

Homeopathic proving of *Calypte anna* (Anna's Hummingbird)

Primary Proving Location: Victoria, British Columbia, Canada.

Master Prover: Cynthia A. Shepard, RSHom(NA), CCH

Compilation: Cynthia A. Shepard

Editing: Iain Marrs

All provers took a 30C potency of the remedy, which was prepared by Hahnemann Labs.



Photo of adult male Anna's hummingbird. Taken at Victoria, B.C., by Cynthia A. Shepard.

Source Notes:

Scientific name: *Calypte anna*

Family: Trochilidae

Common name: Anna's Hummingbird (named for the beautiful wife of the Duke of Rivoli, Anna de Belle Massena).

Range:

There are over 319 species of hummingbirds – and all are native to the new world (North, Central and South America plus the Caribbean islands). Anna's Hummingbird is one of the 17 species of hummingbirds known to breed in the US and Canada. Native to the chaparral-clad slopes of the Pacific coast and to the Mojave and Sonoran deserts of western North America, these birds have prospered from increasing urbanization. Landscaping/gardening has expanded both the variety of nectar-producing flowering plants and extended the seasonal availability of nectar. In the last half century, Anna's Hummingbirds have expanded their range northwards along the coast to British Columbia and inland towards Arizona.

Physical description:

Often referred to as 'chunky-looking' hummingbirds, Anna's range from 3.5 – 4 inches in length with a wingspread of about 4 _ inches. They weigh between 3.5 and 4 grams, less than a nickel. Their medium-length straight to slightly decurved bills are specialized for sipping of nectar. Both sexes have bright metallic green to bronze green backs and a slightly forked tail. The male, unlike most other hummingbirds, has both a brilliantly iridescent red colored throat patch (the gorget) and crown. The overall resulting appearance is that of a dark hood (Calypte is derived from the Greek, meaning hidden, covered, hooded or veiled) which flashes rose-red to coppery-red when the bird is facing towards light. Females and immature males are plainer looking but their throats often show patches of bright rose red to coppery iridescence.

Migration, Breeding and general biology:

Other temperate hummingbirds make long distance migrations between their breeding grounds and tropical non-breeding habitats. Not so for Anna's who are year round residents within their range. They are one of the earliest breeding birds in all of North America with the complete clutch of two tiny eggs being laid as early as late December. Under the sole care of the female, the young will fledge about forty days later. In spite of their small size and extremely high metabolism, hummingbirds have surprisingly long life spans. Some species have been documented to live up to twelve years. Males, with their aggressive territorial behavior and more conspicuous plumage, often live shorter lives than females. Because the male plays no part in raising the young, this disparity of survival rates makes no impact on the reproductive success of the species.

Anna's Hummingbird ANHU – proving collation

<i>Rep Section</i>	<i>Day</i>	<i>Time</i>	<i>Prover</i>	<i>Symptom</i>
Abdomen	0	16:50	1	Abdominal cramps accompany hunger; gnawing sensation with it (almost like nausea).
Abdomen	2		4	Burping with evening drink. Also had intestinal rumblings off and on today. I have not been eating much (due to lack of appetite from crisis with partner - normal for me); rumbling at tea-time.
Abdomen	2	5:50	1	Twenty-five minutes after waking, gripping, cramping pains in lower abdomen (over bladder?); feel heavy a pressure on labia; feel the need to go pee. Flatulence with pains, better bending over.
Abdomen	3	6:15	1	Colicky, gripping pains in lower abdomen; need to pee. At same time having tingling sensation in anus and buttocks; need to have bowel movement.
Abdomen	4	5:56	1	Colicky cramping in lower abdomen, need to pee; accompanied by tingling in anus and across buttocks.
Abdomen	4	14:05	2	Intense pains with urgent need to defecate.
Abdomen	5	6:57	1	Upon waking, colicky pains in abdomen, need to go pee. Accompanied by tingling in buttocks and anus. Need to go to bathroom, but too tired to get up to go. Try to go back to sleep.
Abdomen	5	16:30	2	Stomach bloated with crampy pain across tummy [diagram in journal actually indicates a band of pain across the inguinal/hypogastric region].
Abdomen	8	5:40	1	Cramping pains in abdomen, accompanied by tingling sensation across buttocks and anus - know I should go to the bathroom.
Abdomen	10	6:23	1	Upon waking I have colicky, cramping pains across ovaries and uterus. Feels like I'm going to get my period, but I end up going to the bathroom Instead.
Abdomen	10	6:30	1	Still having lower abdominal cramping after urination (no bowel movement this morning). With the abdominal cramping there is some slight pain and cramping in lower back.
Abdomen	19	9:00	3	Woke with feeling low energy and stiff everywhere. Felt wave of pain in

lower abdomen; thought I was going to faint. Pain welled up and simmered down - no direction, just got bigger and more intense each time. Went for bowel movement; waves and waves of pain before each expulsion, down left colon and over to center but not in rectum. No diarrhea but feces were darker, smooth, long, thin and odorless. Five or ten minutes of this - waves of pain alternated with diarrhea. A lot of pain, cold sweat all over, nausea; mouth watering. Threw up glass of water I'd had a half an hour earlier. I return to bed until 11am.

Abdomen	54		6	Had some abdominal cramps early this morning, at about 4:00am. Almost feeling like I would get my period but this is only 16 days since start of last menses. I used to have abdominal cramps with my period when I was younger, but have not had any cramping for years. This is unusual; menstrual-type cramps mid-cycle.
Back	0	3:30	1	Pain under left shoulder-blade, sharp. Aggravated by leaning on it, ameliorated by sitting straight in chair.
Back	0	3:35	1	Aching pain in neck, right side.
Back	0	3:38	1	Neck feels weak, as if unable to hold up my head.
Back	0	4:23	2	Achy soreness between shoulder blades and up into neck.
Back	0	4:45	1	Pain in left shoulder-blade persists.
Back	0	4:59	1	Finished eating snack, now have pain in left neck, radiating up to left ear which feels plugged and stopped up. Pressure as if will burst.
Back	0	5:02	2	Twinging pain across lower back, worse left side, worse standing, worse moving around, 'like a low spike,' feels weak and achy like I'm pre-menstrual, as if my period would start.
Back	0	5:02	1	Lower spine feels fragile, as if too weak to hold up my body, better for hard pressure.
Back	0	6:24	4	Neck hot now, not just my face. Neck is itchy.
Back	0	8:20	1	Pain in neck on left side still there. Constant neck pain across back of neck.
Back	0	8:40	1	Off to bed; neck pain still there, dull and persistent and constant.
Back	0	10:14	1	Lying on right side in bed, pain in left side of neck (base of skull), radiating above left ear to above left eyebrow. Dull pain.
Back	0	17:00	1	Lying in bed on left side, burning sensation under left shoulder blade; slightly tingly but more like a burning. I want to flip over to right side, and I do.
Back	0	22:05	1	Mid-back, a crackly feeling, as if I need a chiropractic adjustment.
Back	0	22:23	1	Dull ache in left shoulder-blade, better for hard pressure and worse for sitting (opposite modalities from yesterday).
Back	0	22:52	1	Stiffness up left side of neck while sitting and reading.
Back	1		6	My neck and shoulders seem a little more relaxed, not as stiff (amelioration by proving of previously existing symptom).
Back	1	16:10	1	Dull pain across both shoulder-blades.
Back	2		7	Woke up with stiffness in right side of sacral area. I've never felt this before. It's a muscle pain; doesn't feel like a chiropractor could help. Not mechanical, only muscle. Worse standing up. Better walking, but doesn't go away, always there. [Stiffness in the right sacral area improved on day 12, but general stiffness felt in the whole back was still being noted as late as day 36].
Back	2	6:18	1	While lying on left side, sharp pain radiating from left shoulder-blade up to left side of my neck and down left side of my body to my hips. Left arm tingly and numb like I have pinched a nerve. Am unable to stay lying down any more even though I want to. I'm going to go for a run!

Back	2	13:00	6	My back is sore, below my shoulder-blades and it runs across the whole back (region of back between lower shoulder blades and lumbar area). It's an achy and tight feeling. I want to move. When I move my shoulders back it makes a clicking noise. Haven't had this kind of backache for a long time but it's not an unfamiliar feeling.
Back	2	13:00	6	Backache, below shoulders and across whole back, lasted from about 1pm to 3pm. Backache was gone after I awoke from a short nap; I'd taken a break, was lying in comfy chair and dozed off for about ten minutes.
Back	2	13:15	1	Pain across back of shoulders - dull ache; more right-sided.
Back	2	14:00	6	My neck and shoulders used to be quite tight (ever since injury from automobile accident many years prior) but they seem better now. Just realized while talking to supervisor that the usual tension wasn't there.
Back	2	15:40	1	Still have pain across back (between shoulders) and on right side of neck.
Back	3		7	Stiffness in back continues - seems to be more concentrated in lower back.
Back	3		7	Stiffness in back; didn't notice it while walking but before, on waking, and after walking, at work, etc. Stiffness is there! Not unusual for me to wake up stiff but it is unusual for me to remain stiff.
Back	3		6	Neck and shoulders not totally loose but still better than they used to be. A little stiff after doing my cleaning job.
Back	3	6:10	1	Wake with hip and sciatic pains (long standing old symptom); also awake with pain at back of neck, worse right side.
Back	3	9:00	3	My back, just below my neck and just to the left of my spine, feels cold and achy. I wrap a blanket around my shoulders.
Back	3	9:30	3	Cold sensation persists, beginning at left shoulder and extending 15 inches down back. I heat a bean-bag and put it on my back down my spine. It feels very good. I cough several times in a wheezy manner; no mucus or phlegm. The cold sensation felt better with the heat but the heat produced a dry, wheezy cough (NS). The cold sensation started at 8:20am and stopped at noon.
Back	3	9:35	1	Neck feels weak and head feels heavy.
Back	3	17:15	1	Neck hurts and I feel a headache coming on. Neck pain sharp and throbbing, worse right side of neck.
Back	3	18:22	1	Pain in right shoulder-joint while writing; may be because just spent four hours taking case notes - my arm needs a break!
Back	4		6	Neck and shoulders better this morning (after mild stiffness resulting from cleaning job yesterday). Felt I had to get up for my back's sake this morning.
Back	4		4	Morning (time unspecified), some sensations felt in neck, but so minimal. Kind of warm/cool, like energy moving.
Back	4		3	The area on my back which gets cold feels as if it's related to the area on my front left chest (OS) and is related to trachea which feels irritated (OS). Coughing while local heat is applied to cold spot is new. While coughing I could feel air going past that spot in the chest; it feels like the breathing passage is swollen.
Back	4		7	Stiffness in back remains - it has not subsided. Still worst on right side, lower back.
Back	4	1:32	1	Awake from dream and still have pain in neck, right side.
Back	4	1:53	1	Lying on right side, feeling of increasing pressure on the upper and outer left side of my neck. Head feels heavy as if weighted down into my pillow and that it's being held down by left neck pressure.
Back	4	8:05	3	Upon rising, notice that my back, left side, below neck, is cold in same spot as yesterday. Local heat produced coughing and wheezing but no phlegm - wish cough would do something more. Coughing due to local heat is new.

Back	4	9:30	5	Back stiffness starts and continues throughout the day. Stiffness felt in my back, lower back - and legs a bit. Hips not bad. Continue to stretch which helps.
Back	4	10:00	1	Pain in neck, right side, has returned. Feels stiff and sore. Wish that it would go away - starting to annoy me! Very distracting.
Back	4	13:59	1	Crackling and burning pain behind right shoulder-blade after 5 km run.
Back	4	16:16	1	My neck is bugging me, right side, and I have burning pain across both my shoulder blades. Burning pain across shoulder blades is worse heat of sun and better cold air. Fed up with the neck pain and back/shoulder aches and pains. Always/constantly there - want it to go away already!
Back	4	17:45	2	Sore right lower back - throbbing, dull ache.
Back	5		1	No neck pain today!
Back	5		7	Stiffness in back; feels worse when standing for a bit, to do dishes or photocopying. Worse on right side. Feels like one area (sacral) on right side. It's a muscle pain as opposed to mechanical, so doesn't feel like chiropractic would help. The stiffness is constant.
Back	5	3:10	1	Trying to fall asleep, after waking from dream and getting up to pee. Lying on right side, but having pain on left side of neck again. Pressure near glands of neck. Have to flip over to left side to sleep.
Back	5	9:00	2	Sharp but dull throbbing pains in low back, radiating down legs. Difficult to move quickly. Seems to be better lying down, but I must keep moving.
Back	5	12:00	2	Sore back still. (Noticed back feeling better by 4:30pm and much better by 9:45pm).
Back	5	18:25	1	What a great day - no neck or hip pain! Starting to have burning pain under right-shoulder blade. Also flatulence?!!!
Back	6		7	Had a hot bath tonight - momentarily made stiffness better but didn't last long.
Back	6		7	'Knot' on right lower back continues. It felt really good to stretch my back forward, thereby rounding my back, but the amelioration was short-lived.
Back	6		7	Stiffness continues, has not abated.
Back	6		6	Wake up at 6:15am and stay in bed, dozing, until about 8am. Had a really good sleep but a late night with company last night. Had a couple of beers. I must have slept funny because my neck feels stiff and bruised. It hurts when I look up or turn my head to the side.
Back	6	2:45	1	Wake from sleep with sharp, cutting pain across back of my neck.
Back	6	7:10	1	Burning pain under right shoulder-blade while I am sitting and writing.
Back	6	13:00	6	Laid down in comfy chair to rest (had a short sleep the night before, only four to five hours of sleep). Need a hot water bottle because I'm cold. I have a hard time getting out of the chair because my neck is so sore. Feels all bruised and stiff. When I tried to get up out of the chair I had the same kind of pain I had after my car accident approximately five years ago. I had to roll to the side in order to get up.
Back	6	15:00	6	Had a little nap from 3 to 3:45pm, but more dozing than sleeping. My neck is still sore, but seems to be a little bit better. Had heating pad on my neck and it feels better from the heat.
Back	7		6	My back and neck are still sore; bruised feeling. I'm taking a heating pack to bed.
Back	7		7	Stiffness continues; right-sided lower back area still painful, it feels like it's in the muscle. I also note stiffness in upper body. It's a stiffness in my upper back that continues around to my rib area and at front in my chest area as well. I can feel it when I breathe in deeply.
Back	8		6	When I woke up this morning my upper back was REALLY itchy. I asked my son to scratch it real hard which made it feel better. He said there were

				red dots on my back. Seems like there are lots of little red pimples over my upper back and shoulders; feels bumpy. It's been itchy on and off.
Back	8		6	Still soreness on neck and upper back, more neck though, and it is better with heat. When I twist my upper body it makes a cracking sound. I would love a massage.
Back	8		7	Stiffness remains.
Back	8	6:01	1	Left-sided neck pain accompanies left-sided nasal obstruction.
Back	9		6	My neck is better today, I can move it to the sides now, but still aching when I look up; ache, tightness when looking up to ceiling.
Back	9		7	Back stiffness remains. Very stiff on waking. Neck very stiff, but gone after getting up and moving around (usual for me).
Back	9		6	Itching of my upper back and shoulders is gone.
Back	9	22:00	4	At around 10 to 10:30pm felt a definite coolness all around my neck, as if my hair (long) had been pulled away (it hadn't been) and the air was touching my skin.
Back	10		7	Stiffness remains. Worse on first moving and then gets a little better, but stiffness still there. Knees and back stiff.
Back	10		6	Neck is making some grinding noises when I move my head in circles. No discomfort with it but I didn't like the sound.
Back	10		6	Neck is still a little stiff, it seems to be worse in the morning after sleeping. It was better after running around this morning.
Back	10	19:00	1	Sharp pain in left side of neck at side, worse lying down on right side, pain radiating to left shoulder.
Back	10	20:15	1	Sharp pain on right side of neck, worse sitting down.
Back	11		6	My neck is the same as yesterday, a little stiff. Still some grinding in my neck when I move my head in circles, and also clicking in shoulders when I roll them back.
Back	11		5	Lower back is a little stiff this evening.
Back	11		7	Stiffness continues.
Back	12		6	Neck and shoulders still tight on looking down, and still some clicking noises on moving shoulders back.
Back	12		7	Stiffness in back (area of back below my shoulder-blades that runs across the whole back and down to the lumbar area) is still there, but the pain in right lower back (sacral area) has subsided.
Back	13		7	Stiffness of whole back continues.
Back	14		6	Stiffness between my shoulders and in my neck stayed all day. This stiffness between my shoulder-blades: it seems as if it comes from my neck and goes down.
Back	14		7	Same stiffness continues (area of back from below my shoulder-blades that runs across the whole back and down to the lumbar area).
Back	15		6	Still a stiffness between shoulders and neck today, maybe a little less than yesterday; less in the morning, worse in the evening.
Back	15	20:45	2	Cramp in upper back right rib, like an ache. Have had this pain since 9:30am.
Back	16		6	Got up at 7:30am and found that my lower back is quite sore. I would like to see a chiropractor because my neck and shoulders are still stiff as well. Later in the morning I go for a bike ride and my lower back seems to be better after it. My neck and shoulders are still a bit stiff; my neck is aggravated when looking down.

Back	17	6	Neck and shoulders still stiff.
Back	18	6	Neck and shoulders same; stiffness between shoulders that comes down from neck area. Noticeably stiff when looking down.
Back	18	7	Still stiff.
Back	20	6	Neck and shoulders still the same - some stiffness that is worse when looking down.
Back	21	6	Neck and shoulders are the same - still a little stiff, especially when looking down.
Back	22	6	Neck and shoulders still stiff - worse looking up and down.
Back	24	6	Neck and shoulders still stiff - worse after sleep, worse looking up and down.
Back	25	6	Neck and shoulders stiff like always. My neck and shoulders are usually more tight when I'm stressed.
Back	26	6	Neck and shoulders still a little stiff but not as bad as the previous days.
Back	27	7	Very stiff hip area with flu symptoms.
Back	27	6	Neck and between shoulders the same, a little stiff.
Back	27	7	Very sore back, whole mid-back area. Hips are also feeling very stiff.
Back	28	7	Very stiff hip area with flu symptoms.
Back	29	6	Slept OK, but think I'm staying in bed too long, because my body (back) is sore.
Back	30	6	Neck and shoulders a little stiff, worse in the morning.
Back	31	6	Neck and shoulders the same - a little stiffness.
Back	32	6	Neck and shoulders a little stiff.
Back	33	7	Very stiff hip area.
Back	34	6	Neck and shoulders not so bad; neck sore when I look up.
Back	35	6	Neck and between shoulders stiff again. Back a little sore; woke up at 6:15am and didn't get up until 8am, not really sleeping, more tossing and turning.
Back	35	7	Stiffness between shoulder-blades on waking.
Back	36	7	Woke up with stiffness between shoulder-blades along with rest of stiffness.
Back	36	5	Back tight when wake up in the morning. Lumbar spine tight as a drum.
Back	36	5	Hip stiff still. Nothing helping or changing it. Feel very tightly held together. Bound up. Stretching not going well, not working. Too tight. Stuck. Back tight when I wake up in the morning. Tense. Favoring the hip (left) a bit, walking stiff, bent over, and everything else tightening up as a response to it. Chiropractor can't adjust back. Won't move. Like a block of wood. Can't ice skate. Lumbar spine tight as a drum.
Back	36	6	Neck and shoulders a little stiff. [This noted as continuing for days 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47 & 48].
Back	37	5	Back tight on waking; tense. Low back and going down leg bone (left side).
Back	37	5	Tightly held together. Thinking I am stuck with this for the rest of my life. Afraid it won't go back to normal. Tolerance for injury is very low since shoulder injury in December 2001. Very distracted by this hip. Back tight on waking. Low back and going down leg bone.

Back	42		7	Woke up stiff; slight headache from stiffness in neck.
Bladder	20	12:30	2	Imagined I wet my pants. They are dry - nothing's going on. I coined the phrase "phantom incontinence."
Bladder	36		7	Incontinence with cough, even just after urinating. Noticed this symptom yesterday also. Never had incontinence ever before in my life - totally new to me.
Bladder	37		7	Incontinence when coughing.
Bladder	37		7	Incontinence is worse standing up. No sign of it when sitting down or lying down.
Chest	0	1:15	2	Chest feels congested, high in lungs.
Chest	0	6:00	2	Went for a walk. Yawning a lot, felt achy; flu-like symptoms, breath short, heart and chest feels heavy.
Chest	0	19:55	4	Feel a sensation across my collar-bone. It is kind of warmish, like a shimmer. It is kind of similar to the ear/throat/jaw sensation but not as extreme. It also alternates warm and cold. [Note: These symptoms describe the sensations that were later named with the word, scintillating.]
Chest	1	9:09	2	I am aware of aching upper ribs; feel jammed.
Chest	2	22:20	2	Heart palpitations.
Chest	3	8:20	3	Painful nodules under both arms, between armpit and breast; an area the size of thumb tip, painful, tender, sore, dull ache, swollen; pain aggravated by touch.
Chest	3	9:30	2	Heart palpitations.
Chest	3	20:00	2	Left armpit very sore, like a razor burn - what shingles would feel like.
Chest	4		7	Stiffness in chest area. Stiff in front and back of chest - stiff all around, not one-sided. Feel the stiffness but it is not restricting my movement. Stiffness felt worst on breathing in. Stiff upper body, stiff in my ribs.
Chest	4	8:05	3	Upon rising, notice that the nodules under my arms are swollen and sore, like yesterday, only the sensation is milder.
Chest	4	21:00	2	Notice spots on upper chest (whole chest area above left breast) like I noticed yesterday. Small - like dots, red, size of head of a pin.
Chest	7		7	Stiff in upper body. Stiffness in back continues to rib area in front/chest as well. I can feel it when I breathe in deeply.
Chest	7	8:00	3	Lymph nodes under both arms painful and tender to touch this morning and yesterday. Steady pain, not throbbing, and radiates from central spot to area about 4 inches in diameter. Touching it pinpoints the location; tender spot is small when touched; lumps are the size of hazelnut. Pain feels hot but skin isn't hot. Feels swollen when I move my arm. Pain is present on waking and fades over the course of about an hour.
Chest	8		7	Went for a one hour hike (one that I've done many times before, not a difficult hike) with puppy. This time while 'over-exerting' (which is not over exerting but more walking really fast) there was a burning in my throat, on the left side; a sensation of heat. With this I also felt some heaviness in chest area, heard a slight wheezing as I breathed. Forcing a cough cleared the wheezing. The burning and wheezing disappeared once my hike was done. I've not experienced this before. Summary: wheezing in chest from exertion; forcing cough cleared it; feels like asthma.
Chest	9	19:00	3	No lumps in under my arms any more but the area is still tender to touch.
Chest	19		7	It feels really good to take deep breaths once in a while. It feels like it stretches back and front (of upper body).
Chest	19		7	Upper body stiffness continues; the stiffness is in the back and in the front of my chest, all around.
Chest	20		7	Stiffness remains.

Chest	28		7	Stiffness in chest, front and back, still the same.
Chest	30		7	Chest is slightly heavy.
Chest	32		7	Stiffness continues, front and back.
Chest	41		7	Stiff upper body.
Cough	3	9:30	3	Dry, wheezy cough in response to warm application used to ease cold feeling in back.
Cough	3	11:00	3	I have kept heat on my back for an hour and during that time coughed several times.
Cough	34		7	For the past week I've had a nagging little cough (identified as clearly being part of a flu bug that's going around now). It's like little 'catches' when I breathe. If I breathe too deeply I cough, if I laugh I cough; usually just one small cough. The cough appears to belong to the symptom picture of the current flu more than the proving remedy. There are, however, two modalities that are clear and that are not typical to the flu symptoms in others nor to my normal state: the cough is definitely better when I'm concentrating on something or when I'm outside.
Ears	0	0:25	5	Ears pulsing a little, as they were when I first woke up, right ear pulsing with heart beat. Stopped with stretching.
Ears	0	3:00	2	Distinct ache in right ear, lasted three or four minutes.
Ears	0	4:59	1	Pain radiates up from left neck to left ear which feels plugged and stopped up. Pressure as if will burst.
Ears	0	6:24	4	Deep in my ear it tickles when I press on jaw joint. Bothersome.
Ears	0	6:24	4	Tingly warm sensation in ears, mostly on right, a little on left. Tingling has come here from its place of origin in the back of my throat. Lasts about fifteen minutes.
Ears	0	9:40	4	Right ear still warm. Itchy outer ear and face.
Ears	0	10:08	4	Delusion (?) sparkle dust, like rock sparkles packed in my right ear, and a little in my left ear.
Ears	0	10:25	1	Pressure in right ear, pushing outwards.
Ears	0	19:55	4	Right ear congested, stretch my jaw and feel fluid in ear move; think this might make it itchy, so stop.
Ears	0	20:00	4	Right ear itchy.
Ears	0	20:00	4	Sensations in right ear, now warm, now cool, down to my jaw.
Ears	0	23:55	4	Cooler in ear, sensation subsiding now, hair all pulled away from face and neck, so coolness. But the warm/cool was cycling all morning until now.
Ears	0	23:55	4	Thick sensation only in right ear; radiates to jaw joint and skin of that area.
Ears	2		4	Congested in left ear and left sinus cavity; went away over the course of the day.
Ears	2	13:15	1	While driving in car, both ears have pressure (outwards) and crawling sensation.
Ears	2	23:00	1	On going to bed, lying on right side, crawling sensation in both ears.
Ears	3	7:31	1	Crawling sensation in left ear.
Ears	3	9:00	5	Sneezing in ear.
Ears	3	11:00	3	My left ear became moist. I held my nose and breathed in with my mouth closed to make pressure on the inner ear. I felt some movement of liquid from my inner ear down my throat. Ear felt raw but not painful. Could feel inner passage. I put finger in ear and pulled it out quickly; inside of ear felt moist. Have had this nearly every morning of proving, but not reported until today. Prover feels this is part of her chronic headache syndrome but

what is new is that when she applies local heat to the cold spot on her back and then puts a finger in her ear, it is moist. Something has changed; what's new is the mucus moving due to the local heat. Prover has never used heat in this way before.

Ears	4	13:59	1	Crackling/crawling sensation in left ear.
Ears	6		4	Aching ears and jaw, both sides, after walk on beach. Cold wind got in there (ears) and ears got achy. Had lots of clothing but no hat.
Ears	7		4	Morning, on waking, itchy right ear.
Ears	7	21:11	1	Crawling sensation in right ear, while sitting watching a movie.
Ears	8		4	High-pitched ringing, higher tone in left ear.
Ears	9		3	High-pitched noise in right ear early this morning. Lasted about twenty minutes and went away after I wiggled my scalp and face around it. It was a high frequency, steady sound, distant; felt like it was above (or in) the temple. Tinnitus may have been with me all along without me being aware of it, but I just now tuned into it. It's the small things I'm noticing.
Ears	9		6	Realized that I forgot to write down that my left ear lobe feels infected where I used to wear earrings. Feels hardened and sensitive to touch – nothing visible.
Ears	9	22:30	4	Going to bed, lying on my right ear, the ear ached ever so slightly.
Ears	10		6	My ear seems to be better today, just a little sensitive to touch.
Ears	10		4	High-pitched ringing in my ears, especially noticeable in my left.
Ears	10	21:29	1	Crawling sensation in right ear.
Ears	11		6	My ear lobe is fine, not sensitive any more.
Ears	13		4	I have heard more sounds in my ears. Sometimes a high-pitched note or like wind blowing - but distant, like putting a shell to my ears.
Ears	13		3	It feels as if my ears are connected through my head, and it feels like a shift in hearing/usefulness occurred, shifting from my left to my right ear.
Ears	13		5	Slight ringing in left ear during night.
Ears	15	0:41	1	Outward pressure and crawling sensation in both ears. Also with this is a pain at back of head, where skull and spine meet; a dull head pain.
Ears	15	20:00	1	Crawling sensation starting in right ear while writing in journal.
Ears	16		4	This morning, and yesterday (day 15), I hear a high-pitched noise in my ears. Noise starts faintly and as it gets louder so does the pressure in my head. When the pressure subsided so did the high tone. Today the high-pitched noise was there before I was very awake. Sometimes my head and ears feel spacious and the sound is hollow, echoing, not rich or clear but clouded with 'white noise' like distant waves. Hearing this high-pitched tone/white noise/static seems pretty random; happens mostly in a pretty restful state.
Ears	18		4	At a second bar (out for the evening), sat with partner and sipped wine for about an hour. Live band was playing; they had some high-pitched screeches and shouts that hurt my ears; piercing, penetrating sounds. I put toilet paper in my ears to protect them.
Ears	25	12:06	1	Crawling sensation in right ear while driving car.
Ears/Hearing	9		4	Very sensitive to sounds of person approaching or walking past my door. Very jarring disruption to the silence.
Ears/Hearing	10	14:45	4	Lying down for my nap my ears heard differently, like they were big metal tunnels. It's as if I were listening to sound from far, far away - they were distorted and echoing. I could hear bells, rings, dogs barking, people talking. The sound reminded me of putting a big conch shell to my ear. Distorted sound, not loud; sounds were from very far away, very faint.
Ears/Hearing	13		3	It feels as if my ears are connected through my head, and it feels like a

shift in hearing/usefulness occurred, shifting from my left to my right ear. The left ear is not able to listen any more, but I hear better with the left. I distinguish between 'hearing' and 'listening.' I listen better with my left ear and incorporate it into the whole mental system/psyche. I always do it through the left. Listening is paying attention to what you say, hearing is being aware of noise.

Ears/Hearing	16		4	Hearing either a high pitched noise or static, white noise, only one at a time, never at the same time. Find I am more aware of high pitched noises. Metallic noises can bother me but I am sensitive to all noises - loudness, sudden, screechy, metallic noises. They feel like a cringe; alarming, arousal.
Ears/Hearing	16		4	Hearing very acute; I heard a high pitched noise and realized it was the light (fixture).
Ears/Hearing	56		4	Acute hearing continues, especially for high pitched or screeching sounds. For example, high pitched sounds at dentist were extremely noticeable, even painful, piercing.
External throat	6	10:00	4	Warm/cool/tingling sensation on left side of jaw started on left but went to right side as well. Lasted for about two hours.
External throat	6	10:00	4	Feeling warm/cool sensation on my neck/throat, left side, under jaw. Look in mirror and see one bright red blotch and two smaller red marks on collar-bone (red streaks like two fingers pulled down on skin). Sallow/yellow tinge to skin on lower neck, in area adjacent to upper blotch. Small, flea-bite looking bumps on biggest red blotch.
External throat	9		4	Ears and neck area slightly cool, slightly tingly.
Extremities	0		2	Energy pulsing through legs like flu or like starting to get high on cocaine. [General comment on feeling of the symptom, time not noted.]
Extremities	0	0:00	2	Achy ankles for two days prior to starting proving (this coincides with the day I first had the proving remedy in my possession).
Extremities	0	1:15	2	Shooting, throbbing sensation in left forearm, extending down into fingers (all fingers).
Extremities	0	2:23	2	Wiry energy in legs.
Extremities	0	2:30	2	Pain weakens my right arm, feels weak and weird. Right arm feels slow.
Extremities	0	2:30	2	Achy legs (whole leg) and ankles with desire to walk.
Extremities	0	3:00	2	Bottom of feet very sore.
Extremities	0	4:23	2	Muscles in legs weak and shaky. It is overcast outside but want to go walking.
Extremities	0	5:02	1	My hands feel numb and heavy while trying to write in journal. Pen feels like it's floating between my fingers, like it's trying to push my thumb away.
Extremities	0	5:38	4	Electrical alarm bells over here. Pay attention!! Pressure point on leg, right outside calf, calling to be pressed. Pretty sudden and intense. Pressed on it pretty hard for one and one half minutes, and it goes away. Old symptom - last experienced it about ten years ago. The spot on the calf is also an old acupuncture site.
Extremities	0	7:00	4	Writing awkward, fingers not easy to control, shaky. Missing letters; problems with neatness of writing. Shaky, not as controlled as usual - a little bit spastic.
Extremities	0	7:30	3	My ankles have been bothering me for the last few days; they were stiff on waking but the problem is gone today.
Extremities	0	9:17	2	Left foot sore to walk on, better by pressure.
Extremities	0	9:17	2	Hands swollen. This noted at the same time as a general feeling of hot temperature.
Extremities	0	10:00	2	Right ankle sore!

