

FIREFLY, Lamprohiza splendidula

The Homeopathic Proving



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Master Prover: Marty Begin N.D.

Collation Team: Violetta Ilken, Alexander Hall, Carol Jones, Sigrid Witek, Marty Begin

Acknowledgements: Thank you so much to all the provers and supervisors who made this possible. Also, to my colleagues who lovingly affirm my efforts, and to the firefly for the important healing your being has and will facilitate for many.

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Introduction

This proving, mainly Hahnemannian, involved 18 provers, 4 men, and 14 women. There were no placebos. Provers were to keep daily journals according to instruction. All provers were assigned supervisors for support, observation and dual symptom records daily for the first week and weekly thereafter. Only the Master prover knew the remedy source. Prover's 1, 7, 9, 11, and 17 received a 200CH potency remedy. Prover # 18 received a 100C, and # 17 took a subsequent dose of 1M. The rest of the provers received a 30CH remedy. The remedy was attained, and is available from Helios pharmacy of the U.K. Prover's were given 2 reserve doses, and instructed to do a reserve dose only if they were aware of no effect, but to check with the Master Prover before doing the 3rd reserve dose. A couple provers repeated the remedy, independently, because they liked it.

Prover # 11 never kept a journal and disappeared, but when he was found post-proving and debriefed only a little about the remedy, he wrote a story about a true experience he had, which seemed significant to him and to the Master Prover. That will be included at the end of the collation. Following that, a summary of all the categories can be found. Other journals can be attained from the Master Prover

by request, but mostly all entries are included, and all in the words of the provers. This proving will also probably be included in the upcoming update of *Referenceworks* Homeopathic software.

The remedy was well represented, with varying effects and reporting skills/capability amongst provers. Many were affected very positively and at least 2 provers had curative results, Prover # 15, it seemed, in a life altering way. The final meeting, after 40 days, was thorough and attempted to dissolve the effect.

Many supervisors experienced proving symptoms, and one requested an antidote, and was given Luna 200CH with a prompt result. A few supervisor experiences were included but indicated as such. A few pertinent observations from the Master Prover are also delineated.

The Categories used are meant to conveniently highlight themes perceived by the collators and Master Prover. Entries may be included under more than one category. Where sections aren't categorized, key symptoms are highlighted in small bold. Sub-categories are highlighted in bold-italic. The themes/categories are not meant to be non-inclusive or cloud any other perceptions or references that may be drawn from this data or other sources, by any other homeopath. It is encouraged to look past the categories to draw more and different perceptions. Many categories have been seen in successful cases thus far, but the proving itself was the main consideration. Brief italicized comments are sometimes used for clarity by the Master Prover. The code is Prover#, Day: Time.

MIND/DREAMS

Foreboding, Not facing change or challenge, Breakdown /Positive anticipation, Leap of faith, Facing, Embracing Change or challenge, Breakthrough

02, 04: XX:XX Today I got an e-mail from F. It almost made me cry. Partly because he was such a powerful part of my life regardless of the fact that the time we spent together was very short, partly because he mentioned that he was having family problems, also because I am just far away from him since I may be learning Spanish but I have so far to go before I can really speak with him: that seems a lifetime away, and

also because I feel so cut off from that experience right now – I have months of school to finish first and so much work to do before I do graduate, and my parents are putting this barrier on me for traveling until I pay off my loan.

02, 11: XX:XX ...I feel like I am so apathetic and so tired and so much lowering my standards with the mentality that “everything will work out even if I don’t put my best effort forward” that I don’t get anything done. It’s killing me because I really don’t want to be like that but I don’t see anything getting better until I am out of this school.

02, 25: XX:XX I thought to go to New Zealand after finishing school. Lately I started to search the internet for places to practice, then I let the idea go, but now I’m even questioning whether or not I want to go to New Zealand again.

04, 02: XX:XX Sometime in the night I was feeling sad because I was involved in something deeper, sensation of dreaming although awake, sensation of trying to escape waking so I could dream more, like the movie “Eternal Sunshine of the Spotless Mind”

05, 05: XX:XX I felt wired and hyper energy all day. I felt assertive today, and went after what I wanted work wise. I am doing what I finally have said I wanted to do!

05, 06: XX:XX I don’t feel as shy to speak my mind to tell my friends/colleagues about my dream. I dream of running – or starting a Woman’s Healing Centre. I feel excited about life, as if anything could happen! High energy.

05, 24: XX:XX Tired, didn’t sleep well. Feel as if I need to re-dose. I want to feel all that energy, I don’t want this feeling of energy and doing what I have been thinking about doing, to end.

06, 00:22:50 I feel chipper and light in my body; pleased to NOT be smoking: I began the process 2 days before the proving and am feeling good about it. I was worried about my physical health. My resistance to addictive behavior is supported by a healthy sense of self verses survival mode and need to adapt.

06, 02: 13:00 I got D to take the remedy and we are communicating even better than yesterday.

06, 03 XX:XX I see a pattern of removing myself from negative thinking that can stimulate paranoia – this is good!

06, 04: XX:XX While mulling over old journals last night I encountered the one about quitting smoking for the first time when I was 35. It lasted from 1983 to 1996ish – 14-15 years. Starting again had to do with being back at the beginning of things – literally starting over with limited resources and a failed relationship that nearly destroyed me. As I am about to celebrate our 5th Wedding Anniversary, it seems as if things are falling back into place – a 6 year period has brought me to an older and wiser place – ready to be all of me – again – the philosophical approach.

06, 11: 15:35 ...This has been a real revelation to me – to see something I haven't seen before, that was in effect right before my very eyes...

06, 11: 16:01 I enjoyed that transposition! Hum, what about reversing: 16:01 is what time? – 4, so you –12, and divide (also 2 I's) and – 2, to reverse. That is the first math I've ever really enjoyed or comprehended, oh I like balancing budgets, paying bills etc, but this is liberating. Go figure!

06, 12: 17:15 Another flurry: I get to teach my First Pilates Class tonight, sans preparation that will be taking place in November courtesy of my Sugar Mama. Sugar daughter is the instructor I'm replacing tonight while she shoots a commercial. Challenges abound. WS shoot tomorrow for Erin M's old beau who I would like to work for – so it all works out. D tells me he hasn't had a drink in 3 days and is exhausted. I'm exhausted in my own withdrawals I guess.

06, 12: XX:XX And the weather. The chill that is world wide with the Oil Peaking and (G's) end of Suburbia pending at 6. Charlie, overnight brought new life as did the influx of \$350.00 unknown at the beginning of the day. So I may get to earn my keep after all. Look forward to Pilates and leading the group in harmony and joy...

06, 12: XX:XX I balanced the month end: Rent reduced by \$300 for us to paint the joint...Not the best deal with us two goofs trying to paint. I shudder to think what we'll do to the place.

06, 35: XX:XX I start to write the journal again, which I didn't feel I had time for. I seem to have been swept up into activity, doing and being. Tight time with money followed month end and continued 'til last week when I got 3 checks and overzealously paid lots of bills. Well

the time necessary to keep the wolf from the door was feeling oppressive and last Sunday night D got stopped and the car towed taking our last \$125 – a gift from my Mother that allowed me to stop Enbridge and my cell phone from destruction and that I was going to use to pay D's ACTRA dues \$125. So there came a kind of bubbling over of concerns.

07, 26: XX:XX I went down to College Street today to stop in at this sandwich shop run by a very nice Algerian man. The 2 times I've visited this place, we ended up talking about Africa. Well, I haven't been for a few months and today he announced he is selling the business to some nice Chinese people. I'm not sure if I will enjoy the food as much. Youssef always made a mean falafel and often gave me homemade cookies from under the counter. I felt a bit sad, like life is too fast or something. Things are always changing and I don't always like that.

10, 00: XX:XX Nothing specifically I can tell for sure. The last week or two, have had the sense of something "foreboding" – preparing to happen – not aware of what's going to happen

10, 00: XX:XX I have an uncomfortable feeling – feels different than before I took the remedy – things aligning themselves, like "I'm going to take hit" – impending feeling, perhaps I've become more sensitized – just talking about it, I feel heat (general heat, nowhere specific), like a danger kind of heat rush

10, 03: X:XX Still have a vague sense of pending – things I haven't taken care of – eventually they catch up with you, just another symptom of how I operate

10, 03: X:XX Still have a vague sense of pending – things I haven't taken care of – eventually they catch up with you, just another symptom of how I operate

10, 03: XX:XX It's become apparent today that my housemate (who's on the same spiritual path, it's 80% of his life) – I get the sense that I'm spending energy preparing for the seminar, even though I won't be there. This may be related to the remedy, preparing for a breakthrough or breakdown – it's up to me.

10, 03: 18:XX I went to see a movie tonight in which this guy is risking his life to save others, and thought, what the hell are you doing? Life is so fragile – live it! He had a dangerous job, but he was ALIVE. We feel the most alive when we are near death.

10, 06: 0X:XX I don't really feel like getting out of bed. It's a kind of haven from what will have to be faced out there in my life presently.

10, 06: XX:XX Dream: A lone gunman is aiming his rifle at a man I'm standing beside. People notice and start to move away out of the line of fire. I think I'm close enough to him that he won't fire. I slowly move away to a safer place. I feel I'm about to be shot and I'm just standing around waiting for it.

10, 16: XX:XX Went to a seminar about something unknown to me – felt good going and opening myself up to other possibilities for income beyond the regular methods. Glad I went to the seminar, regardless of the cost. It felt like a step in the right direction. Something seemed to have changed for me. I learned something valuable.

10, 17: XX:XX Dream: I and some others are sitting around thinking of doing something, when someone says "who'll go first?" Another referred to first as "that F word."

10, 18: XX:XX The friend I'm waiting for is late, we sit down at Starbuck's and after 15 minutes, he gets a call to go to work, so we don't get to spend any time together (he left immediately). I'm slightly disappointed, but this is a message that more work is necessary, reminds me to check my business volume, which I did and got a wakeup call!

10, 19: XX:XX Get a call from Costa Rica, calls my attention to my finances. My associate reminds me of my low check (earnings) again

10, 20: XX:XX Same anxiousness as Thursday. Have to make a shift fast (finances). The longer I take to figure out just what course of action to take the more I dread what may have to be done. This feeling completely dominates my physical and emotional state – it's a bummer!

10, 20: XX:XX Go to a movie to distract myself and feel better after. Go to an entertainment night at the centre which helps to dissipate these feelings.

10, 21: XX:XX I went to a workshop – good insight into how to deal with present issues.

10, 21: XX:XX Went out for dinner and get more insights from my friend about how to go within and get help on what I'm working

through. The technique is interesting, shared in the ten minutes. I left for the washroom

10, 22: XX:XX The events of the past 2 days have given me a break from my "what am I going to do?" thought process. Not as intense as previously – some doom and gloom lifted by being busy.

10, 24: XX:XX Strong dreaming, definitely in the morning, but I lost content. Physically better today. Had a hot mud bath (lavender), listening to tape of spiritual teacher. The heat of the bath makes me feel weak and vulnerable (physically and emotionally). Content of the tape hit me like a ton of bricks – talking about being stuck in a mode of activity and feeling helpless to step out of it. Sitting down, moving my neck afterwards I had a huge adjustment.

10, 25: XX:XX I was talking to someone about a business proposal that looked good and he was eager to go for it. I was somewhat surprised by his enthusiastic response. So then I check it out more and realize how much more is involved than there appeared to be. And I found people who ran into difficulties understanding the set-up and had to put more money into it for clarification and found it still too difficult. I felt let down: I even had a name for the venture. What now?!

10, 28: XX:XX I received some mail that I was expecting, but didn't want to open. I didn't want to ruin my birthday weekend. It was pretty much what I thought it would be.

10, 31: XX:XX Why do I so often feel something's wrong/missing, don't know how to change, I'm frozen. Why can't I stop behaviors that lead me toward chaos, more discomfort? I don't want to feel like this anymore. A friend comes over, in great discomfort, had an awful day. Obviously, I'm not alone in my discomfort, we all suffer to one degree or another.

10, 33: XX:XX I left the house, felt kinda better after and went for tea. I ended up at a friend's house, talked to him about what had been happening to me and he chastised me for not confronting things, but was also compassionate. I got some gifts from a friend and his daughter. Felt much better and more hopeful after listening to the CDs.

10, 37: XX:XX I had a rough time, didn't want to get out of bed. My mind goes back and forth between what may or may not happen. How

can I stop it? I don't know how to proceed toward a solution. I'm vulnerable, fragile, weak.

13, 02: 7:00 I felt like I just didn't want to get out of bed, yet I didn't feel tired or sleepy. I wake still feeling sad. It feels like I've got a murky dark ball before me with all the emotional things swirling in it that I thought I'd dealt with, but apparently had not, because they are back. But it is not one specific event, or thing, it feels like everything is just swirled together; if I try to focus on the ball my thoughts jump from one event in my life to another. Very strange feeling. I don't like it. The feeling is unsettling, a little anxious (like I should be doing something), as if I'm on the verge of tears, but the feeling is not strong or deep enough to warrant crying. (NS)

13, 06: 7:00 I awoke very tired, feeling stressed and anxious about all the work still ahead of me at the end of this long week. No memory of dreams from last night...

13, 11: 05:00 I woke at 5 am from a dream. I have this recurring dream that I have been hit by a car and go into a coma and so I feel like I am back to normal since this is my old recurring dream. I am in a coma but I can still sense what is going on around me. It is like stepping outside of things and observing what is going around. It is a reflective time and not sad ...images of important people in my life who I do not get along with and so it creates tension. It's difficult for me to bring all people together in a room. In dream, people have to get over their difficulties and come to the hospital room together. It's like they finally gotten over the rubbish and I step out of the room for them to do that. I can say that dream is common. Feeling is more of a wondering if this is what it would take for the disparate fractions of my life to get along.

13, 16: 7:30 I wake feeling tired and unrested. No memory of dreams. I wake worrying about and thinking about work – maybe I'm stressed out with all the work I'm behind on. I have been able to manage this quite well, and there are no disasters about to happen, but feel overly concerned anyway.

13, 23: 21:00 I feel good. Energy is up. Sadness is totally gone. I actually feel lighter, happier, more myself, free. Air feels lighter when I get home – I'm actually not upset anymore that my partner is gone. We chat on the phone – he is upset – but I feel very calm. I know what has happened with me had to happen, and that he simply doesn't understand. I calm him, suggest we be more open and tell each other

if feel neglected – that we can't expect to 'read' each other all the time - and we say good night.

13, XX: XX:XX Supervisor's Experience: I have been quite pessimistic about my school outcome lately and was thinking I should have done something else with my life instead.

14, 00: 12:20 ...I was on the watch, on the move, fully aware and on guard for something negative to happen. But nothing happened.

14, 03: 12:30 Decided to go to a drum audition for the Blue Man Group. But first, I stopped by my boyfriend's who luckily gave me a back massage and helped prepare me for the audition. As luck would have it, just before leaving to go, I put my hands on the ground to test out my back and got stabbed with a piece of glass that was lying around on the floor...

14, 03: 14:00 Went to the audition and met with some friends unexpectedly, also there for the same thing. Felt great, and encouraged.

15, 00: 13:11 Feel good about myself and my talents. Made the effort to stop at potential client's place of business. Developed a great second impression business relationship and got a confirmed appointment to quote a job now 3 times it's original size, once meeting the wife. While there, the client offered me a free cappuccino and gifted me with the food I had picked out for dinner...

15, 00: 20:02 Having (and had earlier) visions (while awake) of myself teaching my future classes at our new studio/gallery coffee shop. Feeling a general sense of positive openness to positive life changes with positive anticipation and excitement toward moving in the direction of my soul purpose for this life time.

15, 01: 2:22 My thoughts of business: to take a leap of faith in ourselves and do it before anyone else or anything talks us out of it, including ourselves.

15, 04: 13:44 I have just stopped for lunch and decided to have my leaky tire filled. I discovered a nail in it. I feel relief yet I'm spending my last \$20 bill. When I was lost in hopelessness last night, I pulled out my feng shui book to analyze my home...leaking plumbing was mentioned for income disappearing. So the leaky tire may help turn things around.

15, 05: 8:02 Had another bickering fight after 3 a.m. last night until before 4 a.m. We never fight. So it's all stuff that needs to be dealt with.

15, 05: 13:15 I feel positive changes coming. I feel hope exists. I got a call from D of the Women's native friendship center...hadn't heard from her in 2 years. She's coming over tomorrow. I feel glad.

15, 06: 11:30 Saw M. She lent me \$20, which she does not have to spare. I felt a bit ashamed to be in a position to need her help. I took it to get a little gas in my car and to take someone to a meeting for which I make money on. Anyway, in an interesting turn of events, I made a comment to a painter that this head office could use some murals. I was introduced to the guy in charge of all the real estate/leases for the corporation. By 5:45 p.m. I was back on site doing my first job for ___, painting their safe door into an old style safe.

15, 08: XX:XX Went to Gala celebration for (client's) first anniversary party Fun Party. I feel great. I feel a new financial future about to dawn. Invited to exhibit my nature-based art at the Skydome pow-wow.

15, 10: 8:36 I am feeling anxious. Big day. Need to write an affidavit for custody of my son. I feel worried that his natural father – a dangerous man has started calling after 6 years. I am working with a lawyer to keep my child safe. I have a proposal to do. I feel it's an enormous change financially. It's for all the offices worldwide. I feel anxious my husband may make this difficult.

15, 11: 09:11 I have noticed my life has become like a pimple of late – everything coming to the surface: my past, present, and glorious future. I feel I am on the edge of a cliff, the wind in my fingertips, the warmth of the sun on my face, and the new world of the unknown that lay before me. I feel like I have been released from an imprisonment. My self reliance has kicked in and is running strong. There is work to be done. My dreams have been good – happy and prosperous.

15, 11:10:27 I have an overwhelming sense of prosperity and abundance. I am experiencing deep happiness despite being surrounded by uncertainty.

15, 13: 11:24 ...Tarot cards..."Fortune card: All prosperity begins in the mind and is dependent only upon the full use of our creative imagination. The principle of opportunity, breakthrough, and prosperity – Expansion and abundance come with the willingness to change and keep things moving by taking risks and being open to more opportunities. Ace of Disks: success that is experienced both internally and externally – mental, emotional, spiritual, and physical success....Princess of Discs...Prince of Cups...Opportunity: You are actively open to turning your life in more fortunate directions.....new possibilities of fortune...be open to unexpected creative and financial opportunities. Reminder: You are reminded that only your fixed opinions, routine habits and un-openness will create will create lack rather than abundance. Challenges: To trust and execute that which is original and could be fortunate for self and others..."

15, 13: 23: 33 Decision made. Don't nap. Instead make a change. Change room. New changes, peak experiences. Changed my bedroom around.

15, 14: 13:17 My rents due, account's overdrawn, and bills ready to pounce but I remain calm, positive and optimistic and happy... I'm considering a change to my hair (very new symptom)

15, 14 XX:XX Prince of Cups: Follow the song of the heart and move in directions that are enlivening and passionate. Moving, traveling, following one's bliss. Wheel of Fortune: All prosperity begins in the mind and is only dependent upon the full use of our creative imagination, principle of opportunity, breakthrough, and prosperity. Four of Wands: Completion – complete something to move forward. New beginnings of wholeness and individuation.

15, 15, XX:XX I feel such a monstrous state of relief to be out of my house and away from all the rework tension. When I was there my shoulders curl over and my brow is heavy, my stomach lay limp and my face on my hand. I'm constantly reworking historical events that must end...let go...

15, 16: 14:03 I am at a point of major change. Opportunity knocks. I must keep moving. Garbage day – good sign. I desire everyone be responsible for themselves. Allow nothing to stand in my way.

15, 27: 23:34 I write for the first time in weeks. I've been freed from an invisible prison. The strength is rushing back through my veins. Energy pouring in and fluttering merrily about instead of rushing out

like a sieve on a vacuum. A blissful change, rebirth, new stem, tougher skin, I breathe easier – literally.

15, 29: 1:10 ...the first time I've been able to speak freely in what seems an eternity. Blessed be change for freedom in valor, the invisible scissors that cut the luggage before everything caves in around. One must be where one must be, else all will go arias. One must flow where the wind blows, else fight all the while.

15, 36: 2:00 ...I ponder the pain in my head between my eyes, my temples have the need to release his energy. Birds came that day, messages from birds, many kingdoms speak. I find joy in that a tragedy was avoided. I am glad I made a stand recognizing the path, the foul smell, the unknown darkness, the source of resistance...

15, 36: 02:17 My soul lets him go in prayer and with great thanks and best wishes for all involved. For the children peace of mind and safety, for myself freedom of expression and space to follow my own bliss. The strength to see it like it is and make the changes, see the way, see the words to say and say them free of harm, to the goal of balance and harmony. To put back that which is out of place, to clear my space, to release the pressure from my face.

17, 23: XX:XX I had the same dream twice. The dream had a positive emotion and was exceptionally vivid. It was all friends – going down the river – water was warm. The sun was warm but it couldn't burn me, we were in the water and it was very warm. The second time I had the dream the river ran into the ocean – that's what we were working towards. Really elated feeling woke up feeling good. I had a strong emotional feeling from the dream.

**Carefree, Free from Responsibility or Obligation, No Guilt,
Break the Rules, Bad – Verses – Trapped by Responsibility or
Obligation, Guilt, Follow the Rules, Good**

01, XX: XX:XX Supervisor Experience: I am a woman who often works several jobs, does volunteer work, exercises regularly, and is very responsible. Over the time of the study, I felt very care free. I took off several days of work sporadically to simply do nothing. This is unusual

for me. I felt as though a weight was lifted off me. I felt free, open, and light. I also did not feel as bound by my commitments and in a few instances I did not prioritize work, as much as I did play.

02, 00: XX:XX At Oktoberfest I was way more drunk than I have been recently. I also was being very catty and knew it that night but did not feel remorseful. I threw up that night but went right back to sleep.

02, 01: XX:XX: had the idea of letting everything go – can't keep up with everything (before nap) – the thought was there only for a moment.

02, 01: XX:XX Throughout this day I felt increasingly guilty about my behavior on Sat night just in terms of being so catty. I also did not like that I was so drunk that I got sick and didn't like that I had _ a cigarette either. These feelings of remorse are pretty normal for me after a night of drinking such as this but they seemed a little bit more intense.

02, 02: XX:XX Dream: I was working for a little shop. I was stealing things – didn't want to pay for the things I was opening. I felt bad about this dream in the morning when I woke up.

02, 02: XX:XX I have a strong feeling of wanting to be away – all day

02, 03: XX:XX: I'm having similar feelings, wanting to get away, to escape from responsibilities, from always having something hanging over my head. I just to give up everything I'm doing. I'm too tired and too burnt out to continue. I also felt like this when I was so tired on Sat after taking the remedy. Tonight I really just want to go home and watch another movie. I feel driven to continue though by feelings of just wanted to be done so badly. I wouldn't want to continue this program any longer than I had to.

02, 04: XX:XX: I still have the same feelings as yesterday: tired and irritable. It feels like I need to totally relax. I am envious of people who are not working.

02, 04: XX:XX I need time to get away from everything; to run away and start my own life without having to answer to anybody. But at the same time I am doing everything that I like to do: going to school, learning Spanish, play volleyball. I am questioning the way I'm coping with things, how I am dealing with stress. I had never questioned this before, because I am usually comfortable with that.

02, 04: XX:XX I feel quite apathetic to most things but feel that although I am not putting forth my best effort things will work out in the end as they always do. I really just want to escape this life that I am in right now although I am doing so many things that I really want to do

02, 12: XX:XX Tonight was super stressful in my Spanish lessons. I felt more shy and more like I wasn't able to remember concepts than ever before. I also felt very much like I just wanted to escape the situation.

02, 17: XX:XX I allowed myself to sleep as much as I wanted to this morning. It was only until about 8:30 or 9:00 which I enjoy. It makes me feel ill to wake late in the afternoon (not unusual me). I didn't feel bad about missing class at all.

02, 18: XX:XX I feel so anxious about Spanish lessons. I really don't like waking on Wednesday mornings knowing that Wednesday is my day to go to Spanish. I always rationalize whether or not I can skip that day. Today again, I was supposed to meet with my supervisor but forgot her number at school. Usually I would go out of my way to find it but I just can't justify spending my precious time doing that. Even writing these small paragraphs I don't anticipate because it takes me away from my "me" time which I just can't get enough of. I also realized today that there are some conflicts in my schedule of things that I need to do. I never never do this. I am always really organized with all the things I have to do because they are planned days in advance.

02, 19: XX:XX Last night I dreamt of being on a farm. This was my way of escaping the responsibilities of being a Naturopathic Doctor. I felt that farming would be so much easier, although I know, and knew in the dream that farming was very demanding. I tried to convince myself that farming was easy and I could do it for the rest of my life.

02, 25: XX:XX I'm dreaming a lot of traveling and being able to speak another language and not having any Naturopathic responsibilities... I dream a lot about traveling: I am somewhere else (Cuba or Peru), trying to find a place to set myself up, and; I think it's a manifestation of my thoughts.

05, 27: XX:XX Kinks? 6 month commitment for a work space.

05, 42: XX:XX ...a dream... My husband and I went to get coffee (leaving the children). When we came back to the table there was a man with red hair, and a younger child with red hair who were talking to the boys. I ran over and yelled loud "who are you, what do you want with my children?" It was the red hair that bothered me. The man said "I know you from your humanistic congregation". I said "oh". Then I decided to go for a walk. It was like walking in an old movie. The walking felt pleasant. I was wondering about the safety of my children. What are they doing? Will they be able to take care of themselves? Will they be street smart with all the new people walking on the street? Then I heard my son calling me! "MOM, MOM, COME CUDDLE ME". I woke up at went to cuddle him.

06, 03 11:00 excellent news: commercial shoots Friday so I can go as guest to Short Film Fest on sat to Barrie. I get to have my cake and eat it too.

07, 01: XX:XX How annoying rules can be: Pedestrians are a morbid lot – just because they have right of way, they act immune to danger. It's so much like the parking lot mentality – "well, we can't get into an accident because were in a parking lot" On the other hand, I feel so angry with motorists who race by cyclists only to stop at a red light. Why don't they just gear down gently and avoid using their brakes? I wonder if everyone learned how to drive a standard transmission, we'd all be more in control of our cars. Probably

09, 23: 07:00 S called me today from Germany: his dad actually had an advanced cancerous tumor in his stomach. S will be extending his stay in Germany as his parents are coming back to Germany so that his father can have an emergency operation. I can't believe it: his dad is normally so healthy for a 63 year old. I am concerned as S's mom can be very exhausting and overwhelming. I am also feeling guilty because I selfishly want him back here with me...even though my rational self understands that it's good for him to be with his parents at a time like this. Both of his parents will also be flying to Germany to be with the family.

10, 03: XX:XX This remedy seems to be putting my attention on my way of operating – "take care of it or it'll take care of you" How do I go about this, when I've been like this for 30 years? It's like my father's living through me – tendencies and ways of being. He's gone, but the behavior still lives in me. My mother is a saint – don't know how she

put up with us; Mother: rules are made to be followed; Father: rules are made to be broken

10, 36: XX:XX I stop at S's place on my way home, and he asks if I want to help him with rearranging in the other house. I try to explain why I can't help. He says, "don't worry." I keep going on feeling guilty and he keeps saying "not a problem." His woman is helping him. I go home and help M unload his truck. At first it sounded like he didn't really need me.

11, XX: XX:XX See prover # 11's journal

12, 05: XX:XX Usually I'm organized for the things that motivate me and procrastinate on the things that don't interest me and I don't like doing housework, but I've been doing a lot of laundry and fall cleaning. (as a part of her overall state, this prover generally has a big aversion to domestic duties, and actually to her house in general)

13, 05: XX:XX Afternoon – My energy level usually rises in clinic, as I refocus my energies on the patients. Tired again at night, I decide to put my work aside, drink wine and hang out with my step daughter. We chat until her bedtime.

13, 28: 17:30 Go to an old friend's wedding. I sit with another old friend I haven't seen for a while. For the first time in a long time, I forget about my partner and worrying whether he's comfortable and have a blast with my old girlfriend. We get a little drunk on wine and dance away. My partner finally drags me home.

13, 33: 15:00 I end clinic and decide not to go to work. I go with a friend for a drink and head home to relax. A glass of wine and mindless TV is the only thing on my mind. General mental state is good – positive and upbeat. Physically feel tired, overworked.

14, 07: 08:30 Awoke with my alarm, but my boy was too sick to attend classes at Greek school. Instead, we went there, picked up the homework, and then went to my favorite coffee shop where we sat and had a great time doing the homework. What a great, bonding time I had with my son. We had a blast. The rest of the day was busy with responsibilities.

14, 10: 16:30 After having picked up my boy from school, I headed downtown to pick up my boyfriend and his sound equipment and then drove to my friend L's for a jam practice. We had an awesome time.

One of the best nights I'd had in a long time. Got home early because I had decided that my boy was starting to cough a little too much to allow him to go to school the next day. Kept him in due to coughing, but no fever. C was already staying quietly at the house and let herself in with the key I gave her.

15, 08: 00:05 In hindsight of Day 7, I felt stressed and pulled between staying home with family and going to head office for their birthday. I was picked up against my husband's desire. I had a headache all day. I spent time talking to people who require my artistic services for their offices. The head office people loved my work yesterday...makes me feel respected for my talents and abilities

17, 10: XX:XX I feel pretty good, lots of exams, looking forward to going out tomorrow; I'm going to have fun.

17, 23: XX:XX I think I have been more given to indulgences and whims. Two or three times I gave into to eating in the Café and didn't make my own food. I went out both Friday and Saturday nights and didn't mean to. I've been very indulgent and there wasn't any reason not to. I have been just going for things. Last night an old girlfriend trapped me and seduced me. I was surprised I let in.

17, 30: XX:XX I had a lot of treats. There was a bake sale I indulged three times, they were really good treats.

17, 31: XX:XX My academic focus is not what it has been at the beginning of the year. Once I've learned what I want to learn I have a hard time going beyond that. I started doing more reading of my own and more free time activities.

