone else doesn,t know anything about the problem at all~totally unaware of a problem.

04,09:00:00 Lots of dreams with lots of people in them. Don,t remember any details.

02, 09:02:00 to 3:00 After writing this and returning to bed I had the following dream almost immediately. I woke from it with pounding heart / anxiety as if real. My husband and I parked his VW van on a side street in a residential section of some large town. We went to a store. (I think it had food or various type items.) He went to another adjacent room. I talked with someone next to a standing rack of stuff. We talked about the proving. My husband returned with a cloth bag covered drink with a straw. The glass bottle inside felt bumpy to me. It was cola but he dribbled it and I suspected it had alcoholic additions. We talked briefly about it as we passed through the video section or store on our way out and headed back to the car. I thought he was on my right as we walked along the grey cement sidewalk that sometimes widened with more cement areas. I looked and a heavysset black man was beside me instead of my husband. He was walking behind me with another, thinner black man who purposefully bumped into him (right hand to left thigh). The man beside me left. I walked on thinking that husband was behind me. After ¶ a block or so several people seemed to be coming toward me and I realized my wallet was in my coat but my coat (leather jacket) was just hanging over my shoulders. I began to worry I would be robbed and put my left arm in the sleeve. I turned around and didn ,t see my husband behind me. I thought I should go get the van and return for him. Went a ways further, only a block to go and realized I had the other car keys. I went back to get the right keys from husband. As I came down the street I noticed a circle of people in the road; a cop car pulled up and I saw both men, my husband and the other one who had bumped him, lying face down. Someone used electric shocks on my husband. I decided that I wouldn,t be able to help; I stood back and thought „And we didn,t make love last night; and began to pray as I stood next to a wall on my right.

08,09:06:00 I'm a character in a British mystery drama. It's full of disguises, decoys, entrapment and danger. My younger stepson seems to be a terrible criminal, then I'm relieved to find he is actually on "our" side.

04,09:08:15 While driving I remember the dream I,m driving my car and the car was acting „wrong%. I then realize I,m driving with the emergency brake on. I,m annoyed with myself. I feel like I,ve probably done something to ruin my car and am disgusted with myself.

04,09:00:00 I,m going down a ladder sort of thing carrying a 4 yr old I know. The ladder is wrong and it falls so we,re stuck on a part of the roof. I keep calm, don,t want to scare the boy. I know my husband is inside, so start yelling for him really loudly. Boy says „don,t yell so

loud%. I say „I have to so he,ll hear me%. Husband comes and takes boy from me. I climb piggyback onto a friend of husband,s that came out at the same time to help, he puts his hand on my leg, and I feel he,s kind of coming on to me. I ignore it, it,s no big deal, I,m not at all interested. We,re safe and on the ground. No problem.

04,09:00:00 I,m in a group and caring for a baby. It isn,t my baby, but I,m taking care of it in a very maternal fashion, playing with it and lying on the floor with it, tucking it,s diaper into the plastic pants so it doesn,t get anything else wet, etc.

04,11:00:00 I was having vivid dreams.

04,11:06:30 No recall of dreams except that they were very colorful.

04,12:00:00 I see a white screen with black letters that says a technical term on it~the term means an artificial sweetener or something like saccharin, a word with a lot of syllables.

10,12:00:00 Went to a small cabin. It seemed as though this was near my house and on the property in the dream. There was a soup or stew that had been left cooking (probably by me) for about 2 weeks. There were also buns of some kind and they were all puffed up. I thought at first the food might be edible, and then decided it had to be thrown out. (I had been really absent minded about the stove for a week or two--leaving things on which another person, visitor had turned off for me. This happens when I am busy and overtired.)

10,12:00:00 Prior dream was one of 3 early morning dreams. I cannot remember the other two.

08,12:06:00 Several of us have rented a hacienda in Santa Fe for the homeopathy class and we're trying to decide where to hold the classes. We walk around the grounds, it's a very lovely place, all the people I know from the Denver course are there and it's extremely harmonious.

09,12:08:15 Husband mentioned that I must have had a rough night ^ moaning and tossing in my sleep as if having bad dreams. I did not remember dreams.

04,12:08:30: Very long dream ^ lots of elements- in a packed stadium. I was outside then inside. See an old style Rolls Royce, very cool it has about 8 people in it with face paint, lots of spiky black hair, etc. Some have black painted faces, some white. They,re sitting in the top row of seats at the stadium. They jump off onto the ground. I see that they jumped and wonder what happened to themΣwere they hurt? I leave the stadiumΣ

04,12:00:00 I drive to the dentist and my vet is there. My car turns into a bike. My car is magic and intelligent. It changes shapes, colors, etc. I go to get gas and the gas gets inside the car, gets on the friend/self/wife (blurred identity) and on her beige silk pants. She goes to change, I see that she,s pregnant. I stay and try to figure out where the gas goes into the carΣit worked last timeΣ.I see my veterinarian when I follow my friend into the store, it,s an office complex. He tells me about dogs that can shape change. I think he,s a little strange. There,s a dog there, a medium size gold colored dog. This time I,m alone, and on a bike. The dog follows me. I turn to it to say go home, and it changes into a tall ordinary looking woman with long hair the same color as the dog. „Wow, you really can change yourself!% Then I,m going across the street on a bike and a car is coming. We,re going to collide. Then the car changes magically smaller. The woman changed it. The bike becomes a car that needs gas, the woman/dog is the one standing by the car while I put in the gas~that,s how she gets gas on her. She,s pregnant, very pregnant and goes in, she feels sick. Now we,re outside the stadium again. Some kids run up, I don,t know if they

,re my kids or some other kids I know very well. They say they've found a „smart bomb%. It,s like a Furby but shaped different. I know this though I don,t see it. They want to play with it. I tell them no, it,ll blow up, it ,s not a toy, leave it alone. There,s a war on, but it,s not scary. We,re all socializing at the stadium place.

04,13:00:00 Vivid dreams, unremembered.

08,13:05:30 I felt I was back in time about 200 years. I was observing a man I understood to be one of my forebearers. He seemed to be in a lot of pain in his joints, very restless. Suddenly I recognized him: it was actually my brother and I thought "he must be very old then".

02, 13:08:45 Dream

Driving with a woman friend passing stone houses, villages high, high in the mountains. Seeing them as if far away and very close up when set deep into the hillside. A family had raised one house by ropes and pulleys because of a fear of something like a bear but then once up covered the windows, fearful of being seen from the outside (I was inside with them). Our drive stopped at a beach like place. My friend commented she liked the way I smelled (amber perfume). She shared lipstick with me. I was flattered and put it on even though I thought about the germs and petroleum contained in it. The „beach%o was rough, whitish sand with ridges near the water. I went to the top / ridge and the wave caught me, filling my clothes with sand. I was moving stuff away from the waves, each time they would reach further. Finally the road and shack seemed safe. The other side of the road had burnt trees as if a forest fire had been there.

04,14:00:00 Vivid dreams, unremembered.

04,15:00:00 Lots of dreams of rather ordinary things but in foreign places, walking with my friend but in a different town. Going to eat in a little restaurant. I am somewhat threatening to the waiter in response to his rudeness. He had given me soup while I waited for my husband. I ask to sit with my friend, he said „no, I,m the waiter you sit where I say.%o „I say, well I,m the tipper, so just keep that in mind.%o (like to say, if I don,t get what I wantΣ)

The colors are bright, but the situations are ordinary, getting my hair cut, that sort of thing.

08,15:06:00 Many unremembered dreams.

02, 15:20:45 This morning around 5:30 am (?) woke from a frightening dream with feeling of fear all along my back especially. The dream was of a gathering of friends (musicians) that was interrupted by news that some neighbor was preparing to attack maliciously. The „road%o or path in the woods normally used was already in his control. First, I switched to a different, parallel path with a staircase between levels as well. Two others (male and female) were with me. We stopped inbetween levels; I had gotten a view of some guys on a lower level surrounded by supplies. The two were looking at some manual, considering the use of magic in this case. The woman showed me which path to take out of the mess. She told me to go left toward the house. They went into the midst of the chaos. I took the path and the left (the right seemed to peter out by water). The hill was short and house was closer than I expected. There was no real way around the house which was most likely the seat of the war/ evil force. I went in. Saw what looked like empty water containers left behind when a group of people had left what might have been a yoga or classroom type place (kind of new age). Near the bottles were some white cloth covered long poles or weapons or explosive type things, thin whatever. A mirror trimmed in gold colored metal leaned against the door handle blocking my way out. I felt extremely nervous. I didn,t have time to think. I moved the mirror and went out the door and woke up.

10,16:00:00 I had a dream that I had gone with a man who could deal with wild animals into an area where this wild animal was--either a bear or a lion, I can,t quite recall. I remember him telling me to look down and appear non-aggressive which I was doing. At one point the man,s small black dog was barking at the (bear, lion) and the animal was reacting to it and pawing at the dog. The man was distracting the bear/lion. He also was keeping the animal at bay. I was sitting there afraid thinking, „How would I be able to keep this animal at bay if I had to do what he was doing.%

04,16:00:00 Dreams of ordinary stuff, not clearly remembered, talking to coworkers.

08,16:06:00 I,m in some kind of school, looking out a high window and throwing something down to a friend below.

09,17:00:00 Dream in big hotel. I am there for a HS reunion [which I will attend this summer]. Went to go bathe (feeling flu-ish/sick in dream) in public hot tub. Just as I entered several men jumped in first keeping me from entering because it was full. Then a group of strangers called me over and were acting as if they knew me. I did not know them. I had on the most unusual outfit ^ for me. A cropped lingerie type top and capri pants made of lingerie type material. Not self consciousness. I was thin in the dream.

04,18:00:00 Dream: Staying in motel rooms, checking internet investment plans. Packing to leave there,s only one thing in the washer just sitting there with a lot of water. I put more things in figuring it,s better not to waste all that water.

04,18:00:00 A coworker/friend asks me if I,d rather pay more interest for less time or less interest for longer. I say I,d have to think about it. He says, „No you can,t look, I got you a loan for \$5000.% He gives me a card with a carbon copy thing. All I have to do is write my social security number on it and I can have it. He won it on the internet and gave it to me~but I have to pay it back, and the interest. I don,t need the money but tell him thank you. I put the papers in between the pages of my day planner, but when I go back again I can,t find them. Other coworkers were also in the motel complex checking all the internet stuff.

08,18:05:00 Dream: Driving a vehicle (a car?, a cart?) in darkness into floodwaters, very scary. There are lots of other people in vehicles also. Then we all drive up into the mountains to a village. We need to stay there for a while as the higher passes are closed with snow. I feel anxious to go on, toward home. But after being in the village find it is a very pleasant friendly place. Some young men who are in this caravan meet young women and are engaged--lots of celebrating and feasts. It feels as if the rest of the group is content to stay there.

02, 18:07:02 Dream of the proving. Two other women with me also taking the substance. We used some of our supply in liquid form in tiny tea cup that I estimated were Π teaspoon. Then in food form of same substance, I measured the cup. Had to search for measuring spoons that seemed appropriately marked. One said 2 1/2 teaspoons but was only on teas size Σ I put the white rice and mainly red sauced food / remedy in and measured about 10 teas. The cup had become much deeper. We didn,t eat the food as it wasn,t enough for all three of us and / or for any of us to feel full. Some talk about now we were off schedule, one ahead of the rest of the proving in terms of our supplies of the RX.

04,19:00:00 Walking with someone in a dream city I,ve often been in. Go to my supervisor,s house. Nice house. There is a long table with lots of papers on it. Among them is an electric shut-off notice. I try to see the account number so I can pay the bill for her and she won,t know. I think she wouldn,t accept the money, but I want to help. I see lots of brick

buildings. „Presbyterian%o church buildings. We,re walking on grass and come to an edge. Looking down we see that the edge is over a huge statue of Jesus or a monk figure of some sort. The statue is wearing robes with a hood. My companion says, „We could climb down using the statue.%o I won,t do it, it looks dangerous, like he or I might fall.

04,19:00:00 Lots of other dreams that I forget immediately on waking.

08,19:05:00 My husband and I are roustabouts in a circus, our work is raising the tents with some others. There are many tents, erected to make one long continuous tent. By the time the last tent is erected we take down the first one and bring it to the end, continuously. We're in the South and expect in this way to be in the North by the summer.

02, 19:05:12 Dreams melded together into one.
My family,s home was on a city street that had basically more well to do on the left and more social, ethnic and poorer people on the right (if looking out the front). We had many plants in the living room mostly bunched along the most right wall of the house. For some reason, a guest or someone moved a large tree around, its pollen was like small grains of rice (hard) landing on its new neighboring plants. As the plants migrated to the middle of the living room (and house) we were able to connect with the people on that side as if the wall disappeared. We were invited into their life without awkwardness. A young girl with a small baby especially. She had a half human, half mouse daughter. There was a compound of apartments. Several people joked about the difference on the street where here they didn,t have their own bathrooms. There was a walk-in refridgerator that was well stocked and huge. We sat and ate together. The mouse-child was brought closer to me. She had a growth above her right eyebrow that was growing with her. She said „hungry%o. I asked how old she was. „1 year, 1 month%o her mother replied. I thought perhaps the growths on her forehead were auspicious. A man walked into the fridge.

This scene shifted when someone asked for a cigarette, I saw a woman I thought I knew, she was riding a horse in a billboard ad that became the next scene.

Two men were removing their boots and liners. We were watching the sunset over a rocky beach from a cliff with sparse trees. There were many others who were out swimming. They were racing in on a wave. But when they hit the beach they disappeared. I couldn,t believe they hadn,t been hurt. There were holes in the rock cliff where they could have gone from the beach but the waves were very fast and strong and large rocks were frequent on the beach.