Extremities	0	10:08	4	Pressure point on leg calls, as earlier in the day.
Extremities	0	10:08	4	My elbows need to be straight, not folded. Claustrophobic feeling. Earlier in the day elbows bothered me; tried to put my hands high to close my jacket but couldn't reach the jacket's neck. When writing in notebook my elbows were hurting, aching - had to straighten them. Claustrophobic feeling in my elbows the same as trying to catch the motorbike (earlier in the day when it seemed to be falling away from me) and simultaneous with putting on my helmet.
Extremities	0	10:25	1	Left foot hot and itching above baby toe. Want to scratch it, just rub it with heel of my right foot; ameliorated by scratching, rubbing, and ameliorated by cold sheets.
Extremities	0	13:30	3	Cramp, while sitting in chair at lecture hall. Cramp about 5 inches above knee, outer left side of left leg, slightly underneath and next to chair seat. I leaned way back and stretched my leg out, rubbing the cramp - which helped it. In about five minutes it relaxed.
Extremities	0	19:55	4	Pinky (right baby finger) especially sore and stiff on waking this morning. Not red but yellowish looking. It is usually red and sore but not so sore as with first movement today - which was pain. Felt better for movement, which is usual.
Extremities	0	19:55	4	Right ankle stiff this morning, more than usual. It takes more movement to ease it than usual. Ankle took longer to loosen up than my baby finger.
Extremities	0	20:00	4	Hands sweaty this morning while writing; sweaty enough that hands left moisture on cover of books.
Extremities	0	21:25	2	Ankles EXTREMELY tender to walk on! Felt like they were tiny little ankles that couldn't support me and I was heavy. When I got up ankles were so tender, felt as though I'd sat on them all night; hobbling, felt awful. (Time: 6:25am; Elapsed Time: 21:25)
Extremities	1		6	Itching of the legs, especially the right, on the front of thighs.
Extremities	1	9:30	2	Ache in legs, especially the right.
Extremities	1	10:44	2	I just remembered my legs have a condition very reminiscent of scabies - itchy, bite-like marks. (This was a childhood condition brought out again by a previous constitutional remedy). Since starting the proving remedy it is no longer as itchy and seems to be in remission. (Note: Two months later the skin condition is almost completely gone).
Extremities	1	11:55	2	Right arm aches.
Extremities	1	11:55	2	Both ankles are very sore, even if I'm lying down - so sore that they throbbled, especially the left ankle.
Extremities	1	21:05	2	Sore, sore feet bottoms.
Extremities	2		4	Had my hands up to my face during nap today, elbows got achy and sore (from being in the bent position).
Extremities	2		4	Trying to cut up pet food with knife, could not control knife (fine motor skills lacking).
Extremities	2		4	Pinky (right baby finger) has noticeably less pain on bending.
Extremities	2		7	While driving and holding travel mug in left hand there was an ache in my wrist joint.
Extremities	2		7	Knees feeling heavy.
Extremities	2	5:25	1	Upon waking, while lying in bed and on writing journal, hands and feet are sweaty, my feet being hot under the covers; my writing hand is sweaty/damp and warm.
Extremities	2	6:09	1	Have hip pain (long-standing old symptom), but now also have sharp pain in right shoulder-blade!
Extremities	2	6:18	1	Left arm heavy, tingly and numb, like I pinched a nerve. This is in conjunction with sharp pain in left shoulder which is radiating up to left side of neck and down left side of body to hip.

Extremities	2	7:00	3	I did an amusing thing this evening. Before coming into my house my foot slid and I fell. I was carrying a lot of metal pots and the noise was colossal. I'm OK. I felt exhilarated while it was happening. Those who saw me said it looked like slow motion. I had lots of thoughts while it happened; I thought, "my foot is slipping," and, "what shall I do now?" I never fall, not since I was 10 years old.
Extremities	2	7:59	4	My pinky (right baby finger) is not sore or stiff this morning - didn't notice it at all. Yesterday morning it had been worse than usual; this problem with the finger has been ongoing for over a year.
Extremities	2	8:05	3	This morning after I got up my right ankle was stiff on outside of lower leg, in a line three inches above and below ankle; stiffness ameliorated with walking.
Extremities	2	9:00	2	Ankles very sore.
Extremities	2	13:15	1	Hot feet - shoes are damp from sweat.
Extremities	2	20:30	2	Ache in right hand; runs up arm.
Extremities	2	22:00	2	Ankles ache.
Extremities	3		7	Noticed sharp pains under right knee cap while walking - not constant, just stabbing.
Extremities	3		7	Knees feel stiff.
Extremities	3		4	Pinky (right baby finger) has noticeably less pain on bending.
Extremities	3		7	Heaviness in knees. Have had this before. Heavy feeling is continuous.
Extremities	3		4	Ankle not sore, as it usually is, this morning. Normally there's stiffness in morning. This along with the lack of pain in my little finger.
Extremities	3	6:10	1	Been tossing and turning all night long because of deep bone pain in hips, worse when lying on side for too long; sciatic pain, sharp, shooting, and radiating down leg. [Note: This is an old symptom for this prover, duration of many years prior, which continued throughout the proving, untouched by the proving state].
Extremities	3	7:30	2	Aware of sore ankles while sleeping and on waking, ameliorated by walking.
Extremities	3	10:30	5	Slight muscle tension in shoulders and back (for about one and a half hours).
Extremities	3	11:40	1	Hot feet (RS), and shoes sweaty and damp from perspiration (NS).
Extremities	3	13:00	5	This afternoon, from 1 to 5pm, while golfing experienced muscle tension and tightening up. Hips, upper legs, lower back and into shoulders. Unusual to have in this intensity. Haven't got my usual flexibility and range of rotation for golf swing. Couldn't swing the club loosely or freely. Unusual to come on so quickly and with that intensity. A number of areas. Both sides of hip joint in upper outside of leg muscle attachment, where leg muscles, ligaments attach to bone. Connective tissue. As if I was dehydrated in the summer and exercising, that's when the muscles stiffen. Couldn't shake it. Poor golf shots. Trouble walking due to stiffness. Note: Muscle stiffness is a problem my father has. I have had stiffness most of my life. Should have been doing stretching my whole life, but I started stretching a few years ago and one year ago realized I needed to stretch every day with respect to my golf swing. Consequently have really started to loosen up in the last year. On beginning the proving I was as loose and limber as I have ever felt.
Extremities	3	17:15	1	Hot feet, but no perspiration (at same time as general feeling, "feel hot in myself.")
Extremities	4		4	Twitch of muscle at top of right arm; felt like I could not use my arm to eat.
Extremities	4		7	Stiffness in knees - don't notice it too much unless I'm walking. Does not get better from movement - remains the same.

Extremities	4		4	Pinky (right baby finger) has noticeably less pain on bending.
Extremities	4	5:56	1	Hands and feet are hot, damp and sweaty.
Extremities	4	7:30	4	Right shoulder minimally stiff with first conscious movement; fine now.
Extremities	4	8:20	2	Achy right hip.
Extremities	4	13:30	2	Ache in left forearm muscle.
Extremities	4	13:59	1	Pain in right wrist and arm while writing.
Extremities	4	18:20	2	Sore on right bottom of bum/upper leg. Pain is how herpes on my mouth feels - kind of like a tingling and aching of the nerves in the area.
Extremities	4	22:18	4	My right arm got tired of writing and tired at dinner, suddenly, and I got over it fast too, i.e. regained strength quickly.
Extremities	5		5	Stiffness gone. Stretched last night. Later notice tension in hip joints, inside the bone. Shoulders tense from ironing. Any activity that causes muscles to repeatedly move is causing muscle tension and stiffness.
Extremities	5		7	Knees stiff, especially noticeable when going up and down stairs.
Extremities	5		4	Right ankle, knee and hip stiff last night (on a little walk) and this morning when waking up, when I first started walking. Normally all night long I am clenching and cracking my knee and ankle on right side (like popping joints for release of built up 'energy') - that has subsided, has not occurred since day 1.
Extremities	5	6:45	2	Ankles don't hurt but low back does; dull ache.
Extremities	5	6:57	1	Woke with hot, sweaty hands and feet.
Extremities	5	7:51	4	Woke up slowly this morning, with first light, drifting in and out of dreaming. In my half-awake state I noticed my baby finger, on first bend, had the stiff and sore sensation again, wouldn't move smoothly or easily - this only on the first bend and not very sore. Stiff knees and ankles in this state of consciousness as well.
Extremities	5	10:00	3	My hands are a bit stiff. I wasn't paying attention to them during the day so don't know when it started. Fingers and hands stiff without pain. It felt better to rub and stretch them.
Extremities	6		3	Ankles are better, haven't noticed them since yesterday, not stiff.
Extremities	6		6	Had a bath in the afternoon because I was cold. Left leg, shin, started itching while in tub, had to scratch it hard - which made it better.
Extremities	6		4	Ankles and knees (on both sides but more so on right) were stiff. This is now back to how it usually was prior to the proving (therefore ameliorated for first while of proving).
Extremities	6		4	Clenching and cracking of joints comes back, old symptom returning after absence from day 1 until now.
Extremities	6		4	Pinky (right baby finger) stiff and sore, noticeable on waking.
Extremities	6		4	Right elbow is stiff; almost feels like it would crack when stretched.
Extremities	6		5	Still stiff lower back and hip joints.
Extremities	6		3	Fell the other night because I hit my feet on the sidewalk. Maybe my ankles are stiff and I don't know it and I'm compensating by not lifting my feet enough.
Extremities	6	9:07	4	Pinky (right baby finger) noticeable before waking in early morning. With first bend while asleep there is stiffness/soreness. It brought my attention to my pinky. Not sore now.
Extremities	6	23:00	3	My hands are stiff. It hurts to clench them to make a fist.
Extremities	7		4	Back to old pain and stiffness. Right ankle stiff upon first steps (therefore

				ankle was ameliorated previously); back to usual.
Extremities	7		4	Pinky (right baby finger) has arthritic soreness, considerably more this morning.
Extremities	7	23:00	1	Hands and feet very hot, burning. Slight sweat, dampness of hands; extremities feel swollen.
Extremities	8		4	My old symptoms are back again this morning; arthritic pinky, clenching of right knee and ankle, stiff ankle with first steps.
Extremities	8		5	Woke myself in the night to go pee, and had a large pressure point on outside of right lower calf muscle on the outside, external, area.
Extremities	8	5:40	1	Upon waking, hands and feet hot, burning; feel swollen, as if burning inside; no sweat.
Extremities	8	12:20	6	I just ran into a sharp corner with my knee; it was so painful in the moment that I swore under my breath, had to cry for a bit, and needed consolation from my son. I am so awkward. I'm trying to do too many things at one time, rushing around, not paying attention.
Extremities	9		7	Knees very stiff.
Extremities	9		3	Hands (which were stiff, swollen, painful to clench fists, on the nights of day 6 and 7) are good now. Symptoms gone.
Extremities	9		6	Shoulders are not as stiff, and no more cracking sound when I turn my upper body.
Extremities	10		4	Woke up with the old arthritic pinky; ankle and tired legs, (especially right), still as usual. Remember clenching in night.
Extremities	10		5	Awkward, tight golf swing. Doesn't feel right. Just noticing it, but not uptight about it. Usually would be a bit more upset about it. I'm not turning right. Rhythm and grace seem to have left me. Awkward and choppy swing. The fluidity is gone.
Extremities	10		6	Shoulders OK today, still a little bit of cracking when moving them back.
Extremities	11		5	Lower back, hips, shoulders are stiff in morning.
Extremities	11		5	Hit some golf balls, better swings but left hip and thigh muscle are stiff, and left ankle (external) is stiff.
Extremities	11		6	Still a clicking sound in shoulders when I roll them back.
Extremities	11	7:15	2	Sore ankles again!
Extremities	11	11:15	4	During nap this morning aches, pains and cramps moved around body. Eye aches, head ache like a space in my head expanding. Joint aches, better for straightening. Noticeable at my elbows, especially right, a closed-up and cramped pain. Wanted to straighten it. Then it was gone from my elbows and noticeable at my knees, then went to ankle, head, wrists (especially left), muscle spasm in left leg of calf, aches below the knees, always moving around (for about an hour).
Extremities	11	16:00	3	Have been working doing photography, kneeling to take slides, and then up and down, sitting on chair to try to find a comfortable way to do work. Afterwards, as I walk downtown, I notice that my left leg is feeling very strange, shaky and unreliable, much like I felt after riding a horse for the first time - trembling limb. May have strained the muscles of my left leg with my work; area affected is the inside left leg from the knee up the inner thigh.
Extremities	12		4	Elbow cracked at supper time, and also last night.
Extremities	12		6	Neck and shoulders still tight on looking down, and still some clicking noises on moving shoulders back.
Extremities	13		5	Felt stiff in my lower back, legs, etc., in the morning. Stretched and loosened up easily.
Extremities	15		6	I burned my hand today, while picking up a hot fork; skin is sensitive and red, and I expected a blister but it didn't develop.

Extremities	18		7	Stiff knees.
Extremities	18		3	Stiff getting out of car; hips stiff today - haven't bothered me for ages. They are usually worse when I climb stairs but this time a specific event made them hurt. Usually there hasn't been a triggering event. I ran upstairs yesterday like a spring chicken, but today I'm stiff; perhaps due to sitting in a car, but it hasn't been a problem in the past.
Extremities	18	23:00	6	There is tingling and a little numbness in the little finger and ring finger of my left hand. Lasted for about one hour.
Extremities	19		4	In the night I was awakened by another electric shock (like the one after the chocolate) on my leg. This is what usually happens when I'm sleepy - I get a little electric sensation on my skin, I ignore it or I twitch and scratch the area. Tonight I jumped violently in response to the electric shock. This also happened to me the day before while I was resting.
Extremities	22		5	Hip still stiff, getting regular chiropractic adjustments by wife.
Extremities	24	6:30	3	Wide awake and aware that my ankles are aching. Fell asleep again and when I got up an hour and a quarter later, my ankles were OK.
Extremities	25		6	My hands are freezing cold from working on the computer. Made a fire to warm up and burnt myself, at the base of the thumb of my right hand, on the fireplace. Developed a blister.
Extremities	27		7	Hips feel VERY stiff; this stiffness is felt while experiencing other flu symptoms.
Extremities	28		3	Right thumb stiff, tight on bending it, as if joint will pop; can't count on it to respond.
Extremities	29		5	Hip still stiff. Wife still working on it with chiropractic. Is it arches? Posture? I'm wondering. Left hip muscle attachment. Tender attachment point. Stiff like it was when first took the remedy. Tired of it. Settled in over the last week or two. Aggravated by golf swing - any rotation. If I knew for sure this was the remedy I would antidote it.
Extremities	36		5	Hip stiff still. Nothing helping or changing it. Feel very tightly held together. Bound up. Stretching not going well, not working. Too tight. Stuck. Back tight when I wake up in the morning. Tense. Favoring the hip (left) a bit, walking stiff, bent over, and everything else tightening up as a response to it. Chiropractor can't adjust back. Won't move. Like a block of wood. Can't ice skate. Lumbar spine tight as a drum.
Extremities	37		5	Tightly held together. Thinking I am stuck with this for the rest of my life. Afraid it won't go back to normal. Tolerance for injury is very low since shoulder injury in December 2001. Very distracted by this hip. Back tight on waking. Low back and going down leg bone. Left shoulder still stiff.
Extremities	38		5	Drank coffee to antidote proving. Stiffness in left hip went to right hip after one sip! Took a remedy provided by supervisor as an antidote and continued coffee; stiffness and irritability decreased over next few days, week.
Extremities	39		7	Stiff in knees still.
Extremities	61		5	Arrived at the extraction meeting and, after about half the people (the other provers and supervisors) had arrived, I noticed my hip got stiff again in the attachment muscle. Energy of other provers seemed agitated and heightened and the result was my hip became stiff again. Hip stiffness abated by 3pm; provers more relaxed, calmer, focused.
Extremities	65		4	Day of proving extraction meeting, severe cramp in right shoulder. One week later, while completing the extraction, severe cramp in left shoulder.
Extremities	99		7	Summation: My knees have been, how would I put it, 'fragile' is a good word. I've had injuries to them and have always had to be careful with them. However, the heaviness and stiffness I experienced in the proving had a difference to it, and it was quite extreme! The stiffness - it was like a heaviness, a stiffness and a heaviness combined so that it felt I had to work hard to lift my knees to walk.
Extremities	99	0:00	1	Prover 1 has a long history (decades) of sciatic pain; her hips hurt, pain

extends down legs, usually worse left leg, but both hips/legs can be affected. The problem makes her flip-flop in her sleep, because her legs go numb when lain on. Pain worse on side lain on, worse from getting hot in bed.

It is significant to note that while other provers had hip pains arise due to the proving, this prover with existing serious hip pains of a sciatic nature, felt no change in her usual symptoms.

Extremities	99	0:00	3	Throughout the proving I was clumsy; attention to things around was diminished; I broke things.
Extremities/Skin	0	10:44	2	I just remembered my legs have a condition very reminiscent of scabies - itchy, bite-like marks. (This is a childhood condition brought out by a previous constitutional remedy). Since starting the proving remedy it is no longer as itchy and seems to be in remission. (Note: Two months later the skin condition is almost completely gone).
Extremities/Skin	1		7	Noticed a patch of rash on bottom of right foot. This had been treated homeopathically a couple years ago; at that time it was on both feet. Recently there'd been the odd spot returning on toes or edge of foot. Now the patch of rash is on the bottom of my right foot. Red, dark spots/pustules, not itchy, brown heads.
Extremities/Skin	3		7	Rash under right foot dissipating. Pustules are not as raised, color is not so dark; has not changed in size. By day 11 rash is gone.
Extremities/Skin	3	22:10	2	Rash under left arm, sore like scales or herpes feeling - but with small spots like dots, red, size of a pin, on armpit. One similar dot, on right side of neck and one on right side of tummy as well.
Extremities/Skin	11	15:45	6	I have a skin eruption on my little finger on the right hand. My hands are always very dry in the winter months, but this is different. It's about dime-sized, it's red and a bit yellowish - honey-colored, and a little raised; kind of dry looking. A little bit earlier it was itchy, but now it kind of hurts when I touch it. Also, ring and middle finger on the right hand have tiny little red eruptions, in between the fingers; looks like eczema. I've never been a person to be troubled by skin things much; this is new to me.
Extremities/Skin	12		6	Skin eruption on and in between fingers was a little itchy this morning; wanted to blow on it because scratching would hurt. Skin eruption is itchy on and off.
Extremities/Skin	13		6	Skin eruption is itching on and off. It's uncomfortable when I wash my hands under warm water, almost painful.
Extremities/Skin	14		6	Skin eruption not so sensitive to touch any more, not as red either. No itching so far. Looks like it's getting better.
Extremities/Skin	15		6	Skin eruption on little finger looks a bit more red today than yesterday; more itching tonight, but not sensitive - able to rub it.
Extremities/Skin	16		6	Skin eruption a little itchy and sensitive to touch again, but not quite as red in color.
Extremities/Skin	17		6	Skin eruption on hand not as red, itchy or sensitive; more dry.
Extremities/Skin	18		6	Skin eruption seems to be more itchy again. The dorsal aspect of the first phalanx of the ring finger, right hand, is affected now too. Dry, cracked, red, itchy, sensitive to touch and to rubbing. Itchiness increased throughout the day.
Extremities/Skin	19		6	Woke up a few times because my skin eruption was very itchy. I feel like I want to put some calendula cream on it because it feels so dry. It's sensitive to touch so I blow on it, which helps a little. I think the warmth of the bed made it worse. It is almost painful from warm water, and cold water makes it feel good. It's still itching throughout the day but not as bad as during the night.
Extremities/Skin	20		6	Skin not so itchy this morning but very dry. Skin is really bugging me - ITCHY, SORE and a little hot.

Extremities/Skin	21		6	Skin still itchy but tolerable.
Extremities/Skin	22		6	Skin looks REALLY dry today. Skin flakes are falling off when I rub it. Not itchy any more.
Extremities/Skin	23		6	Affected skin area on right hand feels really tight, evening.
Extremities/Skin	24		6	Affected skin is not as tight. Looks like it will be clearing up soon - I hope so, anyways.
Extremities/Skin	25		6	My skin was incredibly itchy over night. I had to rub it really hard. Not itching any more this morning, but it's a little sensitive to touch - probably from the scratching. Skin feels better when I apply cold (such as ice cubes).
Extremities/Skin	25		6	Skin is itching on and off during the day today. It's spreading over to my middle finger now. I wonder if it got worse from wearing rubber gloves at my cleaning job or maybe it's worse from the emotional stress?
Extremities/Skin	26		6	Didn't sleep that well last night because the skin was soooo itchy. Had to get up to get a cloth with an ice cube in it. Cold really works well for the itching. Kept on putting my hand on the outside of my bedding, because it was nice and cold, but I had to move it often to keep it cold. I'm surprised how fast it gets better when I put cold on it. The amelioration is instant - it stops itching right away. It's not as itchy this morning. It's obvious that the itching is worse from the heat of the bed.
Extremities/Skin	26	15:45	6	Skin is starting to itch a lot again this afternoon. There's also a little burning sensation.
Extremities/Skin	26	23:00	6	Skin is really itchy tonight and in the afternoon. Put a cloth with an ice cube on it, but the wet made it worse - it started to burn. Instead I blow on it a lot, which makes the burning and itching a little better.
Extremities/Skin	27		6	No itching or burning overnight - or this morning so far (now 11am). Looks like it's drying up again. A little itching and burning later on, especially when having gloves on while working in the garden - had to take them off. Affected skin is a little more red again. Took photos of the skin eruption on my hand.
Extremities/Skin	28		6	Skin was OK overnight, not itching or burning. Still OK this morning, but it's a little red and dry and there are also little honey-colored spots. I was worried about having to wear rubber gloves for work today because I wasn't sure if they would aggravate my skin, but there was no problem from wearing the rubber gloves today.
Extremities/Skin	29		6	Skin on my hand looked good this morning before washing hands, but it was worse after washing; looks more red again, but no itching or burning.
Extremities/Skin	29		6	Skin feels dry and tight in the afternoon; also there is a tiny pinpoint of blood on the margin of the lesions on the little finger. Skin not as red any more.
Extremities/Skin	30		6	Skin seems to get better. Affected skin not itching, but quite tight at times. Just a little bit of burning after being in contact with water.
Extremities/Skin	31		6	Skin looks good this morning. No itching or burning. Had a bath and no burning after being in the water. Still a little red and dry.
Extremities/Skin	32		6	Skin a little itchy this morning in bed, but feels more like a 'healing' itch. It was really itchy again during the daytime and later on it was quite tender. Feels like it's going dry again between the ring and the middle finger.
Extremities/Skin	33		6	Didn't sleep well last night because the skin eruption on my hand was itching a lot. I rubbed my hand against my bedding and then put my hand on the cold bedding which helped a little with the itching. No itching during the daytime but it was tender.
Extremities/Skin	34		6	Slept OK; no itching on skin eruption. Skin not so tender any more and was fine during the day.
Extremities/Skin	35		6	Area of skin eruption looks VERY good this morning. No itching and not tender.

Extremities/Skin	36	6	Skin looks really good this morning; not as red, more dry.
Extremities/Skin	37	6	Skin looks good - only a little red and dry, no itching.
Extremities/Skin	38	6	Skin looks good; a little red and dry this morning. Skin started to itch again a little later on in the day.
Extremities/Skin	39	6	Skin at area of eruption looks worse again. It's itching a lot and is red. When driving in the car I was holding my hand outside the window and the cool air felt so good - it made the itching better. Later had to put an ice cube wrapped in a towel on affected skin (which made it better).
Extremities/Skin	40	6	Skin was quite itchy overnight; had to put hand on cool covers. Itching throughout the day; red and dry and a little burning sometimes, especially when in contact with warm or hot water. I now have to wash my hands with cold water.
Extremities/Skin	41	6	Skin not itching and had no burning after having a hot bath. (So even though the water was hot there was no burning). [Early on in this skin eruption, prover 6 noted that washing her hands with warm water was uncomfortable - almost painful].
Extremities/Skin	42	6	Skin is doing OK - no itching, looks better, not as red.
Extremities/Skin	43	6	Skin is looking good - no itching.
Extremities/Skin	44	6	Skin is looking good - no itching, but it's dry and flaky.
Extremities/Skin	45	6	Skin looks really good - ALMOST back to normal.
Extremities/Skin	46	6	Skin eruption on hand is starting to flare up again. This is the fourth time that the skin eruption started to heal and then flared up again. It's very frustrating. Since the proving is almost over and I don't think I want to go through this again I decided to put calendula cream on it. After putting the cream on it, it started to burn for about five minutes and after that it felt so good. I felt kind of guilty after - almost didn't want to write it down in my journal that I put the cream on my skin, but I'm so tired of this!
Extremities/Skin	47	6	Skin calmed down; it looks better again, which helps me not to feel too guilty.
Extremities/Skin	48	6	Skin still looks good; no itching, no burning, not as red, but still dry and something there.
Extremities/Skin	49	6	Skin looks good - lighter color.
Extremities/Skin	50	6	Skin looks good - pretty much back to normal, light pinkish color, the best so far.
Extremities/Skin	51	6	Skin looks really good - just slightly pink, no itching.
Extremities/Skin	53	6	Skin is fine today and yesterday.
Extremities/Skin	54	6	MY skin is back to normal, - but now my dog's skin is a mess!
Extremities/Skin	55	6	Skin looks great - back to normal.
Extremities/Skin	56	6	Skin is back to normal.
Extremities/Skin	57	6	Skin is back to normal.
Extremities/Skin	58	6	Skin is back to normal.
Extremities/Skin	59	6	Skin is fine even though I've been painting for the past three days. No reaction to hot water, either. Seems that it is truly back to normal.
Extremities/Skin	60	6	I noticed with the skin eruption on my hand that it would seem to come and go. It would be looking good and then it would get red, bumpy and itchy, and then progress to one big affected area rather than individual little bumps. Then this would seem to get better, only to get worse again after some time. It would come and go.
Eyes	0	4:45	1 Heavy-lidded and feeling tired.

Eyes	0	9:50	4	Rather than getting the itchy eye thing, I have dry eyes; when I blink it stings, burning like.
Eyes	0	9:50	4	Before going to sleep eyes are sore and tired, rolling around in sockets; could not move them around without pain, a dull ache. Feel better for closing them.
Eyes	0	22:42	1	Eyelids feel heavy while reading.
Eyes	1	13:00	1	Eyes feel heavy; outside it is gray but in spite of this it seems too bright. Seems like there is a fog in the room - a white fog. Inside it looks foggy.
Eyes	2		4	Puffy in right eye.
Eyes	2		4	Twinges of tension around and above right eye, though not often.
Eyes	2		4	Crying all day, but eyes did not burn. Usually tears cause a sore burning sensation on skin inside lids: today this was not so. Later in the evening I felt a burning in my eyes - I was not crying at the time. This is at approximately the same time as the previous night when my eyes felt dry, and burned upon blinking.
Eyes	2	5:25	1	My eyes have 'sleep' in the corners and the right eye is feeling like there is a heavy film over it. There is a bit of clear gelatinous 'sleep' there.
Eyes	4		7	Stinging in eyes; it feels better when eyes are closed. They feel as if they're dry. Worsens as day goes on.
Eyes	4	1:32	1	My eyes feel like there is 'sleep' in the corners of both of them. Eyelids feel hot, puffy and there's a film over my left eye. Corners feel gritty but it's only clear gelatinous substance (no grit) in corner.
Eyes	4	8:05	3	Eyes feel dry; lasted twenty minutes.
Eyes	5		7	Eyes stinging again; seems to get worse as day goes on.
Eyes	5	3:12	1	Lying on left side, it feels like I have grit in lower corner of left eye but nothing's there.
Eyes	5	7:51	4	Right eye puffy and gritty in morning on waking; I can feel discharge dried around it - minimal, though.
Eyes	6		7	Eyes stinging; closing eyes feels better.
Eyes	8		7	Eyes stingy.
Eyes	9		7	Strong desire to close eyes - to relieve stinging and because of tiredness.
Eyes	9	22:30	4	Just before sleep my eyes were achy and really wanted to shut and rest.
Eyes	10		7	Eyes stingy.
Eyes	11		7	Eyes stingy; today, a little more stinging.
Eyes	11	11:15	4	Sore eyes - could be fluorescent light; tired, achy, pain inside up to top part of eye - dull pain. Feels better to close eyes.
Eyes	12		7	Eyes stingy.
Eyes	13		7	Eyes stingy.
Eyes	14		7	Stinging of eyes.
Eyes	15		6	My eyes feel kind of sandy today. I can feel it when I blink - feels like there is something under the upper eyelids.
Eyes	17		6	Still a sandy feeling in eyes but a lot less than yesterday.
Eyes	18		4	Eyes extremely itchy in response to eating some chocolate. Scratching and digging with my fingers and rubbing my eyes felt soooo good but it aggravated the condition immensely. Left eyeball really aching under brow. Compelled to lie very still. Gentle pinching/massaging of eyebrow area temporarily relieves symptoms.
Eyes	18		6	Eyes worse today; feels like something under my upper lids again, worse

				right eye; I feel it when I blink.
Eyes	18	23:30	4	My eyes are heavy. Lights are on in kitchen - they're too bright for me, it hurt my eyes. They didn't want to move in my head without dragging and complaining.
Eyes	19		6	Eyes are good today.
Eyes	19		7	Eyes stinging still.
Eyes	20		7	Stinging eyes remain.
Eyes	21		6	Eyes are fine.
Eyes	21		6	My left lower eye-lid has been twitching, on and off, today. [OS: Prover 6 had this symptom many years ago, when she was 13 or 14 years old].
Eyes	22		6	Left lower eyelid is still twitching, on and off, today.
Eyes	23		6	My eye-lid is twitching on and off throughout the day.
Eyes	24		6	Eye-lid is still twitching on and off.
Eyes	25		6	Still a little twitching of eye-lid on and off. No twitching in the morning.
Eyes	26		6	No twitching of the eye-lid.
Eyes	28		7	Stinging eyes subsiding.
Eyes	99		7	Summation: The stinging eyes is something new to me. I'd never had it before the proving and never since.
Face	0	1:15	6	Itching of my face and scalp, for about one hour (until I went to bed.)
Face	0	1:29	6	Tingling feeling - right upper lip, moving above the lip; a little bit like when the freezing is leaving after dental appointments. Lasted about forty minutes, on and off.
Face	0	2:23	2	Twitchy eyebrow (left).
Face	0	2:23	2	Sensation as if right side of face is drooping down. I felt the features on the right side of my face were going to slide off the bone structure.
Face	0	2:23	2	Tight jaw, like past experiences when doing cocaine. Experienced tight jaw, at the same time as ragged breathing and feeling stoned, twitchy, dazed and confused.
Face	0	3:00	2	Droopy right eye.
Face	0	6:20	4	Stretching jaw, in response to the tingly warm sensation which radiated from back of throat to inner ear, to outer ear and cheeks, then to jaw, jaw joint area and then down the outside of the neck.
Face	0	6:24	4	Press on jaw joint and ear and feel sensation of thick tingles, not mucus. Heat in cheeks. All the surface of the flesh where tingling is felt is also warm, after which it goes cool. Lasts about fifteen minutes.
Face	0	8:10	4	Pimple, like a little flea-bite on my neck under my chin, near my throat. Also two little pimple-like bumps on right cheek near jaw. I scratch them; they didn't stay itchy and subsided after about an hour.
Face	0	9:40	4	Skin on face and neck a little blotchy-looking.
Face	0	10:08	4	Rubbing my head, pinching eyebrows and pulling hair gently all felt good. It eased the mild headache and soreness of eyes.
Face	0	11:30	3	Just finished eating and my face is red and hot. I put cool water on my hands and hold them to my face - face cools down quickly, more quickly than usual.
Face	0	20:00	4	Skin on right face looks sallow but cheeks are pink.
Face	1		4	I felt hot in my face this evening.
Face	2		7	Slight twinges of dull ache at left jaw joint in the morning.

Face	2		4	This morning while talking with supervisor I have a hot thing happening - face, on right side, and clammy hands.
Face	3	23:30	3	Cold sore on lip, bottom left, near corner. It feels hot; I put some beeswax on it and it feels better. Have not had a cold sore for over a year. Cold sore started at 11:30pm; usually start in the a.m..
Face	4	8:45	3	Cold sore on lip is sore and throbbing. Put beeswax on.
Face	4	10:00	3	Cold sore is hot and throbbing after having breakfast; lasts for half an hour. Hot and throbbing sensation returns at 1:15pm, after another meal, and lasts for another twenty minutes. Cold sore is milder than usual, smaller, less active, and going away more quickly.
Face	5		5	Skin around chin and cheeks smoother to shave. Shaved closer and cleaner with less friction on razor. This is new to me! (This symptom continues throughout the proving and carries on even after other proving symptoms dissipate).
Face	5	18:00	3	Red in face while cooking dinner.
Face	6	8:15	3	Cold sore is smaller than usual, healing faster than usual, and not throbbing after eating (breakfast).
Face	7	9:00	4	Last night little bumps on right face, like flea-bites, reappeared in the same place. Still there now.
Face	7	16:12	2	Forehead very itchy.
Face	7	19:00	3	Face flushed, red and hot after eating. This has happened twice in the last two to three days; only occurs after eating the evening meal. It's not an emotional thing. (I didn't 'eat until I was too full' - usually that's connected to emotions or excitement). It wasn't due to the particular food, either.
Face	8		4	Bumps on right face still there.
Face	9		3	Cold sore, never had one so small or which healed so fast and throbbled so little. It's 'quieter' than usual. Usually it oozes, and wells up, but not this time. Not itchy or red.
Face	9		3	Perspiration, just on face; happens sometimes when face is warm or red after dinner.
Face	9		5	Shave still close and smooth. Have always been a bit sensitive to shaving - usually a slight irritation or rash after shaving but now there is none.
Face	9	20:30	2	Itchy forehead.
Face	10		7	Got a couple of painful pimples on my forehead and one on neck. There is no head to them and nothing comes out of them. They are very tender to the touch and last a couple of days.
Face	10		3	Rubbing on lump at back of my head pops the sinus on my left side, makes my sinuses crackle. [See also Head Pain for accompanying symptoms].
Face	10		4	Pimples on my nostril came up yesterday, white heads today.
Face	11		4	Got pimples all over face; one of the flea-bite type of bumps became a pimple. Five on right side, one or two on left side - on chin, cheek and nose. Some are unusual-looking.
Face	11	19:10	3	My face is flaming red and hot; again, this is after the evening meal.
Face	12		3	Cold sore is gone.
Face	12		7	I have a pimple on my face right beside my nose - it came in the night.
Face	12		3	Pressing on my cheek makes a crackling sound. Also pressing tender spot on back of skull and rubbing it also makes sinus crackle. [These symptoms accompany a headache - see Head Pain].
Face	13		3	Cold sore is totally gone and hasn't left a mark. (Usually my lip stays red after).