17, 31: XX:XX I've lost weight 5 pounds since I started at this school. This past summer I was eating more beer and cheese. I used to be a speed skater in the past at the international level. I coached it for a long time afterwards, just because I was good at it, without putting a lot of work into it. I also played football at the Jr. level, and rugby at the provincial level. I love it and miss it... I was athletic for many years and still am. Maybe the last week and this week I feel more myself, maybe due to the remedy.

18, 02: 06:00 Vivid dream: It was longer and I couldn't remember everything. I had a job and I quit it and decided to go into another job. I was 20 minutes late but I didn't care. I didn't have my work clothes either. The supervisor was pissed – didn't care.

18, 02:XX:XX Dream: I was in a gym, but it looked like a big bathroom. There were stalls in it, but no toilets. Inside the stalls were kids in groups of 4, 2 and 1. There were balance beams in the gym. Then the kids started misbehaving/playing and I told them that you gotta get outta here – and kicked them all out. I didn't have any inhibition to do that at all. I just felt indifferent.

Empathizing, Caring for, Helping, Absorbing energies

02, 11: XX:XX Anyway, it was also a good day because I went out for lunch with my mom and we had a good conversation and she gave me a treat of \$100 which she never ever has done before. I feel like things are getting much better with them and they are understanding a little bit better where I am coming from. I enjoy it when I don't leave when I say I am going to because I am bonding with them – quality time.

02, 16: XX:XX Last two days I started to be more productive, doing more work, since my roommate is gone. I am a lot stronger when I am by myself, because I am influenced by surroundings, mostly little things not the core of me. For example my roommate is not good with money, and since I'm living with her I'm not good with money either. She goes through periods where she does a lot of school work and if I can't meet her energy at that point, I repel it and start to do less and less work and as result I feel guilty. When I am by myself I can be in my own space; I feel good.

02, 27: XX:XX Dream of wanting to treat someone, and I treated the person with ginger and cookies.

03, 15: XX:XX dream: was sitting with someone in their hospital room, they were all wrapped in blankets.

03, 15: XX:XX dream: I was with someone who was looking for a stone for me for a necklace, she suggested "false face"

03, 17: XX:XX I'm finding it hard to keep boundaries with patients. I went for an acupuncture treatment to help myself relax – feeling overwhelmed, like taking on patients' problems.

03, 17: XX:XX Something about a patient crept me out and I couldn't separate his energy from mine. Later he came back and I was totally fine.

05, 11: XX:XX When I saw H (my father-in-law who was recently diagnosed with terminal lung cancer) I felt the pure energy of love. The same emotion I felt when my twin son's were born – in my chest and in my throat. I felt these emotions in my throat, as if I could choke. The tears sprang from my eyes – yet – the emotion was love, pure free-flowing love.

05, 11: XX:XX I felt sad looking at the other patients at the hospital. Bodies ravished by cancer...

06, 02: 10:00 Dream – I'm helping some people (?) sweeping up a pile of dirt. It becomes something else – the dirt, but I can't remember and don't get it written down.

06, 02: 15:00-18:00 Visiting my mother – I've spent the most time alone with her since my father's death in 2000, and actually enjoyed it. She didn't 'get to me' but she really 'got to me'. I wanted to do something for her, have us enjoy each other - this has been coming for a while - since the High Holidays.

07, 16: XX:XX ...Out of the blue, he asked if his back pain might be emotionally based. I said perhaps it was partly that and his terrible lifting habits. I felt like hugging the poor guy. Anyway, it's touching.

07, 25: XX:XX Hmm. I'm beginning to feel like I should take some courses to do with facilitation of emotional release during regular ole massage sessions. Either I'm really easy to talk to or most of the planet is feeling desperate about the coming winter and it's just a normal occurrence which I haven't noticed in the past. I'm hearing about so much stressful stuff in people's lives, I need to book more time between appointments just so I can sit with each person 20 minutes before they get on the table. Otherwise, they don't relax enough with all this stuff on their minds. I'm getting a lot of hugs and grateful words for just listening. It's touching.

07, 27: XX:XX I decided to do a few massages today. I started really early. Youssef came for a massage and told me all about his marital problems. I was uncomfortable with the idea of massaging him as I wasn't sure if he views massage the same way we do in Canada.

Anyway, all went well. Turns out he was way more freaked out and just needed to talk. Everyone needs to talk.

7 27: XX:XX When I was done and preparing to go home, a young Polish boy was lurking in the hallway, needing a chiropractic adjustment. He could barely stand up straight. No chiropractor around and a couple of calls to some I know yielded nothing as well. So I put him on the table, facilitated some stretches and magically, popped his hip back into place. He wanted to pay me, he was so grateful. I told him no charge.

09, 22: 20:00 My husband's mom called today. My husband's parents live in Malaysia but his dad has been sick for the past couple of weeks. She wanted to talk to S about his dad, but S has just left to Germany to visit a friend. I felt sad that I am not closer emotionally to his mother, as I could tell that she was very upset. The language barrier between us made it impossible for me to "get closer" to her and offer her words of comfort. It seems that his dad has a severe stomach ulcer and he is in intensive care at the hospital.

09, 23: 9:00 My mom arrived this morning! I told her about S's father's cancer and had a small breakdown but it was wonderful that she was and IS here with me.

10, 03: XX:XX Dream: Had a sense of having a long, elaborate dream, but can only remember a minute portion: I'm approaching a house and walking a small animal (between a cat and a squirrel, a tortoise-shell colored flying squirrel). I enter the house, am inside petting the animal on my lap, rubbing under its neck and belly. It nibbles on me, teeth are like a cat's. Think I might have been making it uncomfortable, and so I stop. Then there's a bowl of food put out for it and the amount of food looks very small. I asked the woman "is that enough for it?" and she said "I also give it nutrients"

10, 06: XX:XX Dream: A man is with a dog which is almost dead. As he dies I begin crying uncontrollably, sobbing and drooling. So deep is my grief that the man seems to focus on me and forget what just happened to his dog.

10, 06: 16:00 At the (spiritual) center I share with B and a new person M. He spoke so little and quietly I had to strain to hear him. I finally asked if he'd like to hear directly from our spiritual teacher via video so that he make his own interpretation. However, when I was speaking

I was surprised at the clarity coming through as if someone else spoke. I felt the other person there was giving too much information too fast for a newcomer and it made me feel uneasy.

10, 06: XX:XX I went to a birthday party and gave a friend a neck and shoulder-blade trigger point massage. She seemed relieved.

10, 06: XX:XX I went to S's house to help him move some things, but he was using some kind of sealant on the floor and the house smelled like paint, so I was unable to help. I felt badly I couldn't. I felt weak and useless. I went home to eat. I drank water and felt better and waited to eat. Shortly after clearing up I felt hazy.

10, 08: XX:XX At service, two speakers talk about death and when they finished the energy was surreal: people offered me hugs that never had before. With one woman we melted. The look on her face was pure bliss.

10, 09: XX:XX I receive news of a close friend's mother's transition. I cry thinking about my mother who has passed on and life and death in general. I felt like such an asshole crying in front of him when he was perfectly alright now that her suffering has ended. His mother's just left and *he's* consoling *me*. I felt so selfish. He hugs me and waits to leave making sure first I'm O.K. I tell him to go and that I'm fine. I go to my friend's who's moving and help him empty a room, glad to have helped.

10, 13: 19:00-21:00 At the centre later that evening, there is a powerful energy, people sharing seminar experiences - very "other worldly"

10, 14: XX:XX Feel antsy, want out of the house. I went to a friend's house to help with paperwork - not as tedious as I thought. Feeling of accomplishment, glad to help.

10, 34: XX:XX I bumped into another friend and had soup to get warm. Everyone seems to have their challenges - life, I guess. Compared to two of the people I met up with, their situations are not so great, either

10, 36: XX:XX I go to my service. There's heavy energy coming from the facilitator, great, funny stuff that makes me happy. J sang a song - when she sings, it takes you to another place. I feel drained after -

achy, weak – need food. Food helps a lot. I remember: no protein, no energy.

11, XX: XX:XX See prover # 11's journal

13, 12: XX:XX I spent most of the day in clinic and absorbed in other people's stuff. I woke up early to work on a patient case.

13, 23: 8:00 Awake feeling better than past few days. But still a lingering feeling of tension in my belly. Something is not right with my partner – I figure the feeling is coming from him.

13, 24: 21:00 Partner returns. We talk a bit – but the feeling of tension returns again. I feel very much that it is his stuff – but he is not acknowledging what is bothering him.

13, XX: XX:XX Supervisor: Experienced a lot of sadness, aloneness, and cried for 4 days from day 17 – day 21, exactly when my prover's partner left her to go into a hotel room since he could not stand *her* sadness anymore. I think this was significant that we both experienced this type of thing at exactly the same time. When these feelings left me and I stopped crying 4 days later then, prover #13's partner also came back and everything was okay again.

13, XX: XX:XX My friend at school had a personal issue that so upset me that I was beside myself and worried about her all night right up until the next day which was purely empathetic and exhausting.

14, 08: 09:30 My boy is still not feeling very well. We were both really bummed out that day. We had to force ourselves to get outside for a little while. So, we spent some time downtown at the comic book shop on Queen Street.

14, 09: 01:30 Went outside for a cigarette before getting to bed. Suddenly thought about my friend R and was worried about him for some reason. I knew he hadn't been doing well for a while, but made a conscious note that I needed to call him and have coffee.

14, 09: 08:00 Awoke with alarm to prepare my boy for school. Upon reviewing that he wasn't yet well enough to go, due to some coughing, I decided to keep him home for the morning.

14, 09: 01:00 ...She expressed that she was really needing to speak to me. We go out to the patio for a cigarette. Through desperation

and tears, she lets me in on the entire story of the terrible things that have been happening between her and my friend R, especially what had happened to them the night before.

15, 13: 11:24 With my husband suffering through such a depressive state I showed him how to shuffle and draw Tarot cards for me to read. This is the first time I've read for him. I usually only do it for myself now....

15, 15: 11:42 Cut baby finger slicing off small pieces of the side of my right baby finger. Then cut it on a red glass which was the one that D served me the last of the wine last evening – not really bleeding – interesting. It happened as I was cleaning up because someone's coming over to talk to my husband. He's in a really bad way. Every time I go out he calls a crises line and talks for hours. I realize I am not qualified to counsel him in the depths of despair especially when I'm the one he fears the most. (*Interpreted as a boundary to empathizing, corresponding with no blood given – symbolically – perhaps for her husband*)

15, 36: 2:00 I think on the heaviness of my chest and the rounding of my shoulders in D's presence now. I was in prayer in my room with the door closed when he walked in for a hug. My heart sank and myself said to me, "Don't do it, stay sitting", anyway it was an awful hug and my heart is heavy. My jaw aches. I ponder the pain in my head between my eyes, my temples have the need to release his energy....

15, 40: 20:56 On a positive note, I took my artwork to D in time to be in the Pow Wow at the Skydome. I am honored, thrilled, and happy to display my craft with my fellow Anishnabe. I am thankful for D's guidance, help, and sharing – Her looking out for us, her understanding, kindness, acceptance, and generosity. I am grateful for her awareness, intuition, her strengths and her knowledge. I ask for abundance of sales, respect, fame, fortune, and opportunity to give in a good way. I graciously accept gifts and her friendship in all safety and in a good way.

16, 00: XX:XX I was very impulsive but impressionable. For example, I was out with my friend, and she said "I'm going to bed as soon as I get home", and that's what I wanted to do.

16, 00: XX:XX When my friend, who is pregnant, said "I want Wendy's", that's what I wanted – I normally eat very healthy and get the odd craving for fast food, but this was intense...

16 02: XX:XX In general, I feel more positive, affectionate toward people.

17, 17: XX:XX My main goal in life is to expand my unconscious spiritual mind-awareness. I'm striving for enlightenment. Yoga, meditation spiritual club – something I've been working on for a while – its not new to me. In my morning meditations I try to come up with sentences like this morning: My greatest fear is to live life too selfishly.

17, 17: XX:XX I try hard to do nice things. I go out of my way for some people – like I made a CD for a friend. I woke up feeling good, I asked myself why I feel good: because I did something for somebody else. To help other people is important to me.

Confident, Take Charge, Strong, Calm, Say no, Take a Stand

01, 02: 21:00 ... I have been feeling more mentally relaxed. I feel better about myself, more self-confident. Everybody noticed this change at work.

01, 04: XX:XX I feel more confident. I still feel relaxed. I said no to family I am close to and I am so happy I said no. I used to feel I couldn't help myself – I would usually say yes.

01, 06: XX:XX I got up early and couldn't sleep in. junk food cravings. Feel more relaxed, and still confident.

02, 05: XX:XX Tonight I felt quite strong intensions about quitting volleyball. I am very tired of not being one of the coach's favorites and still sitting on the bench after having played for this team for over three years. I know my skill level is above what he believes it is and it is killing me to put this time in when I know that the time will not pay off. It also drives me crazy when a new person can just walk on the team and already be in a starting position. This is what happened tonight.

02, 16 XX:XX ... I played really well today. My passes were the best and most consistent they've been in 3 years. I'm now really excited about this season...

3 04: XX:XX I generally feel calm from the remedy, like going through the motions but not feeling stressed, stressed, stressed.

03, 20: XX:XX I'm finding that I'm still being antagonistic with my boyfriend (noticeable since taking remedy)

04, 01: 08:00 Dream: I'm asking G. Bush and others "as an average American citizen, how did the war in Iraq benefit me?" – not worried about the response

05, 04: XX:XX I feel more confident than I usually do. I am asserting myself; asking for what I need without feeling insecure about it!

05, 05: XX:XX I felt wired and hyper energy all day. I felt assertive today, and went after what I wanted work wise. I am doing what I finally have said I wanted to do!

05, 27: XX:XX I worked all day today. I felt very focused, didn't move for 5 hours. I took care of my anxiety by taking action. I solved a work problem easily and I didn't continue my anxiety about it, or around it.

06, 01: 19:XX It's been a slow day: feel a physical, mental, and emotional exhaustion, a calmness emotionally.

06, 35: XX:XX ...good advice that probably got me through the weekend...so really no complaints. I know D can make it and so can I and staying positive, productive and aware are my best suits. Lost \$150 taking that session which cost my sugar mommy \$400. But I got my mat one certification and a lot of wonderful info and experience.

10, 02: XX:XX I had an incident today, where I felt that what would have "knocked me for a loop before" – walked away calmer and didn't react as strongly as I could have

10, 23: XX:XX Dream: I'm in a room, making noise or talking too loudly for someone else's comfort. He asks me to please be quiet, and I respond, "I don't have to! You're not **even** my father!" He's lying in a box/container in the floor and I'm looking down on him. All that's

visible is his head, neck top of shoulders. Someone else is standing by us.

10, 38 XX:XX Dream: I'm in an arena with a classmate from high school. He's favored to win by a large margin. As the fight progresses, I get more and more aggressive and he's having a difficult time. He's knocked down on the mat. My stance is so confident and aggressive, that he chooses to stay down and I win. Then, after the fight, he presents me with a bottle of fermented honey, with a non-English label that says "millefoil." My father is there and I let him smell the honey. He has a big grin on his face. Maybe my mother was in the background.

12, 05: 19:45 I'm feeling much more "take charge" lately. I'm involved in a lot of extracurricular activities. Usually I'm very sensitive and cry easily. I'm a lot stronger, a lot more creative.

12, 18: XX:XX Its been a hard week. I've felt uptight and all turned around – on edge, pretty down. I'm reaching my limit with my relationship at home. It's overwhelming. If my son hadn't been born I wouldn't be in this relationship anymore. I have to walk on eggshells around him. I'm tired of being pushed around. I'm standing up for myself more.

13, 23: 21:00 I feel good. Energy is up. Sadness is totally gone. I actually feel lighter, happier, more myself, free. Air feels lighter when I get home – I'm actually not upset anymore that my partner is gone. We chat on the phone – he is upset – but I feel very calm. I know what has happened with me had to happen, and that he simply doesn't understand. I calm him, suggest we be more open and tell each other if feel neglected – that we can't expect to 'read' each other all the time - and we say good night.

13, 31: XX:XX Work and school. For a change, I am not concerned about a presentation due in class (which I finish at 6:30am this morning) – usually I would be panicked that I didn't do a good enough job, spent enough time, that I did this last minute. I feel fairly relaxed, even through the presentation.

14, 12: 02:30 ...He is demanding why I wouldn't let him in. I told him I just got home and asked what he was doing there. He wanted his money. I said fine, but he needed to leave \$40 for damaging the locks. I had no idea what kind of damage there was until after I returned home. I let him in long enough to make a phone call. I then

gave him his money, minus the 40, and told him I'd drive him down the street to where he needed to go. I gave him an earful inside the car, and reiterated that he needed serious help. After dropping him off, I reinforced that he needs to get into a detox, and for him to call me so that we make sure he gets there. I went home, reviewed the damage to my door, and realized that I should have deducted another \$100 along with the \$40.

14, 12: 11:00 Then, I received my roommate's email. I was suddenly furious. I called my boyfriend right away to arrange for some help to repair the damage to my backdoor. He immediately agreed. I drove C home, told her that under the circumstances, she could no longer stay at my place, even though she was not at fault. Then, I walked into their place to make sure I had a talk with R face-to-face. Very strongly, I expressed that the damage was worse than I thought. He was also no longer allowed to appear, under any circumstances, near my house because then my roommate and I would have no choice but to call the police.

15, 04: 11:58 waiting for my sister... She's here to see a mural job. We have a sorted history. She has a successful decorating business. She denies me respect and I feel awful working for her.... I am currently waiting for her and I plan on informing her before we go that she needs to agree to pay me a minimum of 350 for a maximum of 6 weeks work. If she will not agree, then I will leave with my portfolio...

15, 33: 20:40 My husband came home last night at midnight after leaving the center without their knowledge. I was very concerned. They called the police on my behalf. He started in about phone calls and where I was last night already. I am unwilling to live like that again.

15, 35: 10:39 ...I sat with my friend this morning and we remarked spontaneously about the sun breaking through. We were discovering the changes in our lives and the strength needed to endure and the realization that we have done at least that. We are strong women. I remarked that this was the first morning in 20 years I'd seen her face in the morning light. Both my friend and I are ending our marriages spontaneously.

15, 36: 2:00 ...I find joy in that a tragedy was avoided. I am glad I made a stand recognizing the path, the foul smell, the unknown darkness...

15, 37: 00:00 ...Anyway, I – not being thwarted whatsoever by his so-called seductive talk, was only serving to make me wanna puke – or laugh, for all its childishness...

Industrious, Busy, Active, Productive, Accomplishing, Handling Things

01, 04: XX:XX In a good mood, relaxed I can do a lot of things, handle them well.

01, 05: XX:XX I still feel more energetic, still in a good mood. I feel I can handle lots of things competently.

02, 08: XX:XX I watched a movie that finished around 8:00 pm and decided that I better do some work. The only work I did though was Spanish stuff that took hours because I was making up new charts. I then felt really good and energized and got a lot done. I'm not even tired but I am going to go to bed because it is 1:30 and I have to get up early.

02, 16: XX:XX Last two days I started to be more productive, doing more work, since my roommate is gone....

02, 25: XX:XX I have not written for a while but I have been feeling better. I haven't really felt the ringworm lately. I've been doing more work and that feels great to be accomplishing things. Also, I haven't had many patients over the past couple of weeks and was liking that for a while but now I am getting anxious to have more patients again. I'm thinking a lot about not going to Spanish anymore because it causes so much anxiety and also because I just need a break to be able to do work.

03, 19: XX:XX I did yoga today for the first time in months

05, 05: XX:XX I felt wired and hyper energy all day. I felt assertive today, and went after what I wanted work wise. I am doing what I finally have said I wanted to do!

05, 15: 17:22 Just spoke with M. I felt I needed to connect with a person from the proving because I have been on my own more or less. I felt like I needed to connect to be grounded. I shared the feeling that I have high, high energy, like I NEED TO BE WALKED.

05, 24: XX:XX Tired, didn't sleep well. Feel as if I need to re-dose. I want to feel all that energy, I don't want this feeling of energy and doing what I have been thinking about doing, to end.

06, 02 XX:XX I've been going about my business more fully. Emotionally I've felt more access, but less dramatic.

06, 12: XX:XX I misread the clocks and arrived an hour early for the Focus Group, eager beaver gone mad, but it gave me a chance to read Arla Jean's script pieces for me, which moved me to tears.

06, 13: 9:30 Looking forward to the events of the day: an audition, a script meeting, a shoot as Mrs. C, a divorced woman, and seeing Mother and cousin Judy later. Sleeping is very erratic: In and out.

06, 35: XX:XX I start to write the journal again, which I didn't feel I had time for. I seem to have been swept up into activity, doing and being...

07, 01: XX:XX I took the day off and did some errands with the car. Usually I walk to and from work all week and use the car on the weekends. Today I'm a non-pedestrian.

07, 05: XX:XX I must be anticipating the time change because my concept of time has been off all day. For instance, I scheduled 2 massages for an hour each but time seemed to be moving so quickly that I ended up doing 3 hours of work instead.

07, 08: XX:XX I had a productive day. I got a whack of errands done & I did some good work.

07, 11: XX:XX I drove to a hobby shop & bought a British Spitfire aeroplane. I started assembling it and applying a little paint. I gather it's not really a kit for kids because the assembly is complex and painstaking. I find this little project quite relaxing.

07, 15: XX:XX Nothing to report. I'm working a lot and I don't notice myself too much today.

07, 21: XX:XX I went into work later today. But I got a lot of errands done beforehand.

07, 24: XX:XX I'm tired but stressed so I felt all my energy was from adrenaline today. Nervous energy. Well, I channeled it into the 5 1/2 hrs of massage I needed to do today. A productive day.

09, 05: 19:00 I have felt alert all day and had a productive day with only minor feelings of "fed up with studying". I feel a little more patient than my usual self with studying.

10, 17: XX:XX A short excursion turns into a marathon of errands – felt trapped...

12, XX: XX:XX Supervisor's Experience: I felt more body strength, energy to do things and get things done.

13, 21: XX:XX It's a strange feeling: November whipped by, but the days were long.

13, 31: XX:XX Work and school. For a change, I am not concerned about a presentation due in class (which I finish at 6:30am this morning) – usually I would be panicked that I didn't do a good enough job, spent enough time, that I did this last minute. I feel fairly relaxed, even through the presentation.

13, 32: XX:XX Walk in duty at clinic - 10am to 8:30pm. I see patients and try to complete some work in between – a very long tiring day.

14, 06: XX:XX ...One thing that was a little strange was that I suddenly found myself with no time to keep up my journaling or even my necessary communications with my supervisor. I have become much too busy to spend even a brief phone call reviewing the events in the proving. It also appeared to become difficult to somehow to coincide the times that each of us were available for our phone communications.

15, 01: 2:22 in hind-site of day 00, it was nothing out of the ordinary except being proactive. For example, I painted the bathroom where I had previously ceased decorating until I knew I was buying the house....

15, 12: XX:XX Today was overwhelming but for the most part I remained positive.

15, 39: 02:58 I painted from 7 p.m. until 2 a.m, did 5 of 5X7 canvasses: 7 hours for 5 paintings: not bad, quite productive.

Vulnerable, Raw emotionally, Emotionally sensitive, Weeping, Real/ Fighting Emotional State, Detached, Blocking, Numb

02, 02: XX:XX Today I felt quite tired. I also felt pretty quiet. This is pretty normal for me though. D yelled at me at work for spending too much time with customers and I had to discourage choked emotions from coming. After I got home and talked to A, and then watched a movie I felt fine.

03, 05: XX:XX I'm feeling very sensitive today – not feeling at all grounded. I felt patients' emotions (in clinic), and was brought to tears after one visit, when a patient was talking about a past abortion. I'm feeling shaky. It's very hard not to take up other people's energies. I can't control myself.

03, 05: XX:XX My father went to the hospital today and I found myself running, with tears running down my face, across the street from my school to the hospital. I was very worried, ready to find the worst, even though message I got about my dad was not particularly urgent/worrisome. Lots of crying.

03, 07: XX:XX I got very angry unexpectedly twice

03, 11: XX:XX I got very upset with boyfriend: crying, depressed, sad (I felt that I was overreacting to circumstance)

03, 12: XX:XX I'm finding it hard to smile, find that my face can sit for a long time with no expression

03, 12: XX:XX I'm still very sensitive to my boyfriend.

04, 25: 06:00 I'm feeling hurt because I didn't bring my bong and didn't use it properly; feel very **sensitive**.

04, 25: XX:XX I got a mark of 30% on my math test, how can this be? It's not possible; I'm in denial

05, 12: XX:XX Today I feel angry. I have slammed doors; I feel little patience with my children. I want to be alone. I feel numb.

05, 42: XX:XX ...a dream... My husband and I went to get coffee (leaving the children). When we came back to the table there was a man with red hair, and a younger child with red hair who were talking to the boys. I ran over and yelled loud "who are you, what do you want with my children?" It was the red hair that bothered me. The man said "I know you from your humanistic congregation". I said "oh". Then I decided to go for a walk. It was like walking in an old movie. The walking felt pleasant. I was wondering about the safety of my children. What are they doing? Will they be able to take care of themselves? Will they be street smart with all the new people walking on the street? Then I heard my son calling me! "MOM, MOM, COME CUDDLE ME". I woke up at went to cuddle him.

06, 01: 20:00–23:50 wake up after a nap, my left arm is asleep – Ali Baba and the 40 thieves in my head. Feel emotional, challenging myself. NS: Life takes on new dimension. I go to see my husband play hockey, something I've been meaning to do for a long time and not done. I feel quiet and highly emotional, vulnerable and real. This continues the rest of the night. I'm getting closer to the real me: stripping away the smoke screens and diversions.

06, 02 21:33 I've been cold and tired after a full day - emotionally happy but practical: reality touching my heart.

06, 02 XX:XX I've been going about my business more fully. Emotionally I've felt more access, but less dramatic

06, 05: XX:XX If I am the sum total of my symptoms, or parts, then symptoms are a part of my behaviour, so acknowledging them and feeling the symptoms is way better than avoiding or medicating them, I am enjoying this seeming emotional roller coaster and physical awareness more than ever.

06, 06: 21:00 while driving got very emotional – laughing and crying profusely on a regular basis these days.

06, 09: XX:XX ... In general I feel a full kind of response to this remedy, like my eyes fill with tears at the slightest thing.

06, 12: XX:XX I misread the clocks and arrived an hour early for the Focus Group, eager beaver gone mad, but it gave me a chance to read Arla Jean's script pieces for me, which moved me to tears.

06, 35: XX:XX Life has taken on a practical reality, no preoccupation with my emotions as I gave myself physically to the Pilates training and my little family that includes our chosen daughter.

07, 04: XX:XX I feel somewhat detached from people but in a comfortable way such that I'm not taking things personally as much lately.

07, XX: XX:XX supervisor's Experience: Picking up too much stuff from people.

09, 23: 9:00 My mom arrived this morning! I told her about S's father's cancer and had a small breakdown but it was wonderful that she was and IS here with me.

10, 02: XX:XX Same feeling of pending, wouldn't call it butterflies, very, very mild, but there's something there. I have blocked the mental process of playing it (incident) over and over – put it on pause

10, 02: 0X:XX I slept extremely well with more dreaming. My body feels pretty good today. I feel a little bit numb – keeps the thinking/worrying away

10, 24: XX:XX Strong dreaming, definitely in the morning, but I lost content. Physically better today. Had a hot mud bath (lavender), listening to tape of spiritual teacher. The heat of the bath makes me feel weak and vulnerable (physically and emotionally). Content of the tape hit me like a ton of bricks – talking about being stuck in a mode of activity and feeling helpless to step out of it. Sitting down, moving my neck afterwards I had a huge adjustment.

10, 26: XX:XX I feel emotional, but non-specific, generally feel oversensitive and my body feels dull. In the evening, I take a bath with bentonite clay – it's draining, but I feel good.

10, 28: XX:XX In the evening, I force myself to go out, even though I really don't feel like it (drumming and dancing). I find the drumming extremely intense, very loud and very uncomfortable. I felt like I wanted to leave, but I didn't. I ended up going to a friend's place, getting brownies he didn't want because again he didn't listen (to himself). I used to live at the friend's place and had a feeling of déjà vu.

10, 35: XX:XX Dream: sitting on the toilet in what might be a dark stable, no walls on 2 sides, a man inside the stable shoots at me and I

fire back. He's hit. A third man appears who falls from somewhere. Then, one fallen man looks at the other, pleading for an end to his pain, pulls out a sword and hacks the other guy's head off.

10, 35: XX:XX I go to B's place with my housemate for a surprise visit to her. She's happy to see us, full of light and shows us her new website with her art and descriptions. She's so full of life, she makes me sad, guilty that I'm not more like that. M hugs her as we arrive. I felt left out, but don't approach her. As we leave, before I can request a hug, M comments that she's too sensitive and she bows instead. I really wanted the hug. I was almost moved to tears. She's one of the most centered, powerful women I know, makes me feel so weak and helpless. She said she woke up knowing she would see us that day.

11, XX: XX:XX See prover # 11's journal

13 01: XX:XX Upon reflection of my day, I have to admit I felt sad all day (perhaps carrying from the feeling last night); can't place the cause of this; feels as if old feelings are coming back that I thought I had dealt with; feels as if I haven't really openly expressed them or there are things I haven't put to rest, but can't put my finger on what needs to be done, said, why I actually feel so sad.

13, 02: 7:00 I felt like I just didn't want to get out of bed, yet I didn't feel tired or sleepy. I wake still feeling sad. It feels like I've got a murky dark ball before me with all the emotional things swirling in it that I thought I'd dealt with, but apparently had not, because they are back. But it is not one specific event, or thing, it feels like everything is just swirled together; if I try to focus on the ball my thoughts jump from one event in my life to another. Very strange feeling. I don't like it. The feeling is unsettling, a little anxious (like I should be doing something), as if I'm on the verge of tears, but the feeling is not strong or deep enough to warrant crying.(NS)

13, 04: 22:00 I felt a sudden deep melancholy. It was as if I had been so busy all day, there was no time to deal with emotions, so things were suppressed, put aside until later. Once I had a chance to just take a deep breath, relax, meditate on my day, I was almost overwhelmed with melancholy, sadness. A deep sadness; a feeling of deep emptiness; a feeling of loss, as if grieving.