This scene changed to a resort with many people on a convention. The men were there with their very formal parents in the dining hall with some of my other friends (from home) as servers dressed in white blouses and burgundy with lace skirts or pants. I tried to intercept the two boys (I was a teenager too), one was holding his belly from having landed on a rock. (These were a different two.) But the server interrupted, I asked for a vegetarian menu. Some how we exited, to my parent,s room, left the door open and I hunted for a remedy for this guy. I couldn,t find Arnica but Bellis was there along with a tape in a sweet-sick voice. And several others in disorganized fashion ^ butterfly and 2 other provings with only II of the card that said which proving it was. I picked up the large young man easily and lay him on the floor. I was massaging or laying my hands on his chest. He told me he had once hit his head and there had been (a sense of) there being no end to the building. I asked if that was vertically or horizontally. My „parents%o were looking in the window but I hardly noticed, I didn,t feel any real connection to them as parents.

04,20:00:00 Woke because I had a dream that a coworker called me and wouldn,t tell me why she called.

04,21:00:00 About a gun, holding one someone I know had just bought, reading the package inserts and instruction manuals on the gun. Additional long detailed dreams in but I can,t remember any more.

09,21:07:00 Dream after dozing off again. Daughter said our cat looked like a caterpillar - moving along as if she had a bunch of legs.

09,21:07:30 Got a sub sandwich. Laid paper on the ground and was eating. Later noticed that paper had become damp from ground and some small worms were on the bottom layer of it. They grew and turned into bigger caterpillar type worms and strange bugs that looked like balls with rubbery legs. The full-grown version looked like a large preying mantis. I noticed these gradually as I found them. Was repulsed and scared. When I noticed the preying mantis one I wondered how it got there and realized that if it stood still it was not noticeable. Only realized it was there when it moved. It was a pale translucent creature. Creepy.

04,22:00:00 At a local naturopath,s office, which is in a messy hotel room sort of a place. I find a bunch of her cases written on business cards. I copy down the information and think about writing to all those people, her patients, and sending them my card. The naturopath hasn,t prescribed for them yet and they,re old cases. I think, „I,m not so bad, some of these are older than mine.% I,m afraid someone will see me copying down this information from her „files%.

10,22:00:00 (Had gone to see the movie, The Beach. The main character was talking about infatuation.) I dreamt I saw this man that I had met and had felt infatuated with. He was above me outside and I was below almost in a pit with gravel and where he was some vegetation. He was naked and finishing a beer and he threw the empty can next to another empty. He had a hard on and was calling to me. I saw him and I was just standing there not knowing what to do. I recall thinking--he has gained a little weight and still is drinking a lot.

07,23:00:00 I dreamed that I had two contacts in right eye and couldn,t get them out.

04,23:00:00 Helping my daughter with a knitting pattern. Looking at all sorts of knitting patterns to select the one she wants to knit.

04,23:00:00 Being in a fancy country club helping people I don,t know in life but kind of know in the dream. The people are snotty but need my help, I,m the only person they know who is grounded enough to help them with their car problem. We go down to look at the car and they drive the car over the top of me so I can check what,s happening with the bottom of the car. This is not scary, though there is a slight feeling of claustrophobia because the car is so low to the ground. The car is out of some sort of vital fluid (gas, window fluid, oilΣit changes). The lady goes away with her stuck up boyfriend to fix the car. Then the maid comes in with a note for them which she gives to me because she knows we,re associated with each other. The note says „we (the hired help, valets or whoever) filled the tank because we couldn,t move the car to park it.% (It was their job to park the car for these rich people.) The problem is totally solved by these humble people who didn,t even know it was a problem for the rich ones. Everything is fine then. I am left sitting by a strange man. A cat jumps into my lap. This amazes the man, who comments on how stand-offish the cat is. The cat purrs in my lap. The man gives me instruction on how to interact with the cat, petting techniques, what cats like, etc. I listen politely but do my own thing with the cat. He thinks I,m a rookie and asks how long I,ve been trying to get to know cats. I say when I was born my mom had three cats. (To let him know I know about cats.) He,s impressed I,m not a rookie, I,m obviously a seasoned cat person. This is what the stand-offish cat knew and why he came to me. BIG HONOR.

08,23:05:00 Watching a tall elegant woman who is running a soup kitchen. All she seems to serve IS soup, and the soups are made only from mushrooms, wild exotic mushrooms.

02, 23:13:39 [Just found a reference in a book to an image in my dream last night / this morning] Dream was of a religions and social system gone amuck; men were being forced to molest women. All of this was because a sage had warned that the top of the roof of a small building used for religious texts (I think) should be adorned with a specific statue. This was ignored and a statue of a horse,s head was in that place of honor. One man finally knocked down the horse,s head and easily overcame the powerful guards who would whip the enslaved men to do terrible things.

04,25:00:00 Being in a tropical place~a bay, lots of sand, mountains, blue water. I was afraid „the kids% would go into the deep part and something bad would happen to them~animals, undertow, water too deep or something. Very colorful.

02, 25:07:35 Dreams of young girls, one naked waist down with pubic hair (but younger than usual) being touched by a man. The feeling was not unnatural however. Of man cutting his hand (left?) deep across the palm and of blood (less than usual) being wiped.

Past dream (don,t remember which day) of mediating for older people, I was younger yet included.

Dreams of trying to escape someone in a car at night by running along a house with bushes and wood screens (outside) shining lights on us (2). I asked him what time it was 12:20 or 20 to 12 he said and I went out the long way led up past several cars watched a bus trailing a large vehicle behind it and got a car with someone we know. He was the one looking for us in the first place.

07,26:00:00 Had a dream about our silverware. All the patterns on the handles in great detail.

04,26:08:45 Lots of people in and out. The feeling is I live in a commune/community sort of place. A young woman (about 20) I know comes to me, wants to talk. Says she,s very attracted to her little brother and has been experimenting sexually with a friend of hers. Her parents are Catholic and wouldn,t approve. I tell her it,s normal to be inquisitive about sex and better to experiment with the friend than with her brother. Just be careful about pregnancy, etc. I tell her if she has any questions to just ask me. No, of course I won,t tell her mom.

04,27:00:00 My oldest daughter is telling me a joke out in my yard. The punch line is „electric hair%.

04,27:00:00 There was a hair in someone,s food. Their chalupa had bacon in it (they usually have chicken or beef). They want to eat it, I don,t want to tell them about the hair, I just take it away and have the cooks make another one.

04,27:00:00 Cooking and doing laundry at husband,s office in „Denver% in a wringer washing machine. The office is really his boss, living room. I,m washing diapers. I,m going „home%. Two guy co-workers come to see me off. One lends me a lens to see better. It,s like a telescope, very finely machined marks on the outside, like high quality camera parts, obsolete for cameras, very nice. I get in a car which turns into a small airplane. There are two kids in the car already, which includes the baby. I,m going to get scraped off by a barbed wire fence while my friend flies it all recklessly. I jump out, tell the kids to be good and I,ll catch up with

them later. I jump into the bushes then a little farther along the plane ends up in the water. The kids!!! I go running to save them. The older child is floating but I have to dive for the baby. I get her okay. I swim to shore dragging both children. I don,t even know if my 2 guy friends get out or not. I,m angry with them for showing off. I told them I wanted out earlier. They got my kids all wet, etc.

04,27:05:15 About my job, lots of people.

08,27:06:00 I am a kind of apprentice to a "white" wizard or magician. He is a very unassuming person in appearance and demeanor. He takes me with him to the home of a gangster type who wants some kind of healing or blessing for a young baby. The wizard gives me instructions about preparing some special food for the baby. We feed it to the baby . Later he explains to me that through this the baby will effect a change on the whole family and they will become better people.

04,28:00:00 Unremembered dreams.

09,28:00:00 Lots of dreamsΣ not remembered. Interesting ones, a story-like dream that may take on what is current in my life. Travel and old friends.

04,29:00:00 Traveling with the family. Staying in the family house. Everything in disrepair. BIG house, like an English estate. I,m getting curtain rods hung. The main part of the family is coming next week. We,re here getting ready. I,m really tired and want to lie down, sort of a haunted house. I feel anger inside and am afraid the spirits or whatever are going to take me over. I tell my husband we mustn,t sleep there. He doesn,t notice anything. I say remember „The Shining%o, it feels like that. Next I,m swinging a white coat hanger around like a whip. It makes a whooshing noise. I like the noise and can feel that I could get carried away and hurt somebody.

04,30:00:00 Swimming with lots of people, co-workers, etc. One co-worker is accosted by 2 water sprites. They want to drag her down under the water. She tells them she just had a baby and they leave her alone. Also in the dream her mom died suddenly, leaving just her, her boyfriend and the baby. Originally the sprites had been after me but the really wanted her and when they found out I wasn,t her, they left. They look like little impish boys with squinty eyes and black hair up in spikes.

02, 33:06:35 This morning dreams

- 1) about car damaged and fixed up with a small round mirror encased in the fake gold metal (kind with a stand attached consisting of 2 wires bent).
- 2) About a popular woman / Indian guru who was basically being mobbed out of enthusiasm, I acted like a bodyguard creating space for her and she asked me how long I could wait to eat. I was very hungry in the dream but decided to join her at her table. Went to find my child and my ride, looking in large dining rooms being set for many people but still empty, child was with family and I had to find a new ride.
- 3) About cuts and dry skin on back of hands. Skin was showing dry white scale-like flakiness. I thought this was normal for my skin.

This week,s dreams

About a little boy wounded, a slash on his back I held him and knew before looking he needed to go to hospital. Very little blood but on my hands from holding him. [Later that day watched a program about the Maya who used blood as a way to contact their gods ^ an image of their king with bloody hands was shown several times].

02, 36:05:30 Dream with vivid, colorful people, food, car race, landscapes, hospital and young girl nun / lamas in robes getting ready to watch a movie (instead of the car race up a mountain) called „Legend%o.

Scene one (or maybe the last one): I got dropped off or my car stopped on a side street in a foreign city („India%”) with many Rainbow young people in very clean colorful clothes (lavender, yellows, crisp). I walked past them into a „hospital%” of cement, very public. Patients nearly naked in the halls. A „Nurse%” sweating and shaking her head. A doctor examining someone on a chair in the hall. Other patients with sweat dripping. I didn,t feel hot but perhaps it was the outside temperature. A woman guarding a half gate indicated I couldn,t go any further. When I got back to the street my car was gone. Rather than be worried or upset, I kept walking.

Transition: The landscape transformed as I walked. Fog. Things looked more familiar but not quite. The town,s streets were wider and there was a race starting. Everyone was listening watching TV. One car was rare, designed to run on solar or something. The race was a difficult one, up a mountain. I walked up a street, up a hill to a building full of monks and nuns. A monk I,d seen earlier in a dream was there in the room I finally thought I d stay in. There were three or 4 young girls (Western) in red robes playing around. They were watching the TV race but changing it for a movie called „Legend%”. Scene Two: Neighbors had a feast. We arrive late. There isn,t anymore food unserved. I,ve made some rice and coconut curry veggies. The house is full of kids and moms in enclaves. As if the town were suffering from lack of food and this was the generosity of our friends. I went to next house, also full of people eating. There was someone who took my (\$10) money that I was offering to the host. She took my food too. In another scene I counted out my money and a man put it in his pocket. I claimed it was mine. He may have taken some of it I don,t know. He accused me of being tricky „trying to pull a fast one. %I had 50,s, 100,s and „34\$ worth%”.

Last week dreamed a second time (two separate nights) about having more money in my wallet than I expected. \$50 ^ 150 more.

04,39:00:00 At the class. We were all staying in a dorm sort of place. I had let a member of the class use my car briefly. She parked it on the side of a steep hill and it rolled over backwards and broke the rear window. I,m annoyed and angry at her. Tell her I hope she,s going to replace it. She doesn,t hear me. I go to look at the car and all the cars by the river where they were parked are submerged in very deep water. The river flooded. Even the ground floor of the dorm is flooded. My room is on the second floor. I,m trying to find people, trying to figure out how to get my car. My dad comes. We sort of go back in time to when the water wasn,t as deep and we can get to the car. We sort of go into the water and carry the car out of the parking place. We carry the car up to the second floor of the dorm/hotel. It,s blue and shaped like a rocket. I wonder how I fit into the car, but I,m proud that it,s so cool looking and my dad helped me get it out of the water.

08,41:05:00 Climbing up to rooftop in a city with my first teacher of homeopathy, climbing up a ladder, lots of people up there. I tell him emphatically that he must give a particular, different remedy to a patient of his, whom I have in fact just met and observed as a guest in my house. I feel a little embarrassed to be disagreeing with him but feel strongly he has made a mistake that should be corrected.

07, 43:00:00 I also had many nights of dreams of houses, but didn,t think much of it because we are looking for a house.

02, 45:13:20 Dreams this morning: Theme of blue? „Blue and white%” cookies which although mass produced and cheap were made into delicacies by a chef by burning them on both sides thus altering their taste (chemistry).

Bicycle with handle bars askew. I centered them and go on to ride. The seat was higher than the handles, higher than usual and I was a bit afraid of the height. Something else was blue. Have forgotten for now.

04,46:07:00 Unremembered dreams.

04,46:10:00 Go to get something out of my purse. I don,t see it, I think I must,ve left it in the car, go to the car and look. Nope. Go to the bathroom and look. Nope. Wonder if I should report it missing to the desk at the hotel. I don,t feel panic-y, nor do I feel like it is really lost. I still have an „oh shit!%o sort of a feeling. I think back and the last thing I remember was getting something out of it in the classroom. So I go back there. My purse is under my chair. It is not a small purse. I looked there, I know I did. Lately (last two weeks about) have been somewhat absentminded about my keys. Automatically stuffing them in my pocket and then not remembering, then reaching into pocket and having to dredge for the keys.