Face	13	17:00	3	Prepared supper and afterwards, while I am writing journal, my face is flushed.
Face	14		4	Face clear of pimples now.
Face	14		7	I have noticed a little more facial skin complaints. There seem to be more pimples cropping up. I usually get pimples once my period has started but this month they seem to have started before my period.
Face	18		3	Lump in front of each ear just above jaw joint. Nothing visible and not tender; no sensation on touching. Lumps are about and eighth of an inch in diameter.
Face	20		3	Lumps in front of ears near jaw joint are smaller.
Face	22	14:30	3	I developed a nervous tic on Saturday, and didn't put it together until now. Tic on outside corner of my left eye and face. Trembled a couple of times. Tic came on while eating, drinking or talking and was better shutting eyes and relaxing. Tic comes on and off, between 2:30 and 4:30pm. Have not experienced this symptom for over a year.
Face	23	14:30	3	Tic comes on a couple of times while having lunch with my son.
Face	77		5	I had wondered if my easier and smoother shaves were due to a new brand of razor blades - until now. I realize it must have been the remedy, and that the remedy has now stopped acting, because I cut myself shaving four times last week. I never do that. I'm now getting back to my old shaving experience; I had gotten used to a smooth face and easy shave. During the proving, after I shaved, my face felt smoother, skin was softer; it was a closer shave, no cuts, easier to shave.
Female	0	5:02	2	Twinging pain across lower back, worse left side, worse standing, worse moving around, 'like a low spike,' feels weak and achy like I'm pre-menstrual, as if my period would start.
Female	0	8:50	1	Was actually playful and vocal during intercourse. New for me. Also very sweaty!
Female	2		4	Even though I was very upset (due to crisis with partner) I felt very sexually aroused; very confusing. Never felt it so extreme like this. When depressed usually not sexually aroused.
Female	2	5:50	1	Heavy pressure on labia felt with gripping, cramping pains in lower abdomen (over bladder?).
Female	3	6:23	1	Thick, white gelatinous substance discharged from vagina while having bowel movement (stool comes out in a rush).
Female	5		4	Sexually excited, not so intense (as noted earlier) but - yes!!!
Female	7		6	Noticed some sensitiveness between my vulva and anus - kind of a raw feeling; it may be a little crack. Seemed more sensitive while taking a hot bath. Similar feeling after childbirth (burning during urination). Out of bath, and a short time later, I no longer feel it.
Female	8		4	Still feel easily sexually aroused; more than I would like in life. It's boring, too dominating - seems to interfere with other interests, like, 'Oh my god, is this all there is in life?'
Female	8		6	Felt like having sex with my husband when he came home in the afternoon, but the kids were around. Waited and had sex when we went to bed for the night.
Female	10	6:23	1	Upon waking I have colicky, cramping pains across ovaries and uterus. Feels like I'm going to get my period, but I end up going to the bathroom instead.
Female	12		6	Got my period this morning, two days late. Feel I'm bleeding more than usual and lighter colored blood.
Female	15	5:46	1	Drops of bright red blood on toilet paper after urination - maybe I am going to get my period today?
Female	16	6:20	1	With urination, note medium brown, old-looking blood on toilet paper -

				must be about to start my period.
Female	16	9:30	1	Menstrual cramps begin, centered around left hip and ovary (OS), radiating down side of leg. Feels heavy, crampy, painful. Feel restless from the pain. Getting worse as the day progresses.
Female	16	11:38	1	Leave coffee shop after feeling hot, sweaty, nauseous; cramping across ovaries and uterus, radiating through to lower back and butt. Cramps come in waves, like labor contractions. They last for about 10-30 seconds, ease up for about 10-30 seconds and repeat. I have walked outside to get some fresh air. Feel better for cold air, but then become extremely dizzy (NS), rising in waves and pulsating from my feet to my head. I have vertigo and feel like I am going to pass out. I'm sweating all down my back (OS) and on upper lip. My face is grey and I have to sit down, and am breathing heavily and rapidly (NS). I have to focus to keep from losing consciousness. (The excruciating menstrual pain is an OS, last experienced fifteen years prior). Symptoms were similar to past ones with the difference that this time the cramps came on quickly and went quickly, more intense, 'like I was in "hyper-drive".' Also the dizziness and heavy/rapid breathing is new.
Female	16	12:00	1	Back home, thank God! Have walked, doubled up, into house, clothes drenched in cold sweat. Chills and goose bumps all over me. Air not cold enough. I am in agonizing lower abdominal pain and want to DIE!! Going to crawl into bed, curl into the fetal position and die!
Female	16	12:15	1	No sign of any relief - have thoughts of cutting into my ovaries and uterus with a knife to stop the pain (OS). A hysterectomy would be a great idea about now! This has reinforced my idea of 'no more kids because labor sucks!' The only thing that relieves is >>> COLD, [old modality for this prover], especially cold air, but also cold sheets, pillow, etc.
Female	16	12:30	1	Have broken down and taken a Tylenol 3 with codeine, but no sign of relief yet. Pain makes me feel like I want to throw up - concentrating very hard not to!
Female	16	13:30	1	Finally able to fall asleep, curled up in a ball. Awake with some cramping.
Female	16	14:08	1	Get out of bed: menstrual cramps gone, but whole body, every muscle, feels like I have been run over by a MAC truck. I NEVER WANT TO HAVE THIS FEELING EVER AGAIN! I would rather die than wish it on my worst enemy!
Female	16	14:09	1	Gone to bathroom: menstrual blood is dark red, almost burgundy color (usually it is light red).
Female	16	17:00	1	Feeling somewhat my 'normal' self again - glad those cramps, nausea, vertigo, sweats, pains, etc., have gone!
Female	17		7	Menstrual period started, but not really. Some spotting, but goes no further. Usually within a few hours time it is fully started, with cramping, backache, bleeding, bloating. This is just spotting - no pains, no bloating, nothing. Spotting doesn't continue either. Seems stalled. Also on the first day of my period I'm usually very tired but not today.
Female	18		7	Menstrual spotting has increased. Don't feel like period has really started until approximately mid-morning when cramping starts, as do backache and bloating. Bleeding increases but not by much. Blood is red in toilet bowl (normal) but dark, almost brown on pad. Normally, bleeding would be a lot more than what it is at present. Tiredness is present, which is usual for first day, except today is second day.
Female	19		7	Period is a little more normal today although I'm still having some slight cramping. Unusual for me as I never get cramping on second or third day of periods, only on the first day. Flow is not as heavy as it usually is but finally flowing freer than yesterday and the day before.
Female	20		4	Sex drive has gone down a little bit (compared to earlier in the proving), but on the weekend (day 14/15) it was really intense and consuming, even on Monday. This is still out of the ordinary.
Female	21		7	Period seems like it's almost done - flow has slowed down quite a bit. No

				other symptoms related to that.
Female	21		7	Feeling a little sexual tonight - thinking maybe it would be nice if we could get to bed early. I'm not a very sexual person, rarely one to have a thought like this pop into mind; unusual for me.
Female	37		4	Still have higher sexual arousal than prior to taking the remedy.
Female	38		6	Got my period today no problem, but two days early.
Female	41		3	Full moon now and I have none of my bloating or swelling which typically accompanies the full moon. Abdomen is flatter than usual which is unusual because it usually bloats and swells at the full moon.
Female	44	19:00	1	Got my period this evening (time of 7pm is just approximate). No pain - minimal achy, crampy feeling in lower back and down legs. Basically the same or better than normal. Thank God it wasn't like last one! Yeah!
Female	45		7	First day of period; starts a bit then almost stalls - flow doesn't get heavier or lighter. Cramping is as usual for me on first day.
Female	54	4:00	6	Had some abdominal cramps early this morning, at about 4:00am. Almost feeling like I would get my period but this is only sixteen days since start of last menses. I used to have abdominal cramps with my period when I was younger, but have not had any cramping for years. This is unusual; menstrual-type cramps mid-cycle.
Fever	27		7	Slight fever; doesn't progress. Stalled.
Fever	33		7	Slight fever. Feeling chilly, shivering.
Fever	37		7	Had a slight fever last night, 100 degrees; went to bed early, very achy - flu. The flu was one that was going around, but what I noticed was that the flu, and the fever, would stop and start. Stalled feeling again.
Fever	38		7	Slight fever this evening again.
Generalities	0	1:30	2	Feel stoned.
Generalities	0	2:23	2	I am in such a state. I feel twitchy, stoned. Hemispheric variations are skewed. Dazed and confused. Tight jaw; breathing ragged. Wiry energy in legs.
Generalities	0	3:20	2	Bones still feel achy.
Generalities	0	3:38	1	Shiver ran down left side of body, three times in succession.
Generalities	0	4:02	1	Feeling very tired. Need to curl up and close my eyes for the next little while.
Generalities	0	4:23	2	Chilled and cold.
Generalities	0	4:45	1	Still tired, in spite of mini catnap. Feel tired and heavy-lidded.
Generalities	0	6:00	2	Went for a walk: yawning a lot, felt achy, breath short; heart and chest feel heavy; flu-like symptoms.
Generalities	0	6:10	2	Ten minutes into walk, feel dizzy; hard to catch my breath, tired, and want to go home.
Generalities	0	6:24	4	So hot now - not just my face.
Generalities	0	6:39	4	Tingling sensation radiates from back of throat to inner ear. Ear tingly warm, mostly on right, a little on left. Sparkly, tingly sensation like a little bit of movement, like small particles - they are dancing around. Radiates to outer ear and cheeks, then to jaw joint and then down the outside of the neck. First thought: it's like I'm getting a high - 'Cocaine?' I wondered.
Generalities	0	8:46	2	Now feeling a lot more grounded and alive! Previous feeling was discombobulated! Raining outside. Feeling heady, though, and would like to cocoon.
Generalities	0	9:17	2	Temperature hot, with swollen hands.
Generalities	0	10:00	2	Achy-ness all day.

Generalities	0	16:50	1	Still hot.
Generalities	0	18:20	1	Work out at gym (6-7:15am), felt really good!
Generalities	0	19:55	4	The tingly sensations in ear, throat and jaw area are coming and going. Area still gets warm and cool.
Generalities	0	21:25	2	Writing in journal first time in morning (6:25am); as I sit here writing I feel light headed - 'not enough sleep' feeling. I want to go back to bed and sleep. (Time: 6:25am; Elapsed Time: 21:25)
Generalities	0	22:38	1	Sitting and reading and feeling very tired again, lots of yawning, eye-lids feel heavy.
Generalities	1	6:30	3	Feel sluggish and thick.
Generalities	1	15:00	4	Not much of the tingling sensation now. Within two hours it feels quite normal.
Generalities	2		4	Have been holding my arms very tight today, because I'm so upset. Usual for me to hold myself a lot when upset.
Generalities	2		2	Muscles felt heavy (the whole day).
Generalities	2		4	A lot of pacing. (In conjunction with emotional upset/shock).
Generalities	2		4	Lots of adrenaline. Active, pacing; quickly moaning, making weird noises. (This is in conjunction/response to learning about something upsetting my partner had done.)
Generalities	2		6	Wanted hot water bottle at night in bed.
Generalities	2		6	Scalp is still a bit itchy and also other parts of my body - collar-bone area, arm. I just scratch a little and then I'm fine.
Generalities	2		4	Shaking with shock; I'm shivering. (This upon learning something shocking about my partner).
Generalities	2		4	Pale all over, like a person in shock. (This in conjunction with learning something upsetting about my partner.)
Generalities	2	5:25	1	Wake up feeling very tense in my whole body except my head. It feels as if it is filling up with air and that it is lighter than my body - only thing grounding it is my heavy body.
Generalities	2	6:40	1	I go for a 6 kilometer run (6:40 to 7:30am). Feels great; no aches or pains.
Generalities	2	12:30	2	I feel energized (despite sore body from karate the previous night).
Generalities	3		6	No desire to run since taking the remedy; feel kind of heavy, can't make myself run.
Generalities	3	13:30	2	Hot and sweaty; several episodes in the day, of short duration, 30 - 45 seconds.
Generalities	3	17:15	1	Feel hot in myself.
Generalities	3	17:15	1	Low blood sugar - shaky from no food. Very hungry - "I need to eat." Need to eat right now! (After 4 hours of case taking).
Generalities	3	18:22	1	Body and face feel very hot but my feet are cold to touch. Feel too tired and lazy to remove sweatshirt to cool myself down.
Generalities	3	18:22	1	Want to curl up and sleep.
Generalities	3	22:00	6	Had a bath, because I was cold tonight. Also had fireplace on this morning, again because I was cold. Intensified usual state.
Generalities	4		6	Easier to get up this morning; heavy feeling is gone.
Generalities	4		6	Looking forward to going for a run with friend. Started off OK, but had to walk after 10 minutes for a time, then ran again. It was really windy and we had to run against the wind. That was really hard for me, had to stop again after 5 minutes.

				I was hoping the run would have worked out better, but at least I got out. Feel really good after the run.
Generalities	4		5	Slightly groggy on waking up. This is new for me.
Generalities	4		6	Hands are quite cold; have to move around to keep warm.
Generalities	4		3	Stiffness and painful sensation in muscles returned this afternoon for about an hour. I didn't feel very good, dizzy on bending; I've never had this before. Felt "thick", like body swollen - not with liquid, but dry, irritated, swollen as if the internal passages are getting smaller due to swelling. As a result it's harder to move and breathe; it feels inflamed.
Generalities	4		4	Absolute fatigue; can't go on like today, day after day.
Generalities	4	8:05	3	Wake up and get up. I feel stiff everywhere (have not had this symptom for at least 8 years). Hands, legs, ankles are painful to bend. Try to put my socks on and can't reach my feet because I'm too stiff and sore. My back can't bend. It's painful - as if muscles are irritated by something! Really painful; as if poison in the muscles - not in the joints. Moving around helps. About 10 minutes later not so stiff, and I feel symptoms starting to go away. 40 minutes later it feels much easier to move around; hands are not so stiff but not as facile as normal.
Generalities	4	13:38	4	After a nap and some chocolate pudding (lunch) I feel like shit. Fucked! Terrible. I'm freezing cold. I want to sit and melt in the sun - it's cold out and cloudy and I want a hot bath or hot drink - I'm so cold.
Generalities	4	13:59	1	On 5 kilometer run, felt very winded running into the wind.
Generalities	4	16:16	1	Drinking a cup of fake coffee (I miss my real stuff) I feel very tired. Fed up with neck pain and back/shoulder aches which are constantly there.
Generalities	4	20:00	1	For the past 1 1/2 hours I have been like a zombie. My husband says that he has never seen me like this before - as if I am depressed or down (he says), although I don't feel that way. I just feel wiped - no energy, dozy, lethargic, zoned out. Very hard to describe it. Feel very heavy-like in my body & brain. Feel heavy, spacey. Don't feel like I can help out with anything right now, like putting the kids to bed. Very sluggish. Nothing seems to be going right. I keep dropping, breaking things. Takes me a long time to accomplish a task. Took four times to dial telephone number correctly. I'm very hot, and have flushed cheeks, but don't want to remove any clothing.
Generalities	4	21:15	6	Getting tired at 9:15 p.m., but get up to clean the kitchen and don't feel so tired any more. It seems like I need to be active in order to not feel tired.
Generalities	5		7	Very tired between 1pm and 3pm.
Generalities	5		3	I felt cold, especially in the early morning, cold in bed. This was odd as I do not feel cold even in winter. I was restless in bed because of the cold. Cold all over (usually I feel warm). The next night I put an extra blanket on but it was the same, cold again toward morning.
Generalities	5	3:12	1	Feel tired on all levels; don't want to think about what is going on with me all the time.
Generalities	6		7	Very tired between 1pm and 3pm.
Generalities	6		6	I need a hot water bottle, while sitting down in comfy chair for afternoon nap, because I'm cold. Had a bath in the afternoon, because I was cold again.
Generalities	6		4	This afternoon at the beach, weather was windy and cold; I was dressed very warmly. Once back in car, partner said, "That was great - fresh!" I wasn't so sure. The sunshine was great! The glistening water was great. The cold I could do without. Then my ears start to ache and my jaw (both sides) aches.
Generalities	7		4	The word that describes the first sensations from the beginning of the proving (in back of my throat, ears and skin around my neck) is SCINTILLATED, SCINTILLATING. Found the word today. Flashing, sparkling, small electrical surges.

Generalities	7	12:45	6	Had a bath in the early afternoon because I was freezing; better after hot bath.
Generalities	9		6	Went for a run; it went well after a tough start for the first few minutes - my legs felt like lead at the beginning.
Generalities	9		7	Very tired - can't shake it. Worse between 1pm and 3pm, then gets somewhat better, but never leaves me.
Generalities	9		6	Got up this morning at 9am; it was good to sleep in.
Generalities	9	16:00	3	I was so cold when I came back from the gallery at 4pm. No one else in the house was cold. I was cold all over, even my toes. It was better after I put on extra clothes and a blanket on my legs; also after eating.
Generalities	10		6	Had a good night's sleep, got up at 7:45am and felt quite energized.
Generalities	10		4	I don't look like the same person as I was this morning. The remedy seems to have shifted my cycle from morning activity to afternoon activity.
Generalities	10		7	Continuous stiffness, difficult to move.
Generalities	10		7	Very tired. A couple of people commented that I looked tired and asked if everything was all right.
Generalities	10	10:30	4	Around 10:30am today I thought I was coming down with a cold. My right leg was getting achier and achier. The soreness was from my hip joint down my thigh and my knee - only a little achy below the knee. I was weak. Trying to carry something from the car and up some steps and I almost couldn't make it without a break (done this before and it's no big deal). That is not normal for me. By 12 noon I was droopy and wanting to lie down - I kept going, though. After lunch around 1pm I felt noticeably better, so I worked on a task for about the next hour and a half.
Generalities	11		4	Morning horrible again, better at 1pm. The physical change from bad to good is very fast every day. Awful morning; slow to get going, hard to get up for meeting at 9am, very tired. Had aches and pains that moved around - a headache, sore, tired and achy eyes. Got more and more tired in the morning, went to bed for a nap from 11:15am to 1pm.
Generalities	11		4	Still on this 'yo-yo.' Feeling bad in the morning and then dramatically improved by afternoon.
Generalities	12		6	Not as cold lately - don't need baths to warm up.
Generalities	12		4	Today a pretty good day; no achy-ness in the morning, felt great. Didn't go back to bed this morning. Energy is better.
Generalities	13		3	Felt good on rising, although I had a restless night as I was cold, but not cold enough to get up to find another blanket. Before the proving, at that time of sleep, towards morning, I'd be really hot. This cold is new.
Generalities	13	17:00	3	It feels as if my system (metabolism) changes through the day and from day to day. When it's up, I feel clear, quick, light and energetic, both physically and mentally. When it's low, I get headache, feel slow, swollen and sometimes stiff (in movement) - as if my body doesn't want to move and I have to use more muscle effort to move; as if my body is resisting my mind telling it to move.
Generalities	14	8:15	3	Woke up quite warm this morning, verging on hot; had added an extra light blanket - was not cold in the night.
Generalities	14	9:00	3	Took a 20 minute nap this morning, about 45 minutes after waking for the day. Only do this when I'm sick, but didn't feel sick - just low energy. Headache much less after nap. After breakfast I feel better. It seems to take a long time to get going (i.e. energy and alertness) in the morning - more so since taking the remedy.
Generalities	14	9:30	1	Been really tired last little while; I wish I had same energy that I had the first week of doing this proving.
Generalities	15		6	My energy seems to be quite good, because I cleaned up the kitchen after supper (something I'm usually not too fond of).

Generalities	15	8:00	3	Felt good today - no headache, hands not stiff or swollen, felt really awake on waking. However this is a few days past the full moon and I always feel better like this, after the full moon. On waking I feel neither hot nor cold.
Generalities	15	20:00	1	Feeling really drained and tired. Need sleep soon.
Generalities	16		7	Not as tired. Same symptoms of stiffness and stinging eyes.
Generalities	17		1	Woke feeling energetic. Day 17 to 22 have no new symptoms. Proving symptoms mainly disappeared. Feel normal again.
Generalities	18		4	I ate two chocolates made at a fine local chocolate shop. I had an intense reaction afterwards. Headache behind my eyes, especially on the left. My eyes were sore. I was sensitive to the position of my head (especially if it was too low or my neck was bent) and sensitive to movement; I wanted to hold still. I had an intense electric prick on my knee. I wanted to close my eyes - I felt drowsy. Partner gently pinched my eyebrow, close to bridge of my nose, on the left side, exactly where the pressure was the strongest. "How did you know?" It felt good but didn't take it away permanently; it only relieved while the massage was happening. When I got up a few minutes later I learned there was confusion about who was preparing dinner tonight. I didn't want to get involved in sorting out the problem - didn't feel like it, and it wasn't my responsibility. Once up, my eyes became extremely itchy; digging with my fingers and rubbing my eyes, especially left, felt soooo good but aggravated the condition immensely. My nose was congested and I had to blow my nose several times. Mucus, some runny, and some thicker; clear color. My head was full of pressure and I was EXTREMELY irritable and not wanting to tolerate anybody's behavior. The energy of others just repelled me. I went back to lie down with my head elevated by a gentle slope of pillows, straight on my back, arms at my side or resting gently on my pubis. It started to subside and after dinner was gone. However one of the dinner guests had brought chocolate chip cookies. I had one on my way out for the evening and had another reaction with my head and eyes - same kind of sensitivity to movement, not wanting too much movement or too fast.
Generalities	18		4	No more fatigue in mid-morning for several days now, since day 12 - I felt GREAT that day.
Generalities	19		6	Good energy. Want to go for walks more than usual. The last few nights I want to go for walks, even though I've been out earlier in the day for a walk with my dog.
Generalities	19	11:00	3	Felt weak and trembly on rising after sickness and nap, this morning. I wanted to get on with my day so had a shower and then returned to my bedroom. I don't feel good.
Generalities	20		6	Walked my dog in the morning - almost had to fight my husband for it because he wanted to take him out.
Generalities	21	14:00	3	Feeling cold - internally cold.
Generalities	21	19:30	3	I am still cold.
Generalities	21	20:00	3	Arrive home cold, stay in my coat with blanket and bean-bag down my back while watching TV. Heat feels great.
Generalities	21	23:00	3	I go to bed, feel cold. Usually body heats up the bed, but didn't this time. Stayed awake for a long while, not unpleasant. Lots of thoughts, creative and incorporating recent experiences. I sleep a little, off and on.
Generalities	22	2:00	3	Cold at 2am in the morning, internal cold, not shivering but just cold.
Generalities	22	2:30	3	Woke at 2:30am and now feeling very warm. My body is heating up the bed. As the night proceeds I wake and sleep, but sleep periods are longer and longer.
Generalities	23		6	Didn't feel like getting up this morning, but my energy picked up later in the day. Realized that it is very nice outside today; used my bicycle to run an errand and am planning to go for another bike ride later on.
Generalities	24		6	Didn't feel like getting up again.

Generalities	24	6:30	3	Wide awake; ankles aching and I'm too warm.
Generalities	25		6	Freezing cold, mostly in my hands, from working on the computer. Made a fire to warm up. Burnt myself on the fireplace (base of thumb, right hand) and developed a blister. I typically get cold when I'm not moving around.
Generalities	26		7	Woke up with a sore throat; now developing into a bit of a flu. Nose is a little runny (clear discharge). Feels like when I've gone swimming in a pool with chlorine; there is a slight sensation of stinging in nose and throat. Had urge to wear a scarf around neck and did so. Flu symptoms are stiff; VERY STIFF - stiff lower back and hip area. Stiff everywhere! More than the stiffness I've felt lately in my knees, and in my back and front chest areas. Head feels slightly achy. Feeling very tired. Feeling like a flu, except I don't have sore skin which I always get before a flu. I'm 42 years old and every flu I've ever had was preceded by sore skin - not this time, though. Also, if I get a flu it's usually only a matter of a couple of hours before I need to get in bed, then I'm usually good and sick for a day or two and then it's over with. This flu is not getting worse and it's not getting better. Chest is slightly heavy. Don't notice the aches and pains too much when my mind is occupied and busy.
Generalities	27		7	Flu symptoms subsided, but throat is more sore today. Looking back over the journal entries, it seems that this was a general pattern. When the flu-ey symptoms (aches, tiredness, head feeling fogged in, and stiffness everywhere) - when these symptoms subsided then the throat symptoms would come up. They alternated.
Generalities	27		7	Went for a walk outside; it is a beautiful day. Felt better. Didn't notice flu symptoms except for stiffness.
Generalities	28		7	Flu symptoms mostly gone.
Generalities	29		6	Went for a nice walk with my dog. Didn't feel the urge to walk, but really enjoyed it once I was out there.
Generalities	29		7	Flu symptoms mainly gone. Husband thought my head felt very warm, perhaps slight fever (?), but went unnoticed by me.
Generalities	29		6	Didn't feel like getting up. Energy OK, but no desire to walk or run for the past few days.
Generalities	31		6	Good energy, got lots of work done around the house. Went to work and when I got back did more work around the house.
Generalities	32		3	Nothing to report - feeling very good, lots of energy. Morning headaches have stopped. Feeling balanced with regard to hunger and eating issues.
Generalities	32		7	Feeling better (flu). Feeling very tired.
Generalities	32		6	Good energy. Got up soon after waking, getting the feeling I want to do something.
Generalities	33		6	Still good energy today, despite a poor sleep due to itching of skin eruption on hand.
Generalities	33		7	Flu symptoms return. Started feeling flu-ish mid-day. Feeling warm. Feeling achy. Aches in hips. Dull ache running down right arm. Stiffness in neck. Feeling very tired. Skin is slightly sore (my usual sign that I am coming down with a flu). Head feeling a little fogged in. Pattern of starting something (i.e. a flu/cold last week) then getting better: same as in my period; starting but then stalling. Eyes slightly stinging. Slight fever. Feeling chilly, shivering.
Generalities	34		6	Slept OK. We had a little party last night and I had a few drinks, so I'm still a little tired today.
Generalities	34		7	Achy, stiff.
Generalities	37		7	Feeling again very flu-ish. Achy all over, slight fever, head fogged in. Very tired. Had a nap at lunch time again. This flu doesn't seem to go away. I feel better one day, and then bad again the next. The flu is stalled; doesn't go away, doesn't follow through.

Generalities	37	6	Went for a good walk today - energy is good!	
Generalities	37	7	Feeling 'flu-ish' again this morning; a little chilly.	
Generalities	37	4	Lost three pounds over course of proving (at this point about 6 weeks). No attempt to lose weight - it just happened over the course of the remedy; I was eating well.	
Generalities	37	7	Very tired this morning, took me a long time to fall asleep last night (cough made that worse). Stiffness everywhere.	
Generalities	38	7	Woke up this morning very achy, even in my neck. Last night slept bundled up, sweated some. Felt better during day than yesterday. Felt headachy and stiff. Had muscle aches everywhere, upper body, and each time I cough it's quite painful.	
Generalities	38	6	Energy is good; went for a nice bike ride.	
Generalities	39	7	Sleep lacking because of coughing fits in middle of night. Very tired. Body sore - muscle aches from coughing.	
Generalities	41	7	Starting to feel back to normal.	
Generalities	41	7	Went and bought cough syrup and took it last night, slept through the night; feel much better this morning. Not as tired or as emotionally fragile from the lack of sleep.	
Generalities	41	6	Slept well and woke up energetic. Energy has been good now from day 36 through to present.	
Generalities	41	3	Full moon now and I have none of my bloating or swelling which typically accompanies the full moon. Abdomen is flatter than usual which is unusual because it usually bloats and swells at the full moon.	
Generalities	43	7	Had a good day, feel almost back to normal. No stiffness. (Possibly antidoted remedy with cough syrup?)	
Generalities	43	6	Energy is good; I'm training for a triathlon and went swimming, bike riding and running - FELT REALLY GOOD!	
Generalities	44	6	Went for a nice walk tonight, which felt good.	
Generalities	45	6	Had a good day, felt very energetic. Did my training for my triathlon and felt very good after.	
Generalities	45	7	Achy, as if flu is starting again. Throat very sore. Aching everywhere. Feeling flu-ish.	
Generalities	46	7	Again feeling flu-ish, some aches. Throat is better. Feeling frustrated at illness. Slight cough. Back stiff. Hips achy.	
Generalities	47	7	Need to either get sick or get better. No movement. Feel stalled. Feeling achy. Hips achy. Very tired. Feeling flu-ish. Had coffee, thinking 'this is from proving,' and hoping I would either get the flu or it would make it go away.	
Generalities	48	7	Feel flu-ish. Back achy. Coughing a bit. Feeling like I'm coming down with flu but it doesn't get better or worse. Coffee didn't work (to antidote the proving or make the flu come on). Still not feeling well.	
Generalities	56	3	I have lost five pounds over the course of the proving (time span of approximately two months). I feel hungry before meals but a small amount is satisfying.	
Generalities	99	0:00	1	There was a distinct pattern to the experience of energy and fatigue in the proving. Mornings I would have tons of energy, and I wanted to exercise all the time. I'd go for a run, take the dog for a run, and I wanted more. Seemed I was go, go, go! Then mid-morning I'd crash and wanted to nap. My energy would then come back up, and around 3pm it would dip again, I'd want another nap! I found I had to keep moving; if I stopped moving, I'd lose my energy.
Generalities/ Food	0	7:59	4	Had been craving sugar before the remedy but not after. I did eat a cookie,

				but not craving it for the sweet.
Generalities/ Food	2		6	Had a half bag of salty pretzels.
Generalities/ Food	2	15:00	6	After waking from short nap was thirsty for a big glass of lemon water.
Generalities/ Food	3		6	Had more salty pretzels today.
Generalities/ Food	3		6	Doing the chocolate thing, once I eat it I don't really enjoy it. For some reason not enjoying chocolate like I usually do.
Generalities/Food	3		6	Quite hungry in the morning, had fried eggs at 8:00am when I'd usually have fruit.
Generalities/ Food	4		4	Craving vinegar and lemon juice. Eating olives more than ever before; enjoying the salty, briny, vinegary taste. (These food cravings continued more or less through the proving.)
Generalities/ Food	4		1	Thirsty for cold water, after 5 km run.
Generalities/ Food	6		6	Ate two fried eggs before we went out to a banquet.
Generalities/ Food	6	15:10	3	Very thirsty after returning from my walk, unusual for me. Had a full 8 ounces of water.
Generalities/ Food	7		6	Didn't enjoy my dinner but couldn't stop eating salty pretzels.
Generalities/ Food	7	18:00	4	Felt really tired after one drink (Martini). Stoned feeling, long-lasting stoned feeling. Usually don't drink hard alcohol - more typically will have a glass of wine. Was buzzed on this from 6 to 9:30pm. Heightened sensitivity to alcohol - stoned feeling.
Generalities/ Food	8		7	I'm craving a little more salt than usual.
Generalities/ Food	8	19:00	3	Felt thirsty again - only water would do.
Generalities/ Food	11		4	Had a glass of wine this evening - big effect again. I was so drunk, laughing, flapping around; had to eat. Drunk on one glass of wine. (In the past have often had a glass of wine without this kind of effect.)
Generalities/ Food	15		3	I have been craving oranges for the last 10 days, to the point where I'm asking my daughter to buy them for me - normally I wouldn't think to ask.
Generalities/ Food	16		6	Had a hot chocolate today but didn't enjoy it - which is unusual for me.
Generalities/ Food	16		7	Hunger had increased for a while - not due to hunger but just wanting to eat. This has now diminished but I noticed that I had no special cravings, even throughout the increased hunger time.
Generalities/ Food	18		3	Desired orange cheesecake in bakery.
Generalities/ Food	18		4	I ate two chocolates made at a fine local chocolate shop. I had an intense reaction afterwards. Headache behind my eyes, especially on the left. My eyes were sore. I was sensitive to the position of my head (especially if it was too low or my neck was bent) and sensitive to movement; I wanted to hold still. I had an intense electric prick on my knee. I wanted to close my eyes - I felt drowsy. Partner gently pinched my eyebrow, close to bridge of my nose, on the left side, exactly where the pressure was the strongest. "How did you know?" It felt good but didn't take it away permanently; it only relieved while the massage was happening. When I got up a few minutes later I learned there was confusion about who was preparing dinner tonight. I didn't want to get involved in sorting out the problem - didn't feel like it, and it wasn't my responsibility. Once up, my eyes became extremely itchy; digging with my fingers and rubbing my eyes, especially left, felt soooo good but aggravated the condition immensely. My nose was congested and I had to blow my nose several times. Mucus, some runny, and some thicker; clear color. My head was full of pressure and I was EXTREMELY irritable and not wanting to tolerate anybody's behavior. The energy of others just repelled me. I went back to lie down with my head elevated by a gentle slope of pillows, straight on my back, arms at my side or resting gently on my pubis. It started to subside and after dinner was gone. However one of the dinner guests had brought chocolate chip cookies. I had one on my way out for the evening and had another reaction with my head and eyes -

				same kind of sensitivity to movement, not wanting too much movement or too fast.
Generalities/ Food	18	23:00	4	Walking home after date at pub and bar. Over the course of the evening I'd had a few sips of beer and a glass of wine. Walking home I felt VERY tired, and my body still felt the intoxication of alcohol and noise - I was noticeably wonky and unstable. Not really drunk but alcohol still has a bigger effect.
Generalities/ Food	20		4	Had two glasses of wine this evening and felt normal.
Generalities/ Food	22		4	Sensitivity to chocolate gone.
Generalities/ Food	23		1	Still missing and craving coffee (stopped coffee for the proving).
Generalities/ Food	24		4	Had chocolate cake and a little reaction again. Kind of headachy, sensitive to movement. On drive to movie theater - fast driving, got motion sick. Didn't want to move head, brain swishing around in my skull. Stomach upset a bit. Sat down at theater and felt vertigo, discomfort. Held head in palms of hand for five minutes, the pressure and just holding my head, eyes in my palms, made it better. The discomfort, vertigo and headache was like not wanting to move the head, wanting stillness, wanting to close eyes. After this episode, didn't want chocolates. (Note: since this episode this Kind of chocolate response has not come back).
Generalities/ Food	24		3	Had two sips of sherry and felt unsteady, had to sit down, 'legs like Jell-o.'
Generalities/ Food	24		3	Craving for oranges has gone.
Generalities/ Food	28		3	Still have feeling about oranges - hasn't gone away as I'd thought earlier.
Generalities/ Food	29		4	Loss of my usual 'sweet tooth' during proving. No craving for chocolate any more (used to crave it a lot). Had a hot chocolate the other day - it was much too rich, made me feel really full. Also craved sugar prior to proving but that is gone now, too.
Generalities/ Food	44		6	I am craving oranges lately.
Head	0	0:00	2	Have just taken remedy. Head feels 'full.'
Head	0	0:11	1	Just got up off bed from writing in journal and feel very light headed. Weird sensation, light headed, almost as if head separate from rest of me. I feel disconnected.
Head	0	1:15	6	Itching of my face and scalp for about 1 hour (until I went to bed).
Head	0	3:35	1	Head feels slightly disconnected from rest of body, as if lighter than my body. Feels as if my head is moving slightly but in fact it isn't.
Head	0	3:35	1	Head feels too heavy for neck.
Head	0	3:38	1	Neck feels weak, as if unable to hold up my head. Head feels heavy, but I'm light headed (?!)!
Head	0	4:45	1	Head still feels heavy, and neck wobbly, but headache gone for now.
Head	0	6:24	4	Spacey head - as in a headache, simultaneous with tingly warm sensation felt in throat, ear, cheeks, jaw and outer neck. I'm in a room with fluorescent lights. These can bother me. They bother me now.
Head	0	7:39	4	Felt like I was balancing my head on my neck like a ball on a stick.
Head	0	8:20	1	Head feels wobbly still.
Head	0	10:39	4	Top of head, a little to the right side, was itchy but also like a pressure point needing to be touched. Three times I had to touch there, and scratch. Unusual. Usually my pre-sleep itch moves around my body.
Head	0	23:00	1	Head feels too heavy for my neck, again. Feels as if my head is going to fall backwards from the weight of it.
Head	0	23:54	2	Feel lightheaded, dizzy. Achy behind my eyes. Feeling 'dim' and foggy in my head. (Time: 8:54am; Elapsed Time: 23:54).