13, 06: 7:00 My mood is the same as the past 2 days; it's as if old emotions, emotionally painful moments (recent past and long past) are all mashed together and back on the surface. My usual ways of

putting these feelings aside and moving on with my day don't work; I can't suppress these feelings, I feel like the control I can usually manage with myself is gone. I feel dark, grey, cold – maybe a sunny day would help.

13, 06: 15:00 I went to get my hair cut, a little time out for myself. My hairdresser found a little bald spot on the top of my head, just to the right. He showed me the spot; it is the diameter of a pencil eraser and the hair around it is hard to pull (hopefully, this means it won't get bigger). He said this was alopecia, or hair loss from stress. He assured me that the hair would grow back. The spot was not there 4 weeks ago when he last cut my hair. This upset me more than it should; it was almost like another thing I didn't want to think about. I suddenly imagined myself going bald and felt almost like crying.

13, 16: 20:00 I feel very susceptible and emotional. Brain still feels sluggish. I feel so tired, I'm almost hyper. I go to a movie and get teary at a Bell ad (give me a break!). Watch *The Grudge*, a Japanese horror movie. I generally enjoy horror flicks, mysteries, espionage, etc. I'm rarely disturbed unless they are too grisly or violent. I leave this movie feeling disturbed and spooked – Very unlike me. I can't shake the feeling. When I get home, I check under beds and closets. I go to sleep feeling unsettled and upset.

13, 16: XX:XX I find I am sighing a lot. I have some anxiety still in my stomach, like butterflies. I keep taking deep breaths as if to catch more air. Somehow I feel vulnerable, as if I can become easily hurt, or become easily sick with a cold/flu; I feel protective of myself emotionally and almost paranoid about getting a cold. I double up on vitamin C.

13, 20: XX:XX Feels like a very, very long day. I still feel very susceptible, slightly raw emotionally.

13 21: XX:XX Emotional state is up and down still. Feel as if trying to fight it, like I'm trying to stabilize – but it's winning over me.

13, 23: 12:00 My partner calls to tell me he's not sure what is going on with me, but he is tired of the stress and sadness, and that he has to leave for awhile. He decides to go away, stay at a hotel for a couple of days to do his work and think. I feel upset, but mostly a little numb and angry. What's up with that?

13, 24: 21:00 Partner returns. We talk a bit – but the feeling of tension returns again. I feel very much that it is his stuff – but he is not acknowledging what is bothering him.

13, 26: XX:XX The rest of the day is a busy long one at work. I attend a performance in the evening – forget to call proving supervisor and make a note to call her Friday. The performance has a wonderful singer, a Persian woman – her singing brings up emotions in me, and I become teary listening.

16, 13: XXX:XX My boyfriend came to visit (arrived yesterday), and I was driving with him to pick up my dad. I felt self-conscious because both my boyfriend and my father are 'back seat drivers' and I feel that I drive like a moron when I'm driving with either of them. When we got home, I had this overwhelming need to cry and went straight to my room, sat on my bed and wept. Hard and fast – for no reason! My mom came in to comfort me, and asked why was I crying? I had no idea – she thought it was the remedy.

16, 23: XX:XX I had dreams all night long. I can't remember the details, but they weren't good – something to do with my mom and sister and fighting, lots of feelings of frustration and possibly the feeling of humiliation; I bawled all night long in my dreams and I woke up feeling like I had bawled all night long in reality. I woke up feeling like weeping. Not a good day!

17, 24: 13:00 I feel emotions are at "higher amplitude" Extra excited less positive felt it more strongly.

18, 01: XX:XX Supervisor: Upon asking my about contact during the proving: "You call me, it'd be better" and "Do we have to meet?" (sensed anxiety or tension around this, and when I assured him that we didn't necessarily need to, he seemed relieved)

Homey, Domestic/ Get away from Home

02, 11: XX:XX When I was at home I felt energized and happy, then as soon as I came to Toronto I felt sad and tired again. I really, really just need to graduate.

03, 09: XX:XX I had a dream of looking at finished and unfinished homes with boyfriend

06, 08: XX:XX Always good to go away and always good to get home. More connections made and old ones renewed. Seems to be the order of the days.

07, 26: XX:XX I'm not sure if I will enjoy the food as much. Youssef always made a mean falafel and often gave me homemade cookies from under the counter. I felt a bit sad

07, 27: XX:XX I was so completely wiped and full of nervous energy, I went for a drive. 2 1/2 hours later, I ended up in the country at my mum's place. The drive really put things right.

10, 13: XX:XX At a friend's house with my housemate for movie night, I felt very homey and comfortable. It was a heavy movie – very solidified consciousness, felt like a real gift after a tough week.

10, 14: XX:XX Feel antsy, want out of the house. I went to a friend's house to help with paperwork – not as tedious as I thought. Feeling of accomplishment, glad to help.

12, 01: 14:00 I have this strange feeling of being domestic. I made pudding. Usually I don't feel at home in my home. It brings me down and I usually lack motivation to be domestic.

12, 02: 15:45 I still have a domestic streak, doing laundry and putting away summer clothes.

12, 05: XX:XX Usually I'm organized for the things that motivate me and procrastinate on the things that don't interest me and I don't like doing housework, but I've been doing a lot of laundry and fall cleaning. (as a part of her overall state, this prover generally has a big aversion to domestic duties, and actually to her house in general)

13, 18: 17:00 My energy and mental focus has been on the patients. I have an evening event to go to, but skip it in favor of going home to family, and to decompress and the thrill of having wine again.

15, 08: 00:05 In hindsight of Day 7, I felt stressed and pulled between staying home with family and going to head office for their birthday. I was picked up against my husband's desire. I had a headache all day. I spent time talking to people who require my artistic services for their

offices. The head office people loved my work yesterday...makes me feel respected for my talents and abilities

Re-connecting with old/distant friends, lovers, (dead) relatives, acquaintances

01 02: 07:30 I had a dream of friends from 12 years ago, and relatives that aren't so close. Felt good to see them.

02, 01: XX:XX Dreams: I was somewhere in Latin America (may be Cuba) –hiking with some friends through rocks – beautiful landscape w/ blue water; there was a lot of water and it kept changing levels. There was a little path we had to go on to stay dry. Then I passed by my grandparent's house which had a balcony. I walked by and only asked how is it going. Grandpa stayed there saying nothing (he passed away long time ago) After that I left and they were waiving goodbye. Then I was skipping over the rocks avoiding getting into the water. A guide came out of nowhere – he started to skip rocks.

02, 07: XX:XX I worked all day today then went out with a friend who I rarely get to see. I had such an incredible night. I love those interactions with people that are so strong where you feel so connected. I felt like I could talk and talk all night about serious and fairly profound things.

02, 09: XX:XX I dreamt a lot about being with the friend that I hung out with the other night: Just talking with her and figuring things out together – much like what we actually did that night. I don't remember anything more specific than that.

02, 09: XX:XX Dream: ...that I was really trying to get the attention of an old friend who I used to hang out with a lot and we used to have feelings for each other – he more so than I. He once told my family that he was going to marry me...

02, 10: XX:XX My dreams theme is with an old friend from high school. A lot of my dreams are centered on guys that I know, mostly from high school, and I dream about it a lot lately.

03, 01: XX:XX Dreams: past relationships, waiting in a line for something

03, 09: XX:XX I had a dream of looking at finished and unfinished homes with boyfriend – 1 on the street of a long lost friend.

03, 09: XX:XX dream: Trying to find 2 of my X boyfriends while on the bus with a metro map – didn't see them.

04, 02: XX:XX Dream: I saw friends and brother playing basketball at old elementary school, I was in a my room, I was sad on the surface that I didn't know they were playing, then I went to play and put on a Red Wings shirt

05, 03: 07:15 I thought the clock said 3:33. I woke up remembering a dream. I dreamt of R, my first boyfriend's father in highschool. He called me while I was up north in Montreal to tell me that my father-in-law, H died in his sleep. I felt startled and told my husband we needed to go to Montreal (my father-in-law is presently in hospital with a diagnosis of aggressive lung cancer).

05, 14: 03:00 (10:41) I woke up during the night at 3 a.m. I had a dream of all the dead relatives I had. I was in a beautiful green area, an area with a lot of mountains. There was no talking in this dream, I was watching. I saw my grandparent's (mother's parents) moving around the mountains. The sky was very blue, the green was very green. I woke up in the corpse pose which is a very rare sleeping position for me. I felt happy to have seen my grandparents.

06, 04: 08:54 I'm up early to drive D to work and have a nice day planned with old friends.

06, 04: XX:XX I went to pilates class when of course there wasn't one. I enjoyed being with old friends and looking at the past through that continuity.

06, 08: XX:XX Always good to go away and always good to get home. More connections made and old ones renewed: Seems to be the order of the days.

07, 14: XX:XX Not hungry this morning again. Went without breakfast and got some errands done. Still not hungry. I don't get it. I bought a poppy from an old soldier who was in the 8th army just like my father. I was astonished and touched. Big city, small world! (*Her father was killed in the war*)

09, 07: 21:00 A friend of mine from Montreal just called me! – So unusual for her to call. We had a long discussion and I thought that I was surprised that she called as I had just thought a few hours ago that I would probably lose touch with this particular friend!

09, 09: 18:00 Another friend of mine from Montreal called! My husband and I now decided to go to Montreal for a week end in a couple of weeks.

09, 15: 14:00 My mom, who lives in Brazil, just confirmed to me that she would come and visit me for a whole week this month. I am so happy as I never see her. I didn't think she would come as she kept on talking about it, but always mentioning that she had so much to do and that she didn't think it would be possible. I'm so glad!

09, 16: 19:00 An extremely unusual event!! My brother, who lives in Ireland, called me! He wanted to ask me when my NPLEX exam was so that he wouldn't schedule his upcoming wedding on the NPLEX dates next summer. I talked to him for almost 1h30 which is also unusual because he doesn't have much money and can't normally stay on the phone this long. It was wonderful.

09, 17: 18:00 We received an email from a friend who use to live in Montreal with us but now lives in the USA. His girlfriend is still in Montreal. I had told S to email the friend as I had a sort of "hunch" at the beginning of the week that he would also be in Montreal this week end to visit his girlfriend. Turns out he will be in Montreal and we'll get to see him!

09, 24:10:00 – T, my supervisor called, and I told her about one "pattern" that seems to be happening to me this month: S and I generally feel quite isolated as both our families and best friends are not here in Toronto. Yet this month, we seem to have had an unexpectedly "friends and family" kind of month as:

- we went to Montreal only to see our good friends and B was there, coincidentally
- our friends from Montreal who never call actually called within a 2 day interval
- My brother called!
- my mom, to whom I'm really close came to visit
- S went to Germany, initially just to see a friend, but now he's seeing his whole family because of his father's unexpected cancer

- I've had a lot more contact than usual by phone with my family because my mom is visiting so more people call here to talk to the 2 of us

10, 04: XX:XX Dream: I'm waiting for a bus and I see a friend of mine at the corner at the stop before mine. The bus is just going by his corner and he's trying to flag it down. The bus goes by and then I see him as he starts to cross the street. I call his name and I'm waving at him. I have something in my hand (possibly my shirt as I don't have one on). We begin walking together.

10, 14: XX:XX Called my sister when I got home, we haven't spoken in 3 months. It was a 2 hour call, great communication.

10, 15: XX:XX Felt good for most of the day, (physically, generally). I was at a coffee shop, shared good stories about a friend who passed away, lots of interest and fun.

10, 17: XX:XX Dream: I'm walking towards a shadowy figure with unusual shape and feel to it. As I get closer, it becomes clearer and I realize it's my close friend and we greet one another warmly

10, 33: XX:XX Dream: I see my friend L. from my distant past, standing on a platform/porch near a warehouse door. I kept walking because I didn't want to interact. His back was facing me so he didn't see me. Suddenly, he came up behind me and gestured to touch me and then that's it.

10, 34: XX:XX It felt like a "Day of Reconnections" I was on the phones, re new product promotion, all interested in product, but no one biting. I reconnect with two past associates to meet next weekend. Downtown, I bump into a friend whose back from BC - another reconnection.

12, 12: XX:XX I'm getting more peaceful dreams: In them I'm happy about things that made me happy in the past, from about 10 years ago. My first love was one dream but he was from the past and we were in the present and it wasn't sexual, we just felt good.

13, 28: 17:30 Go to an old friend's wedding. I sit with another old friend I haven't seen for a while...

15, 00: 13:11 ...While there, the client offered me a free cappuccino and gifted me with the food I had picked out for dinner. I turned to notice a woman in the store as my good friend from high school 20 years previous.

15, 05: 13:15 I feel positive changes coming. I feel hope exists. I got a call from D of the Women's native friendship center...hadn't heard from her in 2 years. She's coming over tomorrow. I feel glad.

15, 15, 12:50 (Prover's Husband's Symptom) Someone is coming within the hour – someone else is coming to watch P. Someone else is going to watch S after school. I hope I have done the right thing. I feel a sense of relief that a "qualified" person is coming. D (husband) was in a complete state of panic, his eyes a blast, and ready to fall down. Today is his worse yet. He is constantly "seeing" his mother who died 3 weeks ago.

17, 23: XX:XX ...Last night an old girlfriend trapped me and seduced me. I was surprised I let in.

17, 31: 13:00 I had a fantastic week. I did a lot of work this week because I'm going to Ottawa for the Grey Cup with excellent old friends of mine.

Happy, Excited, Dancing, Singing, Music, Fun

01, 01: XX:XX ... Today I was in a happy mood. I had quite a few things to deal with and felt quite OK like nothing would bother me...

01, 01: 18:00 I tried to dance tonight. I really felt like dancing, so I put on music and danced for 10 minutes by myself. Felt really good, happy, then I felt chilled for the rest of the night.

01, 03: XX:XX Dream: I was at my parents wedding, and I was seeing it. My mom was in an embroidered dress. It was a strange dream, and I was happy in the dream.

01, 03: XX:XX I was in a good mood again today, felt happy. No pain in wrist and the knee bumps are getting better. I still feel very relaxed.

01, 04: XX:XX In a good mood, relaxed I can do a lot of things, handle them well.

02, 00: XX:XX At Oktoberfest I was way more drunk than I have been recently. I also was being very catty and knew it that night but did not feel remorseful. I threw up that night but went right back to sleep.

02, 06: XX:XX Today I feel really good. I woke feeling so tired but really, really happy overall. Maybe because it's Friday, maybe because I was dressed up today. Anyway I felt really good.

02, 14: XX:XX A friend called me tonight to ask me out to a dance club. I never say yes to this. Rarely will I say yes to going out to a pub at a moments notice and never a dance club. Tonight I said yes without hesitation even though I was planning a productive yet relaxing night in. It was a lot of fun.

05, 14: 03:00 (10:41) I woke up during the night at 3 a.m. I had a dream of all the dead relatives I had. I was in a beautiful green area, an area with a lot of mountains. There was no talking in this dream, I was watching. I saw my grandparent's (mother's parents) moving around the mountains. The sky was very blue, the green was very green. I woke up in the corpse pose which is a very rare sleeping position for me. I felt happy to have seen my grandparents.

05, 28: XX:XX All day I felt as if I could lift off the ground. In yoga class my arms felt like wings and when I was doing pushups I was doing them on the tips of my fingers and the tips of my toes. I felt light, very happy and very energetic.

06, 03 11:00 excellent news: commercial shoots Friday so I can go as guest to Short Film Fest on sat to Barrie. I get to have my cake and eat it too.

06, 07: XX:XX Guest of Barrie Film Festival overnight. What could be better than being wined and dined by your peers and being listened to by others and listening – truly a rich and full time.

06, 07: 22:00 decide to go back to hotel post panel discussion and film screening to repair my exhausted state from being on the road and filled with an overwhelming enjoyment of life. It worked to get me some rest and to be freshened up for champagne brunch and final festivities, ride back and poetry reading in Toronto.

09, 15: 14:00 My mom, who lives in Brazil, just confirmed to me that she would come and visit me for a whole week this month. I am so happy as I never see her. I didn't think she would come as she kept on talking about it, but always mentioning that she had so much to do and that she didn't think it would be possible. I'm so glad!

10, 15: XX:XX Walked in the Annex, walked a lot, sang, danced, chanted (at a potluck party), got home at 1 am and energy was still good – a great day.

10, 22: XX:XX I was at a music jam in the afternoon with friends: Had lots of fun.

10, 36: XX:XX I go to my service. There's heavy energy coming from the facilitator, great, funny stuff that makes me happy. J sang a song – when she sings, it takes you to another place.

13, 26: XX:XX The rest of the day is a busy long one at work. I attend a performance in the evening – forget to call proving supervisor and make a note to call her Friday. The performance has a wonderful singer, a Persian woman – her singing brings up emotions in me, and I become teary listening.

13, 27: XX:XX No particular symptoms. Energy level is good. I am tired by the end of the day, but I cook a special dinner for me and my partner. We have a lovely evening together.

13, 28: 17:30 Go to an old friend's wedding. I sit with another old friend I haven't seen for a while. For the first time in a long time, I forget about my partner and worrying whether he's comfortable and have a blast with my old girlfriend. We get a little drunk on wine and dance away. My partner finally drags me home.

14, 00: 12:00 Immediately, I felt something, better described as excitement, which is always a little normal at the beginning, especially considering that this proving has far-reaching implications. So, I guess I'm kind of excited to be part of it all. However, this particular excitement soon developed into movement, constant, and slightly exaggerated. It was as if I drank 5 cups of coffee.

14, 00: 21:00 I drove downtown to meet my boyfriend at home. Very happy, but nothing unusual took place that evening, or in my dreams that night. However, I did have an unusually long sleep (10-11 hours) and felt great upon waking that morning

14, 04: 05:30 Dream sequence, very vivid: I was suddenly at an outdoor party. There were festivities going on all around me, music, carnival-like, hors d'oeuvres, horses, gazebo tents filled with pastries and other delicacies, plenty of people talking, walking about and being social, young and old, and everything in full color...

14, 10: 16:30 After having picked up my boy from school, I headed downtown to pick up my boyfriend and his sound equipment and then drove to my friend L's for a jam practice. We had an awesome time. One of the best nights I'd had in a long time.

15, 03: XX:XX Dreamt of singing, dancing, drumming, laughing, smiling, and having lots of fun ...

15, 11:10:27 I have an overwhelming sense of prosperity and abundance. I am experiencing deep happiness despite being surrounded by uncertainty.

16, 00: XX:XX I felt very giddy, I had to laugh loudly at stuff; I had the urge to laugh, was looking for something to laugh at.

17, 10: XX:XX I feel pretty good, lots of exams, looking forward to going out tomorrow; I'm going to have fun.

17, 17: 13:00 I'm feeling fantastic!... good again. I had a very good weekend, saw friends, and went to a show. I'm going to the symphony tonight. I'm in quite a few clubs at school – I like to get involved.

Sad, Depressed, Alone, Trapped in emotions, Isolated

02, 09: XX:XX ...I really felt a sense of loss last Sunday in realizing that he, along with several other very close guy friends, were now married. In that dream he paid little attention to me and I felt very sad and that I had lost something that was so important to me at one time. Later in that dream another guy that I was thinking a lot about lately who was married one year ago and who I saw at a wedding two weeks ago, who I feel was giving somewhat mixed feelings towards me and has done so for some time, understood that I was upset about something and followed me out onto a golf course where there were

several trees with many leaves that had just fallen from the tree. He was very concerned about how I was feeling. The attention I got from him I loved but was also very saddened by the reality that he was married.

02, XX: XX:XX Master Prover report: In the week after the extraction meeting prover #2's supervisor phoned me in tears begging for some way to antidote the effect of the remedy reporting that she felt "trapped in her emotions", not wanting to engage with anyone or anything – very depressed.

03, 03: XX:XX I'm feeling dreamlike today, like there's a distance between myself and others, as though my ears were plugged. I felt not as connected, removed, like I had to strain to hear them, as if my ears needed to pop. I felt distanced as if I was not affected by the words. I felt like I needed to turn and face them squarely.

03, 09: XX:XX Felt kind of "vegetative" in morning – little expression, but more sad than happy, wanting to be back in bed

03, 14: XX:XX I feel alone, like an "island"

07, 07: XX:XX I felt pretty chatty at the party, but a lot of people had been drinking a lot and I felt like I was on a different page after a while. I felt isolated and shy after a couple hours so I left. I was glad to get home.

07, XX: XX:XX Supervisor's Experience: Often feeling disconnected

09, 20: 23:00 I am kind of sad as my husband left for a business trip this morning. I always feel lonely when he's gone. I have to admit my feelings are the same as usual regarding this issue: sad, lonely and I want time to go by fast while he's gone.

09, 22: 20:00 My husband's mom called today. My husband's parents live in Malaysia but his dad has been sick for the past couple of weeks. She wanted to talk to S about his dad, but S has just left to Germany to visit a friend. I felt sad that I am not closer emotionally to his mother, as I could tell that she was very upset. The language barrier between us made it impossible for me to "get closer" to her and offer her words of comfort. It seems that his dad has a severe stomach ulcer and he is in intensive care at the hospital.

10, 29: XX:XX I went to a poetry reading and felt very alienated. Everyone was really proper and dressed up, so I walked right out – I didn't feel like I belonged. I walked to the Annex, called an artist lady-friend of mine and really connected as she read a description of one of her paintings through her experience of what was happening as she painted it.

13, 01: 21:00 Class mate pointed out he noticed I was sighing deeply all day, which he's never heard me do before. I didn't notice, but now am conscious of it. It feels as if there is a lump in my belly; more of an emotional state than real physicals. (NS)

13, 01: XX:XX Upon reflection of my day, I have to admit I felt sad all day (perhaps carrying from the feeling last night); can't place the cause of this; feels as if old feelings are coming back that I thought I had dealt with; feels as if I haven't really openly expressed them or there are things I haven't put to rest, but can't put my finger on what needs to be done, said, why I actually feel so sad.

13, 02: 07:00 Dreams – woke with no memory of dreams. Slept lightly, clinging to my partner, where we usually start off sleeping close together and end up comfortably on opposite ends of the bed. Felt the need for warmth and closeness.

13, 02: 7:00 I felt like I just didn't want to get out of bed, yet I didn't feel tired or sleepy. I wake still feeling sad. It feels like I've got a murky dark ball before me with all the emotional things swirling in it that I thought I'd dealt with, but apparently had not, because they are back. But it is not one specific event, or thing, it feels like everything is just swirled together; if I try to focus on the ball my thoughts jump from one event in my life to another. Very strange feeling. I don't like it. The feeling is unsettling, a little anxious (like I should be doing something), as if I'm on the verge of tears, but the feeling is not strong or deep enough to warrant crying.(NS)

13, 06: 15:00 ...I'm tired of feeling so down; and I feel at a loss to know what to do to bring myself out of this mood. (NS)

13, 07: 7:45 ...I haven't woken with the deep sadness, feel more even-keeled, but there is a lingering something.

13, 07: 12:30 My anxiety and tension has lightened. I still feel some anxiety in my stomach, like butterflies, nervousness before an exam, but it is lighter than it has been all week. I feel as if I can think a little

more clearly again, not lost in my emotional state. I also feel calmer, and not as overwhelmed by all the work I have to get done.

13, 07: XX:XX My partner has thrown me a surprise party. I enjoy myself, but feel "outside" of it all, not really in it – more of an observer.

13, 14: 13:00 Have hit a bit of a slump in energy, and during a lunch time gathering of class mates feel anxious. One student is pregnant and had a baby shower for her. I felt anxious in the group setting and uncomfortable – how I was feeling previously, being dissociated and that feeling was back but I was fighting it, although it lingered into the afternoon.

13, 22: XX:XX Generally feel down all day – sort of an overall funk. It lasts all day. Feel annoyed that I can't shake it.

13, 23: XX:XX In discussing the proving with a group, and being asked how I'm affected, I say my overall state is alone: consistently alone.

13, 35-37: XX:XX ...There is a feeling of sadness predominant and it was like an undefined grieving over your life and also feeling of being lost.

13, XX: XX:XX Supervisor's Experience: Toward the end of the proving, I drove downtown for an appointment. A massive feeling of aloneness/loneliness hit me just after I read the email the master prover sent me about when to stop recording symptoms, and lasted while I drove downtown. The magnitude of this emotion was HUGE and was like being hit with a ton of bricks but with the feeling of aloneness. It was a huge emotional wave.

17, 01: 15:00 Supervisor: The prover made no eye contact with me. He looked forward down the school hallway. Said he considered himself to be more insensitive than sensitive. To me he seems very neutral, calm, almost sedated with a deep voice.

Social

02, 13: XX:XX I went out tonight. I don't go out often, especially late (after volleyball) when I have to get up early the next day. I feel like I

am saying yes a lot more lately to social situations where before I remember telling myself I need to say yes more often because I always caught myself saying no – especially if it was about meeting new people. Tonight I met one of L's friends from her home town.

02, 14: XX:XX A friend called me tonight to ask me out to a dance club. I never say yes to this. Rarely will I say yes to going out to a pub at a moments notice and never a dance club. Tonight I said yes without hesitation even though I was planning a productive yet relaxing night in. It was a lot of fun.

02, 15: XX:XX I went to St. Catharine's tonight to spend time with a good friend from University, her cousin and his friends. This was the plan all week so I drove 1.5 hrs to spend time with them for 3.5 hrs and then drove back to Toronto because I had to play v-ball the next day. I also wanted to avoid the awkwardness of waking in a strangers house although I had a really, really great night.

05, 15: 17:22 Just spoke with M. I felt I needed to connect with a person from the proving because I have been on my own more or less. I felt like I needed to connect to be grounded...

06, 06: 00:07 I get a call to shoot a commercial – fabulous day – Off to Stony Creek for Dinner and sleep over.

06, 07: XX:XX Guest of Barrie Film Festival overnight. What could be better than being wined and dined by your peers and being listened to by others and listening – truly a rich and full time.

06, 08: XX:XX ... More connections made and old ones renewed: Seems to be the order of the days.

09, 04: 13:00 I've been feeling very social all morning.

09, 04: 14:00 Two girls that I never really hang out with invited me for lunch. This struck me because just this morning in the subway I was thinking that I wanted my friends to invite me to do things for when my husband would go on a business trip.

12, XX: XX:XX Generally I've become more assertive and created more bonds with people. I doubted myself with people before.

14, 04: 05:30 Dream sequence, very vivid: I was suddenly at an outdoor party. There were festivities going on all around me, music, carnival-like, hors d'oeuvres, horses, gazebo tents filled with pastries and other delicacies, plenty of people talking, walking about and being social, young and old, and everything in full color.

16, 10: XX:XX In general, I feel more immature, like I'm regressing to the way I was in high school. I like it – I was more hyper and social then.

17, 17: 13:00 I'm feeling fantastic! – Great, a little sick Wednesday, slept a little extra, but now I'm back to my normal high energy levels, feeling good again. I had a very good weekend, saw friends, and went to a show. I'm going to the symphony tonight. I'm in quite a few clubs at school – I like to get involved.

17, 38: 13:00 Anything I was feeling from the remedy has vanished. I spent time this weekend with guys I love spending time with, I am fortunate to have such friends. Five of us were drinking for 3 days for the grey cup weekend football finals. I was in the best shape coming back the next morning.

Great Speakers

02, 09: XX:XX I went to class today and felt nausea because I didn't get a lot of sleep last night. The lecture was great though and I really enjoyed it which doesn't happen often but he is a great speaker – a special one that came in to talk to us. I was really upset about having to go to work because there were at least two other talks that I wanted to see.

10, 36: XX:XX I go to my service. There's heavy energy coming from the facilitator, great, funny stuff that makes me happy. J sang a song – when she sings, it takes you to another place.

12, XX: XX:XX Supervisor Symptom/ Experience: I saw a speaker whose a raw food guy and the guru of raw chocolate The person in front of me had a tag on her shirt that said firefly. Everyone was in a collective buzz around these super-foods. I was sipping on these drinks and feeling the buzz of green drinks and the bitter but still

chocolaty nourishing cacao beans I sampled earlier. It felt like a natural high.

Peaceful, Calm, Content

01, 06: XX:XX ...Feel more relaxed, and still confident

03, 06: XX:XX feeling fatigued in pm – really mellow – disinterested in going out and socializing (but not really caring one way or the other) – sense of inner calm

05, 06: 20:08 I was pretty calm during the day. Feel WIRED NOW.

10, 09: XX:XX I'm feeling very peaceful moving into the evening

12, 12: XX:XX I feel more peaceful and subtle in general. It's a general feeling of peacefulness. Can this proving affect other people? Others are responding differently. I notice my husband is checking his road rage – trying to refrain from yelling. I'm not as easily provoked. I'm getting more peaceful dreams: In them I'm happy about things that made me happy in the past, from about 10 years ago. My first love was one dream but he was from the past and we were in the present and it wasn't sexual, we just felt good.

13, 19: 7:30 Wake up feeling good and well rested. I honor the appointments I have for the day, and decide to spend the rest of the time quietly catching up on school and work things.

13, 19: 12:00 I feel so relaxed, tired, I almost miss my afternoon appointment.

14, 01: 13:30 Went out for brunch. I was very content, but nothing unusual happened.

Imprisoned by/Breaking out of Oppression, Jealousy, Suspicion

02, 02: XX:XX Today I felt quite tired. I also felt pretty quiet. This is pretty normal for me though. D yelled at me at work for spending too much time with customers and I had to discourage choked emotions from coming. After I got home and talked to A, and then watched a movie I felt fine.

02, 04: XX:XX Today I got an e-mail from F. It almost made me cry. Partly because he was such a powerful part of my life regardless of the fact that the time we spent together was very short, partly because he mentioned that he was having family problems, also because I am just far away from him since I may be learning Spanish but I have so far to go before I can really speak with him: that seems a lifetime away, and also because I feel so cut off from that experience right now – I have months of school to finish first and so much work to do before I do graduate, and my parents are putting this barrier on me for traveling until I pay off my loan.