02, 47:08:55 Dream: Man named Phillip in a „club%o of Phillips (or John,s) goes somewhere (Scotland?) for an initiation. He must be buried in sand which goes down a shoot and pours over him. Then others supposedly dig him out. I was an observer. Later, it was as if watching a cartoon movie, the last clump of sand bounced back up the hill (to music) (like Tinkerbell) before toping the pile. His one (left) eye could look out a small hole at one point. Next scene was of „him%o (although he may have now been black) out of the pile, on a tractor like machine. Another large machine was in the field on the hill preparing a fluffy white substance like cotton from a packed form. The cascades of this white started out dirty from the shipping / packing (like rocks or sesame seeds) but were pure white after. After they hit the ground in the form of long flouscent bulbs with the electrical black ends and all and bounced down the hill.[Night before had discussion about fireflies and cruise ship maneuvering] The man was trying to catch them before they crashed into a wall at the bottom. His tractor,s maneuverability was limited and he went faster anyway. Scary to watch. The lights made a burst of light when they broke. Then there were bodies of black people esp women lying scattered on the ground on the hill. Their clothes over their faces, dead. At the end they got up, it as a story enacted.

Story from the Carribean, this one from Cuba or Jamaica. The other islands each had a title of a story next to them on a map.

Some segment of a grocery store, too. Talking with man. [Yesterday in Wild Oats Health Food Store]

VERTIGO

09,00:20:49 Some faint sense of dizziness or lightheadedness behind my eyes.

09,01:16:30 Spacey feeling in head and behind the eyes.

09,02:12:00 Some lightheadedness or spacey feeling in eyes and top of head but does not seem to impair concentration.

04,02:23:00 Feel dizzy, as if walking on a ship. I take long steps to keep my balance better.

04,03:06:45 Like the ship walking of last night, but just in the head.

07,05:10:10 Sitting at desk, very dizzy, almost fell over. Like someone hit my head from the left. My head actually moved five to six inches to the right. I had to stop myself from falling over.

07,07:00:00 Dizzy.

07,08:00:00 Felt dizzy most of day when not moving.

09,11:23:00 Had a cup of decaf coffee. The dizziness behind the eyes and felt as if I had an alcoholic drink. I felt like I was slurring, of sorts,

my words.

04,14:16:30 Very brief, very slight sensation of vertigo as if tilting to the left, less than 5 seconds long.

04,14:17:20 Light headed, spacey

04,15:09:00 Feel a bit dizzy, very brief.

04,15: slight feelings of vertigo. Kind of like low blood sugar, but more dizziness.

04,20:10:30-12:30 On and off lightheaded, feel like I,m swinging or spinning. Or like I just finished spinning round and round, the vertigo might be menses related.

04,26:18:00 Very brief sensation of vertigo as if tilting to the right.

04,28:00:00 Some brief tilting feeling.

04,29:05:30 Vertigo when turning from side to side in the bed.

04,29:06:30 Vertigo when semi-sitting in the bed.

04,30:00:00 Some slight vertigo. I wonder if the vertigo is from walking and turning quickly at work. I only notice it at work.

04,31:00:00 Vertigo in morning on phone to supervisor. Vertigo before getting out of bed.

04,31:13:40 Sitting on toilet, head reels as if drunk. Vertigo.

04,32:00:00 Vertigo slight and brief.

04,32:00:00 I get head rushes from sweets sometimes, this vertigo feels sort of like that.

04,46:07:00 Woke up. Stand up quickly and sort of lose my balance.

04,46:00:00 Feeling light headed and spacy in the classroom, some vertigo when walking down to the bathroom. A bit dizzy and stoned-ish.

HEAD

09,00:20:49 A hint of a HA on the entire top of head.

09,01:07:00 HA in vertex. Dull ache.

09,02:20:30 HA on vertex.

09,03:00:30 HA in L temple.

09,04:00:00, HA again today. Top of head and sometimes in the temples. Occasionally a sharp pain into either side but mostly an ache. A pressure type ache. <noise (of screeching birds at pet shop). > pressure of hands. Temporarily > eating .

04,04:17:30 Scalp itches.

02,04:20:30 HA on left temple

04,05:08:00 Slight headache.

04,05:12:00 Head feels full~upper head, not sinuses.

07, 06:00:00 Bad headache at forehead. Headache throbs when lying down, but bearable. Worse standing up or stooping. I must hold my head. Later in morning, headache moved to temples. Still throbbing and pulsating. Worse standing up.

07, 06:16:30 After a two hour nap, my headache was gone.

08,07:08:00 Head feels full. Head pain right temporal, brief.

02, 09:14:00-16:00 Strange head ache above my right eyebrow that wasn,t painful but felt like a burning spot about 1[] - 2 inches in diameter.

09,10:15:30 HA in temple region R. Had tea an hour before the HA.

08,11:09:00 Slight frontal headache, worse from coughing; also felt at bridge of nose and occipital.

09,12:08:15 Feel as if I have a hangover- tired, dry mouth and lips and with a headache on the top of my head. Tight and heavy head.

02,12:20:00 I,ve been having small HA that I haven,t been accurate in recording. One went from temple to temple but not straight across, up over the eyebrows and back down. This evening the left side around the eye and temple. But these leave quickly enough that I forget about them easily.

09,15:08:00 Woke with very scratchy throat and HA. A full congested feeling in top of head.

08,15:16:30 Slight head pain, dull, behind right eye.

09,17:00:00 Woke with sore throat. HA in top of head.

08,17:18:00 Pain in middle of head like a rod directly between both ears, an ache but not in the ears themselves.

09,18:13:00 Continue to have sore throat and heavy head.

08,19:07:00 Slight dull headache right frontal and temporal and behind right eye.

02, 21:13:00 Left temple sore pain as eating chewy granola bar.

02, 23:19:30 Today and yesterday also noticed quite a bit of dandruff. Return sx.

02, 25:07:40 In the past week, headaches.

08,26:08:30 A feeling of pressure and slight pulsation in head. Ears as if stuffed, felt I might faint. Lasted a minute or so, then continued to feel the pressure.

08,26:15:30 Pressure in head. The pressure is as if compressed by tight elastic clothing.

08,26:22:30 At bedtime, still feel odd, pressure in head. After going to bed, still a feeling of pressure in body especially in head. As if ears are stuffed. Not quite pulsation, more as if compressed. Very uncomfortable. Pressure in occiput, part lain on.

08,28:23:30 Very dull, almost imperceptible headache.

08,34:08:00 Woke with a bad headache, strong aching mostly right frontal and behind right eye. Neck stiff and sore, cervical, more right. Got worse and worse, didn't want to take anything but finally took a Tylenol. Went back to sleep and woke with only a dull headache which improved gradually until gone in mid-afternoon.

EYE

04,00:13:25 Left eyeball, outer corner feels weird-sensation sort of like pain.

09,00:22:00 Twitch in L eye.

08,01:18:00 Eyelids twitching a lot, upper and lower, more right.

07,02:06:50 Woke up. Left eye a little watery and fuzzy vision. I rubbed my eye and dried it.

02, 02:07:40 During night felt Rt eye was itchy.

04,02:17:45 Eyelids itch.

04,02:22:00 Right eye itchy.

07, 03:07:50 Woke up. Left eye a little watery.

02, 03:21:00 Eyes itchy rt esp. >cool water.

09,04:07:00 Bags under eyes seem deeper/bigger/heavier. Can feel them and see the in the mirror.

02, 04:07:45 Rt eye feels as if it would be red, hurts but not itching >washing face. Eyes look a little different like bulging. Red on edges of rt lid, not whites.

02, 04:08:10 Sensation behind eye, of tired feeling or fullness <rt. This is not an extreme sensation. A rather mild one.

02, 04:08:14 Left: HA like around the eye.

10,05:00:00 Went skiing and got very dry, red eyes from the goggles.

09,06:00:00, Some twitching in L eye.

09,07:00:00 Twitching in L eye.

10,07:00:00 Went skiing and only used the goggles a short while. They made my eyes very dry and this continued long after skiing. Eyes were red.

08,07:08:00 Eyes feel as if they are glued into the sockets although they are perfectly moveable.

04,07:16:00 Eyes shiny, slightly glazed looking.

04,08:00:30 Eyes very shiny.

10,08:00:00 Bought eye drops and put them in my eyes. Red eyes.

04,08:06:00 Eyes a bit bloodshot and shiny looking.

08,08:08:30 Eyes still feel "stuck", slightly viscid tears both right and left eyes.

04,08:13:30 Dark circles under eyes. They entirely circle under right eye, and about half way around starting from the inside on the left eye. Lids heavy, tan colored, eyes glass and half opened.

04,08:23:00 I have a reddish brown line along my top eyelashes and it,s white at the root of the eyelashes and dark red above.

04,08:00:00 Runny eyes, my eyes are very tired.

10,09:00:00 My eyes are still dry although it was been 2 days since I used the goggles.

09,09:00:00 Twitching in L eye.

02, 09:6:30. Woke. Eyes appeared (to me) to be glazed and red in mirror. Felt OK. By 8:00 they appeared to my husband just normal.

04,09:07:00 Still have dark circles that border the lower rim of my eye sockets. More complete circles, almost lines about π inch wide.

09,10:00:00 Twitching in L eyelid.

07,10: 00:00 Under eyes puffy in morning.

08,10:13:00 Upper lid of right eye twitching after sneezing, brief.

08,11:06:0 Eyes viscid tears.

08,11:13:30 Sneeze and immediately both eyelids twitch and then stop.

08,11:20:00 Eyes watering in evening again as yesterday.

08,10:22:30 Lots of lachrymation in eyes suddenly.

07,12:00:00 Eyes puffy in morning.

08,12:06:30 Eyes still feel stiff or stuck although they are in fact completely movable, this symptom continued throughout the "cold" .

09,12:08:15 Others commented on how tired I looked. I could feel the bags under my eyes.

07,14:00:00 Puffy under eyes morning.

07,16: 00:00 Left foot a little itchy during shower. Swelling under eyes in morning gone by lunch.

09,17:00:00 Eyes somewhat heavy feeling.

02, 18:07:02 More eyelashes in eyes. Seems to be more in right but both. 1 today, 3-4 yesterday, 1 day before Σ all in the eye.

08,18:23:00 Right eyelid itchy.

09,19:00:00 Left eye twitching occasionally. Has been happening frequently last few days.

02, 19:18:00 More eyelashes yesterday and today pulled out 5-6 each eye

09,25:00:00 Very dry eyes upon waking.

02, 29:00:00 am Loss of vision except small central circle as rising from

bed / lying

08,33:20:00 Left eyelid upper is twitching and that twitching of right and then left eyelid has been intermittent throughout much of this past month.

08,44:5:00 Twitch in left upper eyelid continues.

04,46:00:00 A sensation of fog in front of my eyes at times.

EAR

02, 00:13:20 Right ear sensation < turning to left Slight pain / fullness / vibration. Then left ear < turning to right. Then both ears.

07,01:15:00 to 17:00 Ears seem to ring much louder than usual.

07,03:11:40 Ringing in ears much quieter today. In the last two days it was very loud.

04,05:13:15 There is an itch in the front fold of the pinna of my right ear.

04,07:07:00 Left ear feels congested, a sensation between my throat and my ear.

08,07:08:00 Feel like I have a cold. Head spacey. Ears full and as if pressure inside them.

08,07:22:00 Ears feel a little full.

04,09:00:00 Sometime today I noticed 2 little pimples and one larger one in my mastoid bone area behind my left ear. No tenderness.

02, 13:20:09 Ringing, very distinct < left side, constant one note, high F (I think).

04,13:23:15 Husband comments I sound congested (I feel fine). Noticed I didn't hear a few remarks addressed to me during the evening.

04,27:00:00 Throughout the day sharp earaches, only one ear at a time, lasted a very short time. It was as if cold air had blown in there.

08,27:14:00 Ears still feel stuffed.

04,28:00:00 Very brief earaches both sides but not simultaneously.

04,29:09:30 Tender behind my left ear. There,s a swollen pimple type thing on the back of my ear in the fold.

02, 29-31 Ear, left distinct pain, sharper but not as deep. Noticed probable less than 2 hours.

07,42:00:00 Very sore on spot on large bone behind right ear.

07,43:00:00 Still sore on bone behind right ear. This bone is larger than left, always has been.

NOSE

09,01: 06:58 Woke with stuffy nose, some dried blood present.

07,03:08:05 Blew nose, some fresh specks of blood with clear mucus on right side only.

07,04:08:45 Blew nose, flecks of blood in clear mucus in left side only. And one

crust in nose came out, soft, seemed like it had been a scab, yellowish brown.

07,04:09:30 Blew nose several more times in morning while showering and getting ready. Continued to get blood flecks.

08,04:10:00 I am much more sensitive than usual to smells . I had a friend check the smell in the bathroom sink drain, which to me smelled strong and foul, like tidal flats or gray water. Friend said it smelled slightly musty. Also noticing other vague and unpleasant smells, some explainable and some not. The smells affect me strongly.

04,05:07:35 Nose feels congested.

07,05:10:00 When blew nose had fleck of blood.

04,05:19:30 Very slight runny nose.

09:06:00:00 Occasional sneeze.

04,06:00:00 Sneezed a few times, nose drained a bit once at about 1000 and I needed to use a Kleenex.

04,07:00:00 All day a very wet nasal discharge. Nose literally drips. Nostrils getting red.

04,08:00:15 My nose keeps dripping and dripping. The left nostril literally drips from the back of the nostril. Very watery.

04,08:06:00 Nose still dripping, < left side, but also on right.