Head	2		6	Scalp is still a bit itchy - also other parts of the body, collar-bone area, arm. I just scratch a little and then I'm fine. This is unusual; I am not an itchy person.
Head	2	5:25	1	Head feels as if filling up with air and that it is lighter than my body, like I was being held in my bed by my body, with the only thing grounding it being my heavy body.
Head	3	9:35	1	Head feels heavy and neck feels weak.
Head	4	1:53	1	Head feels heavy while lying in bed, as if weighed down into pillow and held down by pressure on upper side of neck (left side).
Head	4	13:38	4	After nap and chocolate pudding lunch I feel like shit. Fucked! Spacey head, particles separated, too much space between cells, can't think.
Head	27		7	Don't feel a fever, but head is warm to touch.
Head Pain	0	0:09	1	Slight dull ache at back of head, accompanied with feeling like I'm in a permanent scowl; trying to relax my forehead muscles to stop scowling! Head pain starts in back and right of head, and moves to the front where it's felt as a pressure around my eyes. Worse sitting, worse anger, better keeping busy.
Head Pain	0	0:09	1	Slight, dull ache at back of my head. Over the next half hour other symptoms noted are that my head feels too heavy for body. A light headache, slight dizziness, then sharp, shooting, like a lash. Pain in neck, worse moving my head, 'as if my head would wobble from side to side.'
Head Pain	0	0:17	1	Existing headache (dull ache at back of head) has moved to middle of my head, across the top, ear to ear; a squeezing sensation. Lasted 33 minutes.
Head Pain	0	0:17	1	Head pain worse outside in the sunlight, even when it's neither direct light nor increased brightness. Makes my head feel pressure above my eyes. In response to this I'm wanting to close my eyes. Light, everything is too bright.
Head Pain	0	0:17	1	With the headache feel dizzy, disconnected in my head.
Head Pain	0	2:30	2	Dull ache over top of my head.
Head Pain	0	3:35	1	Head ache moved to my right temple; a throbbing pain, accompanied by right neck pain.
Head Pain	0	4:23	2	Dull head ache with light behind eyes.
Head Pain	0	10:08	4	Rubbing my head, pinching eyebrows and pulling my hair felt good; it eased the mild headache and soreness of my eyes.
Head Pain	0	23:54	2	Achy behind eyes; this accompanies feeling dim and foggy in my head. (Time: 8:54am; Elapsed Time: 23:54)
Head Pain	1	6:30	3	Headache woke me from sleep, pain intensity 2 (on scale of 1-5, with 5 being strongest), where the usual intensity is only a 1; pain is steady (not pulsing), continuous, burning internally. Membranes inside skull feel irritated and raw. In general I felt sluggish and thick.
Head Pain	1	8:00	3	I get up and have no headache, also no pain (chest and abdomen).
Head Pain	3	17:15	1	Head pain, worse right side above eye, throbbing, sharp; makes me want to close eyes, worse from heat of room. Head pain accompanied by right sided neck pain.
Head Pain	3	18:22	1	Head hurts, worse right side, throbbing above right eye and at back of neck on right side.
Head Pain	4	1:32	1	Throbbing pain, right side, while lying on right side; better for cold pillow. I ignore it all.
Head Pain	4	1:55	1	Throbbing head pain, right side, above right eye and in temple area.
Head Pain	8	6:01	1	Headache across right temple, throbbing pain.

Head Pain	8	7:34	1	Head pain over right temple and across forehead still there (for one and a half). Just annoying, more than anything.
Head Pain	9		7	Headache at left side of forehead, not too painful but there. Feels like I got the headache because I ate too much.
Head Pain	10		3	This evening and early this morning before breakfast I had a headache, but it never actually started. I put my hand under the hair at the back of my neck and could feel a lump, about the size of the end of my little finger. Lump is about 2 inches behind my left ear and up from the hairline. There's a nerve that runs down there and there was a thin pain, like a bruise being pushed on, deep inside, running down neck onto my shoulder, as if the area is activated when I press the lump, as if a tube is running down there, like hitting a funny bone which activates a system which is troubled. Rubbing on lump increases my awareness of it and it also pops the sinus on my left side, makes my sinuses crackle. The lump is painful to touch. I can feel mild pain down my neck for about 3 inches. Headache went after 2 hours, it was like an echo of a real headache, as if someone hit a drum softly to remind you of what its like to hit it hard. It makes me anxious when it starts; it would fade and come back again, and fade and come back again, about 10 - 15 times over 2 hours. The headache was in my skull, as if lining of skull was thick and swollen. The pain was radiating and suffuse on left side behind and inside ear, stretching from 2 inches below crown and across to back of head and bottom of skull forward to hairline on cheek, but not in temple.
Head Pain	11	1:38	1	Lying in sun with eyes closed, felt pain above left eye - sharp, blinding pain.
Head Pain	11	11:15	4	Headache like a space in my head expanding - the space is inside and getting bigger; located above my left eye and top of head, left side.
Head Pain	11	13:22	1	Reading outdoors in the sun, felt pain above right eye - sharp, blinding pain. Fifteen minutes later I noted that the pain moved to above left eye upon lying down on my back with eyes closed.
Head pain	12		3	Woke with headache. It was a 2 on a scale of 1- 5. It gradually came and went for ten minutes at a time. At one point there was stronger pain on left cheek bone over the sinus. Lasted five minutes. Pain was steady and radiated from central area. It felt like the cheek was hollow inside and unhappy about it: it feels as if it should be moister or soothed, should have more blood coming into it. Pressing on cheek makes a crackling sound. Pressing tender spot on back of skull and rubbing it also makes sinus crackle and makes pain at tender spot spread down neck about three inches.
Head pain	13		3	Things are changing. I'm not used to having a headache every morning. For years I'd not have one, but if I did it would last for 3 days. Now, the past three months or so, I've had them more often, and since the proving (although they are more frequent) they go away sooner and are less intense. Also, for most of the proving I've had none of the chest and colon pain which always accompanies my usual headaches.
Head Pain	13	13:55	1	Headache while sitting in the sun, pain above right eye; sharp pain. 'Blinded' feeling - want to close my eyes, better for closing eyes.
Head Pain	13	18:00	3	No pain, but it feels like the memory of pain - it's not totally gone. Left side is not the same as other side. As if thing are not functioning as well as they could. It's like a telephone system when the circuits are overloaded; it feels like the circuits are full on that side of my head.
Head Pain	14	8:15	3	Woke with my usual headache, but only a 1 on the scale (1 to 5). Took a 20 minute nap and headache was much less.
Head Pain	15	0:41	1	Pain at back of head where skull and spine meet; dull head pain. Accompanied by outward pressure and crawling sensation in ears.
Head Pain	18		4	Going out for the evening with partner; headache has returned (after eating a chocolate chip cookie). Same kind of sensitivity to movement that I experienced earlier today after eating two chocolates. Walked to a local pub and, once seated, the pressure escalated. My eyes were so sore I wanted to close them and squeeze my brows. Having a sip of bitter beer

				helped a lot. I had five or six sips in total.
Head Pain	18		4	Headache as a result of eating 2 chocolates. Headache up behind my eyes, especially on the left. Head very sensitive to movement, preferred to be still, not wanting too much movement or too fast. Wanted to close my eyes. My partner gently pinched my eyebrow, close to the bridge of my nose on the left side, exactly where the pressure was the strongest; it felt good, didn't take pain away permanently, but it relieved while the massage was happening. Headache better after dinner.
Head Pain	19	6:30	3	Woke with headache at about 6:30am and went back to sleep after about 15 minutes.
Head Pain	21		3	Didn't feel well, woke with a grade 1 headache (scale of 1 - 5) which persists all morning. By 1:15pm it is at a grade 3 and it feels like my head would crack. Pain felt like dry pressure outward from inside skull or sinus; if head could crack open it would release pressure. Pain not just left side like usual but moved continuously across sinus, bridge of nose and back of head. Pain was worse lying down. At 3:30pm headache is around a grade 2, but continues through my work for son on computer. I am slow physically and in my thought processes. At 4:15pm I go out to help a friend with her income taxes. I drink some coffee, a half cup. My headache is at a grade 3 level. I am uncomfortable having to lean down to a coffee table to work; my stomach feels squeezed. I feel nauseated for a moment. A half hour later I finished the half cup of coffee. My headache totally disappears. (Head pain ameliorated by coffee is a usual modality for this prover.) With this headache there was a tender area at the base of my skull; rubbing the area made my sinuses crack. Tender area is an old symptom, but making sinuses crack is new.
Head Pain	21		3	Headaches are a typical part of this prover's regular state. During the proving, however, the headaches come more frequently. Instead of about once per month they came almost daily. Previously they would last three days, but during the proving they would last 1 - 2 hours. The headache today, day 21, in the past would have been intensity 5 and lasted for 5 days. New since the proving are: a higher frequency, less intensity, change of Time of day, shorter duration of pain.
Head Pain	24		4	Headache after eating chocolate cake. The discomfort, vertigo and headache involved not wanting to move my head, wanting stillness, wanting to my close eyes. After this episode, I didn't want chocolates.
Head Pain	32		3	Morning headaches have stopped.
Head Pain	36		7	Felt a small headache. Feeling that it originated from the stiffness between shoulder blades.
Head Pain	38		7	Woke from sleep with cough and coughed for 40 minutes. Headache is very painful now. Feel it over left eye in forehead area.
Head Pain	38		7	Headache is much worse - more painful - each time I cough (headache accompanies overall flu symptoms - see Generalities.)
Head Pain	42		7	Woke up stiff and with slight headache from stiffness in neck.
Mind	0	0:09	1	Feel like I have a permanent scowl right now. Trying to relax my forehead muscles to stop scowling!
Mind	0	1:30	2	Left telephone message for my supervisor. Feel speedy, fast talk - fast, fast. Felt stoned, like I was on speed.
Mind	0	1:30	2	Thought to myself, did I start proving the remedy as soon as it was in my possession? I've been cranky and very decisive (seemed clearer in my decision making process), except this morning, then in and out of it.
Mind	0	1:50	2	Left another telephone message; feel discombobulated and not able to articulate what I mean. Feel a little stoned.
Mind	0	1:50	2	Taped pages into my notebook but taped them so that they opened the wrong way! Couldn't cut out a piece of paper. Feel dumb and unable.

Mind	0	1:50	2	Feel very young, inexperienced, naïve - Edith Bunker-ish (character from TV serial, 'All in the Family'). I imagine that I move like her.
Mind	0	2:05	2	Indecisive, forgetful. Also can't spell these words as I'm writing in notebook.
Mind	0	2:23	2	I can't spell worth s ___!
Mind	0	3:20	2	Threw the tarot at my friend's place, the Emperor, Two of Swords, King of Pentacles? Don't remember even though this was only moments ago. Can't retain information for even a few moments! My brain feels like it is sliding off my head; as I feel this I visualize it like being just how Jell-o would slide off a plate. I kept asking my friend, "Do I sound normal?"
Mind	0	5:02	1	Been trying to read my book but keep staring out of front window. Getting distracted. Not looking at anything in particular. It is raining and I like to watch the rain - feels soothing. Keep watching a crow, on tree branch outside my window, cleaning its beak.
Mind	0	6:20	4	Had thought like I am getting high, 'Cocaine?' I wondered.
Mind	0	6:20	4	Spelling and writing problems, while writing in journal; missing letters, problems with neatness.
Mind	0	8:46	2	Still can't spell. Spelling and writing down (journaling) is usually good/excellent. Got the most words right, was the best speller. During proving my spelling is bad.
Mind	0	9:00	2	Beatles song kept going through my head, 'I'm Looking Through You' by Lennon/McCartney.
				<p>Lyrics:</p> <p>I'm looking through you, where did you go I thought I knew you, what did I know You don't look different, but you have changed I'm looking through you, you're not the same</p> <p>Your lips are moving, I cannot hear Your voice is soothing, but the words aren't clear You don't sound different, I've learned the game I'm looking through you, you're not the same</p> <p>Why, tell me why, did you not treat me right? Love has a nasty habit of disappearing overnight</p> <p>You're thinking of me, the same old way You were above me, but not today The only difference is you're down there I'm looking through you and you're nowhere</p> <p>Why, tell me why, did you not treat me right? Love has a nasty habit of disappearing overnight</p> <p>I'm looking through you, where did you go I thought I knew you, what did I know You don't look different, but you have changed I'm looking through you, you're not the same</p>
Mind	0	10:08	4	Delusion? Sparkle dust, like rock sparkles packed in my right ear, and a little in my left ear.
Mind	0	10:08	4	Upon closing eyes: falling, falling, falling, brown. Tawny brown. Eagles, eagles, listening. Eagles falling. Diving down. In the waking dream I am watching the brown things diving, and then an eagle diving. Rats in later dream were also brown. Brown was important.
Mind	0	17:30	6	Phoned my supervisor because insecure about taking the remedy again. I want to make sure that I'm doing the right thing, because this is very important. Same feeling as I had in my dream where proving coordinator visits. (Time: 12:30pm; Elapsed time 17:30)

Mind	0	20:00	4	Problems writing in my journal. I keep missing letters in my words, hand is jumping to the next thought.
Mind	1		4	Wanted to just stare; not looking around. People are out of focus (evening).
Mind	1		7	Much stress over my dog who is having many epileptic seizures. I had to take her to emergency and put her on drugs. Upset when I got home. Children were home and I cried in front of them, didn't try to hide it as much as I usually do.
Mind	1		7	Frustrated at my husband's lack of involvement in caring for dog (currently ill), told him and felt better for doing so.
Mind	1		2	Spelling mistakes throughout the day - had been award-winning speller.
Mind	1		2	Foggy in the head.
Mind	1		2	Forgetfulness throughout the day.
Mind	1	5:25	1	Woke up to let dog out again. I'm mad, fuming, pissed off because I've had no longer than two hours in a row of sleep. Mood improved after work out at gym - felt really great.
Mind	1	8:00	3	Felt thick, slowed down, like my metabolism slowed and my thoughts were not moving around like lightning. Instead of feeling fresh & mobile, I felt thick and sluggish. The feeling went away once I noticed it.
Mind	1	8:00	3	When I got up and was getting ready to go to the gallery I felt a resistance to going. I felt like doing something fun like going for a walk in nature. The gallery is a co-op, not very organized, different people come to me in different ways so I'm not sure of myself and I feel anxiety. I have to cooperate with a bunch of people I don't know. I have to be brave and not care if things do not go smoothly. I felt more enthusiastic once I picked out music to play at the gallery, music I've always loved, but haven't listened to for ages.
Mind	1	10:40	2	Picked up journal, wanted to write and FORGOT! what I wanted to write. Similar to yesterday; can't remember things for more than a moment.
Mind	2		4	Ex-husband phoned. He'd just met his daughter who he'd never met before (24 years). He had to tell me that now!!! I didn't really want to listen to his stuff; usually I'm more available and interested as a listener.
Mind	2		3	The cats left a rat on the lawn; it has been there for several days. It was a very beautiful thing, healthy and big. My son was coming to mow the lawn so I had to remove it with a spade to bury it. There were lots of maggots; the pinkish grey of them was of a similar quality to the dream (worms in a bowl; nb. I shoveled the rat AFTER I had the dream). I was surprised this didn't offend me. It was pretty well decayed and yet it had a glistening, different quality to its fur. Its skin was going - I was not so repulsed that I couldn't look at it. I often face the thought of death; I want to die when it's time. I feel acceptance, appreciation and embracing of the idea. I'm glad I was able to handle the rat.
Mind	2		6	Overwhelmed in the morning; there seems so much work to be done and I feel I can't do it. Once I get going I'm fine. If I know I won't be interrupted I can just do my thing.
Mind	2		4	Livid, rage, anger, pacing. (In response to learning something upsetting about partner).
Mind	2		4	Even though I was very upset (in response to crisis with partner) I felt very sexually aroused; very confusing. Never felt it so extreme like this. When depressed usually not sexually aroused.
Mind	2		4	I was shocked by what I had learned my partner had done. I called him at work and questioned him; he was ashamed. Immediately after hanging up, I quickly evaluated our relationship. I saw the future and present and past in one big picture - like an eagle way up on high. Thoughts of eagle and mouse keep coming up and helping me. I use the 'mouse' to identify the details that are important - the mouse is close to the ground, feels with his whiskers every inch of the way. Mouse sees the details, the nitty gritty, but the eagle eats the mouse.

Mind	2	4	Song, 'Fly Like an Eagle.' I hear the words, "I want to fly like an Eagle, To the sea, Fly like an Eagle, Let my spirit carry me."
Mind	2	4	Supervisor's observation of prover at this time: secrecy.
Mind	2	4	In shock all day, from crisis with partner. Coping well.
Mind	2	7	Felt a calmness, comfortable, not as frustrated about stress at work. Felt okay to just chat with boss as opposed to rushing and pushing to get work done.
Mind	2	7:00	3 Slipped and fell on the way into my house this evening, something I never do. I felt exhilarated while it was happening.
Mind	2	9:00	3 Attended a pot luck party. I was in an outgoing, witty, fun mood at the party. I'm not always like that; I felt like I was part of something and I helped to make it a good time.
Mind	2	14:00	6 Was surprised by call from supervisor at 2:00pm. Time is flying by.
Mind	2	14:00	6 I've been busy, cleaning up things around the house.
Mind	2	18:00	4 At supper I wanted to stare blankly into space again.
Mind	3	6	6 Tried to work on a case but felt scattered, couldn't get anywhere.
Mind	3	3	3 Cleaned out and organized my house; satisfaction in a 'clean house.'
Mind	3	6	6 Friend phoned and was telling me about cleaning out her cupboards, listing all the things that were in there. I have no time to listen to that, and am trying to get rid of her. How can people talk so much about unimportant things? Feel annoyed.
Mind	3	5	5 Slightly calmer, if anything.
Mind	3	6	6 Dog is barking again. I'm really mad and go outside to shut him up. I grab him and make him lay down. "Why can't he just listen?" Yesterday my dog was doing the same thing - barking and barking even after people are long gone. I think the fact that he doesn't listen bothers me the most. I get so angry sometimes with him. It's not unusual for me to be upset with him, but once or twice I almost felt like hitting him because of this behavior, which is a more extreme reaction than usual. This is a usual state for me with my dog but it seems intensified today and yesterday.
Mind	3	6	6 I got cleaned up before going out for a walk with neighbor and dog. Looked in the mirror and noticed dark circles on the inner parts of lower eyelids and it seemed that my appearance matched my mental state. Didn't really care about my appearance, felt kind of 'blah.' Haven't worn any makeup for two days, but now put a bit of blush and eyeliner on, changed my clothes - it made me feel better. Wondered if I was in a bit of a depressed state? Feeling tired, don't want to get up. Didn't really want to do anything, didn't care about my appearance.
Mind	3	4	4 Inability to engage with daughter (regarding talking about the crisis) except to talk about the topic of secrecy. [Note: The crisis/upset with her partner is felt by others in the household and by the prover's supervisor, but the prover would not divulge details of what happened and of what was upsetting her so much. Accordingly, the topic of 'secrecy' came up].
Mind	3	7	7 Feeling 'old' because of stiffness.
Mind	3	6	6 I have to correct myself when talking. Words don't seem to come out the way I want them to. Nobody else seems to notice, though. It was like if I wanted to say something, something else came out of my mouth, some other words than those I'd been thinking of saying. It was really weird, like no control over my language for about 15 or 20 minutes today.
Mind	3	4	4 Yesterday I was shocked to find out something about my partner - something he did and was ashamed of. I was definitely in shock all day. Still very emotional now. Yesterday couldn't talk about it, extreme emotion

				regarding crisis with partner.
Mind	3		4	Don't feel like being strong for people who need support - for example, for the head injury support group I facilitate. That's the first time that has happened to me; I don't want to deal with this and cancel the class.
Mind	3	5:30	6	Woke at 5:30am, being interrupted in my sleep by my husband, and then later by my dog and children. Feel annoyed - just leave me alone, I don't want to be interrupted all the time. Once my husband leaves to go prawning, the dog started barking again. I had to get up to bring dog in house. I had to wake up son at 6:30am, but then went back to bed. I'm too tired to get up, thinking son can make his own lunch. Fifteen minutes later son comes in wanting help with his water container. I'm already annoyed because I've been interrupted in my sleep a few times. Ten minutes later son needs help looking for a key. I'm angry now. I jump out of bed, stomp to laundry room to help him. I tell my son it's always the same, getting stuff ready in the morning. I'm very agitated now. I'm still tired and go back to bed, dozing. Once I'm finally up for the morning I feel a bit better.
Mind	3	7:45	1	Missed call with colleague in England because clocks went ahead (daylight savings time) over there. Feel very frustrated and pissed off at myself. Finding it hard to throw off negative feeling about it all.
Mind	3	9:30	1	Still brooding over missed appointment/phone call.
Mind	3	9:31	1	Just got off the phone with a homeopath friend. My thoughts were very scattered trying to talk to her to arrange a visit. Felt at a loss for thoughts and words, which doesn't usually happen to me!
Mind	3	12:45	1	In fifteen minutes will be taking a case. Not as nervous as I normally am. Feel confident and relaxed about it all! (This is only my fourth case taken.)
Mind	3	17:15	1	Finished case taking - longest one yet. Seemed that I was scattered while receiving the case.
Mind	3	17:45	2	Intense feelings of 'doing it wrong.' A friend of mine made a casual comment about me saying, "She likes attention." I felt very defensive, and had a lot of energy around protecting and standing up for myself. I didn't want my friend talking about me to strangers, so I said "They don't know me." I told my friend, "I imagine you have judgments about me." This was a very intense exchange between the two of us; we normally enjoy teasing banter which we both have fun with. In this instance it was not that way. There was lots of feeling about being talked about and fear about people finding out something 'bad' and that 'liking attention was not OK.'
Mind	4		6	Told my supervisor this morning that I wonder if I'm really proving the remedy or if I got placebo. I expected more prominent symptoms or stronger reactions. I think it's been my usual state, but more intensified.
Mind	4		5	Quite calm.
Mind	4		6	I'm in a better state, not annoyed at the dog's barking the past couple of days. Want to get going, get stuff done – still lots to do around the house.
Mind	4		6	I feel quite laid back about an incident which normally I'd get upset about. My older son had asked me to come sign him up for squash. I end up having to go to some trouble to find out where I need to go to do this and where to meet my son, after having first gone to the wrong place. Finally we arrange that his friend's mom will bring him home. Later when I get home and my son is there, I see he is expecting me to be upset with him and to send him to bed right away. I am not upset. Feel quite laid back about the whole thing, and I can tell my response is very different by observing what my son was expecting my response to be.
Mind	4		4	Feeling tired and depressed all day.
Mind	4		4	Just when falling asleep for an afternoon nap I thought there was a tremor or earthquake; I watched the plants in my room and they did not shake, so it must have been inside me.
Mind	4	9:10	1	Typing of case notes - mountain of information, but feel calm and clear in my approach to it.

Mind	4	10:00	1	Wish neck pain would go away - starting to annoy me! Annoyed. Very distracting!!
Mind	4	12:00	4	I've been wanting to be alone, and have been staying in my bedroom. I'm sick of my bedroom. Feel weak, sad - I want to go out but it's cold and public. "I want to be alone, but (at same time) I don't!" I need to eat but don't want to feed myself. I hope this depressed feeling goes away.
Mind	4	12:00	4	I am not motivated; I'm pushing to do the things I have to do.
Mind	4	12:05	4	I feel wiped out, without will or direction.
Mind	4	13:38	4	I have a student coming very soon and I don't want any obligations or commitments. So depressed so fast.
Mind	4	13:38	4	After nap and chocolate pudding lunch I feel like shit. Fucked! Spacey head, particles separated, too much space between cells, can't think.
Mind	4	15:06	1	Kids are arguing, teasing, hitting and yelling in back of car while I'm driving. Finally get fed up, pull over and yell at them. Sudden, to the point, and then it ends. Don't feel resentful, angry, or worked up afterwards. Felt like a good release of pent-up tension.
Mind	4	16:16	1	Feeling very tired, neck is bugging me and there is a burning pain across both my shoulder blades. Feeling very fed up with the neck pain and back/shoulder aches and pains. Always/constantly there - want it to go away already!
Mind	4	18:00	6	I got home at 6:00pm and my son wasn't home yet from his mountain biking trip. I could see there was a message on the answer machine and for a few seconds I feared that it would be a message saying something had happened to my son. A funny feeling went through my body, but then I kind of knew the message was from my son telling me he'd be coming home later. Earlier this day, I was over at friend's house and my young son was outside playing with another child. I heard some noises, screaming, and for a second was worried that one of them was hurt.
Mind	4	22:18	4	I'm very irritable now, very tired with people. I have to put on an act (be sociable), feign interest - my interest is there, but mild. My tone of voice is flat if I don't PUSH it to be otherwise. Did not go to work today (as facilitator of support group for head-injured people).
Mind	5		6	We are having company come over for dinner tonight. I am trying to get organized, cleaning house, shopping and preparing food. I feel I'm getting stressed out to get ready in time. I'm supposed to take the kids to the hairdresser at 4:30pm and son is late coming home. Feel the time pressure again. I'm running around getting things ready. I'm banging into things, hurting myself (not unusual for me). I feel angry, swear to myself (used the 'F-word'). Once at hairdresser I feel better. Felt fine when we got home, had a few more things to do to get ready for company but telling myself it's not a big deal if things are not 100% done when our company is here. I am able to relax; surprised, this is unusual for me - usually can't relax unless everything is perfect. Again more relaxed about a situation I would usually be stressed out about.
Mind	5		7	Calmness, marked calmness! More realistic sense such as, 'in a hundred years this won't matter,' or 'is this really worth getting upset over?' I'm okay with things not going perfect. 'Why fight the flow?' No use getting upset or stressed out.
Mind	5		3	My daughter has been flat, dull and remote since taking the proving remedy. I've never seen her like that. She has been very different since she took it. I feel a little concerned.
Mind	5		3	I've felt a tiny resentment not towards my supervisor personally but about reporting, paying attention to every little thing. It feels like I'm invading myself in some way which doesn't have the usual outcome; it's not like going to the doctor to work out the symptoms. Invading myself is looking in and at myself in a picky way that increases small things which normally I wouldn't think about - it magnifies them. Small things are everything I've written about. This resentment feels better today, not coming up.