04, 01: 01:00 Dream: a sense of heightening, I feel silent wonder; the soul does not want to be found or analyzed, it just wants to be, image of a pot of oil (soup pot in Kensington)

06, 35: XX:XX Or it might have been a presentiment about car which failed its emissions testing...surprise, surprise...the mundane continues to insert its presence into my esoteric realm and demand attention to what appears to really matter above all.

10, 17: XX:XX A short excursion turns into a marathon of errands – felt trapped. Lights were driving me crazy. Finally, when we were almost done, I was accused of “whining” when I expressed my feelings. This bothered me a bit. If he would have been clear of what he wanted to do before we left I would have felt I had more of a choice.

10, 18: XX:XX Dream: Black man, 45ish, with younger white woman, says he wants to see if she’s acceptable. She removes what she’s wearing, leans back on the sofa, arches her back, emphasizing her breasts. I’m watching the scene from outside of it, but also feel I may be looking at her through his eyes.

10, 31: XX:XX Dream: I see 2 guys I know walking together. One guy goes off on his own. When I talk to W he mentions that C (other guy) is always trying to convert him to his way, re spiritual matters (Christian?). W. has been a seeker most of his life, but still seems

dissatisfied with present teachings of his choice. He says "there must be more."

11, XX: XX:XX See prover # 11's journal

12, 18: XX:XX Its been a hard week. I've felt uptight and all turned around – on edge, pretty down. I'm reaching my limit with my relationship at home. It's overwhelming. If my son hadn't been born I wouldn't be in this relationship anymore. I have to walk on eggshells around him. I'm tired of being pushed around. I'm standing up for myself more.

12, XX: XX:XX Generally I've become more assertive and created more bonds with people. I doubted myself with people before. I get an outlet with those bonds that I don't have at home. I feel like I have to hide it from my husband – he'll misinterpret it. He's jealous and suspicious. At the beginning he was more courteous. When I was talking to my supervisor, I felt I couldn't express myself completely, because my husband was listening – he's suspicious, and I was careful he didn't see my notes. He found my floppy and wasn't happy. He felt betrayed – how I told about him instead of talking to him. We came close to splitting up. I feel independent when I'm not with him. I crumble when he gives me a certain look – a father-like disciplinary look – as if I'm doing something wrong.

15, 03: XX:XX Dreamt of singing, dancing, drumming, laughing, smiling, and having lots of fun – glowing, sunshine glowing warm golden light, third night in a row – quick dreams – recollection is just a few seconds. It's the type of dream life that makes me feel conceited or too full of myself for desiring to be surrounded by "professional" musicians and I'm not.

15, 03: 14:45 I feel pissed off now as my friend was going to an open call for performers and I've been told I would not be professional enough, so I didn't even go and try yesterday and felt remorse. Yet I understand that I have little experience (specifically speaking)

15, 03: XX:XX My friend's audition was today, I was going to go just for the being there and being with my friend – "the experience" I had an opportunity to just go – now – and I took the commentary of my husband who's on about the waste of time and how I'm best to continue cleaning. I did not go. She called a _ hour later, on her way back! I have not done the 'cleaning' When I brought it up that I could have gone, I got an I'm sorry. I guess you could have. Opportunity

lost. I feel ripped off when I allow myself or others to talk me out of my fun, spontaneous ideas, and adventures, based on crap fears.

15, 04: 00:33 ...I'm feeling closed in on, stifled and on the financial edge. I feel my family is abandoning their trust in me by making it as difficult as possible to make a living. I feel confused and a little frightened that if I don't find a solution soon we'll be asked to leave our home and I don't want that. Looking forward to my dreams.

15, 08: 00:05 In hindsight of Day 7, I felt stressed and pulled between staying home with family and going to head office for their birthday. I was picked up against my husband's desire. I had a headache all day. I spent time talking to people who require my artistic services for their offices. The head office people loved my work yesterday...makes me feel respected for my talents and abilities

15, 11: 09:11 I have noticed my life has become like a pimple of late – everything coming to the surface: my past, present, and glorious future. I feel I am on the edge of a cliff, the wind in my fingertips, the warmth of the sun on my face, and the new world of the unknown that lay before me. I feel like I have been released from an imprisonment. My self reliance has kicked in and is running strong.

15, 27: 23:34 I write for the first time in weeks. I've been freed from an invisible prison. The strength is rushing back through my veins. Energy pouring in and fluttering merrily about instead of rushing out like a sieve on a vacuum. A blissful change, rebirth, new stem, tougher skin, I breathe easier – literally.

15, 29: 1:10 ...the first time I've been able to speak freely in what seems an eternity. Blessed be change for freedom in valor, the invisible scissors that cut the luggage before everything caves in around. One must be where one must be, else all will go aria. One must flow where the wind blows, else fight all the while.

15, 33: 20:40 My husband came home last night at midnight after leaving the center without their knowledge. I was very concerned. They called the police on my behalf. He started in about phone calls and where I was last night already. I am unwilling to live like that again.

15, 36: 00:20 We went to the 100th Santa Claus parade. The sun shone. D (husband) was strange – playing music so loud, the drums so loud, singing "Babe I'm leaving lyrics" while S (son) was sleeping in

the next room and I was trying to put the baby down. He has a job interview. I hope he gets it and moves out and moves on. I haven't any pity. I do have compassion. I have to get it all moving, clean it up. Still feeling too restricted to call out to friends. When calls come in I'm unable to speak. And I'm still unable to call my supervisor.

15, 36 00:27 Actually my supervisor became the topic of a psycho-conversation at the Center. D called and said I miss you and who's J? (supervisor) – tell me, tell me!, blah, blah, blah. He's on the couch and can stay there until he leaves with his couch. D has reported untraceable phone calls telling him how wonderful he is and that he doesn't need me. The women wouldn't leave her name....Many old love interests have also made contact this week to send warnings to D's wife about the deceptive and cheating husbands (where I work).

15, 37: 23:51 ...What I find interesting is that the men I've known "act up" when I'm about to perform – produce – create something great or have a fabulous opportunity befall me, or meet someone of importance....

15, 37: 02:07 His nail polish disgusts me, where, I used to accept it as each to their own. I need fun in my life. I need laughter and good adventure. I feel an urge to smile and dance and pay back those who helped me. All my relations guard me and my children as we sleep. Allow us to sleep safely and wake up stronger still and ready to go.

15, 38: 18:06 D's going on again about asking me and pestering me why things have to be a secret. It's constant!

15, 38: 22:45 I just found D in the washroom with this book, and he's been in there about 20 minutes. I asked if it was in there and he said no, then there it is next to him – whatever. My (close friend) came and I couldn't even speak to her.

15, 39: 02:58 I painted from 7 p.m. until 2 a.m, did 5 of 5X7 canvasses: 7 hours for 5 paintings: not bad, quite productive. The whole time D expounded on cheating husbands and wives and the injustices served against him – blah, blah, blah, for hours on end. I could barely keep from screaming. I just bit my tongue, finally asking him to please shut up – I asked for this one night to create in peace as I must deliver it all tomorrow – he was to watch the kids and stay out of my face and he did neither.

18, 01: XX:XX Last night I had a dream. I usually wake up 1 hr before I should to say I can sleep 1 more hr. I had 2 dreams. They were vivid. I wanted to write them down but I forgot to. It was a bullying dream. Bullies in the dream were doing something. I don't know what. There was a second part of the dream. I think it was a continuation. If I wrote it down right away I would remember.

Lost, Losing someone, something, Lost → Found

07, 11: XX:XX I drove to a hobby shop & bought a British Spitfire aeroplane. I started assembling it... (*This prover seemed to "find" her father, lost in the war, in different ways*)

07, 14: XX:XX Not hungry this morning again. Went without breakfast and got some errands done. Still not hungry. I don't get it. I bought a poppy from an old soldier who was in the 8th army just like my father. I was astonished and touched. Big city, small world! (*Her father was killed in the war*)

10, 02: XX:XX I have a recurring dream: I'm traveling on a bus, don't know where I'm going and the terrain is unfamiliar, but I have a destination in mind. I can't figure out why what I'm seeing is unfamiliar (since I have a destination in mind). Then, as I'm ready to leave the bus and have to ask for ticket/transfer, I realize I lost my knapsack. I start looking in a pile, look through this huge pile and eventually find it. I go into my back pocket, looking for a cheque or important piece of something. I put my hand in, there's nothing in there, I do this 2 or 3 times. Somehow, when I put in my hand a final time and push far down, the pocket had twisted itself around, put my hand in hard enough and untwisted it and found what I was looking for.

06, 35: XX:XX ...Lost \$150 taking that session which cost my sugar mommy \$400. But I got my mat one certification and a lot of wonderful info and experience.

10, 09: XX:XX Dream: in a small car with brake on; cleaning supplies; dance party – up and down stairwell – confusing – leads to nowhere – have to retrace my steps – happens more than once; delivering eggs/egg cartons, piling them up near an entrance of a store...

09, 16: 07:00 I had a horrible nightmare! I dreamt that I was going to fly with my husband to Paris.... found out where my gate was....but S. wasn't in the boarding room where I had left him. So I proceeded in total panic to the plane and he was already inside looking relaxed! He was in business class and I was in economy, but the plane was set up in such a way that I was only 2 rows behind him, facing 3 other people.

11, XX: XX:XX See prover # 11's journal

13, 26: 07:00 Dream – I am staying in a strange city, but trying to complete some work project. More like an essay or some piece of writing. I am sharing a room with another woman, who is a friend – but I do not recognize her in the dream. I leave the room at one point to find her but we have a falling out on the street. She tells me to leave her alone; but I'm not clear what the falling out is about and I try to ask her. She walks away. I run after her in a slight panic because I realize I have no idea where I am. I am lost and am not sure of the name of the hotel. She disappears. I find the hotel myself. The lobby looks familiar. I approach the concierge, but suddenly realize I can't remember my friend's name and the hotel room is in her name. I awake feeling disoriented and then have a nosebleed.

13, 35-37: XX:XX ...There is a feeling of sadness predominant and it was like an undefined grieving over your life and also feeling of being lost.

15, 04: 00:33 Spoke to supervisor tonight. Wanted to take another dose tonight. Searched high and low, unable to locate the envelopes. I'll look again tomorrow.

Flying, Wings, Free Fall, Freedom

01, XX: XX:XX Supervisor's Experience (in Retrospect): Wings were a theme during this proving I noticed. One of my best friends E had a 50th birthday party. Almost all of her gifts or cards had an uncanny similarity – there were wings – fairies, feathers, and winged goddesses. Everyone at the party remarked how odd it was how prevalent the theme of wings was.

01, XX: XX:XX Supervisor's Symptom: I had a dream that I was holding hands with P, flying across the sky, just above a lake, somewhere beautiful and magical in nature. I felt as if I had wings and a natural ability to fly. It was a very special dream, and I told several people about it. I rarely have flying dreams.

02, 00: XX:XX: had a nap and I was going in and out of sleep – annoying. During the nap felt that I was falling – jumped – woke up suddenly

02, 00: X:XX Dream: I wanted to give everything up; had the image of standing in a circle and holding ropes each rope attached to one piece of wood – had the feeling of letting them all go - felt relieved after letting them go – felt sense of freedom after doing that. I had palpitations during the nap, which I have when I feel down

03, 19: XX:XX Dream: spaceship with something spinning around inside, and its going around in circles

08, 04: XX:XX I had a bunch of dreams, though. In one, it was winter and I was on my way to school. I got flung on a catapult over some trees and there were some peacocks there, just hanging out. I can't remember what happened after that. I landed on the ground, and then the dream ended.

09,, 16: 07:00 I had a horrible nightmare! I dreamt that I was going to fly with my husband to Paris...

10, 31: XX:XX Dream: There's a skiing scene: I'm watching others ski. It's not really a winter scene, people are dressed for warmer weather. There are no skis, poles or snow. I'm barefoot and my sense is something is pulling me (like water skis), the ground under my feet is smooth. People are all over the hill and I'm zipping by them at tremendous speed – surprised I can remain upright. In, out, across the hill I go (no visible equipment). Now I'm at the bottom, there's a river/stream and I'm being pulled along the shore. The tension, which seems to be pulling me releases and I notice the line in my hand. I continue walking, start up the hill and a bell comes toward me. I retrieve it, throwing it back to the people it belongs to. My aim is not very good, the sun is directly in my eyes. I go on my way to the top of the hill.

13, 09: 08:00 I dreamt I was traveling; at one point flying somewhere over a desert, another point in my dream...

13, 14: XX:XX I think I was traveling during the night. Toward morning I visited a friend. For fun, I wore a specific colored shirt to see if I would match what they wore – and sure enough, we were wearing the same color. It's a bit unsettling, but fascinates me.

15, 27: 23:34 I write for the first time in weeks. I've been freed from an invisible prison.

15, 29: 1:10 ...the first time I've been able to speak freely in what seems an eternity...

16, 01: XX:XX Another separate dream, same night – wasps and other bugs (flying ant-like things) were all over my bed, and then the dream switched, and I was in a different bed (the bottom bunk of bunkbeds) and there were three wasps flying around my room. I was paralyzed, felt 'trapped', but inconvenienced, and couldn't move until the wasps were removed. I called my sister to remove them.

Planes crashing

01, 00: 09:30 I could not fall back asleep. My teeth felt more sensitive, tingling. I had a dream about an airplane crash. I have never had this dream before.

09, 16: 07:00 I had a horrible nightmare! I dreamt that I was going to fly with my husband to Paris, as a last minute kind of decision...Then there was a huge storm outside and everybody became really scared. There was a gay couple sitting in front of me, with one man sitting on the other man's lap. And the one guy who was on top started throwing up in a mug because it was so turbulent...We took off again even though the storm was horrible and I remember thinking "we're going to crash and I'm not even sitting next to S so that we could die together holding hands'. And that was my dream! Horrible!

Traveling, Adventure

02, 25: XX:XX I'm dreaming a lot of traveling and being able to speak another language and not having any Naturopathic responsibilities... I dream a lot about traveling: I am somewhere else (Cuba or Peru), trying to find a place to set myself up, and; I think it's a manifestation of my thoughts.

03, 23: 05:30 Dream: mother moved into a new condo on water, very cool place, we (family) all went for big walks along cliffs, lots of mysterious people hanging around condo and cliffs; feeling of curiosity

06, 01: XX:XX Eating differently - enjoying new tastes.

09, 16: 07:00 I had a horrible nightmare! I dreamt that I was going to fly with my husband to Paris....

10, 02: XX:XX I have a recurring dream: I'm traveling on a bus, don't know where I'm going and the terrain is unfamiliar, but I have a destination in mind.

10, 08: XX:XX Dream: On the train and a friend is there saying she's going to Montreal. I have only an attaché case, no clothes or necessities. She says she's going tomorrow. I kiss her sweetly and can feel the shape of her lips, which really stands out.

10, 33: XX:XX Dream: someone familiar to me, possibly an aunt with 1 or 2 others, comes to me all excited and tells me her son is going to Costa Rica, and would I like to accompany him...possibly they were uncomfortable with him traveling on his own.

13, 09: 08:00 I dreamt I was traveling; at one point flying somewhere over a desert, another point in my dream I am walking a dusty road with old churches and buildings on the edges. I wake up feeling the travel itch; itchy feet – strong need to travel; remember that I haven't traveled in a long time.

13, 14: XX:XX I think I was traveling during the night. Toward morning I visited a friend. For fun, I wore a specific colored shirt to see if I would match what they wore – and sure enough, we were wearing the same color. It's a bit unsettling, but fascinates me.

15, 12: XX:XX Today was overwhelming but for the most part I remained positive. This morning I had a nap and dreamt of being on a train.

16, 02: XX:XX Dream: dreamt of a hostel I stayed in when I went to Paris. It was a total repeat of the experience, only I was different because I was like I am now, not the way I was 5 years ago when it happened. At the time, the hostel owner was kind of rude because my sister and I were 'novice' travelers, and overly paranoid. In this dream, the situation resolved, because the hostel owner and I could relate, (now that I am older and know more). Weird detail: I was filling out a form (my name and address) for the guy, but I kept messing it up – screwing up the letters and making mistakes.

17, 31: XX:XX Over the past weekend I had good clean fun – No drinking. I played board games. Saturday, I went to Chapters and a movie and worked on a Public Health project. I finished some reading. I wanted to have a clean weekend because I knew this weekend was going to be a lot of fun – I leave Saturday morning. Last Sunday I did a sweat it was good I enjoyed it. I went through it all. I want to try everything I can – same reason I am doing this proving to learn about stuff.

Spinning

03, 19: XX:XX Dream: spaceship with something spinning around inside, and its going around in circles.

05, 19: XX:XX Spinning with energy, I feel as if I need to RUN. Talking to friends, to colleagues about my dreams, feel ready to jump out there. Feel ready to jump out there! I was running in the rain and I was liking it. It is dark and raining today.

Live Wire

03, 07: 04:45-07:00 I woke many times, not tired – had image of a "live wire"/spark in kitchen – not really anxiety provoking though

05, 05: XX:XX I felt wired and hyper energy all day.

05, 06: 20:08 I was pretty calm during the day. Feel WIRED NOW.

Creativity

10, 01: XX:XX I had a few dreams last night, on Friday, a female friend shared a dream. I think there's a connection between hers and mine. I feel that the woman in her dream was the woman in mine. She was offering herself to me, but not sexually, and telling me to be more creative, etc.

12, 05: 19:45 I'm feeling much more "take charge" lately. I'm involved in a lot of extracurricular activities. Usually I'm very sensitive and cry easily. I'm a lot stronger, a lot more creative.

15, 14: XX:XX ...All prosperity begins in the mind and is only dependent upon the full use of our creative imagination...

15, 39: 02:58 I painted from 7 p.m. until 2 a.m, did 5 of 5X7 canvasses: 7 hours for 5 paintings...

Hot

07, 23: XX:XX Dinner was cancelled due to my friend's ill health. It seems everyone has either flu or colds right now. Fearing it was some aberration, I decided to treat myself to some spicy Sri Lankan cuisine. I think I broke a sweat...

09, 16: 07:00 Part of a dream: ...We took off and it was really really hot in the plane. People were sweating but there was no service. When I asked for water, the stewardess was totally rude and told me that when there was air conditioning, they couldn't serve water. I replied really rudely that it was a total lie and she became really rude and replied to me in French. Then there was a huge storm outside and everybody became really scared. There was a gay couple sitting in front of me, with one man sitting on the other man's lap. And the one

guy who was on top started throwing up in a mug because it was so turbulent...and it was really unpleasant because the smell was eerily pungent since he was so close to me and since it was so hot.

10, 24: XX:XX ...Had a hot mud bath (lavender), listening to tape of spiritual teacher. The heat of the bath makes me feel weak and vulnerable (physically and emotionally)...

10, 02: XX:XX Another part of this dream was about a couple of women, one was cooking in a big pot, not wearing anything, as it was hot.

17, 30: XX:XX I did a cleanse in the clinic today. Sauna three times then cool shower. I hate cold water. I love hot water. I do cold at the end of my showers. I lived without hot water for 8 months in desert in Botswana.

Dogs, animal(s)

01, 05: 05:45 I woke up after a dream with dogs and I'm scared of dogs...

01, XX XX:XX Supervisor experience: My partner P began acting like a dog during the time I was supervising the proving. He would affectionately crawl over to me, wag his tongue, and pant like a dog, and I would pat his head. I gave him the nickname doggie.

02, 19: XX:XX ...I thought she (my cat) was a pig at first in my dream – a piglet. And I was calling her that in my dream in Spanish.

02, 25: XX:XX Last night I dreamt I was back in Peru with a friend and also with Anna. I dreamt of a large snake which really didn't bother me...

05, 15: 17:22 Just spoke with M. I felt I needed to connect with a person from the proving because I have been on my own more or less.

I felt like I needed to connect to be grounded. I shared the feeling that I have high, high energy, like I NEED TO BE WALKED.

05, 11: XX:XX I felt sad looking at the other patients at the hospital. Bodies ravished by cancer. I felt ANIMAL. I wondered why human beings keep people alive with medication when their bodies deteriorate and are eaten by different diseases.

05, 11: XX:XX When I left the hospital, I opened my mouth and started to gulp the air. I tasted the dried fall leaves on my tongue; I was making a loud gulping sound, breathing in the fresh air which tasted like leaves. I was making an animal sound.

05, 15: 18:22 I am the one giving out the candy to the trick or treaters. I am growling, I feel morbid and I like it! I am eating chocolate and I like it! The kids coming to the door seem scared of me! WHY???? When I answer the door in my witches hat and spooky music in the background the kids jump back.

10, 04: XX:XX Dream: my dog (from 20 years ago) is outside and there are a couple of other dogs running around with him, playing with each other. My dog goes into the house, I open the door, and one of the other dogs manages to push his way in, lifts his leg and marks a spot. I grab him and put him out, then I just clean/wipe it up.

10, 06: XX:XX Dream: A man is with a dog which is almost dead. As he dies I begin crying uncontrollably, sobbing and drooling. So deep is my grief that the man seems to focus on me and forget what just happened to his dog.

10, 21: XX:XX Dream: I'm outside, lying on a blanket, with 2 tigers – docile, lazing on the blanket. I reach out and touch one on the mouth/lip. There are dogs, 1 specifically much larger than the others; the coat is like maroon velvet. I look into my friend's eyes and ask what he sees when he thinks of me. I answer for him, "A complainer?" He says no (that's what I see, that's my projection).

10, 23: XX:XX My hip is still sore. I go for a walk in the park, see a woman with 2 dogs, one of them rescued from the street in the Caribbean. The dog had a broken foot, quite bent, even though it had been set. It was friendly, good temperament. The walk felt good, loosened up my hip. Neck is pretty sore and sciatic nerve in upper left thigh. Underlying emotional theme continues, but not prominent.

10, 25: XX:XX Dream: A toilet, rubber hose pipes in a bucket or small tub-like container, leaks as I adjust the position the best I can. Two small white dogs come up to me and I pet the one with very pale blue eyes lovingly. Later I'm walking and they run up to lick my hand. I recently squeezed a lemon and I knew they wouldn't like the tangy taste but allowed them to lick it – first one then the other.

12, XX: XX:XX Supervisor's Experience: I watched this movie on T.V, set in an African desert with horses...

14, 00: 12:20 On the way back to meet my son for lunch at Greek school, I had the following image of myself as I was driving in the car, THE WHITE PIGEON/DOVE...

15, 36: 2:00 ...Birds came that day, messages from birds, many kingdoms speak. I find joy in that a tragedy was avoided. I am glad I made a stand recognizing the path, the foul smell, the unknown darkness...

Dreams of Sharks with no Threat, Whales, Jelly Fish

13, 34: 07:45 Dream – I go swimming in the ocean. I am in Costa Rica. I swim out farther than I normally would. On the way back, I feel something brush against my leg. I ignore it and keep swimming. As I stroke, my hand brushes against something that feels large. I look to the side and see a fin – I am swimming beside a large shark. The shark is not being aggressive, it swims under me and beside me. I should be afraid, but it is not threatening. I get to shore, the shark swims away.

13, 34: 10:30 Later in the morning, I dreamt I am standing in the kitchen doorway at work, rubbing my back against the door frame. I feel like I have knots in my back, and this feels good. I am talking to a coworker while doing this. She laughs at me and tells me my actions remind her of a program she saw last week on sharks. They would swim up to this rock near the shore and rub against it. It was described as an odd phenomenon – they weren't sure what attracted the sharks. The rock was off the coast of Costa Rica. Strange dream.

17, 02: XX:XX I had some dreams last night that were water themed: A lot of water sharks and everyone was swimming and they weren't scared. Then a giant jellyfish one ate the sharks. Interestingly the girl who lives beside me seems to have had crazy dreams too, where water was also in her dream.

17, 04: 10:22 Dream: Water theme with a friendly killer whale I was touching: A young killer whale it put its mouth around my fingers. It was like a cat that would follow you home. I wasn't in the water as my dreams can be, just surrounded by water. The dream stood out and felt strange and different...

17, 10: XX:XX I had another dream with whales, not killer whales, just whales – I was on a boat.

Pirates, Ships

01, XX: XX:XX Supervisor Experience: The other playful character he (my partner) started acting out was a Pirate.

13, 17: XX:XX Supervisor's Experience: Dream: I first saw my body covered in tiny black little rubber things to make like kind of a black rubbery skin. Then the dream changed and I was on an old wooden big pirate type of ship with huge wooden mast poles and I was looking up at the sailor's who had to row. They were tired and they wanted to mutiny. I can remember one was funny looking with a purple and yellow striped shirt and had a whitish beard and there was a second fellow as well. But just as they were about to mutiny, we realized we had landed at the dock of an exotic island. The island was shaped like a huge camel's hump covered in greenery. When the sailors realized we landed, everyone was happy and did not mutiny and we got off there. I walked into a building on the island with brown carpeting and met Dr B. there who said she would work on my homeopathic case late at night until 11pm even though there was another doctor in there currently using the office. She did not look up at me in the dream but was sort of slouched over the desk.

15, 06: XX:XX Images/sketchings: Pirate Ship, waves in off-tones, portholes; a sketch of a the safe that will be a painted, and a treasure chest.

15, 13: 01:49 – 3:45 Visions/Dreams of star over new moon, a tropical island, faux finishes with golds and pearls, smooth edged waves, a flag with a ship and waves on it.

15, 15: XX:XX (Doodles of 3 stars interlocking in the journal)...on board my ship to destiny.

15, 38: 17:55 We are about to meet on Saturday and I'm taking my reserve dose #2: going into the new world, I throw it in: A ship; Jamestown: reconnection to Sacred ground in U.S.

Weddings, About to Commit, Committing

(There was one potential prover who couldn't really be included because he did nothing he was told, except take the remedy. However, when asked if anything significant happened in his life, he said he proposed to his girlfriend after putting it off - the idea and question - for years, while his girlfriend kept wanting to get married during that time)

01, 03: XX:XX Dream: I was at my parents wedding, and I was seeing it. My mom was in an embroidered dress. It was a strange dream, and I was happy in the dream.

02, 17: XX:XX Last night I dreamt of a couple who had just met and I could feel the anticipation in the dream that he was going to ask her to marry him and that both of them were more than ready for that moment even though they just met. It struck me as odd because neither the characters, nor the situation was recognizable where usually in my dream there is some element that closely resembles what I'm going through in my life.

17, 17: 06:00 I wake up and study and spend time thinking. I just take time to think about things until it's sorted out. I'm still working on finding a girlfriend. I'm open to it.

Numbers

06, 11: 15:35 Okay this is crazy: Math is making me laugh. I was trying to help myself with the transposing to funny time – 1 is 1300 hours – you're in the army now. And I saw a pattern, I had no idea existed, a key to an easier way of doing things – it's easy when you know how - a way that encompasses the understanding or at least the observation that you: **Add 12: 1 – 13, 2-14, 3-15, 4-16, 5-17, 6-18, 7-19, 8 - 20, 9 - 21, (9/11), 10- 22, 11- 23, 12 -24...**

06, 11: 16:01 I enjoyed that transposition! Hum, what about reversing: 16:01 is what time? – 4, so you –12, and divide (also 2 I's) and – 2, to reverse. That is the first math I've ever really enjoyed or comprehended, oh I like balancing budgets, paying bills etc, but this is liberating. Go figure!

06, 12: XX:XX 56? Yeah 1947 so 2004-1946 = 57 on 12/04. What's with the numbers! Yikes!

10, 28: XX:XX Dream: I remember a phone number: 781-8259 (90% sure) or 782-8159. I have a sense of a friend of mine who was there.

10, 32: XX:XX Dream: I'm in an admin. office and someone gives me directions. All it says on the paper is "403 302."

15, 13: 23:31 I asked for a vision. I have a new company name: Star Magic Designs – 4, 6, 5 – 10 – 1- 1-5 – 6. The numerological vibration is most abundant and attractive.

15, 14: XX:XX (Still lots of numerology shown in the journal)

15, 39: 02:58 I painted from 7 p.m. until 2 a.m, did 5 of 5X7 canvasses: 7 hours for 5 paintings: not bad, quite productive.

Clarity, Focus / Dull, Foggy, Shadowy

03, 00: 12:30 I was feeling spaced out in Walmart (like I had smoked a joint). I was a little disoriented on walk back. While sitting in my course after lunch: feeling of top chakra opening, feeling pretty tuned in; calm and connected

05, 01: 21:34 Lying in the bed feeling wide awake, feeling as if it is the first thing in the morning. More energy than I usually feel at this time of night. Feeling grounded and clear headed.

05, 27: XX:XX I worked all day today. I felt very focused, didn't move for 5 hours. I took care of my anxiety by taking action. I solved a work problem easily and I didn't continue my anxiety about it, or around it.

06, 05: XX:XX Still headachy, emotionally even, feel like I'm searching. Still no clarity in dreams: there was something going on in the early morning hours but it was unclear and nebulous – too much red wine last night?

07, 04: XX:XX I'm finding my thinking is very clear and logical.

07, 06: XX:XX I have all this energy but I feel pretty scattered. I know that once I get exercising, I'll enjoy myself but I'm not motivated to even start.

07, 06: XX:XX Blah. I feel like listening to some accordion music – me feel like a croissant.

10, 06: XX:XX I don't eat well – bits and pieces all day – too many carbs and I can't string words together properly in a sentence. My head is dull and my thoughts not clear.

10, 06: 16:00 At the (spiritual) center I share with B and a new person M. He spoke so little and quietly I had to strain to hear him. I finally asked if he'd like to hear directly from our spiritual teacher via video so that he make his own interpretation. However, when I was speaking I was surprised at the clarity coming through as if someone else spoke. I felt the other person there was giving too much information too fast for a newcomer and it made me feel uneasy.

10, 17: XX:XX Dream: I'm walking towards a shadowy figure with unusual shape and feel to it. As I get closer, it becomes clearer and I realize it's my close friend and we greet one another warmly

10, 17: XX:XX Gloomy weather, need better light at home.