04,08:07:30 Feel sneezy, congested in nose, and sinuses.

08,08:08:30 Blew nose several times during the night, lots of thin mucus.

04,09:18:00 I sneeze three times in succession after going from the warm car to the outside temp of about 40 degrees.

08,10:07:00 Post-nasal mucous that was both clear and yellowish, a little blood-streaked.

04,12:00:00 Nose itches/tickles in the afternoon. Tickly boogers inside both nostrils.

04,14:00:00 Very sensitive to smell, smelled B vitamins on husband and on his hands.

04,15:10:00 Keeps feeling like fuzz in my nose, tickly.

09,16:00:00 Continuing dryness of mouth and lips. Several sneezes this day.

08,16:06:00 Strongly affected by faint traces of rose oil on bedding--wondering how it got there, noticing it, waking from sleep thinking about it. Husband later told me he had worn it when he took a nap the day before, amazed that I could smell it now.

09,17:00:00 Woke with sore throat. Post nasal discharge is thick.

04,17:23:00 Left nostril dripping a couple times, 2-3 drops of clear fluid.

04,22:08:30 Nose cold too.

02, 25:07:40 In the past week, sinuses be more productive.

04,32:00:00 Sore inside upper side of right nostril.

FACE

02,00:12:28 sitting in the sun, in car hot see shadow of heat on paper
(normal vision)
slight hesitation (usually more!)

02,00:12:32 burning on right cheek although sun was on left feels flushed
even though air is cooler

02, 00:12:37 still feel hot face <top right cheek now (I,m) inside a cool
room. Seems to circle around rt eye. Hot to touch, look flushed, slightly
clumsy.

02, 00:12:42 Co-worker confirms cheeks and chin are flush.

02, 00:12:52 Face hot again.

02, 00:13:40 Face still flushing.

04,00:18:00 Left side of lower jaw feels slightly numb as if Novocain from a
dentist were almost worn off, slight sensation of warmth.

04,00:18:00-18:30 Face feels like the skin is thick, like a sunburn feels,
but without the pain, just the occasional prickly itch.

02, 00:21:05 Normally I don,t notice any flushing but just now I could feel
either a memory or echo on the rt cheek.

02, 00:22:03 Face flush when thinking about it (very normal to be < thinking
about something).

04,04:09:20 Face hot, feels like a blush. Itchy eyebrows, and above left
eyebrow.

04,04:13:00 Flush of heat on face. Face itches too but not as much as
yesterday.

04,04:18:00 Face itches left cheek bone, also right forehead over eye.

04,04:19:15 Itch in front of right ear and right corner of the mouth.

04,04:23:55 Getting prepared for bed. Face feels hot and red - it isn,t
discolored in any way. Itches.

07,05:16:22 Large pimple starting to be sore and red on left side of face.

04,05:16:45 Face is hot. Occasional facial itch, right side of nose,
eyebrow, left jaw line.

04,05:19:30 Flushes of heat, especially on my face.

04,07:16:00 Tender feeling on each side of my chin, in the area of the
mental foramen. Feels bruised.

04,08:06:00 Cheeks pink on either side of a pink nose, the tip of the nose
only is pink.

04,08:12:15 Face hot.

04,08:17:00 Flushed pink cheeks, but sort of looking like triangles.

07,09:00:00 Woke up, looked in the mirror. Pimple red area as large as a nickel, and my whole left cheek is swollen. Looks like I had a tooth extracted. It has not made a head. It is all deep under the skin. Size and shape of pimple is one centimeter, round. Hard are under skin in irregular, three centimeters by four centimeters.

07,10:00:00 Face very swollen, left cheek very puffy. Put a hot wet compress on face before bed.

08,10:07:00 Dull ache at root of nose and briefly below eyes near side of nose, worse on the right side.

07,11:06:00 Face is worse. Left swelling has extended to lower jaw. Put a compress with ice inside on swelling for five minutes.

07,11:14:00 Ninety per cent of face swelling is gone; face looks much more normal. Pimple still there, the size of a nickel under the skin.

08,13:07:00 Pain beneath lower right jaw, as if in parotids or sub-maxillary salivary glands, not in lymph nodes. Pain frontal and angle of right eye, worse after coughing.

02,13:21:37 Burning spot over left eye brow, < as I write / think about it.

04,21:00:00 Late morning felt a sore spot to the right of my nose toward my cheek. It has turned it out to be raised and will probably be a pimple. I don,t usually get pimples in this area.

07, 17:00:00 Swelling under pimple much smaller, smaller than a pea. It still hasn,t come to a head; it seems it won,t come to fruition.

07,26:00:00 Lots of pimples on lower chin.

02, 46:23:30 Face ^ some pimples and pink/purple spots. More on left.

MOUTH

10,00:00 My lips felt more fullness.

10,01:00:00 My lips still feel full.

02, 02:12:15 Breath smells different. Brushed teeth 2X in morning. Sort of rancid or like urine. Also mucus is more. Easy expectoration of white / yellow globs.

07,02:13:40 Bottom lip tingling and swelling. Looked in mirror. I have a large cold sore.

07,03:11:40 Cold sore on lip is dry with a scab.

08,03:19:30 Single aphthae on tongue, right center.

09,04:00:00 Woke midnight. Feel dry: lips and tongue.

07,04:08:30 Canker sore on right front gum inside mouth.

07,04:10:30 Cold sore is completely a scab, but entire lower lip is swollen.

07,05:21:20 Dry pasty tongue woke me two or three times in night, had to wet tongue.

08,05:21:30 There is a slight taste of blood.

07,06:00:00 Tongue very dry. Thick white coating on tongue, very pasty.

09,07:00:00 Dry sensation continues: mouth, lips and throat.

08,08:08:30 This morning hawking a lot of mucus from throat, it is clear and tastes sweet.

08,10:22:30 Have a sore, an aphthae, on right side of roof of mouth.

07,07:19:00 Tongue pasty.

04,07:07:00 Slept with mouth open.

04,08:00:15 Taste only slightly salty.

04,08:00:30 Sneezing = globs of stuff in my mouth.

04,10:15:00 Swollen taste bud tip of tongue left side.

04,11:13:00 While eating, notice a nerve-ish sort of discomfort going from back bottom right molar down toward the jaw bone.

04,11:17:20 Bottom right molar the furthest one back hurts when chewing, like it jars wrong. Only when chewing something, I can,t make it feel that way on empty chewing.

09,12:08:15 Dry mouth and lips.

07,14:00:00 Spit in morning, one small, thick, yellow ball, some clear, watery after.

04,14:17:30 Tiny swollen taste bud and burnt feeling tip of tongue after drinking hot chocolate.

07,15:00:00 Spit in morning yellow.

09,15:08:00 Drynes in mouth, lips. Thirsty and drinking plenty of water.

09,16:00:00 Continuing dryness of mouth and lips.

07,19:00:00 Spit in morning yellow, string.

07,21:00:00 Very little spit this morning, only clear. One clear string. Rest of spit kind of frothy and foamy.

02, 21:11:45 Teeth hurt after eating soup

09,25:00:00 Very dry mouth upon waking.

09,26:00:00 Metallic taste in mouth as if from my filling. Occasional tiny shooting pain in tooth.

07,27:00:00 A little spit in throat in morning, one string, rest clear.

07,38:00:00 Sinuses were full, teeth upper and especially lower ached on right side, especially when stooping.

04,41:00:00 Fumey taste in mouth, tip of tongue area about the size of a quarter. A camphory taste.

4,42:00:00 The camphory taste is on and off, but still happening. It feels/tastes really astringent, like bitter very strong black tea.

07, 43:00:00 Gums sore inside upper teeth on both sides. Can,t eat food. Very sore, open sores.

04,43:22:30 Four aphthae on bottom right lip crease and gum.

04,44:00:00 Aphthae still there. Might be getting bigger.

04,44:00:00 I keep getting this TASTE in my mouth, on the tip of my tongue, a chemical sort of taste, like when I accidentally taste my hand lotion. The taste is on the front of my tongue.

08,44:05:00 Left lower corner mouth twitching and a little numb. Lasted about 4 hours.

04,45:09:30 While showering, without having eaten anything, water gets into my mouth and I get that same chemical taste in my mouth.

04,45:00:00 Every time I eat anything I get that obnoxious after-taste. Sort of chemical, sort of astringent, like the astringency of very strong black tea. I,ve gotten this after taste after tea, after rice, after chickenΣseems like everything I have in my mouth. Sometimes is there even after I just drink water.

04,45:00:00 Aphthae still there but getting better, less painful.

04,45:00:00 Also my teeth mesh together differently than they did. They grind together differently than before. Sometimes they come together with a sort of jolt, it is unpleasant, somewhat painful.

04,46:00:00 Today the aphthae is still there, and now I have a tender and swollen sensation between my jawbone and my neck, that gland is infected.

04,46:09:30 Still have the astringent mouth taste. I,ve only had water so far today and that was about an hour ago. Still have the taste in my mouth.

04,46:00:00 The astringent taste comes and goes. It fades away and I forget about it, then I drink some water, or tea, or eat and it,s back again for a while. Then it fades again. It,s a slight taste, but very noticeable.

04,46:19:00 Taste is like the taste of novacaine wearing off.

THROAT

04,05:23:50 I seem to have moved out of itching and into aches~sore throat.

04,05:07:35 Throat is very dry.

08,05:08:30 Slight sore throat.

08,05:21:30 Throat feels raw.

08,06:20:00 Throat very irritated while talking on the phone, had to get some water to drink, coughing, throat felt dry and tickling in pharynx.

04,06:23:00 Felt heart beat in throat, short while, say 4 beats. Still have a slight sore throat.

08,07:06:30 Throat a little raw, more right sided. Lots of mucus postnasal, hawking it to clear throat.

04,07:07:00 Throat scratchy.

08, 07:08:00 Feel like I have a cold. Throat raw.

04,07:12:00 Very brief feeling of throbbing pulse in throat.

08,07:17:00 Throat aches, especially on dry swallowing.

08, 07:22:00 Throat sore and achey.

04,08:10:30 Fit of coughing throat hot, > cold water.

08,08:08:30 Throat achy. This morning hawking a lot of mucus from throat, it is clear and tastes sweet.

04,09:06:30 Dry throat.

08,09:07:00 Congested in the throat, hawking a lot in the morning. Mucus clear. Also a tickle lower than the throat pit.

08,10:22:30 Throat achy and sore from cough.

08,11:06:00 Throat sore, aches in pharynx.

08,11:13:30 Quite hoarse from the cough.

08,11:20:00 Coughing and hoarse.

07,14:22:30 Throat feels funny.

04,14:20:50 Strong heart beat, felt in throat in the area of the collarbone, less than 5 seconds.

07, 15:00:00 Throat feels swollen maybe; not sore, feels weird.

09,15:08:00 Woke with very scratchy throat and HA. Swollen sensation in pharynx. Better as the day wore on.

02, 15:22:00 Past half hour or more have noticed sore throat more on right feels pitted or like a stone but not exactly hard and heavy, just solid. > as I write about it. Not painful to swallow more a tension felt in ear as well.

07,16:00:00 Throat sore, drank four cups hot tea before bed. Voice dry, hoarse during the day.

09,17:00:00 Woke with sore throat. Had it through the night. Dry and raw sensation which makes me want to cough. I don,t cough though because I think it will hurt. But when I finally do cough ^ it does not hurt. Throat and tonsils and uvula red with SAI swollen. Heavy feeling. All ailments seem less severe once I get up and have tea and move around.

07,17:00:00 Throat still sore, more hot tea before bed. Voice is dry and hoarse during the day.

09,18:13:00 Continue to have sore throat.

07,19:00:00 Throat still dry, to almost hurting, yet not painful; very irritating when I first lay down to a nap and again when I first wake up. Have had this several days on

and off.

10,24:00:00 I was getting a swollen gland on right side of throat.

04,25:00:00 Sensation of a little hair in the back of my throat (could be a cat hair I suppose).

09,25:00:00 Very dry throat upon waking.

02, 25:07:40 In the past week, slowly my throat has begun to hurt.

02, 28-31 Throat pain also somewhat superficial, as if a sticking of splinters. <left. Lasted 1-2 days. I felt it could get worse but didn,t.

STOMACH

02, 00:21:05 Flatus last night and afternoon, tonight and this afternoon, too (beans).

02, 00:22:03 And now again sensation in left upper quadrant of abd. Less specific spot, more almost burning sensation (perhaps similar to stomach malady from last week) >leaning back rather than hunching over to write or talk on phone.

07,04:10:30 Had a feeling when I had gone to bed the night before and felt a feeling like my stomach was floating up. Very strong feeling I was lying on my right side and my stomach felt like it was going up to the left side, not out of my body, but just lifted up high. It did not hurt.

02,04:20:30 had a loud, non-smelly fart. By 20:45 pm I felt nauseous. The nausea continued and worsened. >writing and bending knees to belly. Remember that @ 20:00 or 19:30 felt pains in upper left and now right quadrant. Did eat wheat at supper. At lunch had garlic in cream soup plus too much cheese on nachos and belly rumbled or grumbled after but didn,t hurt much. Now sharp pains going up from rt side of stomach. Tried arm hanging down, bending forward seemed better. Now sitting up knees bent and feet under butt, seems worse. Walking seems worse, like light headed as well. Drinking water seems like a good idea. Remember I had jalapanos which made me burp. I want to lie down now >lying on back a little but best on stomach.

08,04:22:30 Abdomen uncomfortable with gas, feel like a balloon pumped up with air.

07,05:05:50 My stomach felt nauseated, then I threw up two times, some undigested sausage from previous day,s lunch and raw carrots from supper on the plane.