Mind	5	3:12	1	Don't want to write symptoms down (at 3am), just want to fall asleep without having to think about what is going on with me all the time! Feel tired on all levels.
Mind	5	8:00	4	For about an hour, am crying, curled up into a ball, hiding under covers. Frustration with feeling this way. I'm angry, stuck, frustrated, tired, dampened.
Mind	5	8:00	4	Mistakes in spelling.
Mind	5	10:30	3	I am concentrating and focused on preparing a submission for an art show. Sometimes feeling frustrated and blocked in my work. I feel pressed by the need to come up with something by Friday, but the pressure is pleasant as I feel engaged and interested.
Mind	5	21:45	2	Thought about me, 'I've always been an odd one.'
Mind	5	22:45	2	Feelings of suspicion and paranoia.
Mind	6		7	Not so concerned about small things, calmness.
Mind	6		7	Still feeling calm, but wondering if calmness is perhaps a dullness instead. The tiredness at times can be overwhelming. Debating whether 'dullness' or 'calmness' explains this better.
Mind	6		6	Mood-wise I feel good and quite relaxed. I know the kids (youngest son had two friends sleep over) have been awake since 6:15am, after getting to bed very late. USUALLY I would be upset, thinking they didn't get enough sleep. Now I don't really care, thinking, what am I going to do about it anyways?
Mind	6		4	Emotionally, mentally and physically exhausted - all day very exhausted. Have to make self do stuff. Really wanted to sleep.
Mind	6	8:30	2	Thought on waking, "I am polite."
Mind	6	8:30	2	Thinking of past relationships and how I remained single for most of my life. Feeling heavy hearted about that. Never felt 'normal' in that regard, ie., male/female relationships; felt that I was different. Although I connect on a lot of different levels with people, I am alone and I don't think I can be with myself and another at the same time. I don't know if I can be clear and being clear is knowing myself. Feeling introspective about this and why I haven't figured it out all of my life so far. I think the 'picket fence' syndrome, or what I think I want, clashes with my fiercely-guarded independence.
Mind	6	13:31	3	Felt shocked, embarrassed at myself for my folly in not listening correctly to a price quote for some photo reproduction work. I thought it would be a little more expensive to have things "rushed" but it was very much more costly. I told the store clerk that they should have been clearer with the price quote, that the cost was outrageous. I said it nicely and then left. I felt a surge of energy and adrenaline after - not mad, just energy. I had to let it go, didn't care about the money, and felt embarrassed at myself and stupid because I didn't stand there and really get the price quote clear. I had been cavalier whereas I usually pay more attention. Today, I forced it and went back into the store again and confronted them again to clarify. There's something going on about the irritation and ways of working with it - it's different from normal because I had so much energy afterwards. I had adrenaline after and I needed to go for a walk and tell my daughter's partner about it. I felt not bad, but I felt I needed to do something physical so that everything could get normal in my psyche. Normally I would not acknowledge to myself the level of irritation I was feeling.
Mind	6	14:00	3	Normally feel my best in the afternoons from 2:30pm to 6pm but since the proving have twice noticed feeling sleepy at about 2pm, lasting for about one hour. Felt it in eyes and on concentrating. Comes on suddenly and tapers off.
Mind	7		6	Usual state - easily annoyed about things evolving around the family. I don't always want to be the one having the responsibilities all by myself. Was mad, but didn't talk.
Mind	7		4	Feeling better today (generally better since crisis with partner began),

				started feeling better about 5pm yesterday, but today is better even than yesterday. Happy. Motivated to eat.
Mind	7		5	Wife says I am a bit bitchier, maybe more crabby. I don't see it that way. I feel calmer.
Mind	7		5	Still feeling calm. More focused and detached. Less frustration with people and situations but more of a need to get things done. More tolerant, not rubbing people's noses in it because angry. Patient and more relaxed. Feel secure in the world. Less prone to emotional spikes and downs. See it all as a process of detachment. This is a state I tend towards but it's augmented at this time. Also mind is turning over quicker and sharper. I may be at the end of someone's sentence before they get there. My close friends and I usually talk in staccato - this is more enhanced now, yet I feel more relaxed. On top of things. A little sharper. The detached way of looking at things is enhanced. Am tired of roller-coasters, people's emotional crises. I don't jump in and try to save someone from themselves. In family matters, where others are getting all worked up, I just want the facts, just give me the facts - that kind of detached; not getting emotionally involved. This is not unusual but has been clearly accentuated during the proving.
Mind	7	15:30	2	Feelings of deep sadness.
Mind	7	19:00	3	Saw a friend and his wife seated in the movie theater behind me. I waved. He was looking at me blankly and didn't respond. I tried to do it again, but he would not respond. I felt upset, slighted, unsure of myself, rebuffed, and more emotional than usual (when he didn't acknowledge my presence). This is a man who I have known personally and who now has a professional relationship (counselor) with my daughter and her partner. I'm wondering - is it time for me to move out (I live in the same house with my grown daughter and her partner). It brought up slight feelings I'm having recently - around my daughter and her partner changing and our lives changing. I'm uncertain because I'm not being included. I was surprised at how much I was bothered. I spoke to them and told them what happened (the person who didn't acknowledge me at the theater had been invited to my art show and didn't come for fear it would make my daughter and partner uncomfortable). I felt like crying when my daughter's partner wasn't sympathetic to me. They hadn't expected me home and so had picked up a movie to their tastes; they said I could join them in watching it, but they thought I wouldn't like the movie. This is new behavior; they're trying to come closer to each other and I'm glad for that, but now I feel excluded. It's a new pattern. Tears in my eyes. I asked my granddaughter (who is also currently living with us) if I could sit in her room and watch her TV. I felt unsettled and disgruntled. Didn't toss it all off as fast as usual.
Mind	7	19:45	1	Have had a great afternoon and am starting to get tired of being a parent. Just want to have some down time where I am not 'on, i.e., not looking after kids.
Mind	7	21:00	2	Sadness. Indifference.
Mind	8		6	Kept my youngest son home from school today. Didn't mind having him home, enjoyed having him home whereas I usually like the time to myself.
Mind	8		5	My wife thinks I'm a little more short tempered but I am not willing to say the remedy had that effect yet. I feel pretty relaxed most of the time.
Mind	8		6	Was able to talk nicely to my husband even though problem from yesterday wasn't yet resolved (I was totally annoyed with him for staying out late and subsequently being too tired to spend good time with the kids - an ongoing disappointment for me regarding him). Unusual for me to be able to talk nicely to him now. I hardly talked to him yesterday. I don't know if it's worth it, bringing it up again, but it's hard for me to keep things in. I made some comment to husband, about him lying on the couch all day, more in a funny way, but enough to let go of it. This is a big shift for me - to take it more easy about this kind of thing, to make light of it, mention it more in a joking way.
Mind	8		4	At potluck dinner, felt very irritable in a kitchen full of people. It was very

				crowded and I wasn't comfortable. How can I welcome new people when there is no room? Cramped, stifled, too crowded.
Mind	8		4	Feeling good today; sprung into action. Today I'm highly motivated. Mental clarity is coming back.
Mind	8		7	There is a calmness. It's an acceptance of things I can't change. There is a sense of, feeling of, being comfortable in my skin, of being okay with my looks and physical appearance.
Mind	8		2	Waves of sadness throughout today and next day.
Mind	8		7	I was to call my supervisor tonight and I forgot. Unusual for me to forget something like that. Even when the phone rang at 6:20pm it simply did not jog my memory. That I was to make the phone-call totally escaped my mind.
Mind	8	9:00	3	I felt resistance about going to gallery because of potential boredom. Resistance to doing what I had planned.
Mind	8	19:00	3	My daughter and her partner are more together, more sharing, as a result of recent counseling sessions. I feel a little out of touch with them, and have to deal with feelings of exclusion at the same time as I'm thrilled for them. Things are changing, the potential is great; I want to be included and to participate. I'm a little afraid of living alone again; I loved it for so many years, but what about now?
Mind	8	21:30	2	Angry about wet furniture; children had a spill. Found myself impatient with friends today, two dropped by and one phoned.
Mind	9		3	I'm seeing a pattern: I'm paying attention to small things more than usual. It's a very healthy thing for me to do. Maybe it'll have an effect on my body. It's like going through life with shoes that are too small - once you pay attention to them, you feel tears, worry, pain, and you change your shoes!
Mind	9		7	Sense of taking things personally. I was angry at my boss today because she didn't do as she said she would, namely that she would work on all the files she was supposed to. This leaves me to deal with irate and upset clients. I took it very personally. Heard myself saying, "How could she do this to me? I would never do anything like this to anybody." It is usual for me to feel frustrated at my boss' lack of ambition and motivation and the fact that I bear the brunt of our clients' frustration, but it is unusual for me to take it so personally, as if she did this to ME.
Mind	9		6	Mood good, no irritability.
Mind	9		6	The dream I had of being almost pulled out of my garage, not being able to scream, etc, seemed so real that I was kind of worried when I woke up. Even though I realized it was a dream, I was worried about being left alone today (kids at school, husband at work).
Mind	9	0:30	1	Just turned my flashlight off, quickly (after using it to write dream in proving journal), because heard two male voices outside. They are talking loudly, saying something like, "There's a light," or something about 'night lights' - I am using a flashlight to write at night. I am completely and utterly paralyzed with terror & fear! I have never had this before. My body feels like lead, very heavy, and it feels weighed down into the bed, like I'm a stone lying there. I couldn't have moved if I tried. My mind is racing with thoughts that these men have seen my light and are going to break into my house, attack and kill me! I am petrified with fear! And I can't move! Eventually, my brain relaxes enough to let my body move. I run around the house, locking any accessible windows, except the one in my room. I refuse to close it because I want the fresh air. I go to the bathroom, pee, and then look out the window overlooking the carport, just to make sure that they are not lurking out there lying in wait to come in and attack! I go back to bed and am once again terrified! But, slowly, fall asleep. I wrote this journal entry the morning following because I was too petrified at the time.
Mind	9	6:52	1	The feeling of terror (from hearing male voices outside window) has remained with me all night long and is still with me now. I feel very vulnerable, terrorized and unsure of myself. God, I hate this feeling!
Mind	9	9:30	3	Thinking about the gallery, I feel the room is contained, remote, disguised,

and not recognizable from the outside - is this me? Is the remedy helping me to realize this? Helping me feel my feelings and to acknowledge them?

Mind	9	9:30	3	It's very difficult to go to the gallery today. I feel disappointed that people don't venture out to this gallery. I want to call out, reach out. I can feel it in my throat and arms like a kind of tension that needs release. People who have come to my art show have felt enlivened by the images, the light, the fire. Something in my gut (stomach area) wants to meet people and exchange 'energy' through the work. Even the tulips in the room are red-orange, spreading, reaching out.
Mind	9	9:30	3	I want to meet people and communicate some of the feelings which come out of the images (my artwork) - fire, light - it's so positive. So much war (Iraqi war currently being waged) and people trying to deal with things. A vision of fire and light can be energizing and optimistic. Fire represents love, I feel that. Maybe I want to express and have expressed towards me this feeling of love.
Mind	9	10:00	3	Had a wonderful time in the gallery playing music which matched my mood. There were contrasts in it of opposites, some parts were dark, some light, profoundly rich at times, but other times thinner, spastic & jerky, then smooth. I don't usually use these words for music, but this is how I felt. New for me to have so many different moods in such close conjunction, and music might feel a bit invasive sometimes, but not today. Sometimes music leads me to feel, but not today, my feelings come first and the music, violin sonata, amplified the feelings. My moods are like riding out the weather. I had similar feelings on Iona where I learned how to know the weather. I used to work with it which meant a variety of weather moods in one day, but liked the quick contrast so I could dance with it, could comply, and move along with the wind in my face. It's like following a man in dance, it can be pleasurable. I only had those mood shifts when dancing with someone else.
Mind	9	10:49	4	Very lethargic this morning - have been awake for over an hour and I don't want to get out of bed. It is finally after 1pm before I get up to stay up. Depression this morning. Very sensitive to the sound of mom approaching (in the hallway outside my room), like a jarring disruption to the silence. My relationship with my partner is most disturbing. Anger regarding conversation with partner.
Mind	9	11:25	1	I have been feeling like I want to cry all morning, not out of sadness but out of a sense of feeling shattered and vulnerable emotionally after my experience of last night. Hard to describe what else I feel, just a sense of being emotionally on edge, feeling shattered, raw and vulnerable.
Mind	9	11:45	2	Feeling very great sadness. Unsure of myself. Have used the word 'sorry' at least six times this morning. Am I capable?
Mind	9	14:00	4	Mood really lifted after 2:00pm. Cleaned the bathroom and vacuumed.
Mind	9	16:45	3	Felt 'cared for' by my sister who came by the gallery with donuts, which we shared. It was special; it was tender for her to think I might be bored and to come over.
Mind	9	16:45	3	On the way out of the gallery I met a woman who called me by my name, which was neat because lots of people don't call me by my name. It was a brief but fruitful meeting.
Mind	9	16:45	3	Feel excited, enlivened. Had another big feeling, it was so good: a young man whose paintings I'd seen and I felt akin to - paint-y, sensual, organic, playing with space - came to gallery and we talked for one and a half hours. A real meeting of souls. Profound and broad talk about what we care about; gave each other ideas and acknowledged ideas and inspirations back and forth, which was quite wonderful - enhanced my feeling of fellowship. Great sense of enthusiasm and well-being now.
Mind	9	19:00	3	Discussed my next art project on the theme of Air, Earth, Fire and Water. Told how I've always had difficulty with Air. Feel small in relation to Earth when out in the Air, but when I'm on Earth I feel the same size as Earth.
Mind	9	20:30	2	Feelings of sadness.
Mind	10		7	Calmness/comfort is still there.

Mind	10		6	Mood is good - more relaxed about things, not feeling rushed.
Mind	10		5	While golfing notice again that my swing doesn't feel right, rhythm and grace and fluidity missing. Normally would be a bit upset about this, but just seem to be noticing it, not uptight about it.
Mind	10		6	My husband tells me he wants to go to a rugby game this coming weekend, but the plan had been that we were going to attend a party together. I don't mind that he goes to the rugby game, because I know he will enjoy it more. This is unusual for me; normally I'm quite stubborn about it. I tell him that he has to spend time with us on Sunday.
Mind	10		4	Mom (co-habitant in household) was 'pushy' yesterday morning and this morning. I was making my tea in the kitchen yesterday and she came in, squeezing past me to the cupboards. She was getting her breakfast as if I were not using the space. I pointed out that I was almost finished, and then she became aware and apologized and let me finish. Felt cramped and stifled - invasion of space. This morning same thing, only I pointed it out sooner and she left promptly.
Mind	10		6	Relaxed this afternoon, while preparing dinner, even though I knew I had to go to work this evening. Usually ruins my day when I know I have to go to work, but was OK with it today.
Mind	10	19:30	3	Was accommodating to the point of physical and emotional distress in trying to please, and solve problems for, someone else.
Mind	10	19:30	3	Helped a friend with income tax. Thought it would be fast and simple. It was more complex than I thought - plus I forgot my glasses and calculator, couldn't see fine print. I felt frustrated and pressed. Ridiculous to try to do it in the time we had. Left feeling stressed about the unsolved tax problems. Later, in the quiet of home, I see how the problem is simply solved; Everything makes sense.
Mind	10	19:30	3	Was pressed for time; friend had to leave and people were also waiting for me, but my friend offered me some food. She coaxed me to eat. I said yes though I was not hungry. Felt bullied.
Mind	11		6	Watched a bit of hockey with husband after dinner. He went over to neighbors after the first period of the game was over. I was wondering if I should get upset about it but thought that he just likes to hang out with the guys to watch the hockey game and that he usually goes out on Thursday evenings anyways. So I was OK, which was unusual.
Mind	11		4	The mornings were free for me to get so much done, but now tasks are piling up. Stress is big. Frustrated with feeling weak and under the weather every morning.
Mind	11		6	Felt a bit irritated with my husband because he is making excuses instead of doing a job he'd said he would do. I want to get things done. The irritation is gone quick, fast; I'm surprised!
Mind	11		6	Felt quite relaxed today; made us a nice dinner, and again was not stressed out. Dinner-time is not my best time usually.
Mind	11		4	Antisocial and moody. Really don't like to be around people, which is not good, because my work IS being around people - don't feel equipped to do my job.
Mind	11		4	Feel that I and my mother (who lives in same house and is also a prover of this remedy) are two positive ions, 'repulsive.' She is SO pushy.
Mind	11		7	I took another incident at the office very personally. Even though it was meant as a tease, I took it as a personal attack. I was accused of not trying hard enough to get a coffee order from a couple of people in the office. They teased me about it even though they knew it was impossible for me to do any more than I had done to get that coffee order.
Mind	11	11:15	4	Lying in bed for a nap, felt fatigued, tired, angry; trapped in proving, loss of person I was, narrowing of my life. Frustration with feeling weak, powerless.
Mind	12		7	Very teary today. Feeling on the brink of tears all day until I got home.

Frustrated and angry at husband's lack of interest in communicating with me. Feeling a need to 'connect' with him about family issues.
Took a nap at my lunch hour, forty minute nap, felt better after; not as teary as before nap.

Mind	12	4	Antisocial and moody.	
Mind	12	6	Not feeling overwhelmed, taking it easier - able to say to the kids "'Get ready' with no undertone.	
Mind	12	4	Was dreading going to work tonight, but it went very well.	
Mind	12	4	Today, when I was feeling better, I said to my partner, "Up and down, eh? Like the tides."	
Mind	13	3	I'm preparing to present some work at a show; I'm putting in some things from my dark side. Not sure if the world wants that. The process started with heat. I burned objects onto fax paper and scanned them. The print is like the Holocaust. I love it. It's black and blue with a red butterfly - my soul. The other print is like the twin towers collapsing and the third is an avalanche as if there is a broken layer of red on it. I'd listened to news about avalanches. It's a beautiful statement. When I came home I wanted to go into a fetal position, curl up, look after myself. It's like I'm sticking my neck out, though I've never gotten hurt by that - I just see further.	
Mind	13	4	Antisocial and moody.	
Mind	13	7	Had a pleasant day today. Nothing out of the ordinary. The teary-ness is gone.	
Mind	13	6	Oldest son walked in on me in the bathroom and I had the same feeling as I had in the dream - being annoyed at not having privacy for a few minutes. It happens quite often actually that I get disturbed when I'm in the bathroom and usually I get quite upset about it. Today I was annoyed but I was able to talk with my son about it without being nasty. I have known about myself, that in dealing with my kids, there's often some pretty nasty stuff coming out of my mouth. I know it, yet previously wasn't able to hold that back. During the proving I found that I could step back, distance myself, calm down. Less nasty comments coming from me because of it. This was really unusual for me.	
Mind	13	6	Wanted to go to the bank before it closed and was a little impatient with the drivers in front of me. Later driving to a friend's house my patience was tested again with slow drivers.	
Mind	13	3	Left my purse on the back of a chair at a café. Had an anxious moment when I later realized this (when trying to exit parkade with no money.) Returned to café and found they had my purse. On the way I realized there wasn't any money in it, so I let go and relaxed. Haven't been that absent-minded in a long time.	
Mind	13	3	Feeling a little pressed to get things done. Noticed I was running through plans a lot in my mind. A little anxious that I make the right decisions. Pressure of time aggravated.	
Mind	13	6	Still relaxed in situations where I would usually get stressed. Deliberately planned to walk home with youngest son even though I know he doesn't like to walk. We did the 30 minute walk and he complained here and there, but I kind of made a joke of it and went on. Again, this was a situation where I could make light and not get really upset or nasty as I normally would in the past. This is new.	
Mind	13	16:00	3	I was tired when I got home at 4pm and lay down and fell so sound asleep that I didn't know what country I was in when I woke. That hasn't happened for a long time. I was really disoriented as if I was coming out of a blank place.
Mind	14	3	I'm changing. My dreams are telling me that. I'm paying attention to (and I'm more aligned with) the masculine side of myself, and I'm being more assertive.	
Mind	14	3	There was another episode with my sister. We were out to a movie, and we had been previously talking about scale in paintings. I'd made a	

comment about Salvador Dali's paintings at that time. Today when we started talking about scale my sister came out with my exact words about Salvador Dali. I would feel better if she wouldn't try to be me. It's me wanting to be more separate and distinct from her. I wish she wouldn't climb into my skin. It bugs me more than usual.

Mind	14		3	A couple of little tiny things happened as a part of the developing relationship with my sister. We're getting used to each other. When she calls me and I answer the phone she'll mimic me and repeat my words in a disparaging way. It's a very small thing but I'm more irritated about it since taking the remedy; my tolerance for putting up with it is lower.
Mind	14		4	Went to Cherry Blossom Festival to show support for the event more than anything, but wanted to get back home to have the house to myself. Put on music, and stretched. My cat was so 'romantic', sensuous, rubbing me - resting his head on me, it was something rare and I thoroughly enjoyed it.
Mind	14		6	Mood good today but I needed to be away from the kids and house. Younger son was cranky and both boys were not getting along that great so I was especially looking forward to getting out of the house.
Mind	14		4	Realized that I haven't watched much TV since taking the remedy - pattern change?
Mind	14		4	I was noticing how much service is an issue for me these days. More often than not resentment is the feeling of not being up to it, not rich enough in my emotional resources to give myself to others. Not up to standards of service in my work.
Mind	14		4	My partner came home. I wanted to be with him but not to look after him. My behavior was strange. I teased him, asking "Would I be charged with murder if I stayed here and just watched you go into a coma and die?" (He is diabetic and he had come home very low blood sugar.) I told him he was sinking fast, saw he needed a second dextrose. I got up and wanted to shove it in his mouth but he was complacent and opened it for me. I felt aggressive towards him.
Mind	14		4	House filled up with all its usual residents, and I was irritable.
Mind	14	9:30	1	Home from dog walk, I feel blue, down in the dumps, depressed, tired, overwhelmed by life, house etc. (by things to be done/completed). Been really tired last little while; wish I had same energy that I had the first week of doing the proving. Feel like crying right now but not sure why? Don't want to be around people, just want to sit and listen to the rain.
Mind	14	12:00	3	Feeling awake and more 'with it.' Able to concentrate on writing the theme for a show. This amelioration follows on from waking up this morning feeling low on energy. Low energy in the morning is not unusual but this was stronger than usual and it went away fast, better by noon.
Mind	14	20:37	1	Have spent the last few hours crying, on and off (since hearing news of friend's death), especially when I think about my last talks, visits with my friend and how well she was doing. Now thinking about mortality, what really happens to you just before you depart, whether or not you know, what you feel and whether or not you'll be remembered by others. Not an ego thing, more a connection with other people and what our lives are really about. I feel very numb, heavy, lots of tears, sadness and an unreality; a surreal sensation about one minute being alive and present, then being gone and not in your body!? Feel sorry and sad for those left behind, too!
Mind	15		6	I feel more relaxed than usual. I feel I handle situations calmer, such as dealing with the kids.
Mind	15		5	Felt the effects of the proving had ended. Urge to go hit a bunch of golf balls in the afternoon. No time, but just stopped by to hit a few because the urge was so strong. Unusual. Hit the ball better than I have in over a year!!
Mind	15		3	Things which ordinarily would disgust me are not perturbing, but things which I would usually ignore are bothering me. Cobweb dream and maggots didn't perturb, but people I "looking after me," patronizing, or making mistakes about me - that bothers me.

Mind	15		3	Different since the proving; I find I'm wanting to name things, such as small irritations, like why I'm listening to the news about the war (in Iraq), and that it's OK to have these feelings - grief for things going wrong in people, adrenaline rush to solve problems/struggles in the world. The process of talking about things has caused me to name the feelings, dreams, emotions, in a slightly different way. It has something to do with 'irritation' - wanting to name things that are irritating. Before, I would only name really large irritants but now it's everything. I want to look at them and solve them.
Mind	15	12:00	1	Feeling low all morning, thinking about loss of my friend. Cry telling my friends about it. Hard to go from most recent happy memory to the idea that she is no longer alive - strange, scary and unnerving. Not really hungry at all today.
Mind	15	17:00	1	I found out that a friend of mine died today. Am in a state of shock even though I knew that it could happen at any time (friend has been ill for some time). Feeling very sad, upset, etc.; can't write any more.
Mind	16		5	Feel the proving has run its course.
Mind	16		7	Feeling very 'even', calm.
Mind	17		3	On a road trip; it's pouring with rain, but I don't care.
Mind	17		6	Feel kind of heavy after having bad dreams. They reminded me of anxious feeling I'd had in the past (eighteen years prior) in real life. Felt affected by the dream all day long - had to think about it. Felt kind of gloomy all day; was a bit jumpy, didn't want to be in the dark.
Mind	17		4	Still irritable around people. I am amicable, though.
Mind	17		6	Still calm in situations where I normally would get upset or irritated.
Mind	18		6	In the afternoon feeling a little irritated again about little things. Feel I'm going back to my 'normal' state. I think the remedy is leaving me. 'Irritated' is coming back, but not as strong as before. The feeling is there of being annoyed.
Mind	18		4	I find I'm still having problems being around my mother. When I usually start feeling crowded by her I put some effort into having fun; a walk or something like that makes me feel better towards her for a long while. Since taking the remedy I REALLY don't want to be around her, and it's been hard to 'fix' it by going for a walk.
Mind	18		3	On night before trip with sister, younger sister talked about being an artist. She's a leech on me. She suddenly wants to call herself what I've been doing all my life. She isn't separating our identities enough. I needed to know how to respond. She used to leech on me when I was little too, but it's more particular now, boldly and defiantly stated by her. Sister said she had a wonderful time on our trip together. This time she appreciated and didn't belittle my showing her something. I'm not looking after her, not caretaking my younger sister any more. It's like I've abdicated from that role and I'm easier. Not trying to bring her up.
Mind	18		4	EXTREMELY irritable and not wanting to tolerate anybody's behavior - repelled by the energy of others. This during an intense reaction to eating some chocolate which included mostly head and eye symptoms.
Mind	18		6	Mood and energy seem to be good this morning. Yesterday I wasn't myself; kind of weird feeling, like I didn't belong in this body; strongly affected by the dreams I'd had and they brought back memories. I could never watch movies with bad energies like 'The Exorcist' in the past.
Mind	18		4	Back to normal with regard to working with people.
Mind	18		7	Feeling even.
Mind	18		3	Can't find the gallery I want to visit so I stop to inquire of a man in a shop. He says, "Oh, hippy stuff, lots of hippies down that way." I retort in a playful way, "Art is not hippy, my dear!" So unlike me to call anyone "my dear."
Mind	19		7	Feeling calm.

Mind	19		4	My dreams were disturbed when I awoke frantically, scratched my leg (electric shock sensation) and I heard my partner moaning. I was only partly awake and falling quickly back to sleep but I felt waves of foreboding, fear, suspicion; wondered if there was an intruder in the house. Confusion: was this real or a dream? So hard to tell.
Mind	19	11:00	3	I've been ill this morning and when asked by daughter, "Are you sensitive?" I get tears in my eyes and say yes. I go to my room and weep a little. My left side from head to toe feels hollow and enlarged; no pain, not irritated. I feel vulnerable and as if I need to restore my soul, get back to myself, be quiet and let myself be. Alone feels good.
Mind	20		6	Feel a little irritable this afternoon, annoyed over little things again. More relaxed at night again.
Mind	20		3	New experience displaying artwork; had doubts about my art's value in the eyes of the jury.
Mind	20	12:30	2	Feeling old, wrinkled (like incapable Edith Bunker) - mid-life crisis? What have I achieved, what about my body - it's never where I want it!
Mind	21		7	Husband takes note that I seem calmer - "not as upset about things as you usually are," he tells me.
Mind	21		6	Mood OK; a little irritable, feel I want to control certain situations again. Annoyed about family situation. My husband wanted to go over to the neighbors and I'm annoyed because his family is here (his mother and father and one brother are visiting). We had all gone for a walk and game of basketball this morning - I love it when we do stuff together as a family. Later in the day my husband and his mom were preparing a dinner cook-out. I find it annoying that they want to spend so much time in the kitchen; I just want to 'play.' Things revolve around food, everybody eats too much, then they sit around and feel 'blah.' What a waste of time! My parents' in-law had a brief disagreement about their departure time; my mother-in-law conceded to the other's wishes quickly. They picked a time which meant my mother-in-law was denied the few hours at the end of the day when she could sit down and relax. There was no time for Mom at all, because she now had to pack up their stuff and leave. I am totally upset and tell my father-in-law and his other son that they are totally selfish, that mom was in the kitchen all afternoon while they were just sitting around. I had to say something about it but I had to stop myself from saying more. I wanted to say more but didn't because the kids were around and I didn't want them exposed to an escalated disagreement. I was steaming (mad). It's hard for me to hold things in but I could stop myself this time - usually I can't stop myself. Unusual for me - steaming mad, but could hold it in.
Mind	21		7	Feel calm. Long weekend, four days off is great; no deadlines, no stresses, very quiet weekend and enjoying myself.
Mind	22		5	Still feeling of wanting to get things DONE, get things out of the way. Lost taxes file from my computer. Had to redo it but just sat down and got it done. Normally would have put it off and felt uptight about it. For three hours sat at the computer and pounded it in. Some frustration waiting for others to make decisions to get things done. Wanting to get things done, out of the way, off the plate.
Mind	22		5	Thinking about outdoors more. Would like an outside job. Need to be outside.
Mind	22		5	Still a little calmer; more relaxed state. Golf game good now, even better than before shoulder injury in December of 2001. More rhythm and timing, relaxed. Playing great golf. Able to focus in the movement. Focused. Much better focus on things. More wired in. Firing on all cylinders. Tuned in. I know when my pager will go off before it actually does, I'm expecting it. I think of someone and they will call.
Mind	22		6	I feel I'm getting moody again, easily irritated. Annoyed that we didn't get anything done this whole weekend. Annoyed that I have to clean the house again. Frustrated that I have to nag to get something done. Trying to make suggestions to my husband in a nice way but inside I really want to say something nasty.

				I guess I'm back in my original state - being annoyed easily.
Mind	22	23:00	3	Felt lonely for a short while, upon coming home to an empty house (my daughter and her partner have gone away for a few days). Loneliness went after a half hour and I had a very pleasant, peaceful evening. Feels orderly when I look around.
Mind	23		6	Felt really hurt and disappointed by a negative comment made by my husband regarding homeopathy. We didn't talk much all evening, just a few little things regarding the hockey game on TV. I'm still mad and waiting for him to apologize. I think I would always be upset by this kind of comment from him but it seemed to me that this time I was really more hurt by it. I wasn't able to go back to normal and act as if nothing had happened. Sleeping on the couch tonight. Did not feel like sleeping in the same bed with my husband.
Mind	23		6	After talking with my husband I learned that his brother is quite upset about the situation on Sunday (when I spoke up about how I felt they were not thinking of Mom's need for a little relaxation time). I feel like my husband is implying that it was all my fault, and he says that Mom and I were the aggressive ones first.
Mind	23	18:00	3	Really enjoying the house (had the house to myself while my daughter and her partner are away for a few days); organizing lots of stuff in my room.
Mind	23	19:00	1	Feel like the remedy action has dissipated. Hope that my next period isn't as painful as my last! Still missing and craving coffee.
Mind	23	20:00	3	My daughter and her partner return to our home (where we all live together) after a three-day holiday. It's an adjustment, so much so that I felt the need to go for a walk. Change gears. Felt better for the walk, better for movement. I could have sat in my room, but am better outside because it's nobody's. It was different this time because I paid attention to a little feeling (of displacement) and did something, on a very small level, about it. Paying attention to my feelings, even about small things.
Mind	24		4	Noticed tonight was my first time crying. It was after a movie, felt very teary and better for crying. I realize that I haven't been crying for quite a while - since the crisis. Normally I would cry maybe five times per week. Crying was different in the proving. When I was crying my eyes weren't sore (normal for me to have sore eyes, burning and stinging, while crying) and when I didn't cry, say while watching TV or something that normally would trigger tears, I had sore eyes without feeling like crying.
Mind	24		3	Felt stressed and pressed, more noticeably and more often. Pressed to get a lot done, pressed having to pay attention to things I wouldn't normally pay attention to; felt the need to pay attention to my use of shared space in our home. These are all new to me.
Mind	24		3	Feeling joyful about my new prints but I've been up and down; up and down feelings - this is new to me.
Mind	24		6	Slept on couch last night because I didn't feel like sleeping in the same bed with my husband. I didn't feel like getting up again so I asked husband to take care of our youngest son. Husband is making lunch for himself and our son but it's getting late and he hasn't even woken up our son so I get up, wake up son and make breakfast for him. I feel like saying that he (husband) is not even capable of getting everything organized. I'm being kind of snappy.
Mind	24		3	Not thinking about food as much, less than usual - this is different. Used to feel like having a cookie sometimes in the evening but not now.
Mind	24		6	I'm sleeping in my son's room tonight - don't feel like sleeping with my husband. I still feel hurt.
Mind	24		2	Feeling incompetent and indecisive. Feeling that I'm having midlife crisis - ask myself what am I going to do, what have I accomplished, achieved? Almost like a different sector of my life.
Mind	24		3	Prover more insistent about telling her story (to supervisor). She didn't want to be interrupted and supervisor had to wait until prover was finished

her account before being permitted to go back and ask for more details. New for the prover to be assertive in this way.

Mind	25	6	Still mad with my husband, still not talking. Had a few glasses of wine with a friend in the afternoon, felt more relaxed for it. I was able to talk to my husband, but made my point very clear.
Mind	26	7	Been bad at doing my journal (four days with no notes). Fairly calm about it, which is unusual. Husband noted that I "seem calm and not quite as stressed."
Mind	26	6	A little irritable again. Am finding my youngest son's whining very annoying.
Mind	27	7	Got angry at husband, told him, and then let it go. Didn't hold on to the anger or hurt.
Mind	27	6	Mood OK.
Mind	28	7	Calmness still the same.
Mind	28	6	I'm feeling impatient with the kids again, if they don't listen right away. I'm snappy with my husband. Seem to be on edge all the time. Feeling annoyed about having to clean up after everybody. It seems like a lack of respect; I take it personally even though I kind of know they don't do it to bug me.
Mind	29	5	Relaxed, calm feeling has been diminishing over the last week or so.
Mind	32	6	Got lots done around the house yesterday and today, and feel good about it.
Mind	36	5	On this day supervisor noted that prover sounds a little irritable, less humorous, more dull. He is frustrated with the persisting stiffness in his hips and extremities. Previously he was more up, quicker, more energy.
Mind	37	6	Mood is good, not bad, lately.
Mind	37	5	Very distracted by this hip and back problem. Thinking I am stuck with this for the rest of my life. Afraid it won't go back to normal.
Mind	37	5	Distracted by my hip problem/stiffness. Fed up. Low tolerance for injury because of recent shoulder injury. Mental state definitely changed. Worried about being stuck with hip problem. No patience. Not willing to see myself as a person who makes excuses, as a person who is untreatable. Can't face that. Brings up my fear of being injured or permanently injured or having arthritis or something. All kinds of things are bothering me that weren't bothering me before. Irritable, unable to focus. Not responding well or in a balanced way. I'm stuck; the stiffness is not responding to anything.
Mind	38	6	Frustrated with skin eruption on my hand. Otherwise I feel good.
Mind	39	6	Was able to be calm and relaxed with my eldest son when he was very moody this morning, even though I'd been up half the night with my youngest son.
Mind	40	7	Feeling very frustrated with illness not getting worse or better.
Mind	42	6	Husband is taking the day off today, Mother's Day, but I want to get things done. I feel a little antsy, can't just sit around and do nothing. Also had to make dinner for the kids and walk the dog so there are always responsibilities. It seems that my husband can just let go of them (responsibilities), which annoys me. It always seems to be me who is the one who takes care of that. Was in a bad mood for a while, but relaxed after the dog walk.
Mind	47	6	Some annoyance coming up. My husband is hanging out with the neighbors again tonight and I don't feel like it. I want to spend some time with our youngest son. Youngest boy is riding his bike and runs into an old window that's leaning against the house and it breaks. Everybody is laughing except me. I don't think it is funny. Feel a little on the edge.
Mind	48	4	Nothing is happening - it is all over. Relieved!