13, 00: XX:XX I feel very spacey; light headed; giggly and giddy all evening, but as if I am removed from everything around me. Thoughts are clear in my head, but vision seems foggy – like with a frontal headache, squinting out the light feels better (NS)

13, 00: 14:30 Headache is almost gone, but I feel lightheaded. The feeling has come over me like a wave; felt almost narcotic (when you take a strong allopathic pain killer and it takes effect like a wave); it feels like there is a fog over my head; suddenly felt like I had zoned out staring at the lecturer in class, but not tuned in. (NS)

13, 16: 12:45 Mentally, I feel very sluggish. Can't focus on anything. I leave work and go to school early to read.

13, 17: XX:XX Anxiety over the American election, but otherwise a busy and long day. I feel clear-headed and stable emotionally.

13, 19: 15:00 I feel clear-headed, but philosophical. A discussion with a classmate makes me ponderous and pensive, not really down, but deeply pensive.

13, 19: 18:00 Writing in the proving diary helps me to refocus. Feels very therapeutic – maybe the most healing aspect of this experience.

14, 00: 12:20 ...At first, I began to watch the road intently, trying to anticipate the driving habits of other people as though I was in danger, watching constantly as a cautionary measure. Then this became slightly exaggerated, where now, my head began moving side to side, as well as my eyes darting around, and an image came to mind: I was a white pigeon or dove. My eyes were on the side of my head and I had to keep my head moving this way and that just so I could see what was going on all around me – alert with clarity of thought. I was on the watch, on the move, fully aware and on guard for something negative to happen. But nothing happened.

14, 00: 19:15 Left Cambridge by myself and headed home to Toronto. It was raining. I started detecting a pressure headache, frontal and irritating, from behind the eyes, which is usually common due to precipitation or when barometric pressure is low. However, in this case, there was also an overwhelming sense of clarity in the mind. My brain felt it was functioning at full capacity, which was a little odd and a contrast to the way I would normally feel when experiencing the uncomfortable sensations of a tension headache.

15, 16: 01:49 Long day, listening to the blues, lavender under our pillow. Clarity. Asked for visions of clear answers.

16, 03: XX:XX I couldn't concentrate today, but that's not too unusual.

Childlike, Children, Excitement → Disappointment

02, 27: XX:XX Dream of wanting to treat someone, and I treated the person with ginger and cookies.

10, 33: XX:XX Dream: someone familiar to me, possibly an aunt with 1 or 2 others, comes to me all excited and tells me her son is going to Costa Rica, and would I like to accompany him. They know it's been a dream of mine for a few years. I told them my income had recently dropped and I had no savings to use for the trip. They seemed disappointed – possibly they were uncomfortable with him traveling on his own.

14, 00: 12:00 Immediately, I felt something, better described as excitement, which is always a little normal at the beginning, especially considering that this proving has far-reaching implications. So, I guess I'm kind of excited to be part of it all.

→14, 05: XX:XX I may have to take a 'reserve' dose again, just to get things fired up again. Currently, everything feels bland, back to normally, with nothing unusual happening.

16, 04: XX:XX I feel more giddy, silly, and mischievous. I've felt this way before. My mom noticed and commented that I was 'giddy'.

16, 18: XX:XX I feel like crying, I feel depressed, but have no reason to be – could be deflation after seeing my boyfriend (who's visit I had really looked forward to).

18, 02:XX:XX Dream: I was in a gym, but it looked like a big bathroom. There were stalls in it, but no toilets. Inside the stalls were kids in groups of 4, 2 and 1. There were balance beams in the gym. Then the kids started misbehaving/playing and I told them that you gotta get outta here – and kicked them all out. I didn't have any inhibition to do that at all. I just felt indifferent.

Appearing, Here now, Present / Disappearing, Other world, Not Present, Outside of it

01, 06: XX:XX Supervisor report: At this point the prover disappeared, wouldn't return calls, and then had a full voicemail.

03, 07: XX:XX I felt 'out of it' – but not in a bad way – not present

03, 12: 06:30 I woke at 6:30 am – felt alert and well rested (without alarm) I had an initial hunger – but it quickly disappeared, still getting general food aversion

04, 07: XX:XX Dream: I listened to my heart and made it beat so I could hear it

05, 11: XX:XX I sat grounded by his bedside for 3 days. I felt "in time" as if there was no yesterday and there is no tomorrow. I was not thinking of past or present, I was in the moment of "now".

06, 10: 22:42 I think what happened is that I was not in a safe place and as a result was confused by the interaction and undermined. Intermittently feeling the power of my recent 'present-ness' and feeling the creeping in of concerns that either remove me from the moment or shedding new light that is unfamiliar. Don't know.

06, 03: 18:XX Pilates and acting sessions fill the evening and I feel PRESENT, alert and generally enjoy myself.

06, 06: XX:XX I'm not able to catch those dreams. As soon as I open my eyes they're gone.

06, 11: 15:35 ...This has been a real revelation to me – to see something I haven't seen before, that was in effect right before my very eyes...

08, 03: XX:XX Oops, I totally forgot all about this. I have noticed absolutely nothing unusual. I think I did dream, let me think about it for a second....oh ya, I dreamt that the homeopathic remedy was actually working. Physically (in the dream) I had a sore stomach upon

palpation and lower abdominal cramps. Sorry I can't be anymore interesting.

08, 09: XX:XX Supervisor Report: I called and left a message for the prover asking her to call or email me back. Upon talking with my coworker at the library, who actually knew the prover, I found out that the prover had left the country for 10 days to go to preceptor in the States. This was a total shock to me! She hadn't mentioned it once that she would be away. I didn't hear anything from her during that time.

10, 13: 19:00-21:00 At the centre later that evening, there is a powerful energy, people sharing seminar experiences - very "other worldly"

10, 29: XX:XX I spent a couple of hours at Second Cup with someone and had an amazing conversation - the whole world disappeared during this conversation.

11, XX: XX:XX See prover # 11's journal

13, 00: 14:30 Headache is almost gone, but I feel lightheaded. The feeling has come over me like a wave; felt almost narcotic (when you take a strong allopathic pain killer and it takes effect like a wave); it feels like there is a fog over my head; suddenly felt like I had zoned out staring at the lecturer in class, but not tuned in. (NS)

13, 00: XX:XX I feel very spacey; light headed; giggly and giddy all evening, but as if I am removed from everything around me. Thoughts are clear in my head, but vision seems foggy - like with a frontal headache, squinting out the light feels better (NS)

13 03: XX:XX Overall feeling is a bit out of it, but no longer sad. I feel detached from things, as if an observer, sort of floating outside of everything, not really a part of everything going on around me. Work colleagues and friends have pointed out that I seem present, but not really connect, that I seem to "space" when they talk to me.

13 05: 07:30 Dream - I can't remember the whole dream, just the last bit before waking. I was walking down a cold dark street, poorly lit, few lights, wrapped in a dark shawl. The feeling, was alone, not lonely, just alone.

13, 07: XX:XX My partner has thrown me a surprise party. I enjoy myself, but feel "outside" of it all, not really in it – more of an observer.

13, 11: 05:00 I woke at 5 a.m. from a dream. I have this recurring dream that I have been hit by a car and go into a coma and so I feel like I am back to normal since this is my old recurring dream. I am in a coma but I can still sense what is going on around me. It is like stepping outside of things and observing what is going around. It is a reflective time and not sad ...images of important people in my life who I do not get along with and so it creates tension.

13, 15: 8:00 The clocks go back and I wake up late. I slept so deeply I had no dreams. I was just gone, gone, gone....

13, 18: 17:00 A very long day with no time to eat. No real appetite anyway. No significant symptoms. All cold-like symptoms are gone. They just disappeared....

Dark and Light Dynamics: Dread of Approaching Winter, Cold, Darkness, Ameliorated by (Sun)light / Averse to the Light, Embracing the Darkness; The Light in/out of, the dark (related to "Redeeming the Dark" – see below)

01, XX: XX:XX Supervisor's Experience: As you know, I did a series of workshops about the "Dark Embrace", owning the shadow, and also the light of who we are. At "the Move" dance gatherings, the themes were glow, dark and light, melting judgments. Also, I know other women's spirituality groups where the theme was honoring the dark at this time. I was amazed by how much around me was about the dark, and embracing shadow or dark aspects of self. The pamphlet made for the workshop had this poem:

*The Mother of darkness is here
Everywhere and in between,
The silence and the sound,
The void and the round,
The sky and the ground*

02, 11: XX:XX Today I woke up after the sun was already up in my bed in Tillsonburg. I had a really great morning. It was an incredible day in terms of the weather.

05, 19: XX:XX Spinning with energy, I feel as if I need to RUN. Talking to friends, to colleagues about my dreams, feel ready to jump out there. Feel ready to jump out there! I was running in the rain and I was liking it. It is dark and raining today.

06, 35: XX:XX The big thing now is can I get through the winter without a car??? I bought a dream catcher on impulse when I took Moon Shadow in to the Fringe New Play Contest...

07, 02: XX:XX I'm in a good mood which I might attribute to the sun.

07, 03: XX:XX Someone told me there was an eclipse happening...my energy is really high but I feel like I'm running on pure adrenaline right now.

07, 05: XX:XX But today was different. The weather was overcast and dreary. I left work at about 3 and drove to a mall to do some errands. I can't stand malls or shopping but I braved the crowds anyway because I needed some stuff for a costume.

07, 05: XX:XX Anyway on my way home at about 5 pm, and after a rainfall, the sun came out quite brilliantly. The light was beautiful. I was going to get home for a nap after this, I stayed awake because the extra light was so invigorating. It made me think of a sunny retirement.

07, 07: XX:XX I'm dreading winter. There's a youngish broadcaster in his early 30s with MS. He's been in remission for over 8yrs because he mega-doses on vitamin c. The highest incidence of MS is right here in Canada. This guy thinks it's because we see so little sunlight from October to May. Maybe he's right. I'm sad about the approaching winter. It's never bothered me as much before.

07, XX: XX:XX Supervisor's Experience: I'm dreading winter more than usual

09, 16: 07:00 Part of a dream: Then we landed in this sort of corridor that was gloomy and lit with neon's suspended in the sky.

10, 17: XX:XX Gloomy weather, need better light at home.

10, 18: XX:XX Bright and sunny, feel more open

10, 28: XX:XX My energy is good, but the sun's breaking through; feeling of uplifting after a week of overcast skies.

10, 30: XX:XX My sore throat seems much better. At certain moments, I was feeling "every day is more the same, and I have to create some more movement to avoid the monotony." The sun appears on and off during the later part of the afternoon and helps me feel more alive.

10, 35: XX:XX I go to B's place with my housemate for a surprise visit to her. She's happy to see us, full of light and shows us her new website with her art and descriptions. She's so full of life, she makes me sad, guilty that I'm not more like that.

13, 02: 7:00 I felt like I just didn't want to get out of bed, yet I didn't feel tired or sleepy. I wake still feeling sad. It feels like I've got a murky dark ball before me with all the emotional things swirling in it that I thought I'd dealt with, but apparently had not, because they are back. But it is not one specific event, or thing, it feels like everything is just swirled together; if I try to focus on the ball my thoughts jump from one event in my life to another. Very strange feeling. I don't like it. The feeling is unsettling, a little anxious (like I should be doing something), as if I'm on the verge of tears, but the feeling is not strong or deep enough to warrant crying.(NS)

13, 05: 07:30 Dream – I can't remember the whole dream, just the last bit before waking. I was walking down a cold dark street, poorly lit, few lights, wrapped in a dark shawl. The feeling, was alone, not lonely, just alone.

13, 06: 7:00 My mood is the same as the past 2 days; it's as if old emotions, emotionally painful moments (recent past and long past) are all mashed together and back on the surface...I feel dark, grey, cold – maybe a sunny day would help.

13, 08: 07:30 No dreams. No new or old symptoms appeared. My mood feels as if it is releasing, as if I am moving out of my dark soul searching.

15, 03: XX:XX Dreamt of singing, dancing, drumming, laughing, smiling, and having lots of fun – glowing, sunshine glowing warm golden light, third night in a row...

15, 35: 10:39 Santa Clause parade today. We're going to pick up husband from house today and take him with us. We stayed at my friend's last night. The kids are playing great. They really like each other and care for one another. Psycho writings on last page from 'you-know-who.' I sat with my friend this morning and we remarked spontaneously about the sun breaking through. We were discovering the changes in our lives and the strength needed to endure and the realization that we have done at least that. We are strong women. I remarked that this was the first morning in 20 years I'd seen her face in the morning light. Previously we had either been many miles apart or living on night time visits to save our spirits to regenerate.

15, 36: 00:20 We went to the 100th Santa Claus parade yesterday. The sun shone. D (husband) was strange...

15, 36: 02:25 A light coming into darkness. The moon face is on sideways, getting a different perspective. I see the preparations I must make for winter, on my own, in my home, where I can see to Mississauga, the lake, the north and the east. The sun rises over my fence and sets in the front. The money must come, the teaching and the learning has begun, for what you teach also teaches you.

15, 37: 01:41 Quickly, I place my tobacco and ask for protection. The moon is almost full. There's a light rainbow around the moon. And another wide out. The light just went out in the hall. I hear a couple stairs...creek again. Lurker!

15, 37: 02:03 There's a definite rainbow glow around the moon as it sits in a clearing of cloud tear-drop shaped, whites to yellow, bright yellow to slight orange mist to definite red, violet, indigo and the clouds roll by lighting up a light blue against a dark grey, Payne's grey sky.

Redeeming (allowing it to be/stuck with) the "Dark" (A little Interpretive)

06, 11: XX:XX D is buckling down but he has a terrible cough and can't seem to separate from the smoking. I do long for us to be healthy.

06, 13: 18:106, Day is done. Felt very tired all day like my eyes were dull and a little under the weather even though the events of the day were enjoyable. Delays and mistakes abounded around me, so I spent time killing time while trying to pace myself for the shoot, and being on camera. The tiredness went away and stayed away till I got home and argued with D. Ah well, I'm hungry and tired and he claims he didn't buy any liquor so he's probably tired and hungry too. Money will be tight because...

(Prover # 6, during the proving was in the heart of ensuring and expecting her alcoholic husband to stop drinking)

7 16: XX:XX I bumped into a neighbourhood acquaintance today. He's very interesting and foul-mouthed all at the same time. He's a coppersmith and very good. He's always asking me (for the last 2 yrs) if he can take pictures of me. But I'm not interested and always change the subject. He's having back problems and asked to come in. I'm so glad to have an opportunity to help him as he's ambivalent about whether it can help. I love a challenge. I couldn't believe how vulnerable and sensitive he is. Out of the blue, he asked if his back pain might be emotionally based. I said perhaps it was partly that and his terrible lifting habits. I felt like hugging the poor guy. Anyway, it's touching.

11, XX: XX:XX See Prover #11's journal

14, 09: 01:00 ...Through desperation and tears, she lets me in on the entire story of the terrible things that have been happening between her and my friend R, especially what had happened to them the night before. Two weeks prior, R had fallen into hard street drugs, crack. He had become seriously and dangerously addicted, and subsequently was now in serious trouble, and so was she. Being drained and not really wanting to be involved, I also felt that I needed to hear her story and somehow help the best way I could. I prayed to God for help and guidance. We outlined some ideas. In the end, under special circumstances, she could stay at my place. I checked it out with my roommate, who agreed that it wasn't going to be a problem. That night, things were quiet and calm.

15, 04: 17:00 My tire was still leaking. I had to take it back. Now, leak free. Came home to a depressed house. I hope things will improve.

15, 15, XX:XX I feel such a monstrous state of relief to be out of my house and away from all the reworded tension. When I was there my

shoulders curl over and my brow is heavy, my stomach lay limp and my face on my hand. I'm constantly reworking historical events that must end...let go. I called the Gerstein center and two community mental health people came by. D spoke with them for a couple of hours and has been invited to stay with them. I don't know how he'll decide. I believe the rest will do us both good. He's not willing to be away from me. (Curative)

15, 36: 2:00 I find joy in that a tragedy was avoided. I am glad I made a stand recognizing the path, the foul smell, the unknown darkness, the source of resistance. My stomach hurts just thinking on the subject. Hopefully we're all safe in our sleep. (Curative)

Also See Master Prover's report in Movie, Plays section

Moon

06, 35: XX:XX The big thing now is can I get through the winter without a car??? I bought a dream catcher on impulse when I took Moon Shadow in to the Fringe New Play Contest...

07, 03: XX:XX Someone told me there was an eclipse happening...my energy is really high but I feel like I'm running on pure adrenaline right now.

02, XX: XX:XX Master Prover Comments of Supervisor for Prover # 02: In the week after the extraction meeting the supervisor phoned me in tears begging for some way to antidote the effect of the remedy reporting that she felt "trapped in her emotions", not wanting to engage with anyone or anything - very depressed. I gave her luna 200, since she was so full of feelings and the moon came up in the proving. It worked quickly.

14, 12: 08:30 Awoke to get T ready for school. Morning went fine. C awoke and talked with her about what happened the night before. The evening's mess had finally started to unfold. Then, about an hour later, a close friend phoned to tell me about the full moon last night, with eclipse, and all the strange things that were going on in the lives of all the people that she knew, or she visited that night before. She

asked me if anything strange had happened to me as well. I had quite a story to tell her.

15, 13: 01:49 – 3:45 Visions/Dreams of star over new moon

15, 28: 23:10 At the first break of conversation I washed the dishes and put on coffee. As I glanced over to see him curled up on the couch, I wiped the counter blind – slice – I ripped a gash in the top of my second finger and began to bleed. Symbolic I thought... I let it bleed. It coagulated rather quickly. Before, it ran. It only filled my nail. The cut was shaped like the new moon – the first sliver I saw tonight as it set in the Western sky – so bright, so crisp, so clear, so new, so fresh, like winter air.

15, 36: 02:22 the moon just appeared from under the heavy clouds with a huge ray of orange light and now behind the clouds, very intense, making a cross in the most west of skies.

15, 36: 02:25 A light coming into darkness. The moon face is on sideways, getting a different perspective. I see the preparations I must make for winter, on my own, in my home, where I can see to Mississauga, the lake, the north and the east. The sun rises over my fence and sets in the front. The money must come, the teaching and the learning has begun, for what you teach also teaches you.

15, 36: 02:33 The moon is getting even bigger as it gets close to the horizon.

15, 37: 01:36 I find it really creepy. I'm writing in the dark (moonlight) 'cause I'm weary of D's coming into my room or standing outside my door.

15, 37: 01:41 Quickly, I place my tobacco and ask for protection. The moon is almost full. There's a light rainbow around the moon. And another wide out. The light just went out in the hall. I hear a couple stairs...creek again. Lurker!

15, 37: 02:03 There's a definite rainbow glow around the moon as it sits in a clearing of cloud tear-drop shaped, whites to yellow, bright yellow to slight orange mist to definite red, violet, indigo and the clouds roll by lighting up a light blue against a dark grey, Payne's grey sky.

Reaching the Limit in a Relationship

06, 35: 16:38 I'm concerned about my life and partnership which is causing me grief as my 5th anniversary approaches

07, 07: XX:XX I went to a party last night. I put the clocks ahead before I left. My costume was made from an old military jacket, little plastic red hearts, wires, and black candles (unlit) with wicks and an alarm clock all stuck to my person with black electrical tape. I called it Suicide Romantic. Mostly everyone laughed which means the costume was a success.

09, 03: 17: 00 – I talked to my friend on the phone who suggested that I read a book about anger and relationships. I found her suggestion particularly appealing.

09, 04: 17:00 I went to buy the book on anger and relationships. I'm surprised I bought that book since it's a self-help book and I usually don't think much of them. In a way, it feels as if "this book found me" since I can relate to most situations described in it. I think it'll help me a lot and I am wondering if the homeopathic allowed me to let myself be receptive to my friend's suggestion regarding the book. To an outside observer, buying this book wouldn't seem like a big deal, but it feels important to me right now and I feel as though I am constructively working towards improving my relationship with my dad. I feel like through the book I've made some realizations regarding my relationship with him.

12, XX: XX:XX Supervisor Symptom: It was associated with some emotional anxiety relative to a relationship: is it supposed to go on? Clearly I had emotional obstacles to rekindling it. I was sweating a lot, very thirsty. It felt like a detox. It was very upsetting. I was crying every day.

12, 18: XX:XX Its been a hard week. I've felt uptight and all turned around – on edge, pretty down. I'm reaching my limit with my relationship at home. It's overwhelming. If my son hadn't been born I wouldn't be in this relationship anymore. I have to walk on eggshells around him. I'm tired of being pushed around. I'm standing up for myself more.

13, 23: 12:00 My partner calls to tell me he's not sure what is going on with me, but he is tired of the stress and sadness, and that he has to leave for awhile. He decides to go away, stay at a hotel for a couple of days to do his work and think. I feel upset, but mostly a little numb and angry. What's up with that?

13, 26: 07:00 Dream – I am staying in a strange city... I am sharing a room with another woman, who is a friend – but I do not recognize her in the dream. I leave the room at one point to find her but we have a falling out on the street. She tells me to leave her alone; but I'm not clear what the falling out is about and I try to ask her. She walks away.

15, 35: 10:51 Our kids have never spent such comfortable and nurturing family friend time together before. My friend and I are thrilled. We're one year and one day apart in age. Her and I each have an older boy and a younger girl. Her and I both got married. Neither of us were able to attend each other's weddings due to the restrictions and invisible limitations imposed on us by the men in our lives. Both my friend and I are ending our marriages spontaneously.

15, 36: 00:20 We went to the 100th Santa Claus parade. The sun shone. D (husband) was strange – playing music so loud, the drums so loud, singing "Babe I'm leaving lyrics" while S (son) was sleeping in the next room and I was trying to put the baby down. He has a job interview. I hope he gets it and moves out and moves on. I haven't any pity. I do have compassion. I have to get it all moving, clean it up.

15, 36: 13:50 D just walked out after another "Its over" conversation.

15, 38: 08:11 I woke up to find a note on my dresser. Love can be truly alarming. He was in my room during the night. What a ____!

Duality

14, 01: 15:00 ...We were being inundated with images of personal struggle, beauty and ugliness, peace and violence, taming the beast, the dark and the light, all contrasts, and the notion that things aren't always what they seem. Extremely artsy-fartsy, this movie did not follow any known form of cinematic order. My boyfriend couldn't make out any of the themes I just listed above. It appears I was the only

one who was thinking in contrasts, light and dark, order versus chaos, that day....

The second film we saw was *Stephen Hawkins Universe*, which was again another documentary-style film but the opposite of what we had just seen with the other movie. This one had heavy narration that began as an exploratory-type search into the history of our universe, covering theories of our human existence, new discoveries, and so on: Extremely cerebral – with plenty of order to boot.

Overall, there were unusual and subtle references to what I was feeling that particular day regarding extremes, contrasts, yin-yang, black and whites, opposites, and the very apparent struggles between the heart and mind. Even within my own personal relationship with my boyfriend, this has been quite an extreme exercise for me.

15, 04: 13:44 My sister and I have had the potential to make copious amounts of money with her business/sales skills and my artistic skill and pure magic of paint. She has denied my expertise and only treated me poorly. She doesn't see it that way. She views me as competition and vehemently refused working equally with me before. Once again, I hope this situation turns things around into a mature business relationship. We have never communicated efficiently. She believes and lives in complete opposition to me:

Children and soul over money, Truth over lies, Love and kindness over greed and manipulation...she runs an artistic sweatshop, I pay my people with respect, compliment their work, respect their limitations and other responsibilities...in the end she is independently wealthy and I am still struggling...I'd prefer others speak well of me, than to have 'things' instead of integrity....to find a harmonic balance...food in the fridge, a few extras....oh ya, to follow my impulsive, adventurous nature...

Black and white

10, 18: XX:XX Dream: Black man, 45ish, with younger white woman, says he wants to see if she's acceptable. She removes what she's wearing, leans back on the sofa, arches her back, emphasizing her breasts. I'm watching the scene from outside of it, but also feel I may be looking at her through his eyes.

10, 32: XX:XX Dream: I'm on the phone with a woman (watching this scene happen, as a 3rd person). Her hair is very dark and her skin is pale...

Division between Body and Mind/Head; Heart and Intellect

04, 07: XX:XX Dream: I listened to my heart and made it beat so I could hear it

06, 02: XX:XX I've felt a tiny pull toward smoking, but the mental pleasure associated with not smoking is greater than the notion of puffing.

06, 35: XX:XX I'm feeling even more my "mind-body disconnect" because I'm so mentally active all the time: I was spending days writing and then my body suddenly collapsed, and stopped me. When trying to sleep I feel like I'm missing something.

09, 30: 20:00 My mom left. S's only coming back next Tuesday. I feel quite sad but also my rational self is telling me that it's good as I have so much work to do.

10, 35: XX:XX Dream: sitting on the toilet in what might be a dark stable, no walls on 2 sides, a man inside the stable shoots at me and I fire back. He's hit. A third man appears who falls from somewhere. Then, one fallen man looks at the other, pleading for an end to his pain, pulls out a sword and hacks the other guy's head off. The guy on the toilet is me, the first shooter is my higher self, getting my attention, and later hacks off the head of my ego.

13, 16: XX:XX I find I am sighing a lot. I have some anxiety still in my stomach, like butterflies. I keep taking deep breaths as if to catch more air. Somehow I feel vulnerable, as if I can become easily hurt, or become easily sick with a cold/flu; I feel protective of myself emotionally and almost paranoid about getting a cold. I double up on vitamin C.

14, 01: 15:00 ...and the very apparent struggles between the heart and mind. Even within my own personal relationship with my

boyfriend, this has been quite an extreme exercise for me. Sexually, I am insatiable, full of passion. Emotionally, I am fighting to contain the waves of a raging sea out of control. Mentally, my thoughts are in overdrive. There is a constant review of both the heart and mind, in hopes that I can establish a healthy degree of balance.

Anxiety about Health

06, 35: XX:XX Today I was aware though of a strange sensation in my neck and shoulders, of the sort that frightens me about my health and mentioned earlier in this process.

07, 23: XX:XX Dinner was cancelled due to my friend's ill health. It seems everyone has either flu or colds right now. Fearing it was some aberration, I decided to treat myself to some spicy Sri Lankan cuisine. I think I broke a sweat. I don't want to get sick just because my appetite is suppressed right now.

13, 10: XX:XX Feel worried about health. I'm too tired, and not taking care of self. Better after eating.

13, 16: XX:XX I find I am sighing a lot. I have some anxiety still in my stomach, like butterflies. I keep taking deep breaths as if to catch more air. Somehow I feel vulnerable, as if I can become easily hurt, or become easily sick with a cold/flu; I feel protective of myself emotionally and almost paranoid about getting a cold. I double up on vitamin C.

13, XX: XX:XX Supervisor's Experience: Today, I was ruminating over the fact that I had been in the doctor's office yesterday with someone who had had whooping cough but was past the infectious stage and yet was convinced yesterday and this morning that I was going to get this infection which also now looks like a symptom of the remedy. Also I have some health issues which recently I felt quickly depressed about and had a fear of more impending worse things to come in terms of my health.

Memory

02, 12: XX:XX Tonight was super stressful in my Spanish lessons. I felt more shy and more like I wasn't able to remember concepts than ever before. I also felt very much like I just wanted to escape the situation.

06, 05: 11:11 I woke up with a headache, slept a little better. Got mixed up yesterday – thought it was Thursday and tried to go to a pilates class.

08, 03: XX:XX Oops, I totally forgot all about this. I have noticed absolutely nothing unusual. I think I did dream, let me think about it for a second....oh ya, I dreamt that the homeopathic remedy was actually working.

15, 00: 17:10 On way to Eglington and Yonge I had to ask my husband on 2 occasions what our destination was again?

16, 03: XX:XX I couldn't concentrate today, but that's not too unusual.

Ungrounded, Light, Floating up, Uplifting / Grounded Heavy, Pulled down

02, 11: XX:XX My dad did several things to my computer to help me out. I am really inspired by his energy. He really didn't need to do anything...

03, 05: XX:XX I'm feeling very sensitive today – not feeling at all grounded....

04, 01: 01:00 Dream: a sense of heightening, I feel silent wonder; the soul does not want to be found or analyzed, it just wants to be, image of a pot of oil (soup pot in Kensington)

05, 01: 21:34 Lying in the bed feeling wide awake, feeling as if it is the first thing in the morning. More energy than I usually feel at this time of night. Feeling grounded and clear headed.

05, 07: 12:00 I went to a level 2 yoga class this morning. I felt inside my body, felt as if my back was the whole sum of my body parts. Was able to do the push-ups very easily, as if I were not touching the

ground, I was doing the push ups on the tips of my fingers and the tips of my toes. Felt very light. Yoga class was from 8:30 to 10:30 a.m.

05, 11: XX:XX I sat grounded by his bedside for 3 days. I felt "in time" as if there was no yesterday and there is no tomorrow. I was not thinking of past or present, I was in the moment of "now".

05, 11: XX:XXAll this grief came up from my throat. I felt strong with my family and I felt secure in my feet.

05, 15: 17:22 Just spoke with M. I felt I needed to connect with a person from the proving because I have been on my own more or less. I felt like I needed to connect to be grounded...

05, 19: 18:30-19:00 Went to yoga: felt like I was levitating off the ground – was not really in my body, my body was light, and I was balancing on the tips of my fingers and toes. My back felt strong and my arms were powerful and strong. I was sweating and liking it. I was thinking to myself "am I off the ground, how am I balancing?"

05, 28: XX:XX All day I felt as if I could lift off the ground. In yoga class my arms felt like wings and when I was doing pushups I was doing them on the tips of my fingers and the tips of my toes. I felt light, very happy and very energetic.

06, 00:22:50 I feel chipper and light in my body; pleased to NOT be smoking

06, 02 21:33 I've been cold and tired after a full day - emotionally happy but practical: reality touching my heart.

06, 02 XX:XX I've been going about my business more fully. Emotionally I've felt more access, but less dramatic.