02, 05:07:00 Woke nauseous. > very still < motion > 7:50 < rocking on chair.

07,05:07:15 Still very nauseated. Drank sprite until 1 PM. Stomach, intestines queasy, worse standing up and worse with motion. While sitting constantly feel like I will throw up. I want to lie down, but I had to be at work.

07,05:10:00 Worse with pressure on stomach.

07,05:10:50 Hiccups, lots of large burps.

07 05:13:00 Nothing for lunch. Had to come home from work: too nauseated in stomach.

07,05:15:25 Churning and rumbling in intestines, gas, then stool again in toilet.

07,05:16:10 More diarrhea, one small rumble before. Felt hot in throat. Doesn't hurt to swallow.. Lots of pain, gas, in intestines, close to stomach, like five to six inches to the right and to the left of my belly button only about one-half inch below belly button level. Hurt on each side.

07,05:16:15 Nausea bad, like I,m going to throw up, but I never do.

07,05:16:22 More large burps and hiccups^large hiccups^whole diaphragm really moves. One little blup before diarrhea.

07,06:00:00 Woke with stomach queasy.

02, 06:07:44 Tossing slowly, side to side with nausea. 7 am awake and when sit up nausea worse.

07,07:08:00 Stomach very queasy, felt like I would throw up. Had to go get Sprite to calm stomach, then OK.

07,07:10:30 Stomach hurt very bad because it was empty. Wanted something to eat.

07,07:11:00 Ate a colochi at Sam,s, pizza dough with chicken, peppers, onions, cheese inside. Stomach okay, but a lot of rumbling and gurgling.

07,07:18:00 Stomach not hungry, smell of dinner smells bad, no appetite.

08,07:22:00 Seem quite flatulent.

02, 08:10:00 Flatulance all day. Bad smell.

04,08:11:30 STARVING! Eat eggs and hashbrowns (usually I,d eat eggs and bacon).

08,08:14:00 I'm still quite flatulent.

08,09:06:30 Strong cutting pain, left side, under the short ribs, lasting only a couple seconds, but strong.

02, 09:01:10 (am) Pains in abdomen. < lying left side.

08,10:08:00 Sudden brief cramplike pain in left side under short ribs like the day before; right after passing stool.

08,11:09:00 Pain under right lower ribs.

08,12:22:30 I notice I have been very flatulent since day 07, it hasn't diminished.

08,13:06:30 Still flatulent.

02,13:14:00 had strong urging accompanied by flatulence. Flatulence not at same exact time. Feel the rumbling on right side until all is emptied, then relief.

02,13:14:20 Another stool ^ liquid, more yellow and spurting from flatulence. Felt > bringing knees up; want to lie down.

02, 13:17:15 Pop in my left central abd, just near belly button. (similar to the gas prior to diarrhea).

02,13:17:19 Pops lower than before. This must be in the small intestine since the descending colon is empty. Pain in right lower abd / pelvic area, sharp, deep. (with small twinges echoing, higher and to left ?)

02,13:19:00 Cramps and bubbles while eating > slouching down in seat, < tilting head back (I think, or else coincidental). Discomfort in left upper abd area.

02,13:21:37 The abd also felt burning discomfort ^ almost.

04,14:19:00 Feel a bit queasy. Reacting to the onions, I taste onions in my mouth.

04,14:20:15 Hungry~big hunger~don,t eat though. I don,t trust my stomach.

04,14:00:00 Wake periodically through out the night with onion burps. This is not typical for me to react this way to onions.

04,15:07:45 Stomach a bit queasy still. It alternates with hunger. Am I queasy from hunger or is my stomach giving the wrong signals?

02,15:22:56 Nausea after drinking water. A little > lying on stomach.

02,16:13:15 Woke this morning with nausea.

08,21:09:00 Flatulence.

08,23:14:00 Flatulence.

08,23:20:00 A little more flatulence.

02, 24:13:00 Woke around seven am. Felt a cramping in left lower quadrant of abd.

08,26:15:30 Generally feeling "off". Abdomen gurgling as if diarrhea will start but it doesn't.

08,32:12:30 Nausea while sitting listening to a talk, lasting about 5 minutes.

08,33:20:00 Brief nausea again.

02,39:00:00 a sharp painful sensation in upper left quad of abd.

04,43:18:30 Upswelling of nausea, it passed quickly.

04,44:12:30 Nauseated in a wave. Brief.

RECTUM

09, 02:00:00 Midnight. Shooting pains in rectum with an upward motion.

02, 02:12:00 Felt sore again on left side [kidney] earlier. Now seems to be I, ll have diarrhea or at least that is the sense I have. Sense of urgency was enough to go next door, I could have waited but it didn,t feel good.

08,04:22:30 Sudden, urgent diarrhea with tremendous distention and some tenesmus. Urgent stools continue through the rest of the evening and wake me twice at night.

02, 09:01:10 (am) When I stood up I felt a lesser version of the slimy butt sx from the other day. Having finally remembered to write it down I find it interesting that it isn,t connected now to having gone to the bathroom.

08,16:08:00 For more than a week I have been extremely flatulent. Not particularly distended, just passing lots of gas.

09,20:12:00 Rode my bike to the store and had unexpected diarrhea while there.

08,24:12:00 Flatulence seems almost normal. Some loose stool and excoriation and with a small amount of anal bleeding, recognizable as from spicy foods.

09, 27:00:00 A twinge in rectal area like a ghost of hemorrhoids yesterday.

02, 31:04:15 Sharp pointed pain in left upper abdomen. This is a return Sx but seemed sharper, stronger, cleaner. Accompanied tension in solar plexus area.

STOOL

02, 02:12:02 The BM was more rapid than usual, small segments, all fairly formed, slightly darker than past 6 months. [] floating [] sinking (yesterday noticed that stools sank more than have been.) After stool, anus felt slimy for the rest of the afternoon, irritated.

08,04:22:30 Stools lenteric, orange.

07,05:05:50 I had two bouts of soft stool, then I had diarrhea, small pieces of brownish-orange stool, some mucus and pieces of undigested food. The diarrhea was not burning.

07,05:15:20 Woke because I felt a liquid on my back. When I sat up, stool, diarrhea was all in my underwear, shorts and back-all over the couch`I had never felt it. Got up and cleaned up mess. Like thick pea soup, only the color was brownish orange.

07,05:16:22 More large burps and hiccups. One little blup before diarrhea.

07, 05:17:32 Diarrhea.

07, 05:19:05 Diarrhea.

07, 05:19:25 Diarrhea like water, still no burning. No more stool.

09,10:13:00 Half brown with the other half darker brown with a line lengthwise.

07,11:14:00 A little constipated.

02, 12:20: Stools did not get softer during menses (softer is the norm). They have remained darker, in separate segments (imperfect balls). They are various sizes but all smaller than golf ball size.

02,13:13:30 felt as if would have to go to stool.

02, 13:14:00 had strong urging and thick, unformed diarrhea, stool is brown, sort of granular and accompanied by flatulence. Stood up and walked out of the room, had to return for more of the same.

02, 39:19:00 In the past week my stools have several times been larger. To the point of being difficult to pass. Not the largest ever but 1 1/2 in diameter rather than 1 1/4 inch.

BLADDER

02, 02:12:02 Urine this morning has been clear even though only drank 1 1/2 glasses of water at breakfast.

07,05:16:15 Always urinate after each bout of diarrhea

07,05:17:32 Urine hot, nothing to drink since 1 PM.

04,08:00:30 Also I almost pee when I sneeze.

04,11:00:00 Woke up in the middle of the night having to pee but fall back asleep before I do it.

04,11:06:30 Woke, still have to pee.

04,05:16:00 Bladder while peeing feels very distended as if I had to pee a whole lot. Yields normal amount of pee.

02, 19:05:12 A little before 5 am had several bubbles in succession, but no loss of urine or discharge while lying down. No discomfort, just odd sensation as if a bubble were growing, moving out of urethra.

08,19:08:00 Notice that my urine is much less strong smelling for the past period of time, maybe the last two weeks (My urine usually has a strong smell, it went away during most of the proving and a few days before the extraction).

08,27:04:00 Woke and got up to urinate.

08,33:20:00 Notice my urine is back to being smelly again (that definitely stopped for most of this proving.)

FEMALE

04,00:21:00 Slight pull, left side groin

04,01:00:00 Throughout the day when I pee I have that uterine sensation. It sort of hurts, not crampy, just a bit painful.

04,00:22:30 Passionate loving, sex as if it were a new relationship, heady stuff.

04,01:08:15: Right side pain from ovulation (normal).

04,01:16:00 Felt very full uterine area.

02, 01:19:53 Incontinence / discharge seems less (since @ 3 days prior to 00) but there is a little discharge and more feelings of discharge, as if I

should expect to see evidence.

04,02:06:30 Uterus feels sore.

09,03:00:00 Menstrual flow heavier than usual.

02, 05:22:00 Enjoyed sex more than have in a months. No discomfort or awkwardness.

02, 08:10: Desire for sex easily expressed. (curative action).

09,09:00:00 Menses this month was different in that it was heavier and shorter in duration. 4 days only. Brief, low grade cramping.

04,09:23:00 Sploosh of vaginal moisture. More vaginal wetness.

02, 10:10:12 Menses began. Noticed stronger cramping this morning (unusual). The cramping seems triggered by moving after being still. And I feel compelled not to move until it subsides. Although I think it was >sitting up. Also cramping on sitting to stool, or beginning stool like a set of tensed thin muscles along the pelvic floor.

07,23:00:00 Feminine discharge, bright yellow; had been yellow-brown for last four to six weeks before taking remedy. Brown is completely gone.

04,25:15:30 Heavy sensation in right lower abdomen~ovulation? My right breast is tender. This is not my typical signal of ovulation, but the timing is right.

07,26:00:00 Discharge clear and yellow.

07,27:00:00 Feminine discharge yellow gold.

09,28:00:00 Bleeding more heavily.

07,45:00:00 Woke at 5:30, began menses, first one in twenty-three months due to pregnancy and nursing. No cramping.

02, 47:13:35 Menses last time: began on day 38 of proving, lessened to nearly nothing on 40th day, finished by 42nd day. Much less blood after an initial bit more or easy flow on 1st day. Last day was 43rd ^ fluid without blood.

COUGH

08,07:08:00 Occasional cough.

08,07:09:30 Occasional cough, dry, from irritation or tickle in throat, unproductive.

08,08:08:30 Occasional cough during the night and some pain in chest when coughing.

04,08:09:00 Coughing now, a hoarse cough, sometimes productive, sometimes dry.

08,08:13:00 Cough while talking on phone, better drinking.

08,09:07:00 Coughing a lot, from irritation in pharynx.

08,09:16:30 Busy, full of energy although still coughing.

08,10:07:00 Very congested and coughing in the night. A kind of tickle in trachea, low enough to be bronchial. Coughed up some chunky, thick grey-green mucus, then some yellow-green and not as thick.

08,10:22:30 A little breathless after coughing. Cough mostly from chest with a slight tickle there.

08,11:06:00 Lots of coughing on rising, like yesterday thick green expectoration. Feel breathless after coughing.

04,11:16:40 Coughing and gagging, lasts about 15 seconds.

08,12:06:30 Cough out a large quantity of sweet green mucus. Post-nasal mucus is clear, salty.

08,12:22:30 Coughing all day.

08,13:06:30 Coughing a lot after hot shower. Expectoration is less quantity, less thick. Less green. Still slightly breathless after coughing.

04,17:07:00-0720 Coughing am.

04,19:00:00 Coughing in am when I sit up to write this.

CHEST

02, 08:10: Breasts feel swollen and heavy and sore on the sides. They are larger. I noticed this yesterday as well.

09,00: 22:15 Aware of heart beating as falling asleep.

02, 00:21:05 My chest has a slight pain on left, surface pain probably from posture. Feels like a rib is caught slightly out of place.

08,02:06:00 On going for a shower, noticed itching in axillae and then saw that there was a band of erythema like a pink rash, about 1.5 inches wide around both axillae.

08,03:06:15 Still itching in axillae, but less so. The rash has faded to a faint pink. This itching continued off and on throughout the proving with varying degrees of erythema.

04,04:00:00 This morning a bit of feeling of indigestion under the breastbone.

04,04:18:10 Cramp under right breast extending to the armpit. These cramps are all short cramps and they feel like a tiny muscle group is the one involved. This cramp is just a teeny one under my breast, but it feels like a mini-charlie horse.

04,05:18:30 Heart pounding. Lasts about 30 seconds.

08,07:22:00 Pain on coughing behind sternum.

02,08:08:00 Chest felt as if I had an infection, heavy, wanting to stay in bed the whole day and not move.

08,12:06:30 Itching in axillae is back and the same rash.

02,12:20:12 My breasts are swollen again or still. Tonight they feel much bigger. My husband concurs that he noticed this a few days ago, so this is not imaginary. As I sat on the floor with my knees up, I noticed I felt the breasts were in the way. This is a sx I don't remember continuing this long

except during pregnancy. Normally a day of swelling and tenderness, usually at ovulation or pre-menses. Nipples were also sore from my shirt earlier around 18:00. The breasts also feel heavier.

08,20:22:00 Itchy armpits!

08,12:22:30 Axillae still itching.

04,13:15:45 Feel heart beat for a few seconds while sitting and eating.

02,18:07:02 A sense of tightness that is somewhat painful. First on right upper hypochondriac then left. The left seems to remain longer and is < standing / walking. The left also extends up internally and I think about my heart. > sitting, reclined back and writing. Yesterday lifted more heavy boxes while less relaxed. < sitting up straight.

08,18:14:30 Itchy axillae again.

08, 21:09:00 Itchy armpits continue with a little of the redness still there.