			Upon looking back I can see that the depression and response to crisis resolved and cleared up faster than I think would be normal.	
Mind	48	6	Had a nice day. Spent the afternoon at a friend's house. Feel more relaxed when I'm not at home. When I'm at home I always feel that I have to get things done or I'm annoyed if stuff is lying around.	
Mind	49	6	Got really angry after my older son dropped something. I'd warned him not to run with the plate of food but he did run and he fell and dropped it. I was so angry I asked him if he was stupid, overreacted and told him he couldn't go to his friend's house after dinner. I can't believe how angry I was over a thing like that. I calmed down after a few minutes and talked with my son. I apologized for calling him stupid and explained that it had not been a good way to express my anger.	
Mind	53	6	My dog is very sick with a skin problem. I feel very bad. Wonder if we should have taken him to the vet but I was hoping that treating him myself homeopathically would have worked. Very upset. Crying. Don't like to see him suffer. I feel so bad for my poor dog; he is suffering and he is looking at me, telling me to do something. I hope he is going to be OK overnight - we take him to the vet for an appointment tomorrow.	
Mind	54	6	I worried about my sick dog all night. Took him to the vet today and felt very upset that he was suffering. Called my sister, needed to talk to somebody. Was totally emotional, crying.	
Mind	55	6	Still worried about my dog. Feel better about it today, not so down any more. He is getting better.	
Mind	58	6	I am upset to learn that my son has been making fun of his friend's brother who is a special needs child. I'm really upset about that, but my son is at camp right now so I have to wait until tomorrow to talk to him.	
Mind	59	6	A little edgy this afternoon, not very patient.	
Mind	60	6	Had a 'hissy fit' about paint for the house not being the right color.	
Mind	99	4	Summation: Another aspect that stands out is definitely with Mom (she and her mother live in same house, her mother was also a prover). She was being pushy and territorial. I felt my space was encroached upon by her, and one time she actually physically pushed me.	
Mind	99	1	Noted overall that I was attracted to red clothing during the proving. Bought myself red pants, sweatshirt and t-shirts. New for me to choose that color for my clothing.	
Mind	99	4	Summation: That scintillating kind of thing was definitely prominent in the physical symptoms, like how I felt, the sparkly stuff in my throat, ears and jaws, and like in my nerves. I thought of that word, scintillating - I looked it up and it meant flashy, on and off quickly. It really fit. That was there all along in the proving - scintillating.	
Mind	99	0:00	2	For the last two to two and a half weeks of the proving my cat really, really irritated me. And I love my cat, but at one point I even said to my son, 'Maybe we should get rid of our cat.' The cat's presence really irritated me.
Mind/Dreams	0	4	Dream of medallions! I was looking at beautiful leather strings, ropes, cords and thought of creating a beautiful necklace with the stuff. Asked Mom if she had those flat smooth stones I could look at. I reassured her, not to keep, but just to plan with - I could get my own. She had a box of amber colored agates, flat rounds, so many. I pick one up, I see the whole necklace done. And another with blue agate in the center. They're called medallions and when worn they would rest flat on the chest, like a protective shield, energy shield. Later in the dream: going upstairs, my daughter has a place there, a bedroom, at her friend's place as well as her bedroom at home. I tidy her bed. She is young in my dream, 7 or 8. I lay her nightie out on her pillow, want her to feel cared for. I go to another room, it's hot, stifling hot. It's like the attic over the garage of my childhood home. I open the windows and a strong breeze comes through. A warm breeze, but cooling from its movement. There is a cage with rats in it. They had frozen, 5 of them. Most are dead. One rat has one eye open slightly. Stiff. I pick it up. It wants down. I tear up paper for bedding (for the rat). Lots and lots of it up	

to the top of the cage. Sort out the old food, some still good, chard, some other greens are limp. I decide to start some sprouts. I close the blind on the cage so the sun doesn't bake the rat. I turn around, there's incense burning on the table. Whose is that? My brother's here. I walk around, there he is by himself, smoking, hash I guess. I leave him, making adjustments to the blinds and windows for the animals, not for him.

Mind/Dreams	0		7	Dreamed of dog, giving her a trim, hairstyle.
Mind/Dreams	0		6	Dreaming about my uncle who passed away in 1982. He is lying in bed (I don't know if he is already sick with cancer). There is some sexual thing going on. I'm getting changed in the room, turning my back to him, trying to put on a bra, but I want his attention. Finally I leave the room, to change outside.
Mind/Dreams	0		6	Dream I'm at my parent's house. The same bed as my uncle was lying in, except it's now my husband lying in it. It's a special bed with several functions. It suddenly starts to burn on the side. I'm running over to rip out all the cables. My dad is kind of upset because I did that. I'm leaving to go somewhere (trip?). My mom gives me a picture of my uncle (the one from an earlier dream this night). It's not very good, but I'm happy to have it. Then looking at other pictures of when my sister and I were little. The pictures start to move, it's like watching a video. My sister and I in a crib, we are almost the same size (in real life I'm actually five years older.)
Mind/Dreams	0		6	Dream that the proving coordinator is visiting, just before I have to leave. She is asking how the proving is going. I told her that I took the remedy the night before and that I'm planning to take a second dose. Feeling with this dream is that I want to do a proper job.
Mind/Dreams	0	17:50	1	Dream of working in surf board shop, going shopping for clothes for lying on the beach but some of them don't fit. Frustration, felt badly about
Mind/Dreams	0	21:25	2	Slept well, dreamt a lot but don't remember a thing! (Time: 6:25am; Elapsed Time: 21:25).
Mind/Dreams	1		5	Dreamed that I should wait one day before taking second dose of proving remedy. Supervisor and I had talked earlier in the day and we had agreed I would take second dose because of lack of symptoms so far, but because of this dream I will wait one more day.
Mind/Dreams	1	6:30	3	Dream fragment - working on some kind of art project. A few people in the rooms, studio type. I realize my ex-husband, my children's father, has put some negatives on the light table - he thought he was helping me. They are recent abstract photos and I am disturbed that they have been touched, moved and perhaps manipulated. They are photos of ice and gelatin - precious to me. I was concerned that he should not have helped me without asking me; he should have been more in tune. They have not been harmed. Feelings regarding the dream fragment were that my ex wasn't quite sensitive to me. Woke feeling disturbed because of the tension of not knowing if things were OK, and because of my ex-husband being in my life, which wasn't working well, even though his motives were good. I felt relief that everything was fine and he'd handled the negatives all right.
Mind/Dreams	1	7:30	3	Dream that I have made or maybe received a brown cake 3 inches by 12 inches. It is very special. Several people are standing around. A woman, Iraqi looking, in shawls, middle aged, heavy set, mother figure, wise and knowing, tells me not to pick it up, it is very fragile. She says to tie it tightly like this (drawing in journal indicates ties which separate the rectangular cake in half lengthways and into 5 sections widthwise). She says freezing will be the right thing to do. I make a meringue and begin to put it on top. I want to bake it. A young woman is using the oven. Taking the (oven) racks in and out, turning them at right angles so they don't fit. My meringue begins to liquefy and I urge her to finish up. She is awkward and stubborn. She puts a tray of green leafy plants growing in pots on the bottom of the oven. The plants begin to scorch. I say, stop! You're burning them. I try to put the meringue loaf on a higher rack and almost burn myself. The meringue is now a milky liquid so I brush it around to cover the whole top of the cake.

I wake and try to name the young woman; finally realize she works at the video store. She's a good photographer who just had a baby about a year ago and now can't get any work done.

Feeling from dream was relief - I realized I could spread stuff around and it would be quite interesting the way it was. I felt frustrated and annoyed when the young woman was doing stupid things with the plants and being incapable of arranging the oven racks.

Mind/Dreams	1	7:30	3	Recalled my dreams; used to recall them years ago.
Mind/Dreams	2		4	<p>Dream last night that I am with a group of people. We had an exam. We all sit down, open up our notebooks. There are tests inside to be completed, torn out (perforated edge) and handed in. I can't hear the instructions. Which test? I look to the girl on my left, look for the page she has open. I think I have it, not sure... carry on... read the first question. It doesn't make any sense. I feel upset, read again and again. Letters keep disappearing. The light is bothering my vision. If I hold the page up to the light some of the hidden letters (that slipped to the inner paper on the other side) become visible like silhouettes. I'm still not sure. Teacher eyeing me. I need help. The girl on my left had started out helping me, but that couldn't continue. She was almost done and I hadn't completed the first question. I finally got the gist of the topic. History, Europe, 13th, 14th, 15th, ..., 18th centuries. I have to know the general mood of the centuries, the movements, the trends. I'm confused and still can't read properly. I feel so frustrated. I want help. I know I'm intelligent. I know I could do it with help - I also know help is not available. The teacher doesn't understand. He knows me, knows I'm smart, wants me to succeed. I think hard as time is running out. It's twenty minutes to four, class was out at three, a few stragglers trying to finish, me trying to begin. I think 'What do I need math for?' I randomly answer the questions. At some point numbers switched places. I look at the exam - it's history. I care about history, I want to learn it. The test pages are illustrated - I should get this. I don't. I can't read. The lights, the letters are all making it difficult. I give up. I approach the teacher, he is clearly disappointed. I am crying, trying to hold it back. I'm sooo frustrated because he wouldn't help me, only be disappointed (with me). I want to cry hard. I turn away from him, face the windows, pale blue outside, trees, water, sky. I sob hard. Give up the test. No answers.</p>
Mind/Dreams	2		4	<p>I go to my room. My suitcases are packed, my bedding is a mess, all over, piled up near my suitcases, the ferry will be arriving soon, I'll have to handle all my stuff to get off. Everyone else is ready. I wonder why my father didn't help me with this, roll up the foamy, etc. He could have done that to help. I lift up the heavy old, army green sleeping bag. There's grass all over it, yellow, dried grass. I shake it and it flies all over especially to the row of girls slouching against the wall and all their belongings. They are comfortably waiting for the ferry to dock. The grass lands on their faces. In spite of my troubles and lack of success, lack of assistance, I want to be responsive and kind. I am sorry I flung grass onto the girls. I leap over to them, brush it off the nearest girls face. She's indifferent as are the others. I apologize. They look blank. I try to hurry to get my bedding in order, rolled up, but the ferry docks before I'm done.</p>
Mind/Dreams	2		6	<p>Dream I'm at my uncle's house (the one who passed away in 1982). Myself and my dog, Copper. Copper is being aggressive towards another dog. The dog walker can't take him anymore because he is too aggressive.</p>
Mind/Dreams	2	1:30	3	<p>Woke in bed, couldn't see clock well, stayed in bed; had a waking dream. Saw a bunch of worms - in my mind's-eye in a kind of bowl. They were pinkish grey, satiny, wiggling, a little like some coral reef sea animals I had seen in an aquarium recently. They were mildly repulsive, intriguing, beautiful. In my waking/sleepy state I thought, this is the remedy I'm taking - the essence of worms, oh, weird! What an idea! But I think it is. I felt the vision was strange & hallucinatory. There was an electrical sparkle around the image of the bowl - like sparks - like a pinpoint aura of red, green, yellow, blue pinpoints vibrating. It was not a dream, more like a vision when I woke. Went back to sleep.</p>
Mind/Dreams	2	5:25	1	<p>Just had a waking thought of my best friend saying "I want to tell you something." My thought/feeling is that she is going to say something</p>

negative and/or bad about me and our friendship and I am terrified - seems I am paralyzed with fear. Waking paralyzed with fear.

Mind/Dreams	2	5:25	1	<p>Dream about an old boyfriend; we are in two houses next door to one another. He has a girlfriend and is having a birthday party with family and a lot of friends. We are next door having a barbeque and he invites me over. I spend the rest of my dream verbally sparring with his family to prove that we should be together. His dad tries to drive me off of the top of a truck; I am on the roof, hanging on for dear life as he swerves the vehicle to throw me to the ground. I feel very confident and in control that I won't fall. I don't. The old boyfriend follows me and wants to be with me as well but his parents try to block us. His dad throws the 'difference in money and social status' argument at me, and I tell him to shove his money, as it is not an issue! Then my son comes down the path, playing with his trucks, and I am worried that the father (of my boyfriend) will try to take him and hurt him.</p>
Mind/Dreams	2	9:00	2	<p>Dream that my sister and I were going through my mother's clothes (in real life my mother is deceased now 18 months) and dividing up what went to the garbage and what went back into the closet because my mother was well and alive again! I thought this a wondrous thing and I felt a wholeness in my family again. We also found clothes from when we were children. I noticed it was very hard to throw things out.</p>
Mind/Dreams	3		4	<p>Dream last night of a big pile, very BIG PILE! - about 4 foot by 6 foot by 1 1/2 foot at deepest of dirty gloves and mitts and perhaps socks. Mismatched gloves? Found some that matched. Dirty!! Dirt, caked on, washed them, some matched pairs, so somebody can use them. Saw lots of clothes from way back from my life, from my whole life. Wasn't sure if I would take them home. A lot of scarves there, sort them, getting rid of them.</p>
Mind/Dreams	3		7	<p>Dreamed that the luminaries I bought for my patio came in and that I decided to cook some kind of meatloaf in them. Then in my dream it seemed that I had forgotten that I was looking forward to putting the luminaries outside with the candles and then was upset that the meatloaf was in them. I decided that once the meatloaf was cooked I could clean them and then put the candles in.</p>
Mind/Dreams	3		7	<p>Dreamed that I had a list of remedies to order. I ordered them but didn't notice the second sheet. Didn't complete the task.</p>
Mind/Dreams	3		4	<p>Dream I'm at M's house (my daughter's biological father). Am helping with party. Had lots of fancy booze. Big bucket of grape/thick(water/salt/flour)/purple and alcohol beverage. I kept losing the syringe/serving tool - the syringe kept going down into it. Put my fingers in to fish for it, thought, "I hope nobody sees this." There was case loads of stuff; he was displaying the cases. Juice boxes, cereals, etc. Displaying like a store.</p>
Mind/Dreams	3	7:30	2	<p>Dream L & S (married friends) got back together and we had a party. S said hello to a lot of people. I was trying to avoid her. It was L who had been my friend first and during their breakup it was he whom I'd supported. Eventually we, S and I, came together and sat on the floor and hugged. Then we were on a cruise ship, S was gone. I had to tell a friend from grade school that she would lose a leg to cancer unless she quit smoking. Another friend was there and tried to intervene, but I told her to get out and she was very angry. A meal was served, chicken and gravy and big thick potato chips which I took around the ship and gave out to people. I saw L from a window; he was playing with a boy - someone we both know. Mick Jagger's children were also on board. L approved of my generosity.</p>
Mind/Dreams	3	9:00	3	<p>I remember a fragment of a dream from last night. A man and I embracing with a feeling of deep communion between us both. We were deeply satisfied in the embrace, great fondness and knowledge of one another. This person is unknown to me in real life. In the dream he is known, yet at the same time is nameless.</p>
Mind/Dreams	4		5	<p>Dream of being around an airport, being a student pilot, flying into a small northern town. VERY detailed dream, lots of small precise items and details on planes and helicopters visible.</p>

				Wondered if this is result of watching war (Iraq) footage on TV before bed?
Mind/Dreams	4		4	Woke very fast, only retained dream fragment. Dream of flesh colored painting, large painted rag stuck to me. Another part I remember: I'm outdoors, in my neighborhood, walking dogs with my mother. We come to a corner, I turn and Mom goes straight. We don't say anything - we know that was the way to go. Sensible Mom needs to go past the store on the way to look for goodies for her party. I have to go directly home. No words, no goodbye, just parting. Was a little odd.
Mind/Dreams	4	1:32	1	Wake from dream hot and all sweaty on legs behind knees and on feet. Dream about an old boyfriend. I'm at his parent's place with my son. My son is playing with my old boyfriend. His mother tells me that my son is actually her long lost grandchild and she is so eager to see and play with him. I'm upstairs having a talk on boyfriend's bed about old times - how good it was (in reality it was not that way). Current friend of mine comes into room with her child and we go downstairs for food. Flash to Pier 1 store where old boyfriend and I are play flirting. I am going around and around inside store and he is on the roof following my every move and jumps down from roof to "play" capture me every time I leave the store. I want him to do that but at the same time I don't. Almost clandestine feel to whole thing - enjoy the chase but know the outcome would not be as rosy as it seems. I see an old girlfriend in the parking lot and know that old boyfriend has just had sex with her while I was in the store. I feel jealous and territorial of the boyfriend.
Mind/Dreams	4	8:00	2	Dream - saw V and W somewhere. They were jogging and I joined them. They were successful owners of a restaurant and always dressed in flowing gauzy long gowns of pastel colors. D worked in the lounge/golf reception area and put golf balls down his shirt for pretend breasts as a joke. He was THE best car mechanic. I wanted to be his assistant, and followed him around. It was dark in this area and children were playing a maze/map game up the winding dark corridors of the building. They sold little white t-shirts for this game. The toilet was in the middle of the room and I flushed the plastic bag (one I had purchased a t-shirt for the infant son of my friend in) down and was worried I would flood it. Nobody saw me do this so I thought I was safe. I tried to hide in a cubby (cubby hole) in the room when we (suddenly it was more than just me hiding?) heard children and their mothers coming. They found us anyway.
Mind/Dreams	5		4	I go to a house on the beach, well across the street from the beach. One of the GK group guys lives there with his parents. We're all invited to come hang out for the day. He just returned from a swim, is on the back porch, naked, getting dried off - not embarrassed. I don't particularly want nakedness with these people. There is music, food, sunshine, sun deck chairs, beach, swimming. People arriving, some going swimming. I WANT to. I love the water. The ocean, swimming, but I'm SOOO cold. There's no way I will go into cold water. I crave heat, crave the sun.
Mind/Dreams	5		4	I'm outside on a street corner. I parked a van or bus I have come out of it and am now going back in. It's a mobile dentist van. I have gum stuck in my mouth - a never-ending string. I pull and pull. I'm collecting a ball of it, wadding it up in my left palm. I keep digging in my mouth, scraping my bottom right molars, a long sticky string, I just keep pulling it out. It never ended, kept coming out, long sticky strings. I can't get my mouth clean of it. I'm informed that I am a dentist. Mom tells me I've had compliments on the BEAUTIFUL dental work I've done. A woman (an expert) says "sometimes people can perform this work without ever having done it before." "You mean cleaning or fillings?", I ask. "Anything," she says. I feel like I'm patronized; what bullshit is this. Then a very renowned Arabic official or leader (not Saddam Hussein) has asked to see me perform dental work. There's no dentist chair, only a blue short shag rug, 4' x 6' in the middle of the room. I decide the Arab will be comfortable with that. There are no tools on the benches around the room. The woman starts winding up a sticky orange strand that she had arranged all around the room - stuck here and there across the walls. She's winding it into a ball and saying "you need a protective coating." Through the whole dream I was pulling gum out of my mouth.
Mind/Dreams	5		4	Dream last night, our cat is outside the window. I see a little spider on a web. I use it like a toy, flinging the spider at him and trying to attract the

cat's attention to play. The spider is tiny, tiny, tiny, like a speck almost. I know cat's vision is not too good, but I tried more flinging the little spider around and dragging him across the sill. Cat is outside, I'm inside and the window is open. Then I turn and look behind me. I see a big fat spider with a web hanging out of its body. I quickly grab the web and I fling the spider to the sill. It's huge, and all its hair is gone. A tarantula with no hair, legs missing and only one fang - a big sharp fang. I wonder where its other fang is. I'm imagining touching it. It's shaped like a cat's claw. I pull on the web. It's strong and sticky. The spider pulls back. I realize that's an awful big spider for the cat to eat, maybe too big. I'm nervous the web will snap or something else. I leave it alone, poor, deformed, fat, spider.

Mind/Dreams	5	6	<p>Dream I'm in an apartment building in my native country where my husband, older son and I used to live. We are not living there in my dream, but we kind of sneaked in and stayed in one of the places for two nights without letting the person who owns it know that we were there. Coming home to that place, sneaking up the stairs and the owner is there. I start apologizing, finding excuses why we didn't tell her. Told her that we applied for an apartment on the bottom floor, but it was not available yet and we didn't have a place to stay.</p> <p>Then sitting at the table with the apartment owner and her husband. We all have steak on our plate. The husband is freaking out because the steak doesn't look like what its name is, doesn't have the shape. He is yelling and screaming and gets all flushed in the face. I remember thinking he might have a heart attack. All of us felt intimidated by his outbreak.</p>	
Mind/Dreams	5	6	<p>Dream in my home town. Scene is at a place close to my old work place. One of my colleagues and I are walking downtown, lunch hour, and I see this little man sitting on top of a wall. He is tiny. He has a drippy nose, so I give him a tissue. He is climbing down and then climbs up again. I am watching him, worried that he might fall off. Meanwhile my colleague has kept on walking. We agreed that I will find her. I start walking, trying to find her, look in every store I think she would be in, but I can't find her.</p>	
Mind/Dreams	5	3	<p>I can't remember my dream from last night, but some effect of it has hung around today, like a flavor which stays in the mouth after eating. It feels like I was at a place that's familiar with people that are interesting. It almost feels as if I'm missing something not to be able to recapture the place and the details.</p>	
Mind/Dreams	5	5	<p>Two vivid dreams. Cannot remember first one. Second one about traveling through B.C. interior on a family holiday. Detailed, acute observations. One incident where a group of traveling motor-cyclists rescued someone, other travelers, from 'bikers' (Hell's Angels type bikers). Also a steep hill where I had to pump the brakes to keep them from over heating.</p>	
Mind/Dreams	5	3:00	1	<p>Awaken with a sickening feeling (emotionally) in my stomach. Dream of a friend being born and growing up with a flesh eating-disease. Saw her like in pictures, could see facial bones and her skull, like an x-ray. Dreams of her body parts falling off, her face decays and parts of her face start to crumble away in the pictures, yet I am talking to her while this is happening. Her bones start to show and I could see time lapse of her; I realize that she is going to continue to grow and decay throughout her life and eventually would crumble. It frightens me. I wake up hot, paralyzed and fearful with a sick feeling in my stomach. Don't really want to write this dream down because then it might happen in reality - I'm scared for her.</p>
Mind/Dreams	5	6:45	2	<p>Alarm wakes me from heavy sleep. Dreamt of group of people, including me, leaving a party to have group sex. In the end only four or six people participated. The rest of us sat in a car and looked at the stars. I saw Marilyn Monroe in one formation. I went with one girl to her shop. We opened it and I shopped. For \$6.95 I bought a polar bear box filled with Thai things. Alarm went off, ending dream.</p>
Mind/Dreams	6		4	<p>Dream fragment from last night; walking the dog, a white dog. Walking through spongy, wet, muddy lawn with my sheepskin slippers on. I thought, why didn't I put my shoes on? Daughter with me, helping look after the dog.</p>

Mind/Dreams	6		4	Dream I'm on a train. I may have jumped on while it was moving. Inside now, and train is going very fast. Something happens, a crisis, and somebody pulled the emergency cord to stop the train. Causes a lot of commotion, disturbance, abrupt braking throws many people off balance. I am prepared, holding onto railings, etc., not falling. People upset. Lots of people lurching, thrown off balance; I am the only one still standing. A little bit of fear about going so fast and then stopping suddenly.
Mind/Dreams	6		4	Dream I'm in a hotel, hostel or temporary residence with videos, shops. Daughter is leading. We are walking around in our bathrobes, naked underneath. I don't know what time it is. It is light out, although it is the middle of the night (3 am) and people are coming out to start their day. They are all dressed and we are not. Shops are open. Daughter is in the lead, she seems to know how to get along here. But why don't we get dressed? Everyone else is dressed. I felt disoriented, concerned (mildly) about appropriate behavior; I was not in control, a follower.
Mind/Dreams	6	2:45	1	Dream that my Dad comes into my room with a letter that he has written. I am surprised to see him because he doesn't live here. He is shy and just hands it to me, saying that he will cry if he says anything. The letter says that in order for one to be prepared for anything you must first try something out. So, he is giving me his minivan to try out for six months for me to see if I like it! I am shocked and surprised by this generous gift. In reality, I would tell him that I couldn't accept it (as in real life my parents are usually very generous) but he anticipates this and tells me not to say anything. Then I wake up.
Mind/Dreams	6	2:45	1	I had another dream but it was very broken up for me. I was driving a convertible bug, searching for some people. There was a large body of water that I think I would have to swim across. There was a bird's eye view of a development somewhere. I recall white-washed buildings that looked Mediterranean, kind of like little mosques all joined together in a clover shape, and the roofs of the buildings had collapsed. I was trying to find out who had made them and why they had crumbled. I don't really recall the feeling - something like being in a familiar place but it is distorted and I am searching. Confusing dream for me to write down.
Mind/Dreams	7		6	Dream my parents-in-law and my two nieces are with me and we are opening presents. By accident I open the present of one of my nieces, the older one. She wants me to wrap it up again. I don't want to and she doesn't want to take the present. It's a power thing and I don't want to give in. I am also holding my younger niece and we are very close.
Mind/Dreams	7		5	More dreams related to the Iraqi war - it's the only thing on TV during this week and I have been watching it every night.
Mind/Dreams	7		6	Dream my friend M and I are walking with the kids. Her son and my son are running ahead. We decide we'll let them play and go into a building from where we can watch them play. When we come out of the building to get them, the street changed. We are now on a street opposite to the one we were before. It is going to take a while to get to the street we left the kids at. I'm kind of panicking, we can't see the kids, I'm worried what's happened to them. We start walking, then we have to get on a boat. It seems to take forever. When we get there the kids are there but somebody was looking after them. He was teaching them something, but I have the feeling that his methods of teaching weren't very nice. It seems almost like he 'altered' the kids.
Mind/Dreams	7		4	Dream last night someone plopped down a pile of photos for me to see. Top one was of natural setting, a hillside, treed, with a path winding along. Lower down a clearing, lots of people, some on the path, most in clearing and on their way to a gathering. I recognize three figures sitting on the hillside above the path. Two look like me and my daughter, one above looks like me, too. "When was that - is it me?" Others are not sure. I am becoming more certain it's me. I see myself as younger, 18 years old, in hippy clothes. I look interesting, lovely, creative, peaceful. I zoom into the photo a little and see this young me walking away towards the gathering. "It must be a Quaker gathering." I zoom in really close with a magnifier and see my feet walking along path. She's come up from behind and caught up to me. Suddenly she's in front of me, and I'm impatient. My steps are bigger and I want to keep my pace. The path narrows and becomes congested with people. I squeeze past this woman; I am pushy, a little. I

am somewhat embarrassed to witness my forwardness that verges on aggressiveness. I can't get very far anyway due to the congestion.

Mind/Dreams	7	7	Dreamed of work. (In real life my boss is leaving on holidays; she said she was going to come into office on weekend to finish up any work before she leaves, however it's not unusual for her to tell me she will do something and then not do it - the result is that our clients are upset and I am left to deal with them). In my dream, I come into the office on Monday morning and the clients are calling me, upset that their work wasn't done.	
Mind/Dreams	7	8:00	3	Dream I am in the old house we lived in from 1968 to 1976 before I was divorced. It is sunny and yellow inside. Everyone has moved out and I've returned to collect some things. I and others are removing the velvet sectional sofa I have today. It was my mother's. I re-covered it in richly colored velvet cloth and it is dear to me. My feeling in the dream is clarity; it felt clear to me that my choices are good. I feel I'm making potential space in my time now, as if in preparation for something. I felt this feeling in my head, not my gut; a feeling of clutter being removed. There was no clutter in my head, it felt great.
Mind/Dreams	8	5	Had a vivid dream of being at an outdoor meeting, seated on plastic chairs. Some people I knew - don't know what the meeting was for. Had been upstairs (?) and came down and had to go to the bathroom during the meeting. Could not leave so had to use the seat of the chair to defecate. I had toilet paper and newspaper and so I (carefully!) used the newspaper and toilet paper during the break in the meeting. I couldn't get up or leave to go to the bathroom, but everyone gets up on break. It was sticky, hard to clean up feces. I forced myself to wake up. The dream was very detailed and frustrating that I would set myself up like that. Very unusual dream for me. Totally illogical. I would never put myself in a situation like that.	
Mind/Dreams	8	4	Dream of sleeping on a wet tin roof, right on the edge, dangerous. If I rolled over I would be off and down. Assignment in theater was something technical, crucial for the production - I needed an assistant, somebody to tell me what to do. Unsure why I am on the roof. Somehow I fall asleep on the roof. It was hot, chimney, perhaps? Every time I moved I slid down to the heat. There was a pile of ashes and... I put another log on and it flamed easily. Had to be careful not to slide into the fire. It was nice and warm yet wasteful for fire to be on the roof. Then I went down, to shops, wearing a blue housecoat.	
Mind/Dreams	9	4	Dream last night I'm at boarding gate of an airport. My bags/suitcases/knapsack are with me. People start boarding. I don't have a pass. I run back to the check-in, leaving my baggage. I can run fast, only have to use my hands a little bit (for leverage on small piece of wood, where only my finger tips fit). My legs are strong. I run hoping to get to check-in in time to get back to board the plane. At the desk the workers are rushing to get the passengers to the flight that's leaving. It's my turn very quickly. The girl is new, too calm - I don't trust her judgment. "Should I have brought my luggage back to get checked through?" She says, "Don't worry about it." I don't trust her but decide to wait for my boarding pass. I don't have any knives in my bags, they should all get through OK. If I don't get back there, the bags may be taken without me. Another, more experienced woman takes the place of the first. She is waiting for my name to come up on the computer. While she waits she sorts out the desk area, transforms it to suit her. The desk becomes a dropped surface with water and a fountain. The sound of running water is to soothe, calm. That's great, but I'm not sure it's time for me to be too relaxed. I have to catch my plane.	
Mind/Dreams	9	7	Dreamed that I found one of my gloves which I had lost. Someone had put it on a picket fence.	
Mind/Dreams	9	6	Dream we are sleeping and I hear some kind of noise. I'm getting up and realize that our telephone is stolen. I open the door, walk through our garage and open the side door to the garage. Something is happening, I am almost getting pulled out, like a magnet. I'm trying to scream but nothing is coming out. I am fighting against it, hardly able to close the door and slowly, using all my strength, I barely make it back into the house.	

I can still hardly talk, and can just make a few noises in the beginning. Then lots of people are coming over into our garage. I'm starting to talk about my experience, but we are whispering, it's almost like it's some kind of alien stuff or some other superhuman thing.
Feeling in the dream - total helplessness, overpowering.

Mind/Dreams	9		6	Dream we are in a house, there are lots of kids playing. Two siblings are having a fight, the mom is kind of separating them, but the younger one keeps on hitting. Then he takes a block and hits his brother right on the head. I'm standing there waiting for the mom to do something and telling her so. She gives him a little clap on the bum. I can't believe this and have to leave the room. She should have been more strict, because he really hurt his brother and should not get away with it so easy.
Mind/Dreams	9		7	Dreamed that my nails were all splitting.
Mind/Dreams	9	0:30	1	Dream of speaking to one of my son's friends at school about being careful to not kick fellow players in the face. Flash to my office, opening door and seeing that it has been trashed! Feeling shock and horror. I wake up!
Mind/Dreams	10	6:45	2	Dream I had put my car key in my mouth and bitten off the end. Can't drive my car now. I search frantically through shops on a small street, then I find a package of duplicate keys in my wallet. There is a baby relying on me.
Mind/Dreams	10	12:31	2	I just remembered the rest of my dream, a part I recall. I am in my car with C and G (my friend and her infant son) and am throwing something out the window, shoes (?), pink baby shoes. The driver on the opposite side of the road writes down my license number to report me for littering. Later at my cabin this girl and her mom and sisters come in. C informed me she was the one (who was writing down my license). I told her it was lint that I threw out from the window. She ripped up the form and we became pals.
Mind/Dreams	11		4	Dream I am dog-sitting. It was a little dog and I was nursing it like a baby. I was a wet nurse, had kept my milk since daughter. Knew mom would be disgusted, but nursed anyway. I looked at the dog, a flap of skin was opened up on its neck near its throat - it was red and raw. I wondered if it could swallow. Did it go in? But it was getting the milk OK. When the dog was walking it was all red and bloody on fur around its neck. I was looking after it during the night, but in the morning it was a baby. It had a little wound line (red) that closed up miraculously fast. It was my friend's baby. Parents came to get him. It was all really good.
Mind/Dreams	11		7	Dream that there were some Russian delegates and I had to entertain them. I hired a singer who played an instrument that looked like this (in journal a sketch is made of a square divided into 9 equal squares, 3 x 3 which form the larger square). By pushing each square a different sound would come forth. Shortly after the performance started the instrument stopped working. I felt very bad. I felt it was my fault and that I was all going wrong; that I had failed in my duty. I took it very personal.
Mind/Dreams	11		7	There is a girl at the office who is an assistant to the boss. She has facial hair. I dreamed that I went to her and rubbed my cheek against hers, because of her facial hair on her cheeks.
Mind/Dreams	11	7:15	2	Dream I am at a party in San Francisco (?). I am scantily clad and T (male friend) is there and about five other women. We want drugs, coke (cocaine), I think. I have a knife down my stocking. It seems I am wearing a tea towel as a skirt and no underwear. The other people are just as scantily dressed. All of a sudden one other man appears on the phone to order more coke; his father comes home at this moment and he pretends to order fish and chips. I go into the bathroom and the toilet backs up. Next thing Rene Zellweger and I are racing for the plane because I need to fly home to pick up my paintings which are at the University there. Her hairdresser is able to get some (coke) for us. She does it, I do not. He comments on the small-time airport operation. The luggage, which is plastic bags, is stacked up in a big pile. I see D and L from school. Woke from the dream feeling shame, like, oh my god, here I was trying to do coke, and then his family comes in, what AM I doing?
Mind/Dreams	12		6	Dream of being with friends at a lake. We are in a canoe or something like

that. One of the canoes tips over and my friend loses something. Another friend is diving for it, finds it and also brings up my purse which must have fallen in the water. I'm wondering if the water is clear underneath, but I don't want to check it out. I'm standing in the water, but don't want to put my head down. I have the feeling that I might be afraid of seeing what's swimming around. Next scene I'm going into a grocery store (in my native country - the store doesn't exist any more) with my purse that just fell in the water. Left my young son outside with his tricycle, both tied up to a rack. I want to buy all those yummy things that I don't get here.
Feeling: I am missing some things that I don't get here, maybe even do get them here, but it's not the same.