06, 07: XX:XX Guest of Barrie Film Festival overnight. What could be better than being wined and dined by your peers and being listened to by others and listening – truly a rich and full time.

10, 01: 10:30 I'm quiet, more withdrawn for a while, but felt mentally better after a woman spoke at service. She shared her story and it really resonated with me, I felt like my spirits had been lifted.

10, 13: XX:XX At a friend's house with my housemate for movie night, I felt very homey and comfortable. It was a heavy movie – very solidified consciousness, felt like a real gift after a tough week.

10, 27: XX:XX Generally a good day – my interactions with people were uplifting. I had a chance to share with a lot of different people.

10, 28: XX:XX My energy is good, but the sun's breaking through; feeling of uplifting after a week of overcast skies.

13, 13: XX:XX I don't know what is the remedy and what is me. I never kept a daily journal. I wonder if I was keeping a daily journal if I am always this up and down or is this up?

13, 17: 07:30 I wake with normal energy. I have a long day ahead of me – so meditate a bit before setting off. I feel more settled and myself this morning.

13, 23: 21:00 I feel good. Energy is up. Sadness is totally gone. I actually feel lighter, happier, more myself, free. Air feels lighter when I get home – I'm actually not upset anymore that my partner is gone. We chat on the phone – he is upset – but I feel very calm. I know what has happened with me had to happen, and that he simply doesn't understand. I calm him, suggest we be more open and tell each other if feel neglected – that we can't expect to 'read' each other all the time - and we say good night.

13, 40: XX:XX Emotional feeling remains – more the feeling of not feeling grounded. But more myself that have felt for weeks.

14, 04: 05:30 At one point in the dream, there was a woman who was somehow in charge of a large cluster of helium balloons, just walking around. She seemed to be blending in quite well, except for the slight notion that it was a little bit odd that an older woman of about 50 would have just bought such a large bunch of balloons and was carrying them around just on her own. Was she going to give them out to some of the kids at this party? Then, every so subtly, I noticed that she was having a little bit of trouble. She stumbled, which caused her feet to be lifted off the ground, but then quickly regained her composure. No one saw this, it seemed, except for me. She didn't know that I had noticed that the helium in the balloons were somehow a bit too powerful for her weight. Immediately after that, there appeared a little girl in the picture, wearing a very nice purplish/blue dress with a blue ribbon in her hair, kind of like a turn-of-the-century

formal outing dress for a little girl of that time period. The older woman, in modern 20th century dress with modest shoes, handed the girl the balloons, much to both of their delight. Then, as soon as the little girl of about 7 grasped the balloons, she began to float upwards. Terrified, she couldn't let go, the older woman grasped the little girl by the waist, but she suddenly started to float upwards as well. Then, watching all of this going on and no one else seeming to notice, I quickly grasped the ankle of the older woman and suddenly started floating upwards myself.

Frantic and heart racing, I noticed that because of where I was standing, underneath a green-colored cloth gazebo, my foot was in a perfect place to snag the roof part of the gazebo. I thought: Had I not been lucky enough to catch hold of something on the way up, all three of us would have been lost upward. And then, the moment that my foot actually caught hold, it was just enough time for others standing around, who had begun to notice all the commotion, to begin grabbing my feet and pulling me down. The moment my feet were firmly planted upon the ground again, I woke up.

15, 07: 3:14 Things are looking up

15, 40: 20:51 M is talking with D. He won't leave. He won't let go. He won't give me a moment. He says he'll leave, but only to live penniless on the streets. I offered my friend's number who offered him a safe non-judgmental space to stay with warm food, conversation, and space to contemplate. He refuses: says he'll be more comfortable on the streets because he's used to it, or that he's comfortable sleeping on the couch continuously as he did it before for years. Well not on my couch in my house. Get up, stand up, look up. Why must every solution he finds be the worst possible.

17, 23: XX:XX I had the same dream twice. The dream had a positive emotion and was exceptionally vivid. It was all friends – going down the river – water was warm. The sun was warm but it couldn't burn me, we were in the water and it was very warm. The second time I had the dream the river ran into the ocean – that's what we were working towards. Really elated feeling woke up feeling good. I had a strong emotional feeling from the dream.

Empty, Open, Naked / Full, Contained

01, XX: XX:XX Supervisor Symptom: I felt free, open, and light.

02 04: XX:XX ...I really, really just want to be done with all the academic stuff. Tonight, and on most Wednesday nights I really just want to focus totally on Spanish. However, on Thursday nights I just want to focus on volleyball. Rarely though, do I feel that I just want to focus on Nat. Med. (a student of) I am just really soured towards that profession right now. I feel like it has drained me of all my essence, of all my vibrancy, of my perfectionism, of my motivation and extra learning.

05, 07: 12:00 I went to a level 2 yoga class this morning. I felt inside my body, felt as if my back was the whole sum of my body parts...

06, 02 XX:XX I've been going about my business more fully. Emotionally I've felt more access, but less dramatic.

06, 07: XX:XX Guest of Barrie Film Festival overnight. What could be better than being wined and dined by your peers and being listened to by others and listening – truly a rich and full time.

06, 07: 22:00 decide to go back to hotel post panel discussion and film screening to repair my exhausted state from being on the road and filled with an overwhelming enjoyment of life...

06, 09: XX:XX I'm poised for more full times but a little tired. In general I feel a full kind of response to this remedy, like my eyes fill with tears at the slightest thing.

06, 10 106,:00 Full times indeed – the bubble was punctuated, the pin prick administered by the machinations of my fellow man, (L.B.) a belittling, while bestowing seemingly top honours to the RECIPIENT. It was sobering, in that I have been so enjoying being an emotional rollercoaster of laughs and cries.

06, 11: XX:XX Having pins and needles on left heart side, perhaps the energetic Pilates opened it up...

07, 07: XX:XX Sometimes I'm so bewildered by people. I love my job and the interaction it involves. It's rewarding and I look forward to all or most of my customers. But I don't think I like parties anymore, or large crowds. Last night was about as nourishing as a Big Mac.

09, 30: 08:00 I dreamt that we were staying at S's parents' house. We had to share the bathroom with his parents and I was taking a shower. I was standing naked in the bathtub showering. S's dad walked in on me and he was also naked, ready to take his shower. While I was feeling quite embarrassed and trying to hide my body, his dad started laughing, not perturbed at all. He just commented that I had gained so much weight in the past few weeks (not true!) that he thought from my silhouette in the shower that it was his wife. Then he just left again. WEIRD!

10, 16: XX:XX Went to a seminar about something unknown to me – felt good going and opening myself up to other possibilities

10, 19: XX:XX Dream: talk to someone in a warehouse, but it's open, mostly empty

10, 19: XX:XX Dream: woman naked from the waist down, wide open, protruding. My face approaches to make contact with her nether regions, my mouth meeting her

11, XX: XX:XX See prover # 11's journal

13, 04: 22:00 I felt a sudden deep melancholy. It was as if I had been so busy all day, there was no time to deal with emotions, so things were suppressed, put aside until later. Once I had a chance to just take a deep breath, relax, meditate on my day, I was almost overwhelmed with melancholy, sadness. A deep sadness; a feeling of deep emptiness; a feeling of loss, as if grieving.

13, 08: 07:30 No dreams. No new or old symptoms appeared. My mood feels as if it is releasing, as if I am moving out of my dark soul searching.

13, 35-37: XX:XX Feeling on the weekend as if nothing is really meaningful, empty, that it's all just nothing. I am connected but purposeless but what for I don't get it.

15, 27: 23:34 I write for the first time in weeks. I've been freed from an invisible prison. The strength is rushing back through my veins. Energy pouring in and fluttering merrily about instead of rushing out like a sieve on a vacuum. A blissful change, rebirth, new stem, tougher skin, I breathe easier – literally.

16, 00: 21:00 I went to bed around 9pm!! - very early. Also, went to bed in my pj's - I always sleep naked, but I needed the feel of the clothing, needed to be 'contained'. I slept crappy and restless as a result.

Sexual/Sensual

04, 15: XX:XX I was watching T.V. and every channel had the same program, a special girl in the room wearing a thong and lingerie (I wanted the T.V. to show her). I felt a desire for her.

10, 19: XX:XX Dream: woman naked from the waist down, wide open, protruding. My face approaches to make contact with her nether regions, my mouth meeting her.

10, 26: XX:XX Dream: I rescue a dark skinned woman rewarding myself with a sexual encounter with her - she's a willing participant - we're standing up rocking back and forth together our face looking at one another, very tactile. I could feel very strongly the contraction/pulsation of her vagina. About to complete, I wake up abruptly to see if I did.

10, 32: XX:XX Dream: I'm on the phone with a woman (watching this scene happen, as a 3rd person). Her hair is very dark and her skin is pale. The conversation is not about sex. I start humping even though there's no one there, while I'm on the phone talking to her. As it gets more aggressive, she begins moving as well, both still on the phone. Near the end, I sense I'm lying down, face down, her rhythm increases as well.

11, XX: XX:XX See prover # 11's journal

17, 23: XX:XX I think I have been more given to indulgences and whims... I have been just going for things. Last night an old girlfriend trapped me and seduced me. I was surprised I let in.

Sexually invasive

09, 30: 08:00 I dreamt that we were staying at S's parents' house. We had to share the bathroom with his parents and I was taking a shower. I was standing naked in the bathtub showering. S's dad walked in on me and he was also naked, ready to take his shower. While I was feeling quite embarrassed and trying to hide my body, his dad started laughing, not perturbed at all. He just commented that I had gained so much weight in the past few weeks (not true!) that he thought from my silhouette in the shower that it was his wife. Then he just left again. WEIRD!

10, 31: XX:XX Dream: I'm hanging out with a younger girl, around 20, (the prover is early 50's) nothing else is happening. I made some gestures through touch that she feels are invasive, and she pulls away.

11, XX: XX:XX See prover # 11's journal

15, 37: 00:00 My husband lay on the couch trying to disturb me or get my attention that he was 'sleep kissing' and talking a lot – babbling as plain as day, "blah, blah,...so beautiful, ... feels so good...blah, blah,...love her so much...crap. Anyway, I – not being thwarted whatsoever by his so-called seductive talk, was only serving to make me wanna puke – or laugh, for all its childishness.

15, 37: 00:46 He tells me of his dreams about me, how beautiful I am – it seems to me the whole thing is a pile of crap. Oh ya, I said, that's nice. He feels sick, barfy. I now flash back to the last time he was barfing after pulling one of his freak-out 'who is it?' things.

Drugs

04, 25: 06:00 I'm feeling hurt because I didn't bring my bong and didn't use it properly; feel very **sensitive**.

10, 38: XX:XX Dream: A guy (P) finds out that I have black hash. He wants some of it and takes me into this room where people are doing coke and I refuse to go in. There's a young girl with me some of the time (in the dream) and she lost \$10 which was all she had. I ask her where she was the last time she had it and she remembers having it.

At some point, we kiss deeply, my jaw unlocked, but felt non-sexual (no arousal at all).

10, 28: XX:XX Dream: I'm in a truck with a friend in the back. I'm up front next to the driver, who's about 60 or 65. I have no recollection of street, scenery, movement, just remember being in the truck. My friend places a pecan on the partition between the 2 seats, I pick it up and on the underside is a bud of marijuana stuck to the pecan. I said, "I'm surprised." and then notice more and more appearing there on the partition. I try to clear them away, but the faster I scoop it up and clear it away, the more it appears – this is to keep it out of sight of the driver. I speak to the driver, who's involved in auto after-market supplies. I end up in his place of business, out in front, asked for a deal and he said drop by anytime, he'd give us wholesale.

11, XX: XX:XX See prover # 11's journal

14, 09: 01:00 ...Through desperation and tears, she lets me in on the entire story of the terrible things that have been happening between her and my friend R, especially what had happened to them the night before. Two weeks prior, R had fallen into hard street drugs, crack. He had become seriously and dangerously addicted...

Encounters with Younger Girls

10, 18: XX:XX Dream: Black man, 45ish, with younger white woman, says he wants to see if she's acceptable.

10, 31: XX:XX Dream: I'm hanging out with a younger girl, around 20, (the prover is early 50's) nothing else is happening. I made some gestures through touch that she feels are invasive, and she pulls away.

10, 38: XX:XX Dream: A guy (P) finds out that I have black hash. He wants some of it and takes me into this room where people are doing coke and I refuse to go in. There's a young girl with me some of the time (in the dream) and she lost \$10 which was all she had. I ask her where she was the last time she had it and she remembers having it. At some point, we kiss deeply, my jaw unlocked, but felt non-sexual (no arousal at all).

10, 18: XX:XX Dream: Black man, 45ish, with younger white woman, says he wants to see if she's acceptable...

11, XX: X:XX See Prover # 11's journal

Arguing, Fighting

10, 04: XX:XX Dream: There's a bunch of people in a parkland/nature park getting out of an RV. Most of the guys have girls with them. I sense that they were all celebrities/musicians. They were supposed to do something here and didn't want the girls to go with them and there was some conflict over why the girls couldn't go with them. I'm watching from a distance or above, not participating...

10, 35: XX:XX Dream: sitting on the toilet in what might be a dark stable, no walls on 2 sides, a man inside the stable shoots at me and I fire back. He's hit. A third man appears who falls from somewhere. Then, one fallen man looks at the other, pleading for an end to his pain, pulls out a sword and hacks the other guy's head off.

13 01: 07:00 Dream – I can't remember specifics; it seemed to be about justice/ injustice; remember people fighting over something unjust, not clear if I was fighting or observing

13, 02: XX:XX Everyone around me seems to be argumentative and angry. I'm not involved in any of the arguments and keep my distance, more as an observer. People seem defensive and sharp.

13, 26: 07:00 Dream – I am staying in a strange city... I am sharing a room with another woman, who is a friend – but I do not recognize her in the dream. I leave the room at one point to find her but we have a falling out on the street. She tells me to leave her alone; but I'm not clear what the falling out is about and I try to ask her. She walks away.

15, 04: 10:15, biggest fight ever with my husband

15, 05: 8:02 Had another bickering fight after 3 a.m. last night until before 4 a.m. We never fight. So it's all stuff that needs to be dealt with.

16, 01: XX:XX Dreams: fighting with everyone, my partner, my mom, strangers

16, 23: XX:XX I had dreams all night long. I can't remember the details, but they weren't good – something to do with my mom and sister and fighting, lots of feelings of frustration and possibly the feeling of humiliation; I bawled all night long in my dreams and I woke up feeling like I had bawled all night long in reality. I woke up feeling like weeping. Not a good day!

18, 04: XX:XX I had a dream that I was angry at someone but I didn't know why. I started punching him and he didn't fight back. I thought that was stupid, so I stopped.

R.V.'s

08, 04: XX:XX In another dream, I was with a friend in an RV camper. Her friend was there with her mom, who was drunk. She fell and hit her head (the mom), and we had to call someone to pick her up and bring her back into town. We just dropped her off.

10, 04: XX:XX Dream: There's a bunch of people in a parkland/nature park getting out of an RV. Most of the guys have girls with them. I sense that they were all celebrities/musicians. They were supposed to do something here and didn't want the girls to go with them and there was some conflict over why the girls couldn't go with them. I'm watching from a distance or above, not participating...

Synchronicity, Magic, Clairvoyance

05, 04: 06:57 I am going to a meeting this morning to discuss a dream work situation I have been thinking about doing for along time.

I feel excited about this. "Serendipity" – five other health professionals/colleagues have the same type of dream as I do.

06, 35: XX:XX My car feels like my "magical car" It's old/broken but it still runs. But I'm not my car.

06, 35: XX:XX Also by lovely coincidence which seems part of this whole experiment, my Chiropractic SP gig got my elbow and wrist looked at and I got real good advice...

07, 14: XX:XX Not hungry this morning again. Went without breakfast and got some errands done. Still not hungry. I don't get it. I bought a poppy from an old soldier who was in the 8th army just like my father. I was astonished and touched. Big city, small world! (*Her father was killed in the war*)

07, 22: 12:00 The strangest thing happened at midday: Last fall, I had ordered a cd online. It never arrived and there was no charge on my credit card. Eventually, I bought the CD in a store. Well, I never got around to listening to it but today I decided I'd take it with me for listening in the car while I did some errands. At noon, the mailman arrived with the very same cd I ordered a year ago – Strange coincidence.

07, 27: XX:XX When I was done and preparing to go home, a young Polish boy was lurking in the hallway, needing a chiropractic adjustment. He could barely stand up straight. No chiropractor around and a couple of calls to some I know yielded nothing as well. So I put him on the table, facilitated some stretches and magically, popped his hip back into place. He wanted to pay me, he was so grateful. I told him no charge.

09, 16: 11:30 I got an email from a friend telling me about visiting an orangutan rehabilitation center in Indonesia and now in microbiology the professor suddenly brings up a picture of an orangutan and tells us about this rehabilitation center in Indonesia where he went! I found that odd, to have it mentioned twice in the same day!

12, XX: XX:XX Supervisor Symptom: I got into a buzz from a show I saw on T.V. that had leprechauns, and felt like was in an altered state, highly amused.

13, 14: XX:XX I think I was traveling during the night. Toward morning I visited a friend. For fun, I wore a specific colored shirt to

see if I would match what they wore – and sure enough, we were wearing the same color. It's is a bit unsettling, but fascinates me.

14, 03: 12:30 ...just before leaving to go, I put my hands on the ground to test out my back and got stabbed with a piece of glass that was lying around on the floor. A day later, I discovered that my friend L had also stabbed herself with some glass lying around on the floor, at almost the exact same time I did.

15, 01: 14:50 Glass bits in my foot from an unusual location. Later, I met with my approver who thought it was odd – the glass shards – as she shows me tape on her palm covering where she had gotten glass in her hand just before 3 p.m. (*Same coincidence as above, but the prover's were told not to talk with each other*)

14, 09: 01:30 Went outside for a cigarette before getting to bed. Suddenly thought about my friend R and was worried about him for some reason. I knew he hadn't been doing well for a while, but made a conscious note that I needed to call him and have coffee....

14, 09: 01:00 ...Decided to go for a coffee at my favorite coffee shop. I walked in, and saw a worker behind the counter. I immediately thought about another woman, C, who happened to be my friend R's girlfriend. In fact, I thought it was actually *her* behind the counter. When looking twice, I realized that it definitely wasn't her. What an odd thought. Suddenly, I heard her voice at my back as I turned to prepare my coffee. She walked through the door and began greeting the person behind the counter. I am perplexed. I walked over to say hello. She expressed that she was really needing to speak to me.

14, 11: 23:30 I felt safe enough to drive downtown at night and visit my boyfriend for about two hours before coming home to bed, feeling secure that everything was safe and normal at home. C was at home sleeping. However, when I got there, I started to get strange feelings at around 1:30 a.m. at my boyfriend's, like slight disturbances, thinking that something was wrong at home. I left at 2:00, got home at about 2:30 a.m. The following is what actually happened at my home that night: (*See 14, 12: 24:00*)

15, 00: 14:00 turns out there were some "coincidences" Her sister had moved her coffee shop from her hometown to a neighboring area where my good friend and I are also talking about opening a coffee shop. Also my old friend and fellow artist was in a hurry to attend her husband's mother's funeral. My husband's mother died only two weeks

ago. The client's wife connected with me as I supported her intuition-based decision on a system and the wisdom of women found there in. We parted our first meeting with her eagerly extending me a big tight, warm hug of peer acknowledgement.

15, 04: 13:44 My sister and I have had the potential to make copious amounts of money with her business/sales skills and my artistic skill and pure magic of paint.

Dead, corpse

03, 12: XX:XX I'm finding it hard to smile, find that my face can sit for a long time with no expression

04, 07: XX:XX Dream: I listened to my heart and made it beat so I could hear it

05, 14: 03:00 (10:41) I woke up during the night at 3 a.m. I had a dream of all the dead relatives I had. I was in a beautiful green area, an area with a lot of mountains. There was no talking in this dream, I was watching. I saw my grandparent's (mother's parents) moving around the mountains. The sky was very blue, the green was very green. I woke up in the corpse pose which is a very rare sleeping position for me. I felt happy to have seen my grandparents.

05, 15: 17:23 Tonight with Halloween, I feel my heart thumping in my chest. I feel excited. During the summer the boys and I painted a crate to be used as a coffin – and now we are going to use it. The whole porch is set up to be "scary" with the theme of "the dead". We put together the coffins; we stuffed a body with old clothes, and attached the paper mache head we made. It all looks great! We have a scary music tape, with wind blowing, and howling and it feels very scary even for me, it feels scary in my soul.

05, 15: XX:XX I asked my husband to put blood seeping out of the "dead man's" mouth, near his neck area. I felt excited when he did this. Our summer project is a success.

10, 06: XX:XX Dream: A man is with a dog which is almost dead. As he dies I begin crying uncontrollably, sobbing and drooling. So deep is

my grief that the man seems to focus on me and forget what just happened to his dog.

13, 32: 24:00 I collapse in bed, a sleep within 10 minutes (usually takes me 30-45 minutes to fall asleep). I sleep the sleep of the dead – exhausted.

Morbid

05, 11: XX:XX I felt sad looking at the other patients at the hospital. Bodies ravished by cancer. I felt ANIMAL. I wondered why human beings keep people alive with medication when their bodies deteriorate and are eaten by different diseases.

05, 15: 18:22 I am the one giving out the candy to the trick or treaters. I am growling, I feel morbid and I like it! I am eating chocolate and I like it! The kids coming to the door seem scared of me! WHY???? When I answer the door in my witches hat and spooky music in the background the kids jump back.

07, 01: XX:XX How annoying rules can be: Pedestrians are a morbid lot – just because they have right of way, they act immune to danger...

Death/Life

04, 07: XX:XX Dream: I listened to my heart and made it beat so I could hear it

05, 11: XX:XX I felt sad looking at the other patients at the hospital. Bodies ravished by cancer. I felt ANIMAL. I wondered why human beings keep people alive with medication when their bodies deteriorate and are eaten by different diseases.

09, 16: 07:00 part of a dream...We took off again even though the storm was horrible and I remember thinking "we're going to crash and I'm not even sitting next to S so that we could die together holding hands". And that was my dream. Horrible!

10, 06: XX:XX Dream: A man is with a dog which is almost dead. As he dies I begin crying uncontrollably, sobbing and drooling. So deep is my grief that the man seems to focus on me and forget what just happened to his dog.

10, 08: XX:XX At service, two speakers talk about death and when they finished the energy was surreal: people offered me hugs that never had before. With one woman we melted. The look on her face was pure bliss.

10, 09: XX:XX I receive news of a close friend's mother's transition. I cry thinking about my mother who has passed on and life and death in general. I felt like such an asshole crying in front of him when he was perfectly alright now that her suffering has ended. His mother's just left and *he's* consoling *me*. I felt so selfish. He hugs me and waits to leave making sure first I'm O.K. I tell him to go and that I'm fine. I go to my friend's who's moving and help him empty a room, glad to have helped.

10, 35: XX:XX Dream: sitting on the toilet in what might be a dark stable, no walls on 2 sides, a man inside the stable shoots at me and I fire back. He's hit. A third man appears who falls from somewhere. Then, one fallen man looks at the other, pleading for an end to his pain, pulls out a sword and hacks the other guy's head off.

Blood

02, 13: XX:XX Last night I dreamt that there was blood on the Q-tip I used to clean my ears. (I don't often clean my ears but do every once in a while when I feel that they are very "oily"). Then blood started coming out of my ear in a way that I needed to stop the flow with a kleen-x (tissue) and needed to change it often even though it wasn't saturated with blood but just had a couple of spots on it. I went to the Hospital with a couple of friends, especially a guy who I wanted attention from (dreaming a lot about that these days). I'm not sure what happened after that.

03, 24: 05:00 woke; felt like I had to pee but did not; had this idea that I had a UTI – that I "saw blood" in my urine

05, 15: XX:XX I asked my husband to put blood seeping out of the "dead man's" mouth, near his neck area. I felt excited when he did this. Our summer project is a success.

15, 15: 11:42 Cut baby finger slicing off small pieces of the side of my right baby finger. Then cut it on a red glass which was the one that D served me the last of the wine last evening – not really bleeding – interesting. It happened as I was cleaning up because someone's coming over to talk to my husband. He's in a really bad way. Every time I go out he calls a crises line and talks for hours. I realize I am not qualified to counsel him in the depths of despair especially when I'm the one he fears the most.

Fire

05, 16: 07:50 After the children went Halloweening, our next door neighbors made a bonfire for all the neighbors on the street. I was staring at the fire and felt hypnotized. I felt re-energized rather than relaxed.

14, 05: XX:XX I may have to take a 'reserve' dose again, just to get things fired up again. Currently, everything feels bland, back to normally, with nothing unusual happening.

Pure love

05, 11: XX:XX When I saw H I felt the pure energy of love. The same emotion I felt when my twin son's were born – in my chest and in my throat. I felt these emotions in my throat, as if I could choke. The tears sprang from my eyes – yet – the emotion was love, pure free-flowing love.

Vanity, Wanting Attention

02, 13: XX:XX Last night I dreamt that there was blood... I went to the Hospital with a couple of friends, especially a guy who I wanted attention from (dreaming a lot about that these days).

02, 19: XX:XX There was a guy from highschool/university that was there who always really liked me and I knew that if I ever dated him he would treat me like gold but the physical attraction was never there for me.

04, 07: XX:XX Dream: I listened to my heart and made it beat so I could hear it

04, 15: 0X:XX I'm showing J (friend from school) the right/left eye dominance test. I was frustrated because he wasn't interested **even though** he had just lectured someone else.

05, 21: 00:XX Stood in front of the bedroom mirror which is full length mirror and flexed my muscles. I feel more muscular than usual. I feel strong, tense, in shape and as if all my muscles are flexed. I liked what I saw in the mirror, and I liked my curves and softness around my hips and thighs. This is not a usual feeling, admiring my body. Staring into my own eyes, with a smirk on my face, as if telling myself it was ok to admire myself!

06, 07: XX:XX Guest of Barrie Film Festival overnight. What could be better than being wined and dined by your peers and being listened to by others and listening – truly a rich and full time.

13, XX: XX:XX Supervisor's Experience: Suddenly, I started wearing rather tight fitting tops every day (which is out of character for me).

16 07: XX:XX I feel more vain, concerned about style – my own style. I want attention. I feel the way I felt in highschool.

(Supervisor's comments: She felt very vain: thinking more about what to wear, thinking about style, she got bangs (that she hadn't had since elementary school). Getting the bangs was an impulsive move. She was wanting to make a statement, wanting to be noticed. Wanted to show herself – very unlike her – she normally doesn't go out of her way to get attention: she thinks it's a sign of vanity).

Orphan

01, XX: XX:XX Supervisor Experience: I have a client, who deeply moved me, and is an orphan. I would want to burst out in tears when I heard her stories of loneliness, and rejection. She had the look of an orphan: long dark hair, big sad doughy eyes, and she had a condition that she could not grow physically or mentally at the same rate as most, some kind of developmental delay. This made her look like a long lost girl, many years younger than she really is. Incidentally, I started working with her when proving started, and finished just a week after.

01, XX: XX:XX Supervisor Experience: Also, during the time of the proving, I went to a storytelling workshop about the Seal Woman myth. A potent part of the story is a boy being orphaned by his mother, who, after living like a human for many years must return to the sea as she is a seal woman (like the Mermaid story line: seal meets man – gives up her seal skin to live and marry human-makes son who is half human and half seal – woman must put her seal skin back on and return to the sea). The most telling part of the story is when the mother tells the son, she must orphan him to return to the sea.

12, XX: XX:XX Supervisor Experience: I watched this movie on T.V, set in an African desert with horses. A baby horse gets separated from the mother horse. The mother horse is killed, so an orphan boy takes care of baby horse. They're on a train and it gets bombed, but the little horse says they have to get to the mountains to be free. An aboriginal girl helps him be independent, and stays with them until the group brings home the slaughtered mother. The baby horse feels he's found freedom. Then they find a lake that no one believed existed, and he confronts the stallion who had killed his mother and all the rest of the horses go back to the oasis; orphan boy now grown... looks for horses.

Need to make Money

06, 05: 23:04 Emergency tasting at King Edward Hotel – made some money and had a good time but had to forgo Pilates and Spirit's show. Money rules!

06, 11: XX:XX Ah ruminations on a chilly Oct Toronto afternoon PROVING that more than anything if you can still play with yourself to great delight discovering new corners in the mind, heart and oeuvre and manage to have the tools, oh of course I'd love more technology, a better cell phone and car since we're ridden them both into the ground – but when you come to the edges of your resources, you've at least got Margaret and Mrs. Harper and The Barrie Film Festival to keep `ya going.

15, 04: 13:44 I have just stopped for lunch and decided to have my leaky tire filled. I discovered a nail in it. I feel relief yet I'm spending my last \$20 bill. When I was lost in hopelessness last night, I pulled out my feng shui book to analyze my home...leaking plumbing was mentioned for income disappearing. So the leaky tire may help turn things around.

15, 09: XX:XX I feel very tired, downright exhausted. Absolutely no money. End of the day got money. Food in the house relieves. A lot of pressure even just for one day.

Purify, Detoxify, Drain

06, 03 14:00 – 17:00 I'm feeling a bit nauseous, headachy. Lie down for an hour – much better on getting up and having a cup of tea. Am I detox-ing?

10, 26: XX:XX I feel emotional, but non-specific, generally feel oversensitive and my body feels dull. In the evening, I take a bath with bentonite clay – it's draining, but I feel good.

12, XX: XX:XX Supervisor Symptom/experience: I saw a speaker whose a raw food guy and the guru of raw chocolate The person in front of me had a tag on her shirt that said firefly. Everyone was in a collective buzz around these super-foods. I was sipping on these drinks and feeling the buzz of green drinks and the bitter but still

chocolaty nourishing cacao beans I sampled earlier. It felt like a natural high.

14, 12: 02:30 I gave him an earful inside the car, and reiterated that he needed serious help. After dropping him off, I reinforced that he needs to get into a detox, and for him to call me so that we make sure he gets there.

17, 30: XX:XX I did a cleanse in the clinic today. Sauna three times then cool shower.