04,21:20:35 Shooting sensation outside left breast toward armpit. The sensation sort of extends toward the armpit.

08,22:06:00 Itchy armpits and redness around it, the skin seems rough there.

04,22:08:25 Sharp little pain Left side articulation of rib with sternum about the size of a fingertip. > pressing on it.

04,22:09:50 Sharp pain, this time lower part of sternum, central > pressing on it.

08,23:05:00 Itchy armpits, very red around, very itchy.

04,26:13:30 Sharp pain Left breast on sternum side. Lasted about 45 seconds. Sharp and sudden. > pressing on.

02,28:07:00 Sense of heaviness in chest

02,30:06:50 More severe heaviness as if in lungs but they are clear of mucous.

08,33:20:00 Still have occasional itching in both armpits with the circle of slight erythema around. Worse scratching, so I don't.

NECK

02,00:13:00 Small twinges in neck and shoulder.

02, 00:13:40 Neck / shoulders sore again.

02, 00:21:05 Neck not relaxed as much as earlier.

02, 00:22:03 Feeling tension in rt neck more.

04,01:17:20 Crick in neck, left side. Like a cramp. Passes quickly.

02, 01:19:53 Neck and shoulders are tense more on the right.

04,01:23:00 Heart palpitations, felt mostly in the outer throat neck area. Feels like a throbbing.

04,03:20:00 Neck spasm, like a charlie horse, very brief.

04,04:19:20 Cramp in the neck under the larynx. Small muscle.

02, 10:10:12 Easily bruised neck from a light kiss.

07,27:00:00 Very large pimple on neck, lower neck.

08,27:14:00 Neck is slightly stiff. It's uncomfortable.

BACK

02,00:13:00 notice back is straighter, not hunching over. Small twinges in neck and shoulder.

09,00:21:30 Stabbing pain in R waist area but a little deeper.

02, 02:07:40 On second waking, there was a diffuse pain in left kidney region. This left when writing and getting up.

02, 02:12:00 Felt sore again on left side earlier.

04,03:21:00 Upper back, thoracic region feels like a muscle spasm. Small area, < left side of spine. Very brief, less than 2 minutes.

09,04:00:00 Woke midnight. Sharp stitching pain L side at waist level shooting to the back.

04,04:07:30 Out for a walk, while walking feel a twinge in right lower back. Sciatica place. Feels more like a little muscle spasm. Upper thoracic feels like it needs to crack. Also feels as if tired from exertion. Moving and walking is harder than usual. As if I,m tired from walking really far.

04,04:08:30 Sensation as if muscles on each side of the spine are spasming, thoracic.

04,04:08:45 Seems as if the front sensation of pressure and (the indigestion sensation) and the thoracic cramps are connected. Front and back „cramps%o at the same time.

04,04:10:15 Spasms along thoracic as if overworked. BACK

04,04:16:30 Cramps thoracic back.

04,04:17:00 Lower back twinge like it needs to crack.

04,04:17:30 Some itching on back, bra line area and across the entire back.

04,04:18:20 Another sciatic twinge.

04,04:23:55 Getting prepared for bed. I have some itches on my back upper shoulder area.

09,05:00:00 Pain right hip/waist area. Muscle and joint.

04,05:08:00 Upper back from about 6 cervical to 10 or 11 thoracic is very achy.

04,05:12:00 Thoracic sore around spine, like just the muscles by the vertebrae are sore. 7 cervical hurts, aches.

04,05:13:15 Ache in lumbar and sacrum, also upper thoracic and neck.

04,05:15:50 Right lumbar twinge feels like it needs to crack.

04,05:17:30 Ache in tailbone, chills.

04,05:18:50 Sciatic twinge, right side.

04,05:24:00 Sacrum aches, worse right side.

04,06:22:00 Very slight back ache.

04,06:23:30 Little bit of backache left side sacrum.

04,08:10:35 Sensation of pain/pressure L sacrum~like a tightening feeling, gradually tightening.

04,10:07:00-07:45 Went for walk, felt good~slight stiffness, right sciatica area.

04,11:09:00-09:50 Walked, sciatic right side twinges now and then. After a while of walking it goes away. These twinges happen at arbitrary times, I can detect no pattern.

04,11:14:30 Sciatica needs to crack. Seems like it,s a dull ache that spikes about every half hour.

04,12:00:00 Very occasional sciatic twinges~right side.

04,14:17:00 Small ache right sciatica.

04,14:18:00 Right side kidney area slightly achy extending up back ribs as if a muscle twinge.

04,14:20:30 Pain under right scapula as if it needs to crack.

04,15:05:30 Right waist area a bit sore where it hurt last night (kidney area).

04,15:13:00 Jabbing pain in my tail bone, felt as if it was coming up inside from the bottom. Very noticeable!! Jerked while walking, almost felt as if I would fall. Lasted a split second.

07,19:00:00 Noticed a round dry patch on my skin below neck on upper left back, about two inches left of vertebrae and four inches down from shoulder. Like a ringworm, which I have never had before.

07,22:00:00 Dry round patch on left back like ringworm still there, hasn,t changed at all.

02,25:07:40 Last night sore (maybe lymph) area under rt arm and around to the back of the ribs.

07,26:00:00 Ringworm like spot much smaller.

07,27:00:00 Scratched ringworm like spot on back, dry skin; then it was gone, scaly skin came off.

07,28:00:00 Scratched ringworm spot again. Only a very small spot came off. Three small scales, spot gone again.

02, 41:00:00 sensation on the left side of low back near the crest of the pelvic bone.

04,44:10:00 An awkward movement causes a sharp pain around my left side

waist area. Causes me to stumble and lose my balance. Very brief.

04,44:11:15 Sharp pain waist area.

04,44:12:25 Sharp pain left side waist area when bending over side ways and setting something on the floor.

EXTREMITIES

02, 00:12:50 Pain in shoulders: gone. Had been esp tight on left. Slight tension in left forearm when I stretched arms forward to test tension in back under left scapula

02, 00:12:52 Pain in forearm gone. Fleeting pain in rt joint hip-femur. Returns stronger, stabbing, throbbing < move not arthritic, is loose.

02, 00:12:56 slight pain inside rt knee/tibia itching back of left arm by shoulder (repeated every few minutes) neck slightly stiff

02, 00:12:58 Pain traveling down shin on rt into ankle inside then outside of ankle. Middle of inside shin, outside of ankle. Spot in back of calf.

04,00:17:00 Notice a bit of itching, legs.

09,00:22:00 Drawing sensation in inner elbow area as if in the muscle.

02, 00:22:03 Left knee stiff when rising from cross-leg position (ROS)

04,00:22:30 Go to bed, left leg sort of achy as if stiff, the feeling centers in the back of the knee, "knee-pit"

09,01:00:00 Felt some weakness and sensation of trembling in lower legs and then in whole leg. Subtle and more of a sensation.

09,01:07:15 Brief tingling pain in R foot ^ middle toes on walking.

04,01:17:00 Itchy palms.

09,01:00:00 Short shooting pain in L foot from toes into ball of foot.

02, 01:20:08 Noticed pain in ankle when pressed against something on the calf.

02, 01:20:52 Itching off and on, on left hand along the fleshy, pinky side (opposite thumb).

09,01:21:15 Jumpy legs ^ Old symptom but not usually this early in the night.

02, 01:21:50 Stubbed rt toe in the dark on unexpected stuff left by husband or daughter. Broke big toe,s nail. Smarting but not unbearable pain.

09,02:00:00 Midnight. Legs still jumpy which usually goes with sleep.

04,02:16:15 Itching ankles < left ankle.

04,02:17:15 Itching knees < right knee. Itching in tiny spots also on calves, < right calf.

04,02:18:30 Itch left hand, tiny little welt about as big as a piece of barley, but round. It is positioned with a tiny skin crease right across it. It's somewhat raised and a tiny bit pink.

04,03:06:45 Out of shower wrists itch, both of them. No eruption.

08,03:19:30 Sudden feeling as if flea bites on right forearm and left wrist.

04,03:21:30 As I lay down in bed to sleep, lying on my right side I get a charlie horse in my left thigh muscle, the one in the back.

04,04:06:30 Get up and notice that my hands and feet feel a bit thick, like I,m retaining water.

04,04:10:00 Spasms in left upper arm as if overworked

04,04:16:15 Cramp in right calf. Brief. It,s right below the knee where those two muscle groups go parallel down into the Achilles tendon. Left knee feels like it needs to crack.

08,04:17:00 Two or three times in past 24 hours have felt a brief twinging pain in right ankle or foot, intense but brief.

04,04:18:00 Right wrist and top of hand itches.

04,04:23:55 Hands still itch, and ankles occasionally.

09,04:00:00 Woke midnight. Jumpy legs.

04,05:08:00 Right hip is very achy as if I slept exclusively on it while sleeping on the bare ground.

04,05:15:45 Outer hip socket hurts, aches.

04,05:16:05 Ache upper Left arm toward shoulder.

04,05:20:00 Sensitive on right foot. Itchy and pokey, reminds me of when I stepped on a nail.

04,06:11:30 Feels sore behind left knee, like a tendon strain or something. Continued steadily all day. It isn,t worse from walking on it. A dull ache.

07,06:16:30 Noticed tips of fingers sore to touch like a splinter is in them. Left thumb, right pinky. Never had this before. No splinter visible or felt.

04,06:19:00 Left wrist aches on the top in the center, the carpals between the ulna and radius bones. Feels as if I fell yesterday and broke my fall with my left hand.

08,06:21:00 Pain left knee as if bruised, as if I had knelt on a small stone.

08,07:06:30 Right buttock sore as if cramped or contracted in the night.

04,07:07:00 Left wrist hurts more.

08,07:09:30 Pain now in left buttock as well as right, but less strong than right side.

08,07:11:00 Very weak in upper arms.

07,07:12:10 Right thumb has same splinter feeling today as others had yesterday. In other fingers the feeling of splinters is gone today.

07,08:00:00 Itching on top of left foot during and after shower and later in the day. Also some

itching above knees after shower.

04,08:00:00 For the last three days I,ve noticed a sensation of glass or some sort of small splinter in left index finger.

04,08:00:30 Left wrist still hurts < pressure or weight on it.

02, 08:10:00 In evening noticed sensation of a sting or splinter in rt forefinger. Couldn,t see anything or remove it. On the palm side, between knuckle and 1st joint. In bed reading, my rt ankle seemed sore (ROS). Better hard pressure to opposite side of ankle.

08,09:06:45 Pain, cramp-like, right buttock again.

07,09:10:30 I turned around and my left hip socket where my leg joins my pelvis hurts and gives a twinge of pain; whenever I pivot or turn and twist the leg. If I keep the leg straight it doesn,t do it. It hurts and feels like I,m straining it, but I,m not. The twinge lasts for a second or two after I correct my leg.

04,09:19:40 Itching along inseam right thigh about midway down for about 3 inches.

02, 09:01:10 (am) Rt finger and hand feels swollen. Looks almost normal. Rt large toe,s knuckle also sore / swollen feeling.

07,10:00:00 Twinge in leg continues same as yesterday.

08,10:07:00 Slight numbness right hand, mostly in ring finger, as I write this.

08,10:15:00 Pain right buttock, cramp-like, brief. This symptom continued off and on for the next week or so.)

08,11:06:00 Feel weak in both shoulders and upper arms. Try to go back to bed but feel worse lying down. Clumsy, stumbling a bit.

08,11:09:00 Shoulders sore and achy.

07,11:14:00 Hip feels milder and twinges milder and less often today.

04,12:07:00 Feet hurt when I woke up. In the joints of my toes.

04,12:00:00 Sensation of a splinter is still there but less. No sign of festering, redness or anything like a real splinter would have.

08,12:22:30 Pain, biting, left shin extending up to knee, brief.

07,13:00:00 A bump under left thumb nail like a splinter; I can see a little white bump.

02, 13:14:00 Also remembered, I broke another nail yesterday afternoon.

04,14:08:00 Numb hand`left.

04,14:00:00 Right knee hurts, behind right knee, like muscle pain, a little like an „old injury%.

04,14:16:00 Right ankle aches.

04,14:19:30 Brief hot poking pain like a needle in tip of middle toe, left foot.

04,15:00:00 A tender spot on the top of my left wrist between the bones. It feels like a bruise but I don,t remember hitting it.

07,15:00:00 Inside fingers on left hand very itchy. Put on lotion after really scratching.

08,15:18:00 Biting, cramping pain right shin when walking, brief.

02, 15:20:00 Twinges in arms are a part of the shivering sx last night. Muscular spasm tonight in pectoral muscles (left) not painful.

07,16:00:00 Left foot a little itchy during shower.

02, 16:13:15 Pain as if stung (by a bee) on thumb, left, distal segment of digit below the nail. Itching, no evidence of a splinter or cut. No insect seen. No change in skin.

04,16:19:00 Notice a bruise looking thing on my right thumb, purplish blue directly under the bend of the thumb on the inside. Thumb feels thick and somewhat numb.

07,17:00:00 Inside of right arm itched for a brief period. Scratched until very red, then it didn,t itch any more.

4,18:20:00 Left hand on and off itching throughout the evening. Feels swollen as if warming up after being very cold.

04,19:17:00 Left knee pit aches, < walking on it.

09,19:00:00 Sometime in the early morning „Charlie horse‰o cramp in left foot while sleeping. It woke me. Was able to ward it off by flexing foot.

09,20:14:00 Legs jumpy as I sit watching TV.

04,22:08:30 Top of left hand is cold. The upper outer side (ulna side) of arm also cold. Stops mid-arm.

08,22:17:00 Feeling of pulsation in legs, as if wearing very tight pants.