Mind/Dreams	12	6:45	2	Dream T is closing his hardware store. S is working. We all get dough flowers, I make a mask out of mine (drawing in journal of a face mask with bands at mouth and throat noted as being bright pink). I want to buy 2 green patio chairs made of wicker and metal. I am kayaking to a small island on Haida Gwai (Queen Charlotte Islands) with some Haidas. One girl, a mother of a small baby, I really like. Our canoes keep floating away. We go into the water to get them. Someone has an incredibly cute dog, black and wiry with almost a human nose.
Mind/Dreams	13		6	Dream I went shopping with friends, a boy I know from elementary school and a girl I know from my course in Vancouver. Then we are going to see a movie. Huge line up but we got tickets. Have to go down into basement, expecting theater to be filled up, but there is more than just one theater and ours is not filled up. We find seats and then I have to go out again to go to the bathroom. I find the bathroom, go in and lock the door. I'm sitting on the toilet and realize that there is no wall on the other side of the room, and people are walking by while I sit on the toilet. I am annoyed because I don't have privacy.
Mind/Dreams	13		7	Dream I had jumped into water that was very deep. I was swimming back up to the top. I was scared. Feeling that I couldn't hold my breath any longer. I kicked my legs very hard (I felt I also made this movement in bed). Just as I broke the surface, I was waking up a little and took a big deep breath (in my dream and in real life also). Feeling that I wasn't going to be able to make it.
Mind/Dreams	13		4	Dream of a wedding, brother and fiance. I was viewing a video of the rehearsal. I could see myself wearing the crocheted wedding dress I had made for my own wedding. My hair was beautiful. I was RADIANT! Viewing this made me nervous - it was inappropriate to be more striking, more visible than the bride. I stopped viewing. The wedding was about to take place and I was preparing for afterward. I saw a dipped, cemented area with a drain. A large sheet of plastic arranged over it and the drain. I used a hose (or tap) and filled it to make a shallow pool, for children to wade in and adults to cool their feet in. It wasn't easy and temperature was a concern. Didn't want it too cool, thought sun might warm it some.
Mind/Dreams	13		3	Dream of a man, foreign quality, intriguing. I wasn't quite sure how he thought of me. There was a lot of respect between us. He had glasses on which made me think he was learned or knowledgeable. He said, "You've got to stop looking after everyone - let go of that." I said to myself, "He knows a lot," and I wasn't sure whether there was going to be a relationship. He said, "Tomorrow we should go out and look for a studio." I was surprised and thought I'd see how it will be for us. Dream felt really good, there was a connection being made with someone worldly and able to see me and give me good advice, fruitful - a possibility. At first I was unsure, not wanting to go forward alone but felt good about the idea of unifying with one person or another, peaceful, anticipation, or hope.
Mind/Dreams	13	0:38	1	Wake suddenly, throw covers back ready to run to catch my son, having a dream/vision in my sleep of son standing at top of a playground slide and putting his weight backwards. Get the feeling he is going to topple backwards and I panic to try to reach him in time to catch him. I wake up, heart pounding, covers thrown back, full of fear.
Mind/Dreams	13	3:30	1	Dream that male client comes to the house with his family. I direct them to the downstairs office. For the rest of the dream I keep forgetting where

they are and that they are waiting for me. Had other things to do, such as eat, etc. Find them, feel guilty about forgetting them, and then leave them again. I wake up feeling anxious, nervous, incompetent and stupid - failing to act professional. (Nervous because my first male client is coming to see me this week, feel anxious about my performance as a practitioner).

Mind/Dreams	13	9:01	2	Dreamt of water, swimming pool turned into Gorge waterway. I had many people to help. A nursing mother on the beach. Two horses raced over to her and bit her baby on the face. My friend put herbs on the bite and fed her frozen strawberries for the swelling. I found a baby girl and returned her. My sister and I and some children were wending our way back to the pool via the backs of horses that sat on the water's edge, Victorian homes. We were forced to travel the beach.
Mind/Dreams	14		6	Dream I'm back in my native country at my old work place. I must have been gone for a while and now am back at work. We are supposed to go on our lunch break but we are procrastinating. We are in the room I used to work in; two of my colleagues, my boss, a friend of mine from when I was a child and my friend's little niece are there. It seems that my old friend and I are looking after the girl. My boss is pressuring us to take the lunch break, because lunch is over at 1:30pm and it's already after 1pm. We finally leave and are somewhere downtown, nothing looks familiar. It is absolutely crowded everywhere. We are trying to find a place where we can buy our lunch. We are in a line-up but it takes forever. I tell my friend that I'm going somewhere else. I end up not getting anything, because nobody has what I like. When I meet up with my friend I ask where the girl is and she tells me that she left her in an ambulance, because she had some asthma symptoms and that we can pick her up there. I end up being in a building by myself where I don't seem to find my way out. Somebody shows me the way and I end up in a very dark place where I kind of fall deep down. I don't remember being scared, but I was worried about being late, because lunch hour was over a long time ago.
Mind/Dreams	14		7	I dreamed last night of turtles. I had to get to the other side of a pond, a very big pond. There were turtles in the pond, very big turtles, the size of a person and larger. I went into the pond and the turtles were coming toward me. I didn't know if they meant to harm me but I was somewhat anxious that they were coming toward me. I was trying to avoid them.
Mind/Dreams	14		4	Dream last night sitting around in a group, Quakers. The circle is large and we are each taking a turn to talk until the hour is up. Then some people move to another room forming another group. Others come in to make a new group. Time was up before everyone had spoken, but I figured it would even out this time. So the new group began and time was up again before it was my turn. This seemed to happen one more time, and I was FED UP with listening to people. Then I moved to another room. A woman with a young baby, there was no father. Then another mom spoke about being a single parent. Then a black woman said in an African accent, "I too have a 'love child'," and she pointed to a 5 year old black girl. I thought, should I mention that I have a 20 year old daughter? I could talk about raising her mostly on my own... I didn't feel like talking - because I didn't feel like listening. While I was thinking and coming to that conclusion I heard others responding to the black woman. Someone said, "You didn't have PROTECTION," another said, "You weren't SAFE," meaning that she didn't have safe sex.
Mind/Dreams	14		6	Dream of being on a bus with my husband, my friend M, and another friend of mine with her daughter and her mom. Somebody is passing candy around and the lady across from us just gets a few crumbs. We are getting home and the house is a mess. It seems we were on a trip for a couple of days. There were three old chickens, cooked, lying in my dog's food bowl and he is trying to get them. I quickly clean that up and realize that we had forgotten to feed him while we were on the trip. The friend's mom is coming over and I'm not very comfortable because it's so messy. She sees that I'm cleaning up and she demands something to eat. My friend M is upstairs with someone and suddenly I see her with a gun and shooting in the air. The gun came out of her closet. My husband comes upstairs and freaks out. She didn't shoot at anybody, but it was a loud noise. My husband is so upset he called her "asshole" twice. She doesn't have a license for a gun and is worried the police will find out. I was surprised about his reaction because he is always mellow, mostly

surprised about the name calling. Then we are walking the dog and people are walking by. Usually we take him short on the leash, because he has shown aggressiveness towards other dogs. Scott explains to me that he is usually OK when he walks in front of us, he's more being aggressive when he is walking behind us.

Mind/Dreams	14		6	Dream of another scene with my old boss, my dog, Copper, and I. We are walking along a small path. There are two dogs sitting on the side of the path and I wonder how we can make it through, because the path is so small. We are trying it anyways and a black dog is jumping out, but nothing really happens.
Mind/Dreams	15		6	Dream that I am somehow at an airport with a friend of mine from the past. My husband is bringing me my suitcase, we are planning on going to Germany (my birth country). I open suitcase to look what he packed for me and there is hardly anything at all in there. My friend is getting kind of upset about it and I just say that I can buy some stuff in Germany. When we get on the plane, my husband is getting on as well. It is a surprise. But he wants to know if I'll be flying back with him in a week. I was planning on staying for a month. We are on this cheap plane that is supposed to drop us off at a bigger airport. My husband is telling me that he is planning for us to take a similar plane all the way to Germany. I am not very happy about it, but before I can respond, we are thrown out of the plane and land in the water. We are very close to shore and find a house on a little island. The people who are living there are welcoming us to stay. It seems like we are out in the wilderness and I don't feel very safe. I see a cougar sneaking around so I go and lock the door. Then I can hear people walking outside with their dogs and they are yelling at something. I look outside and see there is a wolf. We are sitting outside now, and the wolf is coming over. I feel freaked out, but the people tell me to relax, that the wolf just wants to play. So I play with it, he's nipping a bit here and there, but otherwise it's fine. I still feel uncomfortable in my surroundings. My great aunt is there too (she passed away 22 years ago) and I tell her to be careful because I see a snake, quite big, hanging off the tree. She hits the snake on the head and takes it away.
Mind/Dreams	15	6:15	2	Dreamt I was on Haida Gwai (Queen Charlotte Islands) making a salal berry ice cream and named it the Haida word for 'give-me-another-berry.' J and I made it together. But B said she was the one who first thought of it. I tried to tell others of this but she was always around, within earshot. Another friend visited and she had gotten her degree.
Mind/Dreams	15	6:30	3	Dream of a group of people in a room and a young man (whom I know in real life to be a clever, honorable, socialist, youth worker, idealist) comes over to me and earnestly asks me to marry him. He thinks we have a lot in common and could make a good life. He is an activist and peacemaker. We embrace, deeply fond of each other. I can't say, yes but, tell him I will consider it. I think to myself, I know him, but you don't just get married, you have to know each other more intimately. I feel I should tell him because since proposing he feels very connected to me across the room, among the people. I realize he has a young partner with him, and I think, that's better. I approach him with love and tenderness to say he is young and maybe he should or could stay close in heart but not to marry me. I feel worried about hurting his feelings but confident that it is the right attitude. I know what the dream is about. I'd like to be like him but it's not appropriate because I'm doing something else. I'm at a different stage in my life. I've never been an activist or extreme socialist, but I can be friends with him. I felt really good that he wanted me, honored me, appreciated me, recognized me; the people around me in the dream were kindred spirits. When I thought of his young partner I didn't want to be part of something that would change that so I decided to stand back from being closely involved. I'm not sure whether he saw some kind of wisdom in me.
Mind/Dreams	15	8:00	3	Dream we have returned to the house we had as a young family, when the kids were little, in a housing development in New Jersey. (I'd never wanted to live in it, everyone was like us, young, married people, with their young families.) There had been tenants and the tenants have left and there are some few pieces of furniture they'd left behind. Big, old, heavy, gorgeous furniture - it was light wood, carved, and lit as if luminous. I thought, "I like that." We found out that the tenants had sublet the house and the

sublettees didn't pay the rent, so we missed out on the money and we lost a lot, so we're broke, and I think we have nothing. It's a horrid feeling. I go down to the rec room, spacious, nice windows, has potential, and I see lots of cobwebs. Suddenly I am in a bed, and there are wads of cobwebs collecting on my legs and balling on the covers. I notice this with interest, but in real life I'd be disgusted. I am not disgusted. I go up to the living room and look out at the neighborhood. It's not mine, too yuppie. I feel like moving on, somewhere else - they don't care about the things I care about. Feeling of awe that the cobwebs were on me - something about the substance of the web rolled up, like fluff and sticky. Emotionally it felt good to renew my old acquaintance with the house. The furniture seemed significant; I was very excited to see it in there and it symbolized wonder and desire. I felt vague about my family in the dream; there was no obligation on my part, so I could see the neighborhood wasn't my type and there was nobody from the family putting in their two bits worth. I was deciding on my own, my values are different, I didn't worry about where I was going. I felt confident or matter of fact.

Mind/Dreams	17	6	<p>My husband and I are driving in a car. He drops me off at home (looks like the surroundings where I grew up). Come in and notice that something is not right. Feel danger, the door that I had closed before I left the house was open. I run into the room, where my kids are sleeping and wake them up to tell them something is wrong. I can feel the danger very strong now. I grab a lamp and a nail file. Next thing this monster, more like a bad energy, jumps out trying to attack us. I poke him in the leg with the nail file. It seems like that it's kind of possessing my youngest son, I'm holding his head to stop it. My son's eyes are blood-shot. I'm wondering where my husband is, he should be here by now. Maybe he got stopped by the "danger."</p> <p>Then I'm waking up. I feel still kind of shaken. Need to leave the light on. The dream seemed very real. I'm feeling kind of anxious and don't know if can go back to sleep. Felt very dry in my mouth when I woke up.</p>
Mind/Dreams	17	6	<p>Dream of being in the hospital, I don't get the care I need. Suddenly being attacked, try to run away, can't make any sounds. Run in front of a car, they recognize I'm in danger, they help me.</p>
Mind/Dreams	19	7	<p>Vague memory of dreaming of putting curlers in my hair and having problems with the amount of hair. I use hot rollers almost daily.</p>
Mind/Dreams	20	6	<p>Dream of office I used to work in. I'm returning to work after being off for a while. I'm expecting to work at the same place, but they are putting me in a different department. I'm not too happy about it and try to manipulate my old boss so that I get my way.</p>
Mind/Dreams	20	3	<p>I see a huge box-like red vehicle like a van. I see the man driving it in profile. It's going at a rapid rate. I am impressed and in awe. It whizzes past me to the sea, and to my utter surprise and disbelief it travels on the water, fast. I admire it. I'm amazed and think I want one of those, a vehicle that could go anywhere.</p> <p>Feelings with the dream; I felt desire and awe. It made the change (from land to sea) with no problem; it was suitable in one area and then another and went like crazy and did well!</p>
Mind/Dreams	20	6	<p>Dream that I was about to get married to an old boyfriend of mine. Didn't really want to marry him, but felt obligated. Had a little fling with another guy, who I met on my daily dog walk. Was kind of getting serious with him. Is it him I'm going to marry?</p>
Mind/Dreams	21	6	<p>Dreamt about my uncle and grandmother (both passed away a long time ago). My uncle had cancer (true also in real life), he was very sick. We are visiting him and then he passes away. I was so upset, cried really hard. My other uncle and myself have to bring the news to my grandma; it's her son who passed away. I'm horrified because I can't stand seeing her suffer. Then suddenly she dies as well. I'm devastated. I cry so hard I can hardly breathe, it's almost like I'm having an asthma attack. The pain of losing her is overwhelming.</p>
Mind/Dreams	22	3	<p>Dream fragment: tiny white spider on a ledge like a window-sill. It is the size of a dot from a paper punch and it has lots of little tiny white legs. It's</p>

			creamy, glossy, wet and shiny. I feel a brief moment of wonder and awe then anxiety, it's unknown. The little legs are wriggling. I can't go past it. It's dangerous. Called someone to help, maybe a man.
Mind/Dreams	22	5	Have had dreams of outdoors. Dream of moving to small town so could go skiing and camping more. Dream of my son walking in the snow with bare feet - walking up a river in the snow. An ideal place in interior B.C.
Mind/Dreams	23	6	Dream that my son had a friend for a sleep over. I'm getting them all organized. Then my son is telling me to come to him in a very demanding tone. This is already the second time so I'm very upset and tell him to come and see me. I grab his arm hard and tell him in a very harsh tone that I don't like it when he talks to me like that.
Mind/Dreams	26	3	<p>Dream of several family members, unrecognizable, in the back of an old prairie house. We are in a closed-in porch. I feel the earth shake, realize it's an earthquake, feel relieved to be in the porch (which is not a heavy structure). I am anxious to open the door and I try to, but there is no handle. I finally get my fingers around it, pull it open and we all get out. There are buildings nearby, dangerous I think, as we move together to a clearing, but some go quickly towards the wooded area. I call, "No!" A huge tree like a Douglas fir leans towards us. A woman says, "All this trouble is the Church's fault." I say the church is just a stage in our spiritual evolution. She says, scathingly, "You're not old enough to know what you're talking about; you have to start at the beginning." I say, "I'm talking about NOW and the changes that are happening NOW. The church's influence as an institution is fading." I am loud and assertive. A woman near me drops her premature baby twins; she hasn't got a grip on them as her arms are full of stuff. The babies bend or lean in an odd way and are about one foot long. They have cloth caps, kind of foreign-looking.</p> <p>I pick one up and make a papoose of a light cotton blanket. I show her how to tie it so the baby won't slip out the bottom; it becomes silk and beautiful. The earth shimmies, quivers, and kind of slides. We were in a clearing and people went to the left; I thought it wasn't good. I say I'm not sure if it's good to follow the lines in the earth. Someone, my sister (?), says "We are on the fault line, it's OK." I didn't think it was a good idea but I watched the ground for cracks. Then three women judges are before me in a line, my daughter is in the middle. My daughter says in a stern, cross, critical voice, "You vacillate from an old man to an old woman." The comment is meant to be very derogatory. I feel affronted and as if a stalemate has been reached.</p> <p>The dream was clear and vivid and memorable.</p> <p>On waking I feel mildly disturbed and puzzled, betrayed and misunderstood by daughter. I don't understand the accusation. What's wrong with "old man/old woman?" I think she has a problem with it; I don't. I appreciate it and myself. It feels like picking up the babies and knowing what to do put people off. They wanted to "put me in my place," i.e. - not wise, not knowing. I thought going along the fault line was wrong and dangerous but I went along with it as the woman who said we should seemed informed and confident.</p>
Mind/Dreams	27	6	Dream of being together with a lot of my friends from my native country. Some sort of competition. Three teams with two people per team. Each team has to eat a meal and then clean up in a certain time. I was doing pretty good, but my teammate was kind of slow. Still getting points for MY effort.
Mind/Dreams	27	7	Dreamed that we were moving into new house and I was looking forward to more space. Then we went looking at some furniture, antique type of furnishings, and trying to picture the furniture in the old house, not the new one.
Mind/Dreams	28	6	Dream of visiting my old boyfriend's family. He was my first boyfriend. I was late and they don't seem too impressed. My old boyfriend is there as well - we go into one of the kid's bedrooms and talk. Next thing we are kissing. I am OK with that, even though I'm married. I know that I wouldn't go any further. It just seems that he needs some warmth. Feeling: a nice familiar feeling.
Mind/Dreams	28	6	I'm staying over at one of my classmate's place. We have to get ready for school. I still have to wash my hair, because it smells like smoke from a fire pit we had before. She is leaving and I'm telling her I'll be right there. I

wash my hair, but don't blow dry it. I pack everything in a bag, even hair dryer and brushes which belong to my friend. I have two bags now; mine and hers. Then I'm leaving and things are happening. I have two rolls of film that I have to pick up but they are lost. When I came back to my car, I can't find it. It's lost, too. It shows up a little later. Now I'm taking some kind of sky train (above ground rapid transit system). Another friend is with me (my very good and long time friend from Germany). We get off the sky train and have to go down a hill to catch the next one. I'm realizing that I lost one bag, the one of my friend's belongings. So I'm running back as fast as I can and I'm lucky. I get on the same sky train and find the bag. The sky train is moving now and I have to get off at the next stop. Now I have to run all the way back to where I left my friend behind. I'm unsure about which way to take now because I'm so far away from the place where I got on the sky train. Next thing I'm sitting and waiting for the next sky train but end up getting on a bus. I think my husband is with me now and I realize that I lost my friend's bag again. I can't believe this. We are talking to the bus driver and he promises to inform the sky train driver and people who work around the area. I'm quite upset about this because it's not my stuff. How could I lose it again? I'm on the way to school now and meet somebody I know. I tell her the story, still being upset. I also haven't blow dried my hair yet and I look horrible. I don't want to show up in class like this. Also I'm going to be late! I'm wondering why I keep losing things.

Mind/Dreams	28	7	Dreamed that a girlfriend apologized for not being home when we went to visit her. I then remembered a dream from a couple days ago wherein I went to my friend's new house but no one answered the door. So I dreamed about a dream.
Mind/Dreams	28	3	Dream I am in the house, my childhood home, and I am an adult. Several people are there. I think I should look out and when I do I can't see my car. I go to the parking lot and look and look. I can't find it. Maybe someone stole it. I am on a bicycle. It is raining and I feel cold around my shoulders so I pull my coat up and around them. Going around town looking for my car, riding energetically. I hit a dead end and come back down the alley. I think my car has been stolen and I am getting wet. It's pouring rain. I'm not dressed for rain but important to find car. I can see clearly the gravel colors - terra-cotta, bluey-grey on the earth around me. The bike is old fashioned. I am standing looking at it thinking where to go. Something has been dragging along underneath it, they are black cloth goggles. I think, oh well, it's too bad but it doesn't matter that I can't see." My eyes are shut. I open my right eye with my fingers. The left eye is very stubborn. I pull the lids apart but I can hardly see; vision is blurry. It's very wet everywhere and still raining. The colors are earthy terra-cotta and like grey and black. I can't find my car. On waking I felt elated by the energy expended in the dream, it felt good that I had that much energy and determination. I never ride a bike in real life and I felt surprised at how I could ride. On waking I felt energized and good; I was also disturbed about the car and wondered why I couldn't see.
Mind/Dreams	28	7	Dreamed of speaking with an action movie actor about the proving, and explaining to him why I enjoyed his last movie.
Mind/Dreams	29	6	Dream I am walking my dog on a path close to where I used to live with my Grandma. It's a path where I wasn't allowed to walk and didn't like to walk because something happened there - a child was pulled into the bushes. It's pitch black while I'm walking there and I feel safe because I have my dog with me. Next thing somebody is shooting my dog and I get hit three times. The guy is then taking my car, which is parked just outside the path. He also gives me his dog, which is a small dog. I take it and go home, where I meet another person with a dog. I realize that I don't have to worry about this dog because he is friendly with other dogs.
Mind/Dreams	30	6	Dream of a big gathering of friends including children. My friend's daughter and my youngest son are playing in a different room. I'm going to check on them and discover that they are watching a porn (pornography) movie. I'm freaking out and ask around who is responsible for that.
Mind/Dreams	31	6	Dream my real dad (who passed away of cancer 8 years ago) was very sick. He had cancer which he lived with for a while and was now getting worse. He was admitted to the hospital and my grandma phones me to let me

know that she won't be able to cope with him when he gets back from the hospital. She wants me to arrange for some home support for him. I'm going to my sister's workplace (she works in a home care facility) to ask her if she could arrange something. When I get there, her boyfriend is there as well and he is talking to her in a respect-less (disrespectful) way. I'm getting quite upset, telling him not to speak to my sister in this way. She seems to be OK with it (him talking to her like that), which I don't understand.

Feeling: I don't always want to be responsible for things, like my dad, that's why I'm asking my sister for help.

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| Mind/Dreams | 35 | 6 | Dream about a family who lost their daughter/sister, in a car accident, I think. I am there when the family gets the message that the girl died. Everybody is crying and the mother is almost hysterical, she is shrieking. I'm trying to console her and tell her it's good to let her feelings out. I feel so sorry for them. Then this woman shows up. It's the girl's (who passed away) grandmother. I'm so shocked to see her, because she looks exactly like the dead girl - only older. |
| Mind/Dreams | 35 | 6 | Dream of a big gathering of people, neighbors and friends. We are playing soccer with the kids. My youngest is the best player; he is scoring a lot. My husband leaves the game to take a break. After a few minutes I'm looking for him and find him lying on top of one of our neighbors. I can't believe this and leave. I'm telling her husband about it. I'm theorizing what I should have done: smacking them both in the face, telling him how much he hurt my feelings. Then everybody is packing up to go home to prepare dinner for the party at night time. My youngest drops some glass bottles which break. I'm starting to clean up and I'm annoyed because my husband is not helping. When we get home, I confront my husband. I ask him why he was fooling around with another woman, and telling him that he hurt my feelings. He says that he wants to talk to the kids and myself. Feeling: I'm worried that he might tell us he is leaving us. |
| Mind/Dreams | 35 | 7 | Feeling: I'm worried that he might tell us he is leaving us
Dreamed that I had moved. In the new home there were three bedrooms which were still full of dressers and beds. I was deciding which would be mine and then remembered my husband (happy face drawn in journal after the word 'husband' - smiling that she'd forgotten him), then deciding which of the remaining would be the girls' and boys' rooms. When I looked out the window of the room I had picked, I realized we were below ground level as the window was higher and there was a grass line (about one third up the window). When I looked to the right I saw there was a park. I looked through the drawers of the dressers, which were still full, to see if there was something we could use, before sending all the stuff to storage. |
| Mind/Dreams | 36 | 7 | Remembered 'trailers' of my dreams last night.
Stepping over someone's legs with sandals and pinching her leg (a piece of her thigh) between my heel and the back of my sandal.
Picking up someone's camera and accidentally dropping it and, in trying to stop it from hitting the floor, put my leg there. My skin is all scratched and there is some blood and I use this to show the person that the camera never hit the floor.
Dreaming of construction, scaffolding, being on the scaffolding and feeling the wind. |
| Mind/Dreams | 37 | 6 | Dream that I had to look after some stuff of one of my former bosses. He went on holiday and I was responsible to get him a lottery ticket. When he got back, he tried to hit on me. I told him that I was not interested. |
| Mind/Dreams | 42 | 7 | Dreamed about moving again, that we had moved into this big house with many rooms and bathrooms. |
| Mind/Dreams | 49 | 6 | Dream I was supposed to participate in the 24-hour relay for the kids (which I'm planning to do in real life). Cancelled at the last minute, but then decided that I should go, because I can't let the team down. Then being in the swimming pool with youngest son, he is training for a little kids triathlon (as he is going to do in real life). When we get out of the pool there is a big spider and somebody tells me to kill it. But I can't do that, I can't kill spiders - besides it looks kind of scary. It almost seemed that the spider is a person. I think it could talk. There was a party going to happen and nobody wanted to invite the spider/person. In the end I'm |

going to invite her (the female spider/person). It seemed nobody wanted her at the party because they didn't know her and were scared of her. I feel it's not right to leave somebody out just because we don't know her.

Mind/Dreams	52	6	Dream a former colleague of mine was going to pick me up to go to work. She is late. She has a cut on her lip. In the next scene my dog is in the garage and I'm telling everybody to make sure the door is closed so he can't get out. The door won't close properly, have to push several times, hard. My Grandma is with me. Next scene, four of us, a friend of ours, an acquaintance, my husband and I are sitting at a table. The acquaintance, B, and I are having several arguments. He is really nasty and I'm not the type to keep it in (my thoughts and feelings). After a while my husband is losing it, telling B to shut up and also our friend is telling him where to go. I'm kind of surprised that they are on my side.	
Mind/Dreams	52	6	Dream that the kids are with my parents; they are staying with them for a while. We are stopping by and I see my Mom nursing my youngest son. I'm wondering how she can have milk. Then I'm asking my son if he wants to nurse with me. My breasts are leaking but he says he doesn't want milk right now. Feeling: How can he nurse with my Mom and turn me down? Kind of hurt.	
Mind/Dreams	53	6	Dream I have to write a test together with two of my classmates from elementary school. I don't know how to answer the questions because I was sick when this stuff was taught. One of my classmates thinks that I should be able to figure it out. I would like to copy their stuff. Teacher comes in.	
Mind/Dreams	54	6	Dream about my girlfriend and her husband. I think he is kind of contemplating leaving her. She senses that something is wrong and is freaking out - angry and crying. She leaves the room and he tells me that there are things he doesn't like about her. It seems like there is a possibility of him not leaving if she would change. Next thing she shows up again being 'all nice'; it seems she could sense that there is still hope for making up again.	
Mind/Dreams	54	6	Dream that the delivery guy who delivers our bikes comes to our house with his motorbike to pick up K, my youngest son's friend. K gets on the motorbike and there is another little girl on the bike. I'm standing on the back of the bike and we are riding over to the delivery guy's house. He shows us his property, about 2 acres, and his basement. He had parrots and some other animals that I can't remember down there. Next scene seems to be in a basement as well. There is a woman there that I know from work. She is not feeling well, some sort of depression. I tell her that I might be able to help her with homeopathy. I want to spend some time with her, do things together, until she gets better. My dad shows up and he is angry. I tell him he is not reasonable.	
Mind/Dreams	54	6	Dream I am riding a motorbike with my youngest son. After riding for some time I realize that my son is not wearing a helmet. I give him mine, but then I'm worrying what's going to happen if I get in an accident. Almost wondering if I should keep it for myself, kind of a tough decision.	
Mind/Dreams	56	4	Dream my partner (he's diabetic) was going to get some chocolate. I told him not to eat it. I wanted it - greedy. Didn't want to share, but was not really interested in it.	
Mind/Dreams	56	6	Dream that my husband lost my youngest son and we are looking for him. It's been a week and I'm wondering if there is any hope of finding him. No particular feeling in the dream that I remember.	
Mind/Dreams	59	6	Dream that an FBI agent is coming to ask my youngest son some questions. It's a very serious situation. We (my husband and I) are supposed to leave the country with our son. His grandmother is taking him to the airport. My husband, the FBI agent and I are following. It seems like our son is a target, so we are distracting whoever is after him.	
Mind/Dreams	62	6	Had a dream about my ex-husband but can't remember what it was about - something about our old condo (condominium) that we used to live in.	
Mind/Dreams	99	0:00	2	In three dreams, movie stars came into the mix, Mick Jagger, Marilyn Monroe and Rene Zellweger. It is not typical for me to have movie stars

				appear as characters in my dreams.
Mouth	0	3:00	2	Bit myself under my tongue; can't understand how I could bite myself under the tongue and couldn't recreate it.
Mouth	0	6:24	4	When listening to others talk my mouth would fly open.
Mouth	0	6:45	4	Stretching my mouth wide open in response to hearing another speak of discomfort.
Mouth	0	9:40	4	Need to stretch mouth wide open and then burp, burp, burp; wasn't particularly satisfying.
Mouth	0	10:08	4	Lip tingles on my upper right corner.
Mouth	2		6	Canker sore is starting inside mouth.
Mouth	2	8:05	3	Upon waking, had a very dry mouth. Ameliorated by drink of water.
Mouth	3	6:30	3	Wake with dry mouth, but not as dry as yesterday. I must have been sleeping with my mouth open; when I close mouth saliva begins to run.
Mouth	4		6	Canker sore doesn't seem to develop any further.
Mouth	8		4	Woke up this morning with a very dry mouth. Realize I have had this for the whole past week.
Mouth	8		6	Canker sores are gone.
Mouth	12	0:06	1	Tongue feels swollen, especially at back on left side. Swollen tongue is accompanied by sudden, short-lived (two minutes) sore throat - sharp shooting pain in throat.
Mouth	13		6	Have a little bump on the roof of my mouth. Can feel it with my tongue; feels a little bit raw.
Mouth	14		6	I ate tomatoes last night in spite of knowing that I might get some canker sores again. It seems that one is on the way already, on the inside of my left cheek.
Mouth	15		6	Bump on roof of my mouth is gone, but a little raw sensation is left when I go over it with my tongue.
Mouth	15	7:00	1	Have a cut in my mouth, right side at border of cheek and gum. Red, raw, circled with white peeled skin. Stings if I touch my cheek on outside (face), a sharp sting, and aches when not touching it.
Mouth	17		6	Dry mouth on waking, after two bad dreams.
Mouth	18		6	Canker sore is getting better, yesterday it seemed to get worse. Also feels like I might be getting another canker sore in the back of my throat, left side.
Mouth	18	8:00	3	On waking, mouth felt funny, 'spongy,' not as slimy as usual but not sore or coated. Wanted to move mouth to get saliva going; mouth drier than usual.
Mouth	19		6	Canker sore is gone; the one I thought might develop in the back of my throat didn't come out.
Mouth	21		6	Canker sore is gone.
Mouth	24	17:00	3	Mouth watering with appetite for dinner, even though I ate early.
Mouth	26	6:00	3	Wake up feeling hot and with a dry mouth. Go back to sleep.
Mouth	26	7:00	3	Wake with a dry mouth, and feeling hot.
Mouth	28		6	Canker sore is starting on right upper lip, inside.
Mouth	31		6	Canker sore didn't seem to develop more - it's almost gone.
Mouth	40		6	Canker sore seems to come up on inside of upper lip, more to the left side.
Mouth	42		6	Canker sore is getting worse.
Mouth	44		7	Woke up with sore throat, more like a sore tongue, right at back. It hurt to

				stick tongue out or move it around. Slight soreness of throat, but tongue is the problem.
Mouth	44		6	Canker sore is bad, it hurts a lot when I eat. There are actually two canker sores but just one turned into a painful ulcer. I am craving oranges lately which are not the best things for canker sores.
Mouth	60		6	It is not unusual for me to have canker sores but with the proving it seemed that they'd come up but not go to the ulceration and totally painful point. They were milder, didn't get inflamed and ulcerated.
Nose	0	16:50	1	Lying on left side in bed and right nostril feels as if it is filling up; congestion and pressure.
Nose	3	6:23	1	Right nostril plugged up.
Nose	3	6:30	1	Walking dog at beach, right nostril still blocked.
Nose	3	7:20	1	Right nostril dripping with clear fluid, have to blow nose. Nostril still dripping ten minutes later.
Nose	3	9:00	5	Sneezing in ear.
Nose	3	9:30	1	Nose still dripping clear fluid.
Nose	4	1:59	1	Clear fluid dripping from nose (after 5 km run), must blow nose.
Nose	4	6:00	1	Right nostril still slightly congested, inhibiting ability to smell.
Nose	4	6:09	1	Blow nose, thick clear gel with medium green flecks of phlegm discharged from both nostrils.
Nose	4	7:30	4	Right nostril was blocked upon waking but dripping post nasal now. This is simultaneous with right sinus feeling a little congested.
Nose	5	7:00	1	Congestion in right nostril, hard to breathe through nose.
Nose	5	7:51	4	Right side of face congested (nose and sinus).
Nose	6		4	Congestion in right nostril/sinus gone.
Nose	8		4	A little blood in right nostril upon blowing nose. I often have dry nostrils and this happens occasionally.
Nose	8	6:01	1	Nasal congestion in left sinus cavity. Burning pain, feels blocked, sense of increased pressure. Also, pain down left side of neck with nasal obstruction.
Nose	9		4	More blood on blowing nose, not dripping, just a little.
Nose	10		4	This morning on blowing my nose the left nostril was bloody. The right (which had been bloody for two consecutive mornings prior) now discharged bright green mucus. Mucus clear within an hour.
Nose	18		4	Ate some chocolates today and had a strong reaction to them; sore eyes, headache, head sensitive to movement, feeling drowsy. I also noticed my nose was congested and I had to blow my nose several times. Mucus, some runny, some thicker, clear color.
Perspiration	0	0:00	2	Body odor, under arm, which is unusual; odor is spicy.
Perspiration	0	8:50	1	Very sweaty after intercourse.
Perspiration	1	20:00	2	Smelled spicy body odor and urine.
Perspiration	2	10:05	2	Feel hot, clammy, sweaty, especially mid-trunk; would come and go, like hot flashes I imagine.
Perspiration	3	9:15	2	Hot, sweaty, lasts forty-five seconds.
Perspiration	3	13:30	2	Hot and sweaty.
Perspiration	3	14:20	2	Hot and sweaty again, lasting thirty seconds.
Perspiration	4	1:32	1	Wake feeling hot, from sleep/dream, with legs all sweaty behind knees and on feet.