17, 31: XX:XX Over the past weekend I had good clean fun – No drinking. I played board games. Saturday, I went to Chapters and a movie and worked on a Public Health project. I finished some reading. I wanted to have a clean weekend because I knew this weekend was going to be a lot of fun – I leave Saturday morning. Last Sunday I did a sweat it was good I enjoyed it...

Beatles

09, 00: 20:00 ...Now I feel really "hyper" and I've also had the urge to sing odd songs like "she got a ticket to ride" from the Beatles. I hope I'll be able to sleep tonight.

15, 36: 11:57 I'm going to pick up D. #9, #9, #9, #9, #9...on the radio, voice of John Lennon, *Relativity*. Turned on to *Redpath*, the Beatles *White Album*

Growing Up from / Regressing to, Highschool

16, 02: XX:XX Dream: dreamt of a hostel I stayed in when I went to Paris. It was a total repeat of the experience, only I was different because I was like I am now, not the way I was 5 years ago when it happened. At the time, the hostel owner was kind of rude because my sister and I were 'novice' travelers, and overly paranoid. In this dream, the situation resolved, because the hostel owner and I could relate, (now that I am older and know more). Weird detail: I was

filling out a form (my name and address) for the guy, but I kept messing it up – screwing up the letters and making mistakes.

16, 10: XX:XX In general, I feel more immature, like I'm regressing to the way I was in high school. I like it – I was more hyper and social then.

17, 04: XX:XX I am listening to older music – borrowed from a friend: Nirvana, the old watchmen. I haven't listened to that in 2 yrs – it reminds me of high school but I listen to a lot of music all the time.

Reflected back

09, 01: 07:00 I slept really well. I dreamt that I had a sort of wart on my eyelid. It was the same color as my skin and I looked in the mirror and found it really peculiar. I then tried to scratch it and it fell off really easily. I remember that in my dream, I thought it was rather odd.

09, 07: 14:00 I just got very annoyed/angry at some people in my class. I usually don't particularly appreciate these two people but today I felt a lot more irritated than usual; and that was reflected in the way I treated them. This felt like an "intense" version of me.

10, 01: XX:XX I had a few dreams last night, on Friday, a female friend shared a dream. I think there's a connection between hers and mine. I feel that the woman in her dream was the woman in mine (she was offering herself to me, but not sexually, and telling me to be more creative, etc.)

10, 14: XX:XX Not too much physical discomfort today. My friend was talking about his daughter, which made me anxious, but I listened quietly. It reminded me of myself.

10, 21: XX:XX Dream: I'm outside, lying on a blanket, with 2 tigers – docile, lazing on the blanket. I reach out and touch one on the mouth/lip. There are dogs, 1 specifically much larger than the others; the coat is like maroon velvet. I look into my friend's eyes and ask what he sees when he thinks of me. I answer for him, "A complainer?" He says no (that's what I see, that's my projection).

10, 29: XX:XX I spent a couple of hours at Second Cup with someone and had an amazing conversation – the whole world disappeared during this conversation. She had the ability to make me see myself through her eyes but in a way that makes me feel how much she values me. It feels both comfortable and uncomfortable at the same time.

10, 33: XX:XX I'm sitting in a chair by the window and I begin to cry. Calling out for guidance/help and had a strong sense that my father was there, more like he was living through me. Then I went up to the bathroom, looked in the mirror and really started to bawl, getting cramps from physical convulsions of the sobs. I looked at my reflection and said "you can't do this to me anymore." I was talking to an aspect of myself (father? Higher self?) because I wasn't learning. It was hard to see into my eyes because they were glazed/wet. It was pretty intense.

12, 12: XX:XX I feel more peaceful and subtle in general. It's a general feeling of peacefulness. Can this proving affect other people? Others are responding differently. I notice my husband is checking his road rage – trying to refrain from yelling. I'm not as easily provoked. I'm getting more peaceful dreams: In them I'm happy about things that made me happy in the past, from about 10 years ago. My first love was one dream but he was from the past and we were in the present and it wasn't sexual, we just felt good.

13, 35-37: XX:XX ...But overwhelmed with feelings, emotions and thoughts and have not had time to reflect. When I thought about this late Sunday, I thought about the feeling I picked up from a couple of patients who left a heavy energy in the room and I got tied up in feeling purposeless. I was thinking about them. It is the only thing I can think of and then the feeling dissipated. In the clinic, there is a learning that goes 2 ways. I have to learn not to project my own stuff onto them and not take on their stuff. The feeling of being destabilized came from that. I was reflecting on all the symptoms...

15, 35: 10:51 Our kids have never spent such comfortable and nurturing family friend time together before. My friend and I are thrilled. We're one year and one day apart in age. Her and I each have an older boy and a younger girl. Her and I both got married. Neither of us were able to attend each other's weddings due to the restrictions and invisible limitations imposed on us by the men in our lives. Both my friend and I are ending our marriages spontaneously.

Anxiety Waking

05, 20: 08:43 I had a dream last night which woke me up. I dreamt I was being attacked and I was stacking all the furniture up against the door. I woke up feeling very anxious.

13, 03: 7:30 I awoke feeling stressed, anxious, worried about the day. No memory of any dreams. I do not feel well rested.

13, 06: 7:00 I awoke very tired, feeling stressed and anxious about all the work still ahead of me at the end of this long week. No memory of dreams from last night...

13, 07: 7:45 No dreams remembered. Woke up feeling nervous – but this is due to all the work I have to complete over the weekend. Otherwise feel mostly like myself. A lot of anxiety in my belly, like butterflies (OS) – the feeling I usually have when anxious about something. I haven't woken with the deep sadness, feel more even-keeled, but there is a lingering something.

13, 16: 7:30 I wake feeling tired and unrested. No memory of dreams. I wake worrying about and thinking about work – maybe I'm stressed out with all the work I'm behind on. I have been able to manage this quite well, and there are no disasters about to happen, but feel overly concerned anyway.

Strong dreaming/Not dreaming

01, 00: 09:30 I could not fall back asleep. My teeth felt more sensitive, tingling. I had a dream about an airplane crash. I have never had this dream before.

02, 04: XX:XX I can't remember my dreams, all that I remember is that I was tossing and turning last night.

02, 09: XX:XX I also had a couple dreams or one big dream that continued for a while and changed scenes...

07, 24: XX:XX Well, I must be fighting something: I woke up with a really sore jaw from (probably) grinding my teeth in the night. The only think I can remember about my dreams last night was this horrible image of my teeth falling out. I woke up very stressed from that.

09, 02: 07:00 I did not dream last night which is unusual for me.

09, 03: 07:00 Still no dreams

09, 05: 09:00 I had no dreams – unusual especially for the weekend when my last 2 hours of sleep are usually light and full of dreams. My husband woke up before me this morning which NEVER happens. He thinks I'm sleeping more deeply since I started the homeopathic as I don't move so much at night.

10, 24: XX:XX Strong dreaming, definitely in the morning, but I lost content. Physically better today. Had a hot mud bath (lavender), listening to tape of spiritual teacher. The heat of the bath makes me feel weak and vulnerable (physically and emotionally). Content of the tape hit me like a ton of bricks – talking about being stuck in a mode of activity and feeling helpless to step out of it. Sitting down, moving my neck afterwards I had a huge adjustment.

10, 24: XX:XX Strong dreaming, definitely in the morning, but I lost content.

13, 03: 7:30 I awoke feeling stressed, anxious, worried about the day. No memory of any dreams. I do not feel well rested.

13 04: 8:00 I awoke late, but felt like I needed the rest and extra sleep. Felt refreshed upon waking. No memory of dreams, or remnant feelings from dreams. Got ready for a busy day of meetings and clinic.

16, 23: XX:XX I had dreams all night long. I can't remember the details, but they weren't good – something to do with my mom and sister and fighting, lots of feelings of frustration and possibly the feeling of humiliation; I bawled all night long in my dreams and I woke up feeling like I had bawled all night long in reality. I woke up feeling like weeping. Not a good day!

Dreams, Repetition of Content

07, 09: XX:XX Geez, I've been having some choppy dreams again. Some of them involve seemingly meaningless vignettes of some of my customers interspersed with random benign images. But there are a lot of repetitions...like 5 of the same person or 8 objects in a row - Very odd.

17, 31: XX:XX Lots of dreams this week: Swimming pools, rivers, lots of repeat dreams this week. Some phrase was repeated a phrase I can't remember what it was.

Dreams Getting Long

10, 03: XX:XX Dream: Had a sense of having a long, elaborate dream, but can only remember a minute portion: I'm approaching...

12, 02: XX:XX 12 02: XX:XX I had this weird long boring dream last night. First we (my son and I) were having a bake sale and I didn't want to leave him there since I was going to a press conference to get some kind of information, so I took him with me through an underground pathway. He kept interrupting people. I ran into this guy who asked if he could park my car for me. I had no idea where the car was. My son got on a bike and it fell apart. Then I saw a politician...and it seemed the dream was going on forever.

18, 02: 06:00 Vivid dream: It was longer and I couldn't remember everything. I had a job and I quit it and decided to go into another job. I was 20 minutes late but I didn't care. I didn't have my work clothes either. The supervisor was pissed - didn't care.

Dreams of Symptoms

02, 13: XX:XX Last night I dreamt that there was blood on the Q-tip I used to clean my ears. (I don't often clean my ears but do every once in a while when I feel that they are very "oily"). Then blood started coming out of my ear in a way that I needed to stop the flow with a kleen-x(tissue) and needed to change it often even though it wasn't saturated with blood but just had a couple of spots on it. I went to the Hospital with a couple of friends, especially a guy who I wanted attention from (dreaming a lot about that these days). I'm not sure what happened after that.

03, 24: 05:00 woke; felt like I had to pee but did not; had this idea that I had a UTI – that I "saw blood" I my urine

08, 03: XX:XX ...I think I did dream, let me think about it for a second....oh ya, I dreamt that the homeopathic remedy was actually working. Physically (in the dream) I had a sore stomach upon palpation and lower abdominal cramps. ...

08, 04: XX:XX In my other dream, I found out I had bone cancer and that I was pregnant after taking some doctor's tests. I had to make plans about what I was going to do, especially about the baby. I took the test again and found out that neither were correct, I didn't have bone cancer and I wasn't pregnant. I was angry.

09, 01: 07:00 I slept really well. I dreamt that I had a sort of wart on my eyelid. It was the same color as my skin and I looked in the mirror and found it really peculiar. I then tried to scratch it and it fell off really easily. I remember that in my dream, I thought it was rather odd.

09, 14: 07:00 I had a vivid dream last night: I was in the library with S when Dr. B came in and told us she would do a proving on us right now. We had to drink lemon juice (don't know why) and then take the remedy. Immediately after taking the remedy, I had to go to physiology (with L!) to go take notes while S would talk about her proving experiences to Dr. B. Then she came to get me and I went back in the library to talk alone to Dr. B. I told her that since the remedy, I felt like I was coming down with something: headaches and a really stuffy nose that cleared about 10 min after taking the remedy. I also told her that I suddenly was bow-legged and got annoyed when she asked me to describe it further. I also told her I felt annoyed with everybody/thing like when you are getting a cold and just want to be alone. A really weird thing that stood out in my dream: the librarian brought Dr. B a really small baby and she held him in her arms. Then

both her and the baby looked at me and I remember thinking that they both had the same striking, slightly scary blue eyes. They gazed at me in an intense way that made me feel uncomfortable. And then my alarm rang right in the middle of the dream!!!

14, 04: 05:30 Dream: ...Frantic and heart racing, I noticed that because of where I was standing, underneath a green-colored cloth gazebo, my foot was in a perfect place to snag the roof part of the gazebo...

16 02: XX:XX Dream: dreamt of a hostel... Weird detail: I was filling out a form (my name and address) for the guy, but I kept messing it up – screwing up the letters and making mistakes.

16, 23: XX:XX I had dreams all night long...I bawled all night long in my dreams and I woke up feeling like I had bawled all night long in reality. I woke up feeling like weeping. Not a good day!

From a Difficult Position

10, 19: XX:XX Dream: driving, left turning from a difficult position

10, 23: XX:XX Dream: I'm in a large auditorium with a screen at the top, watching a movie, can't remember which one, (the projector is visible near my seat, in the aisle). What's unusual is that because the screen is at the top, you have to crane your neck to see it. A group of people with knapsacks get up in front of me to leave, before the movie is over.

Getting Through Deep Grief

05, 11: XX:XX I went swimming at my parent's pool. I needed to do this. I needed to swim, to float. I was alone in the pool and I floated on my back and screamed at the top of my lungs. I screamed and screamed and screamed, the sound of the echoing scream, louder and louder and longer and longer calmed me – the energy and the vibration from my lungs. I felt very strong physically, like a mountain and when I was swimming my arm strokes felt onto of the water. The

energy vibrated within my heart region. All the grief from my past came up, especially the grief from my grandparent's death. All this grief came up from my throat. I felt strong with my family and I felt secure in my feet.

10, 06: XX:XX Dream: A man is with a dog which is almost dead. As he dies I begin crying uncontrollably, sobbing and drooling. So deep is my grief that the man seems to focus on me and forget what just happened to his dog.

10, 09: XX:XX I receive news of a close friend's mother's transition. I cry thinking about my mother who has passed on and life and death in general. I felt like such an asshole crying in front of him when he was perfectly alright now that her suffering has ended. His mother's just left and *he's* consoling *me*. I felt so selfish. He hugs me and waits to leave making sure first I'm O.K. I tell him to go and that I'm fine. I go to my friend's who's moving and help him empty a room, glad to have helped.

13, 04: 22:00 I felt a sudden deep melancholy. It was as if I had been so busy all day, there was no time to deal with emotions, so things were suppressed, put aside until later. Once I had a chance to just take a deep breath, relax, meditate on my day, I was almost overwhelmed with melancholy, sadness. A deep sadness; a feeling of deep emptiness; a feeling of loss, as if grieving.

13 35-37: XX:XX ...There is a feeling of sadness predominant and it was like an undefined grieving over your life and also feeling of being lost.

SIGNIFICANT EVENTS/HAPPENSTANCE (Some related symptoms included)

People dying, getting ill, injured, or very ill (Actually or not actually): getting through, dealing with

03, 05: XX:XX My father went to the hospital today and I found myself running, with tears running down my face, across the street from my school to the hospital. I was very worried, ready to find the worst,

even though message I got about my dad was not particularly urgent/worrisome. Lots of crying.

05, 03: 07:15 I thought the clock said 3:33. I woke up remembering a dream. I dreamt of R, my first boyfriend's father in highschool. He called me while I was up north in Montreal to tell me that my father-in-law, H died in his sleep. I felt startled and told my husband we needed to go to Montreal (my father-in-law is presently in hospital with a diagnosis of aggressive lung cancer).

08, 04: XX:XX In my other dream, I found out I had bone cancer and that I was pregnant after taking some doctor's tests. I had to make plans about what I was going to do, especially about the baby. I took the test again and found out that neither were correct, I didn't have bone cancer and I wasn't pregnant. I was angry.

08, 04: XX:XX In another dream, I was with a friend in an RV camper. Her friend was there with her mom, who was drunk. She fell and hit her head (the mom), and we had to call someone to pick her up and bring her back into town. We just dropped her off.

09, 22: 20:00 My husband's mom called today. My husband's parents live in Malaysia but his dad has been sick for the past couple of weeks. She wanted to talk to S about his dad, but S has just left to Germany to visit a friend. I felt sad that I am not closer emotionally to his mother, as I could tell that she was very upset. The language barrier between us made it impossible for me to "get closer" to her and offer her words of comfort. It seems that his dad has a severe stomach ulcer and he is in intensive care at the hospital.

09, 23: 07:00 S called me today from Germany: his dad actually had an advanced cancerous tumor in his stomach. S will be extending his stay in Germany as his parents are coming back to Germany so that his father can have an emergency operation. I can't believe it: his dad is normally so healthy for a 63 year old. I am concerned as S's mom can be very exhausting and overwhelming. I am also feeling guilty because I selfishly want him back here with me...even though my rational self understands that it's good for him to be with his parents at a time like this. Both of his parents will also be flying to Germany to be with the family.

14, 09: 08:00 Awoke with alarm to prepare my boy for school. Upon reviewing that he wasn't yet well enough to go, due to some coughing, I decided to keep him home for the morning.

14, 09: 01:00 ...Through desperation and tears, she lets me in on the entire story of the terrible things that have been happening between her and my friend R, especially what had happened to them the night before. Two weeks prior, R had fallen into hard street drugs, crack. He had become seriously and dangerously addicted, and subsequently was now in serious trouble, and so was she...I prayed to God for help and guidance. We outlined some ideas. In the end, under special circumstances, she could stay at my place. I checked it out with my roommate, who agreed that it wasn't going to be a problem. That night, things were quiet and calm.

14, 11: 08:00 Awoke to my alarm, but had to leave a message with the school that my boy was going to be absent that day, due to excessive coughing.

15, 00: 14:00 ...Also my old friend and fellow artist was in a hurry to attend her husband's mother's funeral. My husband's mother died only two weeks ago. The client's wife connected with me as I supported her intuition-based decision on a system and the wisdom of women found there in. We parted our first meeting with her eagerly extending me a big tight, warm hug of peer acknowledgement.

Heroin/Crack Addicts, Insanity lurking, Invasion

03, 17: XX:XX Something about a patient creeped me out and I couldn't separate his energy from mine. Later he came back and I was totally fine.

05, 20 08:43 I had a dream last night which woke me up. I dreamt I was being attacked and I was stacking all the furniture up against the door. I woke up feeling very anxious.

11, XX: XX:XX See Prover # 11's journal

13, 16: 20:00 ...Watch *The Grudge*, a Japanese horror movie. I generally enjoy horror flicks, mysteries, espionage, etc. I'm rarely disturbed unless they are too grisly or violent. I leave this movie feeling disturbed and spooked – Very unlike me. I can't shake the

feeling. When I get home, I check under beds and closets. I go to sleep feeling unsettled and upset.
(The Grudge is a movie about lethal evil infecting places where people died in great anger or sorrow.)

14, 09: 01:00 ...Through desperation and tears, she lets me in on the entire story of the terrible things that have been happening between her and my friend R, especially what had happened to them the night before. Two weeks prior, R had fallen into hard street drugs, crack. He had become seriously and dangerously addicted, and subsequently was now in serious trouble, and so was she...I prayed to God for help and guidance. We outlined some ideas. In the end, under special circumstances, she could stay at my place. I checked it out with my roommate, who agreed that it wasn't going to be a problem. That night, things were quiet and calm.

14, 12: 24:00 The following events can only be described accurately with an email sent to me by my roommate from work, the following day:

Ok, so if you haven't guessed it by now, I am not happy about last night. Here is what happened from beginning to end. I was all cozy in bed and I hear kind of muffled banging... this went on for 20 min, so I figured 'hmmmm, must be our front door', so I went to check.

What a surprise, it's midnight and R is banging on the fucking door looking for Mary. Is Mary home? NO, M IS NOT HOME. Are you sure, I see her boots there, NO, SHE IS NOT HERE, CALL AND LEAVE A MESSAGE. Fine, is C here? NO SHE ISN'T HERE EITHER, THEY MUST HAVE GONE OUT, LEAVE A MESSAGE ON THE MACHINE OR COME BACK LATER... but I see her jacket there, why would she go out without her jacket...I DON'T KNOW, ALL I KNOW IS THAT SHE ISN'T HERE... well can you check to make sure... FINE, HOLD ON (at this point I go up stairs, find Tully in your bed, so I check his bed and find C. I wake her up and tell her that R is here, that you are not home and that he won't go away. So she says, I don't want to talk to him, and goes back to sleep... lovely.) NO THEY ARE NOT HERE!!... (At this point he sticks his head in the hall and yells for you repeatedly, thinking that you are ignoring him so again I say you are not here) LOOK R, YOU ARE MORE THAN WELCOME TO SIT ON THE STOOP AND WAIT FOR M TO COME HOME, BUT SHE IS NOT HERE RIGHT NOW...well can I at least come in to wait on the couch (he asks this repeatedly, also if he can come in to look for you and look for matches and so on and so forth)... NO! YOU CANNOT COME IN THE HOUSE, IF YOU WANT TO WAIT, YOU CAN DO IT OUTSIDE. Fine, but you can tell her that I am not going anywhere until I talk to her, she still has \$350 of my money. WHATEVER, I DON'T CARE, IF YOU WANT TO WAIT, FINE, BUT YOU ARE DOING IT OUTSIDE.

At this point I slam the door in his face and go downstairs to go to bed. 2 min later not only does he start banging on the door, louder than before, but now he is yelling at the top of his fucking lungs for you to come outside and talk to him. Consider that I can hear him clearly and not only am I downstairs, but also at the other end of the house. Does the expression waking up the dead mean anything to you? Needless to say I was beyond being fed the fuck up at

this point, so I put on my house coat, grabbed the phone, went and opened the door and told him that if he did not shut the fuck up right then and there, I was calling the cops, and they could drag his sorry ass to jail for the night, or until someone bailed him out, either way, I don't give a shit. So he starts yelling for you again at the top of his lungs, probably waking up some neighbours I might add, so I hold my phone out and press the 9..... He is shocked, I say he is welcome to quietly wait for you on the stoop, he yells again, I dial the 1..... , I say if I hear one more work out of him, If I hear him bang on the fucking door one more time, I would dial the whole number. I let him know I was at the end of my patience and I slammed and locked the door...

14, 12: 02:30 ...I walked in the house to the sounds of rustling at the back door. I realize that it is my friend R giggling the lock, trying to break in? I let him in, irritated...

15, 10: 8:36 I am feeling anxious. Big day. Need to write an affidavit for custody of my son. I feel worried that his natural father – a dangerous man has started calling after 6 years. I am working with a lawyer to keep my child safe. I have a proposal to do. I feel it's an enormous change financially. It's for all the offices worldwide. I feel anxious my husband may make this difficult.

15, 31: XX:XX Husband has been admitted willingly (to a mental health facility). He called 7 times the other day and 6 times yesterday. The last call he showed his ugly colors asking who (the supervisor) was. A number from a survey I'm doing. The number's on his mind he says demanding suspiciously to know. I am truly afraid of him. Our safety is paramount. He will never come here again. I'm lucky to have saved my kids from trauma so far. I tell his Dr. he's not allowed in my home. Find out about his previous medical history, and his son has a medical history too....(his son got a key somehow, came and took stuff when she wasn't there) ...I feel violated again.

15, 32: 2:49 I realized that there was no one on the pillow next to me, it's gone. As I turn on the light and prepare to write down the moment of recognition – I turn on the light, light a smoke and stare off in front of me. I see the photo of (my husband) that has been by my – actually his – bedside, since we met. I had removed that photo a couple days ago and put it on the other side of the room – upside down too. Then I realize as I'm staring off into space that his photo has been placed back by my bedside, on my nightstand...can you say SPOOKY! I pray my uneasiness is a simple matter of aftershock from having someone in my house today. It sure makes me wonder, does one close their eyes? Does one let down their guard enough to go to sleep? I put it behind my night stand, backwards against the wall. I'm

praying it will remain there. May the great Creator, Manitou and all it's blessings guide me through the night.

15, 37: 00:00 My husband lay on the couch trying to disturb me or get my attention that he was 'sleep kissing' and talking a lot – babbling as plain as day, "blah, blah,...so beautiful, ... feels so good...blah, blah,...love her so much...crap. Anyway, I – not being thwarted whatsoever by his so-called seductive talk, was only serving to make me wanna puke – or laugh, for all its childishness...He was being a pawing weirdo vermine with bizarre eyes and I've already told him so many times now – so I shoved him I tell ya...my son said earlier...he's seen Dad talking to himself a few times thinking he was being spoken to...wasn't looking at him and wasn't making sense.

15, 37: 00:22 I notice he's up – since I went to get the baby – boom he's up and on the move silently – dickhead. It's so creepy!

15, 37: 01:36 I find it really creepy. I'm writing in the dark (moonlight) 'cause I'm weary of D's coming into my room or standing outside my door. Earlier I was looking under my door to see foot shadows. I pray he doth leaveth sooneth! Earlier I didn't want to go to the washroom, thinking the last thing I want to do is be stuck there if he comes up, and sure enough, creek, creek go the stairs – pleas of I love you. I crack a smile and had to cover my face with both hands. "What are you laughing at?" he asks. It's the real me – it's the real D – that other guy is gone...creepy, I gotta go to bed. Help me!!!!

15, 37: 01:41 Quickly, I place my tobacco and ask for protection. The moon is almost full. There's a light rainbow around the moon. And another wide out. The light just went out in the hall. I hear a couple stairs...creek again. Lurker!

15, 40: 18:34 After D woke me from my nap to say he's leaving and will never return he asks me to read *his* book. I'm reading away and come across capitals and I quote: "WHO WAS THAT ENTITY? I'M BETTER THAN THAT, WHAT AN ASSHOLE. I DESTROYED THEM ALL (his notes he ripped up on his feelings and suspicions that he became disgusted with) INCLUDING THE DEMON AND THE MICHEAL THE ARCHITECT. I AM A WARRIOR TOO AND FIGHT THIS DEMON TO THE VERY END, I WILL AS I RAISE THE SWORD TO THE HEAVENS THE BEAST DEFEATED, LOCKED AWAY FOR INFINITY. HOLY DOODLE SAY I!!" What am I dealing with?

15, 40: 20:55 Why do I write in my room? Because it's the only place I feel half safe, there's always the chance he'll knock and come in.

Movies, Shows, Plays that Stood Out

01, XX: XX:XX Supervisor Experience: I saw a film the first week of the proving called *Blue Butterfly* about a young boy with terminal cancer who lives his dream of going to jungle to catch a rare species of blue butterfly. The butterfly is elusive, constantly appearing and disappearing. The movie is very magical, about other realms, and the themes of flight, wings, appearing/disappearing, dark/light, young boy, and orphan. The incest specialist who helps the boy discovers his dream of catching the butterfly had orphaned his own son. Reconnecting with the boy, he realizes he would like to reconnect with this own son. By the way, it's a great film starring William Hurt, and a true story about a Canadian boy, and his dream. As an aside, I highly recommend the film.

04, 02: XX:XX Sometime in the night I was feeling sad because I was involved in something deeper, sensation of dreaming although awake, sensation of trying to escape waking so I could dream more, like the movie "*Eternal Sunshine of the Spotless Mind*"

06, 11: 15:35 ...our project "*Mrs. Harper*" the story of how Mrs. Celia Harper loses her 'joie de vie' – her faith in existence being a divine gift...loses her love of humanity and life on earth, decides that to be self serving and manipulative – to handle the dangerous elements can be best done by living amongst them, pretending to be them, discovering the full extent of their evil and ultimately being disgusted with the hideous twists of fate to the point of mad Queen Margaret in Richard 3. She was more a Mrs. Lincoln, very first family, very selfish, ruthless in ruthless times who led soldiers into battle but unlike Jeanne d'arc had the bad taste to survive to ugly old age. Like Albee's shortest Tall Woman – the old crone who wets her pants – on the edges of society, out to pasture, barely surviving where once there was so much...

Master Prover Report (2nd week): Something happened during the proving that was very unusual and very fitting: Our colleague, and collating helper, Carol Jones, who was asked to partake, but couldn't, very obsessively, with her husband, watched on DVD, every episode of

Buffy the Vampire Slayer, a teenage oriented television series created by Joss Whedon, who also made the short lived series, *Firefly*, and the off-shoot series, *Angel*. I asked Carol to tell me of her enlightened understanding of the show(s). Here's what she said:

Buffy the Vampire Slayer has a vampire named Angel in it. Angel was a vicious vampire. He wears a long black coat, always dark colours, cant be in the direct sunlight, no reflection, is always brooding, dark, and depressed and he never gets old-immortal. But he is a vampire with a soul. He got his soul back (now hybrid vampire/human) due to a Gypsy curse so that he will suffer the human guilt of his extreme killing because he killed a Gypsy girl. He also feels longing to be in the human world. The problem of the "half and half" never being really in either world, not really a vampire not really a human. He now feels guilt for his actions and has empathy for humans, which prevents him from killing for food/blood so he drinks prepared pigs blood or plasma. Angel's soul drives his craving for redemption for his murderous ways of the past. But Angel wants to be good, he wants to help people. So he helps Buffy the Vampire Slayer to kill demons, vampires etc., killing his "own kind" to atone. He falls in love with Buffy the Vampire Slayer. Both shows have themes of transformation and redemption. With hunger or anger vampires go "bad" transforming to kill. But Angel who has a soul controls his anger and only hurts the bad guys-demons, vampires etc when he wants to (a soul- less being can't determine when he kills). He also goes "bad" when he experiences a moment of perfect happiness (sex with his true love). He then becomes just a vampire. The dark side is never that far below the surface. His redemption would be to become human. You see what that would be like for him in an episode where he temporarily becomes human-- he doesn't brood: he experiences real joy and revels in the light. A media quote: "*Angel* keeps to work to perfect its heartfelt vision of souls struggling up hill toward a glimmer of redemption." In the *Angel* show Angel plays a private investigator whose motto is "We help the hopeless" His side kicks are always complaining he never gets paid does it for free: "there are a lot of people out there who need help"

13, 16: 20:00 I feel very susceptible and emotional. Brain still feels sluggish. I feel so tired, I'm almost hyper. I go to a movie and get teary at a Bell ad (give me a break!). Watch *The Grudge*, a Japanese horror movie. I generally enjoy horror flicks, mysteries, espionage, etc. I'm rarely disturbed unless they are too grisly or violent. I leave this movie feeling disturbed and spooked – Very unlike me. I can't shake the feeling. When I get home, I check under beds and closets. I go to sleep feeling unsettled and upset. (*The Grudge* is a movie about lethal evil infecting places where people died in great anger or sorrow.)

Another Master Prover Observation: *Finding Neverland*, starring Johnny Depp, directed by Marc Forster was released during the proving and is highly significant. An original photograph and play costumes of the Peter Pan play were auctioned in London, England during the proving. A year before the proving when a new case was

conceived and the proving was in the planning stage, a new Peter Pan movie was done, and a trend in Zombie movies was significant.