08,23:16:00 A strange blue discoloration on left inner forearm, like an extravasation of blood, but not a usual reddish or purplish bruise.

08,24:06:15 The blue discoloration is still there on left forearm, very odd looking.

08,24:19:00 Lots of cramping in feet when I sit back on them. In the last three days it has happened many times. The cramping is better if I just shift my weight off them.

04,25:00:00 In the past week I,ve bitten off all nails but my left thumb nail. On right thumb I peeled the skin off, it hurts a lot. Compulsive finger picking.

08,25:18:00 Still frequent cramps in feet when sitting on them.

08,26:15:30 Have also felt it in arms and legs at times today. The pressure is as if compressed by tight elastic clothing.

08,26:22:30 Pain aching, a little crampy on outside of right shin.

07,27:00:00 Index finger on right hand sore inside tip. Noticed it when using calculator. Finger

tips sensitive on and off throughout proving.

04,27:00:00 More little flat reddish spots on left leg. These are rather insignificant so I don't know how many there usually are, but there seems to be more. Sort of itchy, flat. They are yellowish, flaky with reddish tiny dots within it, Oblong, about Π inch by π inch. There are 5 of them. Some of them are quite small. The one closest to the knee is the largest.

04,27:10:00 My right foot starts to feel thick around the ball of the foot, becomes a bit hard to walk.

04,27:16:30 Wandering pains in my right finger knuckles, sharp aches. Moved to left hand.

08,27:19:30 Still have pain right shin, occasionally.

04,28:00:00 Today had some soreness ball of right foot < walking.

07,28:00:00 Right index finger still sore on tip.

08,28:23:30 Away to the big city for the day and feeling normal. Hands did not get numb as they used to do when driving a long time.

08,31:11:00 Pain right shin again, brief.

SLEEP

09,01:04:30 Woke and went back to sleep.

09,01:05:30 Woke and went back to sleep.

09,01:06:30 Woke and went back to sleep.

02, 01:19:53 I woke about 6:15 am. (early for me)

04,02:06:30 Wake tired, would rather go back to sleep.

02, 02:07:40 [Note this was originally written as 2 03 7:40] Woke about 5. Returned to sleep about 5:30.

02, 02:21:40 My supervisor called. I am tired tonight.

09,03:00:00 Wake midnight to urinate.

09,04:00:00 Woke midnight. Went back to sleep.

04,05:08:25 Could easily drift back to sleep but have someone coming at 0930.

08,05:08:30 Woke up late, feeling tired and weak despite oversleeping.

04,05:13:15 Would like to just sleep.

02, 05:15:00 Exhausted. Had to sleep.

04,05:16:00 I just want to lie down somewhere and sleep.

09,05:22:00 Very sleepy.

02, 06:07:44 Woke at 3. In a state of inbetween ^ lazy yet not able to sleep. Would have been better to get up do something and go back to sleep but was worried about needing sleep. (ROS)

02, 09:01:10 (am) I have noticed that I feel very refreshed from a couple hours sleep right now and several nights ago in the middle of the night.

02, 09:00:00 (night) Woke again in middle of the night thinking it was morning. Had been very tired and went to sleep around 21:30 (early) even though intending to stay up.

08,10:07:00 Restless sleep, frequent waking.

09,11:00:00 Went out and stayed out later than usual ^ midnight.

09,12:08:15 Very difficult to get up . Feel as if I have a hangover- tired. Stayed tired most of the day. Had to take a nap.

04,13:00:00 I only had 5 hours sleep felt untired and took a while to fall asleep.

08,13:05:30 Sleep was restless, tossing around.

08,14:05:00 Wake early, lots of ideas and plans in my mind, think about things then doze, very pleasurable.

04,15:05:30 I don,t want to get up.

08,15:06:00 Restless sleep.

08,16:06:00 Waking in night with clear thoughts and plans, then back to sleep.

08,17:06:30 Husband notices that I have been shutting off the alarm and going back to sleep, several times in the past week or so. It's true. I'm not more tired or going to bed later than usual, just harder to get up in morning.

04,20:23:15 Got only about 4 Π hours sleep last night yet I was inclined to stay up this late. I could,ve stayed up later, but I knew I should be tired. I fell asleep right away.

08,24:06:00 Restless sleep, waking and thinking about a patient's case. Then back to sleep and nearly overslept.

08,25:21:00 I am definitely sleeping more than usual, needing more sleep.

08,26:22:30 Restless and uncomfortable, difficulty going to sleep. Then woke several times in the night.

08,27:07:00 Back to sleep and sleep much later than usual.

04,27:22:30 It,s easy to stay up late.

04,32:00:00 Alert and knitting, everyone else had gone to bed. It,s now 0100 am.

04,33:00:00 Sleep was disturbed, I was in and out of sleep a lot.

04,45:00:00 Again finding it very easy to stay up quite late. I have plenty of energy to stay up until past one am.

04,46:00:00 Again, here it is after midnight, I,m a bit tired but could stay up a long time yet. This afternoon I felt really wiped out.

04,27:22:30 To bed. It,s easy to stay up late.

SKIN

04,00:17:20 Notice prickly skin on back, palms, front shoulder.

04,00:18:00-18:30 Various tiny itches on legs, face, in hair back of neck-wandering and barely noticeable, wonder if it's the power of suggestion, it seems more noticeable when I pay attention to it. Could easily ignore it. Also face feels like the skin is thick, like a sunburn feels, but without the pain, just the occasional prickly itch. The quality is of a mechanical irritant, reminiscent of hair in shirt after a haircut, or the little leftover itchy particles after a burdock burr is picked off clothing.

04,01:15:00 Some oddball itches. Single spot "hit and run" itches about 3 or 4 times, leg, face, back, no big deal.

04,02:22:50 Itchy spots left leg center back of calf. Itching inner left thigh, itching inner left arm midway between elbow and wrist. Itching outer forearms, both arms. Hands feel itchy outer surface on the left little finger, and fingers on the palm side surface. Again, as I write this it becomes more apparent. Although it itches, I am not inclined to scratch.

04,03:09:15 Spot itching again.

04,03:17:00 Feet feel like they did once when I was 11 or 12 and had hives. Internally they feel like if I were to look at them they'd be swollen and hive-ish. Nothing shows from outside. Skin looks just fine. I feel like I should have welts on my body, like lots of mosquito bites. I feel like my face should be red. It feels like it is either chapped or sunburned, slightly stinging, and slightly itchy. None of this shows externally at all.

04,04:19:55 Itch in crease of my left leg groin area. Itchy around waistband.

09,04:21:00 Itchy spots all over. Almost feel as if bug crawling here and there.

02, 09:01:10 (am) Just below my left shoulder I notice a black filled pore. I remember the weekend before the Rx I had pimples on both shoulders. The one on the rt seems fine but a little red, no longer raised. The left one is still raised. Feels like a hard bump under the skin just below the dark spot, which is indented or pitted.

04,11:07:00 Sebaceous cyst/pimple thing about the size of a piece of barley on right outer labia in the hair line is harder and I,m able to squeeze waxy white matter out of it. This thing and another have been there for years, I have no idea how many years, but lots. I,ve tried to squeeze them out in the past and nothing happened, they just hurt and blanched. Now this one squeezes out „stuff%o, white and waxy. No odor.

04,15:09:00 Noticed a new mole on my right inner forearm.

02, 23:19:30 Yesterday and day before noticed pimples on chin and back. (ovulation) Return sx.

GENERAL

10, 00:00 Felt almost euphoric about an hour after taking remedy.

04,00:17:15 get a slight chilled feeling, as if in a draft, or from a change of environmental temperature, passes quickly.

10,01:00 Took a nap.

08,01:02:00 Waking after an hour's sleep, very thirsty, have to get up and drink.

09,01:11:00 Feel jazzed like too much coffee but have had none. Pretty energized until mid-afternoon.

04,01:15:00 Some oddball itches. Single spot "hit and run" itches about 3 or 4 times, leg, face, back, no big deal.

09,01:19:00 Less hungry for dinner than usual but enjoyed the ice cream after.

02, 01:19:53 I had a sandwich around noon, but felt hungry after. Had some chips. Felt hungry still but worked anyway, instead.

04,01:20:00 Take a sip of red wine after a duck dinner-it hits me immediately. I felt giddy and drunk after literally the first sip.

09,02:12:00 Hungry for breakfast this AM.

08,02:16:00 Busy with patients, I feel pleasantly focused, organized, effective, energetic. This feeling of energy and focus continued through most of the proving.

04,02:17:30 Itching butt, back, shoulders, upper back.

09,02:20:30 Easy to drink water today, which is usually difficult. I guess thirstier than usual.

04,03:09:45 Throughout the day I've felt itchy, as if absolutely all my clothes are made of wool.

04,03:21:30 A small muscle spasm. All day long I've been itching all over, though not all totally at once. Little spot itches, on my hands, face and feet as well as the clothed parts of my body.

10,04:00:00 I continue to be very tired.

04,04:00:00 The muscle spasms are vague, they happen quickly and are gone.

04,04:00:00 The itch is „wherever% but seems sometimes to travel up.

04,04:07:30 Moving and walking is harder than usual. As if I,m tired from walking really far.

04,04:09:20 Arms itch, back of neck itches, more sensation as if my clothes are made of wool.

04,04:00:00 Today we seem to have moved into wandering cramps like there used to be wandering itches. The itching is still present, but now there is the introduction of cramps and twinges.

07,04:21:45 When I got home I was hot so I turned the air conditioning on.

07,05:04:00 Woke in the night. I was very hot on my body. I put one leg out of covers and one side (right) out of covers to cool down.

09,05:00:00 Decreased appetite today.

02,05:03:30 (am) Woke. Felt very hot. Sweating on neck, front of. Thought I might be feverish, forehead cool, everything out of covers cool. Have pants and turtleneck on from last night.

07,05:05:50 Got up, showered. I was very hot, turned air conditioning on again. Husband said it was cold, he is usually hot natured. I took a cool shower, then I was much cooler. I took my temperature before taking a shower. 98.8, but I felt very hot. My head was not hot.

04,05:07:35 HOT, feel very hot, cats everywhere along the covers, all I can do is put my shoulders out of the covers to cool off. Would like to stick feet out too, but too many cats will be disturbed.

04,05:08:00 Last night at work someone brought Hershey,s, caramels with milk chocolate inside, I couldn,t leave them alone, I must,ve eaten about 15-20 of them. Liked the feeling of sucking on them and the chocolate coming out into my mouth. Mmmmmm. I wonder if this feeling is from too much sugar, but I,ve eaten lots more sugar than that in an evening and didn,t feel like this the next day. Get a big glass of water and drink it all at once (I always do that). Immediately feel better in the throat and feel much cooler.

04,05:12:00 Cold cold cold. Put on more clothes, hands very cold.

04,05:13:15 Still very cold. Would like to just sleep, but have to go to work. Very sensitive to drafts~the draft off the kitchen window. Ate a steak for breakfast (at 1230), then [] bagel with lox. Drinking lots of water. The last few days I think my water consumption has been less than usual.

04,05:14:00 Still very cold.

04,05:14:30 Feel achy, lumbar, knees, head. Feel crummy, just feel really achy and really old.

04,05:15:45 Still feel very cold. If I touch something cold (a glass of ice water) my whole body gets a chill.

07,05:16:15 Took temp. 99.6. Dry heat. Felt very hot again.

4,05:16:45 Ate only garlic bread and a cup of chicken noodle soup for dinner. Feel achy, cold.

04,05:17:30 Chills.

04,05:18:15 Take long-sleeved shirt off, getting hot. One sneeze.

07,05:18:18 Needle pain in right side of neck.

07,05:18:25 Needle pain in right breast.

04,05:18:45 Still hot, can put hand in cold water now without getting chills.

07,05:19:00 Needle pain in left groin area.

07,05:19:15 Ate tomato soup made with milk and grilled cheese sandwich.

04,05:21:05 Flushes of heat, no more chills.

04,05:23:00 Hungry. Feel much better. I want to eat macaroni and cheese and lox. Ate lox yesterday and had bacon twice the day before.

04,05:23:50 Cold again. Aches are better, but still there. I seem to have moved out of itching and into aches. Maybe the chill came from eating at the same time I drank a glass of room temperature water. Maybe the water

chilled me.

04,05:24:00 Feel very cold, shivery.

09:06:00:00 Still feel dry. Drinking more than usual w/o difficulty. Have probably lost a couple pounds.

07,06:00:00 Lunch^ate vanilla ice cream. Ate nothing all day; drank some Sprite and some water.

04,06:05:45 Feel a bit snuffly, as if still catching a cold.

08,07:08:00 Feel like I have a cold. Head spacey. Feel weak and tired and spaced out.

08,07:09:00 I feel good outside in the cold air, but don't stay there long. I'm neither hot or cold. Feel a little breathless when I cough.

08,08:08:30 Feel quite warm but not feverish.

04,08:09:00 A little bit „off my feed.%o

04,08:11:30 STARVING! Eat eggs and hashbrowns (usually I,d eat eggs and bacon).

04,08:12:30 Upper body hot.

04,08:13:00 This feels just like a cold.

08, 08:14:00 Also thirstier than usual, especially in the evening before bed.

04,08:23:00 Coughing now.

04,09:00 Everyday I wake up hot.

02,09:01:20 Very tired in the morning and much of the day.

08,09:08:30 Again felt much better after morning walk in the cold air.

04,10:I,ve eaten ice cream for the past four days (old symptom, current symptom but not currently on a daily basis), vanilla with chocolate sauce.

08, 11:09:00 Feel hot but no fever and feel as if sweat is trying to come out but am not sweating.

02, 12:00:00 This morning I woke with a hot spell, very short. Many days ago the hot flush gave perspiration inside elbows.