Perspiration	6	15:10	3	While climbing rocks on the beach I felt very hot and was sweating especially around my neck. That's new - I usually don't sweat. Sweating from waist up - shoulders, front and back of neck, upper body. No trickly sweat or odor. Unusual for me.
Perspiration	33		7	Had a bath last night and went to bed. A lot of sweating in my sleep.
Rectum	0	17:15	6	Bowel movement at 12 noon (elapsed time 17:15). Didn't have to strain, nice and soft. For days before proving I had hard stool, sheep-dung like stool, with lots of straining.
Rectum	2		6	No bowel movement today.
Rectum	2		7	Constipation (usual symptom) not changed.
Rectum	2	5:50	1	Tingling sensation over buttocks and in anus, and pressure as if sphincter will open and poo come out - need to go to the bathroom. Bowel movement softer and easier (usually somewhat prone to constipation).
Rectum	2	5:52	1	Burning sensation in anus. Burning sensation worse relaxing anal muscles, worse clenching anal muscles inwards. Ameliorated pushing anal muscles outwards, as if to have a bowel movement. Sensation disappears in fifteen minutes.
Rectum	3		5	In the early evening after supper had second bowel movement of the day. Usually only have bowel movement in a.m.. Normal bowel movement, despite it being second of the day.
Rectum	3		7	Constipation continues. Feeling of heaviness in lower abdomen. No urges to go, except for slight ones and those are not very productive.
Rectum	3	6:15	1	Tingling sensation in anus and buttocks; need to have a bowel movement. Am clenching my anus to prolong having to get up (out of bed), but when I am passing gas it feels like I will either pass feces or urine. Lots of flatulence.
Rectum	3	6:30	5	Lots of gas, without cramping. Normally would have cramping with gas. Gas was quite smelly, more than usual; disagreeable, smells like undigested food, like rotten old skunk smell. Gas spell lasted for about one and a half hours. Some gas returned later in the afternoon of same day.
Rectum	3	19:30	6	Had bowel movement at 7:30pm. Hard stool; had to strain again.
Rectum	4		6	Had a lot of gas (not smelly) but no bowel movement.
Rectum	4		4	Bowel movement later than usual (by several hours). Ended with not finished feeling.
Rectum	4	5:56	1	Tingling across buttock and anus with flatulence - need to poo. This is accompanied by colicky cramping pains in lower abdomen and needing to pee.
Rectum	4	6:00	1	Stool comes out easily.
Rectum	4	14:05	2	Urgent need to defecate, bad stomach pains, very intense while walking (to the ferry from the car park). Stool light-colored (tan), copious, and long.
Rectum	5		4	Bowel movement later than usual (by several hours) - not finished feeling.
Rectum	5		5	I get gas from the combination of eating Krinkle chips and drinking beer. The amount of chips is the main determinant.
Rectum	5	6:57	1	Upon waking, tingling in buttocks and anus, need to go to bathroom. This is accompanied with colicky pain in abdomen and the need to pee.
Rectum	5	7:15	6	Bowel movement after getting up in the morning. Had to strain a bit in the beginning (hard stool), then stool was getting softer. Little bit of gas with it. No smell.
Rectum	6		7	Still very constipated.
Rectum	6		5	A little upset stomach and gas due to meat I ate for dinner the night before.

Rectum	6	15:00	3	Felt the urge for a bowel movement, pressure from colon on rectum, at 3pm while out walking. The timing is unusual; usually urging is after breakfast. Quantity of stool this morning was about one third the usual but in the afternoon it was fully the usual amount.
Rectum	6	19:01	1	Bowel movement missed this morning; comes in the evening instead. Stool hard but comes out fairly easily.
Rectum	7		4	Bowel movement softer. Unfinished feeling gone since day 5.
Rectum	7	6:43	1	Bowel movement, medium brown stool, stinky; comes out more easily.
Rectum	7	20:43	1	Had an INCREDIBLY ROTTEN smelling fart, smells like something died inside. Husband says smells like rotten dairy products.
Rectum	7	20:45	1	Another fart, incredibly rotten smelling - the smell clings in the air and is quite eye-watering!
Rectum	7	22:54	1	Feel like I have to have a bowel movement but forced air comes out with two tiny pieces of poo.
Rectum	8	5:40	1	Tingling sensation across buttocks and anus with cramping pains in abdomen; know I should go to the bathroom, but am really enjoying lying in bed right now - too lazy to get up.
Rectum	8	6:30	1	Initial straining with bowel movement but then fairly large stool comes out quickly and easily.
Rectum	9	10:00	3	Bowel movement was extremely large in length and diameter, and later in the morning than usual. It was twice the size of usual, AND I hadn't had much to eat. Odor and color unchanged.
Rectum	10	6:23	1	Upon waking, slight tingling sensation across buttocks and anus again, but no cramping pain at rectum. With this I have colicky and cramping pains across ovaries and uterus.
Rectum	11		4	Disturbed sleep; waking the first few times from speaking aloud, and later from cramping anus.
Rectum	11	17:00	3	Have bowel movement at 5pm, rather than the usual 8:30am. Perfectly normal otherwise.
Rectum	12	10:35	1	Bowel movement with soft, medium brown stool, came out easily.
Rectum	12	10:40	1	Burning around anus persists after bowel movement (began 5 minutes prior); pain better for pushing anus out (rectal muscles) and worse for relaxing them.
Rectum	16		4	This morning I felt the strong urge to have a bowel movement. It was gaseous, soft and some liquid; stool very small. Then another strong urge about 30 minutes later. Stool a little larger, not so much liquid. A couple hours later another strong urge. Stool a little closer to normal size. The urges were controllable, but when 'going' the sensations, waves, went into my thighs.
Rectum	21		4	I had loose stools again (normal time, normal color) and lots of gas.
Rectum	37		7	Constipation same pattern. I've taken laxatives, two at a time, and it doesn't really make me go. Stalled.
Rectum	99	0:00	1	A repeating symptom (which ended once proving was concluded) was the tingling sensation across buttocks and anus felt always before needing a bowel movement. This would signal the need for a bowel movement and would generally come first thing in the morning, even while still lying in bed. With the sensation in the buttocks and anus there were often cramping pains in the abdomen, signaling a need to urinate. Never had experienced any of this pattern before.
Respiration	0	2:23	2	Breathing ragged.
Respiration	0	6:00	2	Short of breath. Hard to catch my breath. Because of this wanted to stop the walk and go home.
Respiration	0	7:10	4	Yawn after yawn.

Respiration	8		7	Went for a one hour hike (one that I've done many times before, not a difficult hike) with puppy. This time while 'over-exerting' (which is not over exerting but more walking really fast) there was a burning in my throat, on the left side; a sensation of heat. With this I also felt some heaviness in chest area, heard a slight wheezing as I breathed. Forcing a cough cleared the wheezing. The burning and wheezing disappeared once my hike was done. I've not experienced this before. Summary: wheezing in chest from exertion; forcing cough cleared it; feels like asthma.
Respiration	19		7	It feels really good to take deep breaths once in a while. It feels like it stretches back and front (of upper body). Feels like I'm mainly breathing 'just enough.' Deep breath feels better.
Sleep	0	1:15	6	Feeling tired; seemed later than it really was.
Sleep	0	2:15	6	I feel very sleepy, need to go to bed; this is at 9pm, usually go to bed between 10 and 10:30pm.
Sleep	0	4:45	1	Seem to have had a mini catnap. Still feeling tired and heavy lidded.
Sleep	0	10:15	6	I'm kind of awake since 5am, but couldn't get myself to get up. Dozing off for moments. (Time: 5am; Elapsed Time: 10:15)
Sleep	0	19:55	4	Woke easily this morning, not tired today.
Sleep	1	14:03	1	Lying down reading because I feel very sleepy. Not sure why it is that every time I sit to read I want to have a nap.
Sleep	1	16:10	1	Lying in bed reading, I seem to be doing a lot of that today?! Feeling sleepy.
Sleep	1	20:30	6	I feel tired again around 8:30pm; it seems later than it really is.
Sleep	2		7	Had a nap at lunch hour today. Very tired from poor sleep last night. Felt better.
Sleep	2	5:00	6	My morning didn't really start that good. I was supposed to go for a run at 5:30am this morning, but couldn't get myself to get up.
Sleep	2	7:59	4	Awoke fairly slowly this morning, slept well but hard to get up.
Sleep	2	9:00	2	Slept late, very heavy sleep.
Sleep	2	10:15	1	Just had a chai tea; feel very sleepy, like I want to go for a nap. Lots of yawning.
Sleep	2	15:40	1	Just ate ice cream sundae; feel very tired again with yawning.
Sleep	2	16:07	1	Going to lie down for quick power snooze. Slept for 24 minutes; awoken quickly/abruptly from nap because phone rings. Still feel sleepy and slow to get out of bed.
Sleep	3	14:00	6	I still feel kind of tired, contemplating if I should have a nap.
Sleep	3	18:22	1	Feel very tired, want to curl up in chair and sleep.
Sleep	4		5	Slightly groggy on waking up. This is new for me.
Sleep	4		4	Just when falling asleep for an afternoon nap I thought there was a tremor or earthquake; I watched the plants in my room and they did not shake, so it must have been inside me. Fell asleep and napped for a time; woke up suddenly and jumped out of bed. I went to the kitchen to eat, had pudding and corn chips; I was probably hungry but didn't feel it in my stomach.
Sleep	4		6	Easier to get up this morning; heavy feeling is gone.
Sleep	4	8:00	2	Sleep late and heavy.
Sleep	5		6	Woke at 5:00am but went back to sleep again. No problems getting up for the day at 7:15am.
Sleep	5	6:45	2	Sleep heavy.
Sleep	5	7:00	1	Awaken very tired, hard to open eyes. Tired.

Sleep	5	7:51	4	I woke up slowly this morning with first light, drifting in and out of dreaming for an hour or more.
Sleep	5	13:00	7	Noticed tiredness from approximately 1pm to 3pm. Very tired, although I had a good sleep last night.
Sleep	6		5	Fitful sleep due to meat eaten at dinner the evening before.
Sleep	6		7	Very tired. Tiredness starts at about 1pm and continues. Starts to get better at approximately 3pm but still remains to a lesser degree after.
Sleep	6	8:30	2	Slept heavy and dreamt lots but cannot remember.
Sleep	6	14:00	3	Usually my best time of day is between 2:30 and 6pm, but since taking the remedy I have twice felt sleepy at about 2pm for about one hour. Felt it in my eyes and on concentrating - comes on suddenly and tapers off.
Sleep	7	9:30	2	Slept late and well!
Sleep	7	15:30	6	Had a nap from 3:30 to 5pm.
Sleep	8	6:40	2	Do not wish to wake up; tired.
Sleep	9		7	Very tired - can't shake it. Worse between 1pm and 3pm, then gets somewhat better, but never leaves me.
Sleep	9	6:45	2	Slept heavy.
Sleep	10		5	Sleep well.
Sleep	10	14:45	4	Had a short nap. I awake from my nap suddenly, as I did last week. Very hungry and wanting tea.
Sleep	10	16:15	3	Felt very sleepy at 4:15pm, eyes heavy and sleepy.
Sleep	11		4	Disturbed sleep, woke up three or four times. Speaking out loud woke me up. Woke up later with cramping anus.
Sleep	11		5	Sleep all through the night. Normally wake two times.
Sleep	12		7	Very tired, even went for a nap on my lunch hour. Slept for 40 minutes.
Sleep	12	14:00	3	Sleepy at 2pm, unusual.
Sleep	13	16:00	3	I was tired when I got home at 4pm and lay down and fell so sound asleep that I didn't know what country I was in when I woke. That hasn't happened for a long time. I was really disoriented as if I was coming out of a blank place.
Sleep	14		6	I just got out of bed at 10:30am. I feel so lazy; I was already awake at 7:30am but was too lazy to get up. Dozed on and off, and even though my body (especially my back) is aching from lying in bed for so long; I don't want to get up.
Sleep	14	6:45	1	Wake up tired, not a great night's sleep, kept waking up (not sure why).
Sleep	14	9:00	3	After I got up this morning I fell asleep on the chesterfield for about 20 minutes - usually only do this if I'm sick, but I didn't feel sick, just low energy. Felt better after my nap.
Sleep	17		6	Woke up at 2:20am after having two dreams. Woke with a dry mouth, felt anxious, left the light on for the rest of the night. Slept horribly after that; felt exhausted after waking; restless sleep.
Sleep	18	14:30	3	Sleepy 2:30 to 3pm; new - don't usually have sleepy spells in the afternoon.
Sleep	19		6	Waking from sleep a few times in the night because my skin was so itchy.
Sleep	23		6	Didn't sleep well last night; woke up a few times, thought I was hearing owls. Later confirmed that I was hearing owls.
Sleep	24		6	Didn't feel like getting up again.
Sleep	26		6	Sleep disturbed by skin eruption. Went back to bed and had a nap from

					8:30 to 9:50am.
Sleep	40		6		Not sleeping well after 3:00am due to my itchy skin eruption.
Sleep	60		6		Slept good even though I had to get up at 4:30am to go to work this morning; unusual!! Usually if I have to get up early to go to work, I wake often in the night, as if I'm anxious to not miss getting up in time.
Sleep	99		3		Woke early (often, throughout the proving) about one to one and a half hours earlier than usual. Usually sleep through the night.
Smell	0	23:54	2		Smelled urine. (Time: 8:54am; Elapsed Time: 23:54)
Smell	1	20:00	2		Smelled urine.
Smell	1	20:30	2		Smelled urine.
Speech & Voice	0	1:30	2		Left telephone message for my supervisor. Feel speedy, fast talk- fast, fast. With this felt stoned, like I was on speed.
Speech & Voice	1		7		Fast speech.
Speech & Voice	4	8:05	3		My voice is rough and deep.
Speech & Voice	4	19:00	4		Voice gets soft, raspy, and difficult to project.
Speech & Voice	5		4		Voice difficult to project.
Speech & Voice	6	7:00	4		Last two days could not project voice; this morning my voice is really low.
Speech & Voice	30		7		Sore throat is gone but losing my voice. Voice scratchy. Feels like I have to speak loud to be heard.
Speech & Voice	31		7		Voice still scratchy, but improving.
Speech & Voice	32		7		Voice back to normal.
Stomach	0	2:23	2		Thirst, better by drinking water.
Stomach	0	7:10	4		For about a half hour period felt rumblings in my intestines, a whine in my tummy. Lots of burps.
Stomach	0	7:59	4		Eating cookie and can't swallow without swallowing air. Leads to burping.
Stomach	0	10:08	4		Drinking a hot drink, every swallow makes a noise on the way down. Burp and burp again. That's right - I remember I was burping earlier after eating a cookie. Can't swallow without swallowing air.
Stomach	0	16:50	1		Hunger pain and abdominal cramps; gnawing sensation almost like nausea with it.
Stomach	0	22:25	2		No appetite this morning. (Time: 7:25am; Elapsed Time: 22:25)
Stomach	0	23:30	2		No appetite. (Time: 8:30am; Elapsed Time: 23:30)
Stomach	1		6		Stomach was gurgling, even though I ate. Had some chocolate but didn't enjoy it as much as usual. Didn't have much to eat today, not lunch, sandwich at 3pm. Less snacking than usual.
Stomach	1		4		Lunch out, very thirsty.
Stomach	1		3		I've eaten small meals in last few days; I've been so busy, it feels right. Am eating less food than normal and I feel no emotional quality to what I'm eating. I'm not having urges to have anything, like desserts. Sometimes I eat more than I want to and I feel heavy in my stomach, but I don't feel I have to do
Stomach	1	10:40	2		Still not hungry.
Stomach	1	23:05	2		Feeling of nausea, lasted for half hour.
Stomach	2		7		No appetite change, except maybe a little more okay with not eating everything off my plate.
Stomach	2		3		Increased thirst.

Stomach	2		4	No appetite; normal for me to lose my appetite when I'm emotionally upset.
Stomach	2		4	Burping with evening drink - not with afternoon drink, though.
Stomach	2	12:30	2	Still not much appetite.
Stomach	2	15:00	6	After waking from short nap was thirsty for a big glass of lemon water.
Stomach	2	18:00	3	I was really hungry for dinner tonight - unusual; felt slightly empty, nothing as negative as pain. I enjoyed the food tremendously.
Stomach	2	19:00	3	I really enjoy the food, lots of variety tonight (pot luck dinner), tasted each one, like a delightful trip around the world. I taste only - I don't need to eat more.
Stomach	3		6	Quite hungry in the morning, had fried eggs at 8:00am when I'd usually have fruit.
Stomach	3		4	Still was not hungry today but had bites to eat. Didn't want to get in the low sugar state like yesterday.
Stomach	3		5	Maybe a bit more hungry. Slightly enhanced. Food tastes good. Enhanced taste. Good appetite. Sensitive to smells of food.
Stomach	4		6	Stomach is making noises right after eating; a feeling like the intestines are working. No pain or discomfort. Noises in my stomach usually happen before I eat, not after.
Stomach	4		6	Not really hungry, had juice in the morning.
Stomach	4	1:59	1	Thirsty for cold water after 5 km run.
Stomach	4	22:18	4	Gas discomfort (not pain) in my stomach, flatulence and burping since dinner at 5:30pm. Gurgling and rumbling, too, although quiet, not too loud.
Stomach	5	7:20	4	Had tea in bed as usual; lots of gurgles while drinking.
Stomach	6		4	Partner made tea and toast. I'm not hungry but made myself eat first piece. Will eat second piece but not from hunger drive. Have to get over the hurdle to eat, then it gets better. Don't emotionally want to, lack the desire to eat. Tea and toast cause noises in stomach.
Stomach	6		5	A little upset stomach due to meat eaten for supper the day before.
Stomach	6		6	Ate two fried eggs before we went out to a banquet.
Stomach	6		5	Still good appetite. Don't like to skip meals. Before proving could skip meals with no problem. Stronger desire for regular meals.
Stomach	6	15:10	3	Very thirsty after returning from my walk, unusual for me. Had a full 8 ounces of water.
Stomach	7		4	Thinking about breakfast this morning, motivated to make it! Yeah! I feel hunger in a normal way again. Happy and relieved to hear my stomach growl with hunger and to feel hunger in a normal way.
Stomach	8		4	Normal hunger has now made obvious the stomach sensations of Monday to Friday - emotional pain emitting heat into my stomach, especially with thoughts of needing to eat. A punishing feeling; self-inflicted punishment to NOT EAT. Physical pain to match the emotional. Yes, there was a real life event that triggered an expected emotional response but there were influences from the proving as well. During the days of lost appetite dinner was the easiest meal to eat.
Stomach	8		7	Food intake has increased but not because I'm hungry. I just want to eat. If the food is there, I'll eat it.
Stomach	8		5	Still noticing hunger before meals. Not a need for more food, just feel hungrier before meals consistently.
Stomach	8		6	Not overly hungry today.
Stomach	8	19:00	3	Felt thirsty again. Same as yesterday after movie. This is new. I have never felt thirsty in my life. Thirst ameliorated by drinking water - only water would do.

Stomach	9		4	Warm, hot emotion in pit of stomach, triggered by mealtime. Not wanting to eat again; loss of appetite.
Stomach	9		7	Food intake still increased.
Stomach	9	15:00	4	Appetite came back around 3pm. Craving sugar because I was low blood sugar having skipped lunch.
Stomach	9	16:45	3	Thirsty.
Stomach	9	18:05	3	Feel very hungry. New, never been conscious of feeling hungry in my life. Salivating; wished they'd hurry up and make dinner. Delicious smell of food made me hungry. Aware of hunger in my throat and mouth, not stomach. Yearning in my throat for food. It was not like a craving for something sweet, not just filling the stomach; I wanted food that would be savory, not sweet; nourishing. I would be nourished through throat and mouth. It's a physical, not emotional, desire to have food in my mouth.
Stomach	10	14:45	4	Had a short nap. I awake from my nap suddenly, as I did last week, very hungry and wanting tea.
Stomach	11		5	Still feeling hungrier before meals, but I'm not a snacker, never have been. But by the time I eat it is like a pang, boy am I feeling hungry! Don't like the smell of fast food, restaurant food. Taste and smell of food still enhanced. Food tastes better.
Stomach	12	16:00	3	Thirsty again today, 4 to 5pm, better for drinking water.
Stomach	13	16:00	3	Thirsty before dinner, 4 to 5pm.
Stomach	15	16:00	3	Still thirstier than usual; thirst strongest before dinner, 4 to 5pm and after dinner, 7pm.
Stomach	16		7	Need for food has diminished. Not feeling as hungry as earlier in the proving. No special cravings throughout.
Stomach	17		3	Felt thirsty on road trip; never been thirsty on a trip before.
Stomach	18		3	Ate the right amount of food on trip; usually I would eat more because I'd be excited and want to try things, but not on this trip. My sister noticed this difference in me too.
Stomach	19	8:15	1	Feel tired and nauseous after breakfast.
Stomach	24		3	I am eating less, especially of breakfast grains. Ate early at 5pm tonight and mouth was watering, and had appetite for food even though it was early. Also I didn't need to eat a lot to feel comfortable - new. I've not had such a hungry appetite before in my life (and I'm not wanting to eat a lot at meals).
Stomach	24		3	Still thirsty; increased thirst from before proving, better cold drink.
Stomach	28		3	Still thirsty.
Stomach	28		3	Eating lightly; unusual for me as I'll often eat past the point of need and tend to forget to stop eating if excited.
Stomach	32		3	Feeling balanced with regard to hunger and eating issues.
Stomach	56		3	I am often still feeling quite hungry but at the same time I'm eating less.
Stomach	61		5	Day of extraction meeting: return of hunger, wanting to eat all morning.
Stool	2	5:51	1	First bowel movement since taking remedy. Stool soft, came out easily, medium brown color, smelly, texture like inside of sponge toffee, i.e., not solid but broken up with air pockets.
Stool	3	6:23	1	Stool comes out in a rush. Very soft, loose stool. Medium brown color, not totally solid, broken/jagged around edges. Bowel movement is again softer, 'airy,' strange. Can't tell if smelling because right nostril is plugged up.
Stool	4	6:00	1	Stool soft, medium brown, more solid than last couple of days but not as dry looking as bowel movements usually are.

Stool	4	14:05	2	After responding to urgent need to defecate, stool light tan color and copious and long.
Stool	6	19:01	1	Stool medium brown color, stinky and hard but comes out fairly easily.
Stool	7	6:43	1	Medium brown color, stinky.
Stool	9		4	Stool softer each day since day 4 or 5. Stool VERY soft now, almost diarrhea.
Stool	9		5	Bowel movements are reddish colored since beginning of proving. Normally they are a lighter brown to sandy brown; change of color.
Stool	9	22:00	3	Unusually large stool, in both length and diameter at 10pm. Both size and time of day are unusual; usually pass stool in morning after breakfast.
Stool	11		4	Stool still soft but not as soft as before.
Stool	12	10:35	1	Lingering stinky smell to stool.
Stool	14		4	All weekend (day 14 & 15) stool was soft, brightly colored and smaller than usual. This preceding more intense rectal symptoms on day 16.
Stool	17		4	Stool normal, first time in a week (approx.).
Stool	29		5	Stool back to normal. It is lighter and fluffier now, was more compressed during proving.
Taste	2	19:45	1	Spaghetti supper, meat tastes 'off' to me, like it is old, past its sell date. Tastes fine to my husband. I eat it anyway; hope I'm not sick tonight.
Teeth	1	13:45	4	While chewing, my teeth on right side (molars) were sensitive to pressure.
Teeth	2		4	Right molar has a swollen, full feeling.
Teeth	4	1:32	1	Lying on right side, pain, pressure on upper teeth at the side, mainly right; have the feeling that my teeth are full of cavities and are unhealthy.
Teeth	4	7:30	4	Top right molars feel congested, too. This along with congested right sinus, and right nostril dripping post nasal.
Teeth	44		6	My front bottom teeth were very sensitive tonight when I inhaled cold air.
Teeth	45		6	Teeth not sensitive any more.
Throat	0	2:58	1	Eating brownie, dull pain at left side of throat, worse swallowing (food).
Throat	0	3:20	1	Throat pain, left side; sharp pain when eating, worse swallowing food.
Throat	0	6:24	4	Sensation in back of throat, tingly, warm, slightly tense, spreading down (not far) the throat. Started in back of throat - sparkly, tingly sensation.
Throat	0	6:24	4	Tight in my upper throat, near nose. Lasts 15 minutes.
Throat	0	7:59	4	Eating a cookie, and find I can't swallow without swallowing air; burping also.
Throat	0	10:08	4	While drinking a warm drink kept swallowing air and burping again, a lot.
Throat	2		4	Symptoms in throat are gone today.
Throat	2	18:02	1	Having a drink, pain on left side of throat, sharp and sticking, worse after swallowing.
Throat	3	9:34	1	Ticky feeling in throat, left side, with dry, short cough.
Throat	4		4	Drinking tea this morning made gurgles again. Last night, drinking water - lots of noises; however, not burping any more. By mid afternoon seems to be better, when I drink I don't notice much noise.
Throat	6		4	Gurgling noises upon swallowing beverages, consistently happens with morning and evening drinks, I don't notice it with afternoon drinks.
Throat	8		4	No gurgling with swallowing tea this morning.
Throat	8		7	Went for a one hour hike (one that I've done many times before, not a

difficult hike) with puppy. This time while 'over-exerting' (which is not over exerting but more walking really fast) there was a burning in my throat, on the left side, a sensation of heat. With this also felt some heaviness in chest area, heard a slight wheezing as I breathed. Forcing a cough cleared the wheezing. The burning and wheezing disappeared once my hike was done.

Summary: Burning/sensation of heat in left side of throat while 'over-Exerting/walking really fast.'

Throat	11		7	Left side soreness of throat, very sore. Feels worse on swallowing.
Throat	12	0:06	1	Awake suddenly, not sure why. Once awake notice I have a sore throat, worse swallowing; tongue feels swollen, especially on top at back on left side. Sharp, shooting pain in throat. Two minutes later, throat pain is gone – weird!
Throat	26		7	Woke up this morning with a sore throat. Looks very dark at back with a small white patch on the right. Not specifically painful in any specific way, just slightly sore.
Throat	27		7	Throat is more sore today, on right side. Just a soreness. Worse on empty swallowing, better swallowing food or drink. No difference on whether it is hot or cold food or drink. Pain from empty swallowing goes away for a few seconds then returns.
Throat	34		7	Throat is sore, no particular side to the soreness. It is red. Still this small patch on right side remains.
Throat	35		7	Throat was very sore today. Craved ice cold, slushy drinks. Didn't help, but craved them. Throat feels better when swallowing food or drinks.
Throat	36		7	Throat feels a bit better.
Throat	37		7	Throat is still sore but a little better than yesterday.
Throat	41		7	Throat is sore this morning, left side, when swallowing empty. Throat got better as day went on.
Throat	44		7	Slight soreness of throat with sore tongue. Some redness at back of throat; better from swallowing something, worse from empty swallowing.
Throat	47		7	Throat no longer sore at all.
Throat	48		7	It seems that my throat symptoms were worse when the general flu symptoms (achyness, tiredness and foggy head) abated. They alternated with each other.
Urine	18	17:00	3	Urine had a strong odor like cooked cabbage and it was darker, richer yellow in color and clear. It was as if I'd not had enough fluids but I had drank a lot.
Vertigo	0	0:17	1	With headache, feel dizzy, disconnected in my head.
Vertigo	0	1:25	4	While tossing my hair and head back and lifting motorcycle helmet to put it on, I had a kind of vertigo. Out of the corner of my eye it looked like the motorcycle was falling away from me. Vertigo intense while making this motion of throwing my hair back to put helmet on. Balance and perception disoriented; leap of adrenaline, bit of a fright. An extreme sensation altogether.
Vertigo	0	2:23	2	Hemispheric variations are skewed (along with general state of feeling twitchy, stoned, dazed, confused).
Vertigo	0	6:10	2	Dizziness. Ten minutes into a walk I feel dizzy; it's hard to catch my breath, I feel tired and want to go home.
Vertigo	0	9:10	4	Stood in circle holding hands with others at end of meeting. I was very aware of my balance, forward and back over the center of balance. Very aware of my balance.
Vertigo	0	23:54	2	Felt light-headed and dizzy (Time: 8:45am; Elapsed Time: 23:54)
Vertigo	2		4	Balance problems not there today.
Vertigo	4		3	Dizzy on bending; I've never had this before. The dizziness comes with a

			stiffness and painful sensation in my muscles.
Vertigo	9	7	Tired to the point of feeling a little dizzy, not a definite dizziness but more of a wave, just want to close my eyes. Vertigo feels like a wave.
Vertigo	10	7	Dizzy today, feeling fragile because of it. Feels like dizziness is in background and every once in a while there's a definite wave of dizziness that comes along. It doesn't get worse or better and no particular pattern to it. The fragility comes from trying to not have the dizziness wave. I try not to turn my head fast or move quickly, although it seems to make no difference. Dizziness is just there.
Vertigo	11	7	Dizziness is not quite as bad today. I still get 'waves' but they are fewer and farther in between.
Vertigo	12	7	Dizziness slightly better but still there.
Vertigo	13	7	Dizziness continues. It is definitely worse by bending down, looking down, especially by bending head forward.
Vertigo	14	4	This evening I had my head hang off the edge of the bed, therefore lower than my body. It was uncomfortable (unusual) and took me at least 30 minutes to get normal. I got up to go for a car ride. I was very sensitive to movement, especially going around corners. I didn't get motion sick but I was nervous that I would. It just felt like the beginnings of it. Felt like, "Don't drive too fast," and "Don't turn too fast," or my head fluids will keep moving and turning inside my skull, putting pressure and vacuums in areas that want evenness.
Vertigo	14	7	Dizziness continues.
Vertigo	16	7	Dizziness is almost gone.
Vertigo	16	11:38	1 While suffering waves of excruciating menstrual cramps, I became extremely dizzy (NS), dizziness rising in waves and pulsating from my feet to my head. I have vertigo and feel like I am going to pass out.
Vertigo	18	7	Dizziness - the more tired I am the worse it is.
Vertigo	20	7	Dizziness is pretty much gone.
Vertigo	24	4	Felt vertigo, head achy (on fast drive). Wanting to sit down, hold head in palms, be still. This reaction started by having chocolate cake.
Vision	0	3	Vision better than normal.
Vision	1	3	Able to thread a needle well - don't do it very often, but I think my vision is better.
Vision	2	3	Vision remains better.
Vision	12	3	Vision is better than usual since taking the proving remedy. Eyesight is steadier and more consistent. No trouble changing focus from near to far.
Vision	60	3	Improved vision remains.

END.