09, 12:00:00, Less tired this AM but still slow getting started.

09,12:08:15, Feel as if I have a hangover- tired, dry mouth and lips. Stayed tired most of the day.

02, 12:20:24 My appetite has been overall less by a small degree. Happily I am not as hungry, can eat a small portion and be satisfied. Tonight however I ate more than I needed of veggies and cheese. I noticed last night and at lunch today I liked much less than usually the chicken sausage in spaghetti.

08, 13:11:00 Feel very warm, must go out in cool air.

02, 13:21:38 Earlier today had a head ache ^ left temple I think. I twisted my neck, popped and the headache disappeared but discomfort arose in left breast.

04,14:00:00 Afternoon low energy, sleepy.

04,14:00:00 Wake periodically through out the night with onion burps. This is not typical for me to react this way to onions.

08,14:17:00 Have had a ravenous, excessive appetite all day. Eating large quantities, frequently--much more than usual and hungry again soon after eating. I normally have a good appetite and must restrain it.

02, 14:22:00-23:00 Shaking with cold (?) while watching a movie (war movie). Large shaking not simple shivers. Whole muscle groups: breast and legs especially noticed. Stopped suddenly. Feel warmer since though nothing is changed. While shaking nothing seemed to stop it although didn't get up to get warmer blankets or clothes.

09,15:08:00, scratchy throat, HA, swollen sensation in pharynx. Better as the day wore on. Thirsty and drinking plenty of water.

07,17:00:00 Haven't been thirsty for the last five days or so; have drunk nothing during the day. Making myself drink liquids, water mostly.

07,18:00:00 Making myself drink water. Not really hungry, but always wanting a snack for anything.

09,18:13:00, continue to have sore throat and heavy head. Feel slightly feverish. Must lay down and take a nap. Very low energy. Drank lots of water and still felt dry.

08,22:17:30 Feeling of pulsation in upper body, arms, head.

04,24:Today I ate a lot of marginal food. 3 mini Milky Way dark bars, 2 mozzarella cheese sticks, 1 ice cream bar, lots of sunflower seeds, 3 cups of tea, (2 of them made with 2 bags each). Ramen noodles and tempura chicken. Not as thirsty as normal, probably from all the tea. Ate chicken and salad for dinner.

04,25:16:15 Very hungry. I want meat, solid food. After yesterday with all the tea and sugar stuff and talk talk talk I want a decent meal.

04,25:17:00 Ate steak, mashed potatoes, corn, garlic bread.

08, 25:21:00 Also, my appetite is huge, canine. I really have to restrain myself.

08, 25:21:00 Notice I have for some time, maybe a week, been thirsty and drinking much more water than usual in the evening, around 9:00 PM

08, 26:10:00 Generally feeling better in head and body after exercise.

08, 26:22:30 After going to bed, still a feeling of pressure in body. Not quite pulsation, more as if compressed. Very uncomfortable. Feel as if body is puffy, but nothing is swollen. Restless and uncomfortable.

04,27:00:00 Husband comments on how much money we've spent on ice cream. I think I'll just have to eat ice cream at work then. I'm that unwilling to taper down on ice cream. I want to eat strong things like dark chocolate, coffee, dark tea, sweet stuff must be strong. A candy bar or cookies doesn't cut it. Decided to lay off tea and see if that improved my mood. It may have.

04,27:16:00 Home. What I've been wanting for about the past two weeks is a

stout cup of coffee. Second best is some dark chocolateΣreal dark.

04,26:00:00 Again tired in the evening, low energy at work.

04,27:16:00 What I,ve been wanting for about the past two weeks is a stout cup of coffee. Second best is some dark chocolateΣreal dark.

02,28:07:00 Woke with fever.

02,30:06:50 Woke with fever.

02, 36:05:30 Woke. Turned over. Got hot and sweaty. Hot even with hands out / arms out.

07,39:00:00 Did not EAT anything.

07, 40:00:00 Did not EAT anything.

07, 41:00:00 Did not EAT anything.

02,46:23:30 Still having hot spells in the am in bed around 7. Notice that often, after the heat I don,t feel as tired or lacking of energy.

09, chipping/breaking nails but growing fast and so is hair.

09, brief little twinges of pain here and there throughout proving.

Miscellaneous Notes not necessarily part of the formal proving:

04,00:12:00 Remedy taken (Pills don't taste as sweet as usual).

04,01:15:00 tips are good.

04,03:09:30 Make up bank deposit at home, add it twice. Take it to bank and submit to teller who says, "you're shorting yourself \$100." Now this was a significant error in the size of the deposit. I'm usually better at math than that.

02, 06:07:44 In the middle of the night had an image that the Rx was related to a race horse, speeding around a track.

04,06:15:00 Bought myself a pretty blue sparkly necklace. One of the busgirls (14 yrs old) was wearing it and I couldn't keep my eyes off it, it was so pretty. She offered to sell it to me, I felt like she was selling it too low, and that it was taking advantage of her to buy it (she said she didn,t want it anymore, she wanted to buy a shirt.) I wasn,t going to buy it, but when she offered it to someone else I snapped it up. I could see if I didn,t get it someone else would. I told her if she ever wants it back she can buy it back.

07, 07:19:00 It seems many things are happening to me that usually do: like cold sore, pimple, colon, pain, and dizziness, but all in a three day period which I,ve never has so close together. The different things are the painless diarrhea and not feeling diarrhea before it happens. My old symptoms seem accelerated and strong and all occurring at once. Couldn,t get to sleep (had a two hour nap previously in afternoon). Went to sleep about 12:45 AM.

04,18:11:00 Hair cut, fluffy, cute.

04,29:1300 Went to mortgage agent and talked for three hours and learned a

lot. We can afford the house we bid on. Then talking to real estate agent about two deals. I,m facilitating both, explaining financial type stuff to husband. I feel good, competent, appreciated.

04,29:20:00 Go to buy shoes. Get in and out in about 10 minutes. The exact pair I already have that has worked so well but wore them out, is there in the right size and at 33% off! Woohoo, allswell.

04,46:00:00 Anecdotal, money seems to be coming my way lately, my husband and I started a budget just before the proving and it,s working very well for us. We are no longer worrying about how to pay this or that. I,ve gotten several new patients in the last couple of weeks. My boss gave me a good bonus out of the blue.

09, Took time to read a novel which I rarely do. Merlin trilogy and had dreams like the content of the book.

09, Supervisor at work urged me to apply for school reimbursement. I was sure I was not eligible. Surprisingly I was one of the first to receive money from this new program.

10, After the other provers presented their experiences, I realized that I had felt not exactly attacked, but felt aggravated that certain clients wanted times that I felt really interrupted my schedule. (Instead of just telling them I wasn,t available at those times!) This state lasted about a week. Also perhaps a Sulfur aspect: After I antidoted the remedy, I decided to diet and lose some weight.

07, I do feel that this 30C was very different from any other 30C I,ve taken, because in other remedies I would notice only one or two physical changes. But with this remedy so many things came to the surface that are already me, not new, and very strongly!! I feel it must be a remedy for bringing light to a case and bringing a person,s inner self to the surface. Maybe even only focusing on the negative aspects of the self, because right now I am only all the worst parts of myself. All the parts of me that I don,t like seem so exaggerated and blown up, as if they are being looked at under a magnifying glass for everyone else to see, too. I don,t like it.

08, The most outstanding--in terms of being unusual, frequent or intense--symptoms seemed to be the twitching and cramping; the vivid dreams of circus tent, wizard, danger and ancient quality; the flatulence; the sensation of pressure in head and body; the pain around eyes and the stiff feeling in eyesockets during the "cold"; the big appetite; thirst in the evening; strong sense of smell and being affected by odors; difficulty getting up in the morning; feeling and being very focused and efficient; not willing to suffer fools gladly; the sore sub maxillary gland; and oh the itching armpits. It took away one symptom, smelly urine, during the proving. And two distinct chronic symptoms--the lumbar pain and the R upper arm/shoulder pain returned near the end which should probably be excluded as symptoms. Also the numbness in hands when sleeping or sewing is a return of old symptom that probably should also be deleted.)

08, Eight months after proving: Also, I do still have occasional twitchiness in left eye when sneezing or after closing the eye tightly. Also occasional cramps in feet when sitting on them. And still get itchiness in armpit, left only, occasionally. All these were annoying little things that came up during the proving.

02, 46:23:30

Thinking of theme without reading over notes:

Dreams and gentle sensitivities. Heat or burning patches. Money and social consciousness. Equanimity amidst busyness. Quite a bit of activity.

02, 46: Themes while reading notes: Easier to keep secrets, know what is socially appropriate and not worry about how I,m presenting myself or if I,m being honest enough. Quickening / lazy and calm. I,m wondering if the left abd stuff is >[Am eating wheat more but not all the time and seems OK] Need less / more sleep. Heat flushes. Swollen breasts. Nausea. Sensations of discharge but none or less. Heavy sense in chest / lungs. Diarrhea. Popping sound in abd. Bubble sensation w/o urine or discharge. Dreams of Wealthy friends, houses and food, large parties, diamond, organizing, daily events of waking life (before and after), sitting straight, eyes, male / female inclusion / integration, truth telling / psychic, husband dying, foreign places, mountains, oceans, driving, men behind me will harm or rob, mirror (rimmed with gold), magic, silver, weapons, measuring utensils for Rx / food, cities, houses, rice / pollen, half human/mouse baby, rich/poor, refidge with food, growth over rt eyebrow, cigarette, billboard Σ Waves, beaches ^ rocky or pebbled, healers / healing, Rxs, servers, religion, social system, sage,s warning ignored, horse,s head, overturned the terrible structure for the better, cuts / injuries with little blood, cars, hunger, scales of skin, wounded boy, hospital, movies, colorful clothes, cement, hot sweat, landscapes changing, fog, reincarnated girls, rice and coconut curry, kids and moms, lack of food with generosity, stealing my money, money, more money than I thought I had, blue, burned cookies better than original, fear of being up off ground on bicycle, slave dying, buried, fast, wall, narrow spaces

02, 52:9:30 Another dream of riding a bicycle, fast on a man,s lap, some fear.

April 4 woke with cramps in abd that seemed excruciating. Lasted until lay on stomach and raised one arm above head. Had been debilitated, then relieved completely. Likely was gas. [note: after extraction meeting.]

02, [note: after extraction meeting] have the sense that incontinence is much improved. Still seems that left upper quadrant is also better overall. Have gone through a few days at the beginning of this month when I really didn,t want to go anywhere, felt socially inept, wonder how people imagine me / experience me. My attempts to communicate are often rough, even when I mean to be kind. These are characteristic of me in generalΣ

Lately I,ve been sensing this Rx as the bard, the poet, the theatrical truth sayer ^ fool.

I,ve also gone through a period of eating a lot more meat.

I think that the mistakes in spelling are due to a speed of thinking that doesn,t match the speed of writing. I find that I am thinking about the next word or syllable and I skip letters, forgetting my place. It is lazy of me to not slow down, get it right.

I have been more forgetful the last couple of days. I,ll make plans and totally forget to go do what I said I,d do(overnight or Π hour later).

POEM ^ prover 02

How do I love thee when you,ve kept me up all night with panic
Talking about all the millions of stars giving you no light
 The darkness of your mind allows none of my love
 The thick metal bin you are in has no holes to see me beside you
 No hope of pulling you out
 No help in distracting you from yourself.

How do I love thee, black and empty and suffering
With no thought of me holding and stroking your
 Blond dry hair, combing the many knots
 Into a mass of frizzled air
 Nothing between us but you
 Now if-ing the rational calm that seeps through.

How do I love thee, tired and sore under your eyes

Holding on to some pieces of pity, wafting into the normal day
Returning to routine and ritual
But retaining some sad speck in one eye
Knowing it is over
Knowing it will come again.

Prover #2

Age 33 at beginning of proving

Female

For posterity and true health for all people

Besides notes taken by the supervisor, prover #2 made notes the day prior to the taking of the remedy, as we were handed the bottles on Sun Feb 6, 2000.

I notice that people were wearing jeans with only one or two exceptions. This seemed unusual. I note the color, the dye, indigo. At 2 pm the remedy is distributed and we are eating chocolate. I feel tired, feel less able to follow the lecture. At 4:30 pm pain in left side, sharper < leaning over table. I feel OK about doing the proving, not anxious about busy life and fitting it all in. I've been telling people I have 7 jobs. Feel confidence.

02, 00:12:00

Preamble immediately prior to taking the remedy

Ran into my first homeopathic teacher and talked for half an hour. Drove to the bank and began writing in here (at the drive through). Teacher commented I looked better than ever, more calm, peaceful. I laughed and told him how much I was doing, knowing I, ll have to pare it down. I didn,t have the nervousness or qualms about what I shouldn,t tell him. Didn,t mention the proving. We talked about starting a clinic in an inner city setting. I have decided to wait until I am not in front of the bank,s cameras, and next to the running cars in the drive-thru to actually take the remedy.

This morning I woke early for going to bed at 1 am. Dream of my boss in her new, little room, organized simply files in boxes even on her heater. One file said „People% in bold letters. Pine cabinets next to a single bed. She had her personal posters in the large closet on the walls. There wa little distraction.

My neck and shoulders are tense but not too much pain. When my daughter touched the left shoulder gently, I felt great calm and relief but not fully relaxed of all the pain.

I am now late to give my daughter her lunch! I have waited too long & talked too long.

Have been Σ confident about the proving, not fearful as in the past when have considered doing one. I sang and did overtones in the car last night (driving from Denver, I rarely do this anymore). Have felt impatient, having to wait, other people confused or slow, annoyed that I had to do something not quite the way I wanted to, not on my own time. Also clear memory.