Also See 14, 01: 14:00, Duality Category, for prover significant films.

Dreams/Symptoms Not categorized

02, 09: XX:XX Last night I had a dream during which I spoke my first Spanish word. F came to visit me in Canada and we were staying with friends at my childhood house. The setting was particularly in the kitchen. It was like we were at this house but it was a house that was for University students, or at least I was there with other University students. F and I were together but still couldn't speak that well to each other although his English was getting quite good. He felt embarrassed to speak English with me though so mostly we didn't talk or if we did I feel like it was in Spanish or we had the assumption that it was Spanish we would speak in as if my Spanish was better than his English. He would talk to other people in English though so I just knew that he felt shy about speaking to me. I remember being concerned about what he was taking to school for lunch and there weren't very many options in our University fridge. Later in the dream we spoke about going to McDonalds which I really didn't want to do. He said that since he was in America he needed to go just to try it. I told him that I'm sure there were McDonalds' in Cuba so he definitely didn't need to go here. That was it.

10, 15: XX:XX Dream: I see a face surrounded by tall, thin neck bottles of different colors, cap/cork has a label over it.

10, 23: XX:XX Dream: A man throwing hatchets at a large wooden structure (covered in hatchets and seems to be floating in the air/sky). People come to get his attention for the evening meal, but he continues his activity. There's an unlimited supply of hatchets, 100s of them and he never misses. I was watching, but sensed at one point that this is me.

10, 31: XX:XX Dream: (could be the same one, not sure)There are some kind of unusual exercise devices, chair-like, with bars and dense padding. They're sitting in the chairs, pushing and pulling.

15, 15: XX:XX Dreamt of a huge ice cream cake

GENERALITIES

Pain

Achy

05, 36: XX:XX Feeling achy all over my body

10, 01: 09:30 Got up this morning fine, went to service, walking around I felt very achy (weather?) Normally I am hypersensitive, get triggered by anything & have autoimmune issues. I didn't sleep through the night (some soreness)

10, 04: 00:XX Very achy earlier in the day, was out doing a lot of walking – Better in the evening.

10, 08: XX:XX I had a very sore neck and back and could hardly support myself while sitting very uncomfortably. Afterwards, I go for a walk and feel much better.

10, 17: XX:XX Body achy in the morning. I think Sunday has caught up to me, only a day or so later. Later in the day body not so sore.

13, 02: 8:00 While taking my shower, I noticed that my right scapula was aching – and old pain that I thought was gone for good after vigorous treatment last year.

13, 02: 12:26 Pain has gotten sharper, very achy and sore.

13, 03: 17:00 I still feel an ache in my right scapula, but no sharp pains.

13, 13: 8:00 Wake with slight back pain in the right scapula. It is not intense as previous, but a slight nagging ache – continues throughout the whole day.

18, 02: XX:XX I have a bit of an ear ache. It's a soft pain that aches inside a little bit – the left ear.

Burning

05, 17: 08:07 My eyes were burning when I opened them.

Cramping

05, 00: 12:30 Immediately after taking the remedy, I felt a cramping sensation under both breasts. I took my jogging bra off to relieve the pressure. I felt a throbbing on the inside of my left elbow. This throbbing sensation lasted 05,minutes.

05, 00: 19:05 Feeling of intense abdominal cramping around the naval region; worse fresh garlic, a lot of flatulence.

05, 05: 20:00 Cramp-like stabbing pain under my ribs while walking.

05, 17: 08:07 My son was coughing heavily at 12:23 a .m. I woke from a deep sleep. I woke up with my period which is early. I have intense lower back pain (cramping).

08, 03: XX:XX Oops, I totally forgot all about this. I have noticed absolutely nothing unusual. I think I did dream, let me think about it for a second....oh ya, I dreamt that the homeopathic remedy was actually working. Physically (in the dream) I had a sore stomach upon palpation and lower abdominal cramps. Sorry I can't be anymore interesting

10, 24: XX:XX I went to a book discussion – went off on a tangent, never got past the prologue. Sitting in an uncomfortable chair and had a cramp in my left chest. On the way home, had a craving for something sweet and bought a large chocolate bar – the discomfort completely went away.

16, 02: XX:XX Had a strange cramp in my right ankle while I was walking, with overwhelming sensation that the tendons needed to be cracked.

Pressing

01, 00: 10:00 I experienced a gripping pain in my left temple for two minutes.

12, 05: 19:45 I'm getting a sharp pain in my stomach, as if somebody was pulling their fingers through my stomach, an uncomfortable pressure.

Pulling

12, 02: 15:45 I have that same pressing feeling as if there are fingers inside my mouth pulling. At the top of my head I feel this pressure. I'm also getting this feeling in the chest, like my breasts are tingling, as if I'm lactating. The head pressure comes and goes all the time. I still have a domestic streak, doing laundry and putting away summer clothes.

12, 05: 19:45 I'm getting a sharp pain in my stomach, as if somebody was pulling their fingers through my stomach, an uncomfortable pressure.

Sharp

12, 05: 19:45 I'm getting a sharp pain in my stomach, as if somebody was pulling their fingers through my stomach, an uncomfortable pressure.

13, 02: 12:26 My back is still sore. Pain has gotten sharper, very achy and sore.

13, 02: 22:00 Sharp pain in my back, right scapula, has returned. It feels very sore; when I tried to reach for a glass of water from bed, felt a sharp shooting pain under my right scapula.

13, 03: 07:30 I awoke with a sharp pain in my head over my left eye; it gradually began to feel like a dull throbbing ache.

16, 02: XX:XX Momentary sharp pain in my right thigh (stabbing).

Shooting

01, 00: 10:00 Then I experienced a shooting pain in my heart, and my right wrist, and then the pain radiated to my fingers

13, 02: 22:00 Sharp pain in my back, right scapula, has returned. It feels very sore; when I tried to reach for a glass of water from bed, felt a sharp shooting pain under my right scapula.

Sore

01, 05: 05:45 I have sore joints and feel sore in my left wrist.

07, 02: XX:XX Woke up with a really sore neck which rarely happens.

08, 03: XX:XX Oops, I totally forgot all about this. I have noticed absolutely nothing unusual. I think I did dream, let me think about it for a second...oh ya, I dreamt that the homeopathic remedy was actually working. Physically (in the dream) I had a sore stomach upon palpation and lower abdominal cramps. Sorry I can't be anymore interesting

10, 18: XX:XX Right side of low back is sore, improves as the day goes on.

10, 22: XX:XX Left hip sore from too much sitting yesterday. I was at a music jam in the afternoon with friends: Had lots of fun.

10, 23: XX:XX My hip is still sore. I go for a walk in the park, see a woman with 2 dogs, one of them rescued from the street in the Caribbean. The dog had a broken foot, quite bent, even though it had been set. It was friendly, good temperament. The walk felt good, loosened up my hip. Neck is pretty sore and sciatic nerve in upper left thigh. Underlying emotional theme continues, but not prominent.

10, 29: XX:XX I woke up with a sore throat on my birthday and thought, "great present I gave myself!" all because I didn't listen (leaving when I felt like it, the brownies, etc.)

10, 31: XX:XX I'm sore near the right kidney area and in my neck. Why do I so often feel something's wrong/missing, don't know how to change, I'm frozen. Why can't I stop behaviors that lead me toward chaos, more discomfort? I don't want to feel like this anymore. A friend comes over, in great discomfort, had an awful day. Obviously, I'm not alone in my discomfort, we all suffer to one degree or another.

13, 02: 12:26 My back is still sore. Pain has gotten sharper, very achy and sore.

15, 38: 17:50 I'm sore, deeply, in my shoulders arms, and neck.

Stabbing

05, 05: 20:00 Cramp-like stabbing pain under my ribs while walking.

13, 03: 21:00 Back scapula pain is almost gone. It feels like a lighter stabbing pain; it is not localized anymore, but seems to radiate more and aches.

16, 02: XX:XX Momentary sharp pain in my right thigh (stabbing).

Stitching

13, 02: 8:00 While taking my shower, I noticed that my right scapula was aching – and old pain that I thought was gone for good after vigorous treatment last year. I stretched it out, but can still feel a stitching sore pain. (OS returned)

Throbbing, Pounding

05, 00: 12:30 Immediately after taking the remedy, I felt a cramping sensation under both breasts. I took my jogging bra off to relieve the pressure. I felt a throbbing on the inside of my left elbow. This throbbing sensation lasted 05,minutes.

05, 19 15:38 I felt a headache, gentle pounding across my left side.

13 03: 13:30 Head pain is throbbing, achy, forehead feels hot to touch; better when I apply something cold (a water bottle in this case). (NS)

Twinging

06, 00: 12:00 take remedy – twinges in my left side where kidney pains occurred pre-surgery 1999, where there is an old scar

Prickling

06, 11: XX:XX Having pins and needles on left heart side, perhaps the energetic Pilates opened it up, but there's a weak feeling in both arms and across the upper back.

Tingling

01, 00: 09:30 My teeth felt more sensitive, tingling.

05, 40: XX:XX My middle finger on my right hand feels tingling and very painful. Don't want the proving to end. Really like the energy.

12, 02: 15:45 I have that same pressing feeling as if there are fingers inside my mouth pulling. At the top of my head I feel this pressure. I'm also getting this feeling in the chest, like my breasts are tingling, as if I'm lactating. The head pressure comes and goes all the time. I still have a domestic streak, doing laundry and putting away summer clothes.

Food and Drinks

Junk food: French Fries, Fast food, Salty, Meat, cheese

01, 02: XX:XX For the first time in my whole life, I wanted to eat pizza.

01, 03: XX:XX I still craved pizza and other foods like french fries.

01, 04: XX:XX Still have food cravings for pizza and junk food. I called and got chicken and fries to eat (in the afternoon)

01, 06: XX:XX Junk food cravings.

02, 00: XX:XX I was very hungry, which is strange: craving Quizno's (fast food sandwiches) & cheese

03, 00: 18:45 I felt a mild paraesthesia in L hand – 4/5th fingers and lateral aspect of palm. I craved salt, cheese, and meat for dinner. I had a one tracked mind: all I wanted was pizza.

03, 01: 11:30 Nausea throughout night ended > eating, especially salty foods and bread. I had a bagel, pita, and Chakra bar.

03, 02: XX:XX Ongoing indistinct food cravings – but choosing mostly salty and meaty foods

05, 19: XX:XX I ate pizza with cheese at lunch.

16, 00: XX:XX When my friend, who is pregnant, said “I want Wendy’s”, that’s what I wanted – I normally eat very healthy and get the odd craving for fast food, but this was intense. I felt like I was starving, so I ordered *two* meals (sick!). I wanted grease, beef, fat...

Farinaceous

03, 01: 11:30 Nausea throughout night ended > eating, especially salty foods and bread. I had a bagel, pita, and Chakra bar.

10, 06: XX:XX I don’t eat well – bits and pieces all day – too many carbs.

Salty

03, 01: 11:30 Nausea throughout night ended > eating, especially salty foods...

03, 02: XX:XX Ongoing indistinct food cravings – but choosing mostly salty and meaty foods

Aversion Fruit

03, 24: XX:XX I realized that had barely eaten any fruit since taking remedy – absolutely no craving

Sweets, Sweets aggravate, Sweets Ameliorate

03, 11: XX:XX I am craving some sweet: wanting creamy

05,15: 18:22 I am the one giving out the candy to the trick or treaters. I am growling, I feel morbid and I like it! I am eating chocolate and I like it!

10, 28: XX:XX ...I ended up going to a friend's place, getting brownies he didn't want because again he didn't listen (to himself)... The room was cold and my ears were ringing as I tried to fall asleep. I didn't sleep well because my feet were really cold. Eating those brownies was a mistake.

10, 24: XX:XX I went to a book discussion – went off on a tangent, never got past the prologue. Sitting in an uncomfortable chair and had a cramp in my left chest. On the way home, had a craving for something sweet and bought a large chocolate bar – the discomfort completely went away.

17, 30: XX:XX I had a lot of treats. There was a bake sale I indulged three times, they were really good treats.

Meat

07, 18: XX:XX I visited a couple of Chinese friends in Scarborough. We went further into the maze of suburbs for some Korean bbq. Well, I ate a lot. I wonder if it's because food is so much more enjoyable when it's mixed with conversation. I must say, I'm pretty partial to bbq.

17, 02: XX:XX I had some roast which is out of the ordinary (he is a vegetarian) and enjoyed it! I do enjoy meat but I don't eat it for ethical reasons. It was Thanksgiving and I was at someones house so I didn't refuse it.

Indistinct, Appetite wanting

01, 02: 21:00 Indistinct food cravings throughout the day.

03, 01: XX:XX I'm having indistinct food cravings.

03, 02: XX:XX Ongoing indistinct food cravings – but choosing mostly salty and meaty foods

03, 05: 18:00 I'm not very hungry and have very indistinct food cravings; indecisive about what to eat

03, 07: XX:XX I'm neither hungry nor full – indistinct appetite

Wine, Alcohol, Desires, Aversion to, Aggravates

02, 00: XX:XX At Oktoberfest I was way more drunk than I have been recently. I also was being very catty and knew it that night but did not feel remorseful. I threw up that night but went right back to sleep.

03, 14: XX:XX I have an aversion to alcohol

05, 16: XX:XX I crave wine.

06, 05: XX:XX Still headachy, emotionally even, feel like I'm searching. Still no clarity in dreams: there was something going on in the early morning hours but it was unclear and nebulous – too much red wine last night?

06, 05: 23:04 Emergency tasting at King Edward Hotel – made some money and had a good time but had to forgo Pilates and Spirit's show. Money rules!

06, 07: XX:XX Guest of Barrie Film Festival overnight. What could be better than being wined and dined by your peers and being listened to by others and listening – truly a rich and full time.

13, 05: XX:XX Tired again at night, I decide to put my work aside, drink wine and hang out with my step daughter.

13, 15: 18:00 I enjoy wine over dinner – and have found overall, that I can drink red wine again. After my healing homeopathic remedy early in the year, I have not been able to drink red wine or other alcohol. A couple of sips usually resulted in an immediate headache – it's as if I had become more susceptible. Without thinking about it, I have been able to drink wine again these past 2 weeks when I get home with no ill effect, for the first time since I took my remedy. (curative)

13, 18: 17:00 I have an evening event to go to, but skip it in favor of going home to family, and to decompress and the thrill of having wine again.

13, 20: 19:00 One glass of wine before dinner makes me feel immediately light headed.

13, 33: 15:00 I go with a friend for a drink and head home to relax. A glass of wine and mindless TV is the only thing on my mind.

15, 15: 11:42 Cut baby finger slicing off small pieces of the side of my right baby finger. Then cut it on a red glass which was the one that D served me the last of the wine last evening ...

Intoxicated Feeling, Dreamlike

02, 07: XX:XX I worked all day today then went out with a friend who I rarely get to see. I had such an incredible night. I love those interactions with people that are so strong where you feel so connected. I felt like I could talk and talk all night about serious and fairly profound things. At several points in the night though I felt like I was almost drunk – like the kind of feeling you get towards the end of the night when you are just about to crash. I even felt a bit dizzy and later almost knocked over dishes at my table because of lack of proprioception and clumsiness.

02, 08: XX:XX I felt nausea and so sleepy that I could barely get up off the couch. I tried to go for a run but couldn't and ended up going for a long walk. That also rarely happens. The walk made me feel a little better but the really tired feelings returned when I got home. It's interesting because I felt like I was hung over although I hadn't had anything to drink the night before however I felt as though I was drunk last night – hmmm –weird.

03, 00: 12:30 I walked to Walmart, and felt a small, focal area of pain ~ T8 on R side between my ribs < inspiration. I also noted some tenderness in R shoulder. I was feeling spaced out in Walmart (like I had smoked a joint). I was a little disoriented on walk back. While sitting in my course after lunch: feeling of top chakra opening, feeling pretty tuned in; calm and connected

03, 03: I'm feeling dreamlike today, like there's a distance between myself and others, as though my ears were plugged. I felt not as connected, removed, like I had to strain to hear them, as if my ears

needed to pop. I felt distanced as if I was not affected by the words. I felt like I needed to turn and face them squarely.

04, 02: XX:XX Sometime in the night I was feeling sad because I was involved in something deeper, sensation of dreaming although awake, sensation of trying to escape waking so I could dream more, like the movie "Eternal Sunshine of the Spotless Mind"

13, 00: 14:30 Headache is almost gone, but I feel lightheaded. The feeling has come over me like a wave; felt almost narcotic (when you take a strong allopathic pain killer and it takes effect like a wave); it feels like there is a fog over my head; suddenly felt like I had zoned out staring at the lecturer in class, but not tuned in. (NS)

High Energy, Despite Lack of Sleep, Speed like, Adrenaline, heightened awareness, Clarity, Sharp, Buzz, Giddy, Shaky, Butterflies

03, 06: 05:15 woke up and very awake

03, 07: 04:45-07:00 I woke many times, not tired – had image of a "live wire"/spark in kitchen – not really anxiety provoking though

03, 08: 05:45, I woke very early, unexpectedly with very good energy; almost a bustling energy

05, 00 21:15 High energy.

05, 01: 21:34 Lying in the bed feeling wide awake, feeling as if it is the first thing in the morning. More energy than I usually feel at this time of night. Feeling grounded and clear headed.

05, 03: 21:30 High energy, feeling wide awake.

05, 05: XX:XX I felt wired and hyper energy all day. I felt assertive today, and went after what I wanted work wise. I am doing what I finally have said I wanted to do!

05, 06: 12:47 I slept ok considering the amount of high energy I have. I woke up at 4:45 a.m. and did not go back to sleep.

05, 06: XX:XX I don't feel as shy to speak my mind to tell my friends/colleagues about my dream. I dream of running – or starting a Woman's Healing Centre. I feel excited about life, as if anything could happen! High energy.

05, 06: 20:08 I was pretty calm during the day. Feel WIRED NOW.

05, 15: 17:22 Just spoke with M. I felt I needed to connect with a person from the proving because I have been on my own more or less. I felt like I needed to connect to be grounded. I shared the feeling that I have high, high energy, like I NEED TO BE WALKED.

05, 16: 07:50 After the children went Halloweening, our next door neighbors made a bonfire for all the neighbors on the street. I was staring at the fire and felt hypnotized. I felt re-energized rather than relaxed. My body is less sore this morning, yet I still feel tired in the head.

05, 19: XX:XX Spinning with energy, I feel as if I need to RUN. Talking to friends, to colleagues about my dreams, feel ready to jump out there. Feel ready to jump out there! I was running in the rain and I was liking it. It is dark and raining today.

05, 20 08:43 I was very tired last night, but this morning I feel energetic, also anxious. I am feeling this in my heart region. Speedy – like I need to burn this energy off.

05, 27: XX:XX I worked all day today. I felt very focused, didn't move for 5 hours. I took care of my anxiety by taking action. I solved a work problem easily and I didn't continue my anxiety about it, or around it.

05, 28: XX:XX All day I felt as if I could lift off the ground. In yoga class my arms felt like wings and when I was doing pushups I was doing them on the tips of my fingers and the tips of my toes. I felt light, very happy and very energetic.

05, 40: XX:XX My middle finger on my right hand feels tingling and very painful. Don't want the proving to end. Really like the energy.

06, 35: XX:XX I'm worn out from Pilates training, rejuvenated as well.

07, 00: 13:00 About an hour after taking the dose, I felt jittery.

07, 01: XX:XX Woke up with loads of energy

07, 02: XX:XX My energy is very high, almost jittery.

07, 03: XX:XX Someone told me there was an eclipse happening...my energy is really high but I feel like I'm running on pure adrenaline right now.

07, 04: XX:XX Again my energy is elevated.

07, 06: XX:XX I woke up today with a good amount of energy. I should exercise today (day 4 of 4) but I don't feel like it.

07, 06: XX:XX I have all this energy but I feel pretty scattered. I know that once I get exercising, I'll enjoy myself but I'm not motivated to even start.

07, 19: XX:XX I couldn't get to sleep last night until 4 am again. But I woke up at 10 am feeling very refreshed.

07, 20: XX:XX I'm not tired after only 6hrs sleep. I'm not hungry either.

07, 24: XX:XX I'm tired but stressed so I felt all my energy was from adrenaline today. Nervous energy. Well, I channeled it into the 5 1/2 hrs of massage I needed to do today. A productive day.

07, 27: XX:XX I was so completely wiped and full of nervous energy, I went for a drive. 2 1/2 hours later, I ended up in the country at my mum's place. The drive really put things right.

09, 00: 20:00 For the past hour, I've felt very alert/awake/excited, as if slightly tipsy. At the same time, I feel jumpy/shaky, as if I had drunk coffee! It's very unusual for me to feel this way at the end of a long day, especially since I felt tired the whole day. Now I feel really "hyper" and I've also had the urge to sing odd songs like "she got a ticket to ride" from the Beatles. I hope I'll be able to sleep tonight.

09, 01: 15:00 – it's the end of the day and I' still really alert. I'm normally exhausted at the end of the day. I had bouts of tiredness during the day but they only lasted about 105,min.

10, 00: XX:XX I have the sensation somewhere (very, very mild) in my gut/solar plexus, almost butterflies (has been for several days now)

10, 00: XX:XX I was very tired when I got home, laid down but couldn't sleep

10, 01: 12:00 My nervous system seemed more sensitized than normal (I realized after the service), like a shakiness, largely radiating from the spinal area.

10, 14: XX:XX Feel antsy, want out of the house. I went to a friend's house to help with paperwork – not as tedious as I thought. Feeling of accomplishment, glad to help.

10, 15: XX:XX Walked in the Annex, walked a lot, sang danced, chanted (at a potluck party), got home at 1 am and energy was still good – a great day. Cold symptoms were minor.

10, 16: XX:XX No dream recall. I felt good generally, considering Sunday I was out from 10 am until past 1 am.

12, XX: XX:XX Supervisor Symptom/ Experience: I saw a speaker whose a raw food guy and the guru of raw chocolate The person in front of me had a tag on her shirt that said firefly. Everyone was in a collective buzz around these super-foods. I was sipping on these drinks and feeling the buzz of green drinks and the bitter but still chocolaty nourishing cacao beans I sampled earlier. It felt like a natural high.

12, XX: XX:XX Supervisor's Experience: I got into a buzz from a show I saw on T.V. that had leprechauns, and felt like was in an altered state, highly amused.

13, 00: XX:XX I feel very spacey; light headed; giggly and giddy all evening, but as if I am removed from everything around me. Thoughts are clear in my head, but vision seems foggy – like with a frontal headache, squinting out the light feels better (NS)

13, 09: XX:XX Today I feel more energized.

13, 14: 07:15 Awake full of immense energy and clear minded even though felt awake most of the night.

13, 15: 18:00 My energy level seems to have increased, and I feel more alive by the evening.

13, 25: XX:XX Giddy feelings all evening – feel almost total opposite of last few weeks, where I was low energy and down – now I feel a high energy and giddy.

13, 04: XX:XX I feel more like myself than I have since taking the remedy. Friends and family also commented that I seem more like myself today. One friend said I don't seem "high" anymore.

14, 00: 12:00 Immediately, I felt something, better described as excitement ... However, this particular excitement soon developed into movement, constant, and slightly exaggerated. It was as if I drank 05,cups of coffee.

15, 00: 12:00 Felt an instant sense of heightened awareness and openness, and a mild "speed-like" anticipation.

15, 27: 3:34 The strength is rushing back through my veins. Energy pouring in and fluttering merrily about instead of rushing out like a sieve on a vacuum.

16, 00: 00:01 Immediately after taking the remedy, I felt 'shaky', like I didn't want to move because I would shake (my limbs, hand would shake while reaching for something) but I wasn't shaking. It felt like an adrenaline rush.

18, 01: XX:XX I usually get distracted easily and usually I get tired. I'm not very tired today.

Weakness, Lameness

02, 03: XX:XX: I'm too tired and too burnt out to continue. I also felt like this when I was so tired on Sat after taking the remedy. I wouldn't want to continue this program any longer than I had to.

05,25: XX:XX O.K. wiped out, woke up tired.

06, 01: 19:XX It's been a slow day: feel a physical, mental, and emotional exhaustion, a calmness emotionally

06, 13: 18:16 Day is done. Felt very tired all day like my eyes were dull and a little under the weather....

07, 03: XX:XX I feel mentally sharp, but my body is exhausted. If I stay up (and not nap) then I'll get a decent sleep and wake up early tomorrow.

09, 02: 15:00 I just came back home and I feel back to my "normal coming home state" which is being really exhausted. I don't feel on this sort of buzz that I've felt for the past 2 days.

09, 07: 20:00 The "alert" effect is definitely gone. I have felt tired the whole day and now that the day is over I feel even more exhausted.

10, 36: XX:XX I go to my service. There's heavy energy coming from the facilitator, great, funny stuff that makes me happy. J sang a song – when she sings, it takes you to another place. I feel drained after – achy, weak – need food. Food helps a lot. I remember: no protein, no energy.

13, 16: 20:00 I feel so tired, I'm almost hyper.

13, 32: 24:00 I collapse in bed, a sleep within 10 minutes (usually takes me 30-45 minutes to fall asleep). I sleep the sleep of the dead – exhausted.

13, 33: 15:00 I end clinic and decide not to go to work. Physically feel tired, overworked.

15, 09: XX:XX I feel very tired, downright exhausted.

Physically vulnerable/strong

05, 11: XX:XX I felt very strong physically, like a mountain and when I was swimming my arm strokes felt onto of the water.

05, 19: 18:30-19:00 ...My back felt strong and my arms were powerful and strong....

05, 21: 00:XX Stood in front of the bedroom mirror which is full length mirror and flexed my muscles. I feel more muscular than usual. I feel strong, tense, in shape and as if all my muscles are flexed. I liked what I saw in the mirror, and I liked my curves and softness around my hips and thighs. This is not a usual feeling, admiring my body.

Staring into my own eyes, with a smirk on my face, as if telling myself it was ok to admire myself!

06, 10 XX:XX Tired and a little fragile. My wrist is in a lot of pain – old war wound.

10, 37: XX:XX I had a rough time, didn't want to get out of bed. My mind goes back and forth between what may or may not happen. How can I stop it? I don't know how to proceed toward a solution. I'm vulnerable, fragile, and weak.

10, 08: XX:XX I'm feeling vulnerable to pain lately, like I have a weakened defense.

12, XX: XX:XX Supervisor's Experience: I felt more body strength...

13, 16: XX:XX Somehow I feel vulnerable, as if I can become easily hurt, or become easily sick with a cold/flu ...

13, 16: 12:405,...I have a shiatsu massage to take care of my back. The treatment knocks me out – I feel bruised and beaten up...

13, 16: XX:XX I find I am sighing a lot. I have some anxiety still in my stomach, like butterflies. I keep taking deep breaths as if to catch more air. Somehow I feel vulnerable, as if I can become easily hurt, or become easily sick with a cold/flu; I feel protective of myself emotionally and almost paranoid about getting a cold. I double up on vitamin C.

13, XX: XX:XX Supervisor's Experience: I have a fear of needling in acupuncture class and had assumed this was from a past personal experience but can now see this was possibly an effect of the remedy. By the end of my acupuncture classes I am totally exhausted by having to put needles in people and usually have a headache and am having extreme difficulty tapping the needles through the skin.

Numb/ Physically Conscious

10, 02: 0X:XX I slept extremely well with more dreaming. My body feels pretty good today. I feel a little bit numb – keeps the thinking/worrying away

12, 04: 12:05 I am feeling centered as if an anesthesia has worn off. I was high but in a funny way now I'm more conscious of my physical well being.

Cold

01, 00: 18:30 I felt more chilly than usual, and I usually like fresh air. I feel internally cold. I went to the sauna and my hands and feet were cool when I returned. I had cold feet all night.

01, 01: XX:XX All day I had cold feet, felt like ice. Today I was in a happy mood.

01, 02: 21:00 I felt chilliness today

03, 19: XX:XX I feel like my right ear has water in it. It's cold inside, as if water is dripping in

03, 20: XX:XX In my right ear I'm getting the feeling of cold air or cold water

05, 01: 07:59 Didn't remember any dreams. I was tossing and turning in the bed before finding a comfortable position to sleep. The bed sheets felt prickly, especially on my face. My body felt cold, and I was lying in the fetal position for warmth; but that didn't even warm me.

06, 02: 21:33 I've been cold and tired after a full day - emotionally happy but practical: reality touching my heart.

15, 00: 18:10 After walking briefly I noticed my ears had that cold response like a "brain freeze" in my ears - sensitive, since it wasn't that cold.

Hot

02, 03: XX:XX Today I am not feeling well. I am very tired and feel quite hot.

03, 03: 8:15 mild nausea, really hot, uncomfortable,

03, 03: 12:00 feeling flushes of heat in my face.

09, 00: 17:00 – My head, especially forehead, feels quite hot, as if I had fever.

10, 00: XX:XX I have an uncomfortable feeling – feels different than before I took the remedy – things aligning themselves, like “I’m going to take hit” – impending feeling, perhaps I’ve become more sensitized – just talking about it, I feel heat (general heat, nowhere specific), like a danger kind of heat rush

Morning Energy / No Energy

01, 04: 7:30 I have become a “morning person.” I am more sleepy at night since taking the remedy, and wake up earlier...

03, 09: XX:XX Felt kind of “vegetative” in morning – little expression, but more sad than happy, wanting to be back in bed

04, 00: 18:00 – upon waking, I noticed a buzzing in my hands that was very pronounced and I could feel an energy field around my whole body.

05, 20: 08:43 I was very tired last night, but this morning I feel energetic, also anxious. I am feeling this in my heart region. Speedy – like I need to burn this energy off.

07, 01: XX:XX Woke up with loads of energy

13, 14: 07:15 Awake full of immense energy and clear minded even though felt awake most of the night.

Old Wounds

06, 00: 12:00 take remedy – twinges in my left side where kidney pains occurred pre-surgery 1999, where there is an old scar

06, 10: XX:XX My wrist is in a lot of pain – old war wound.

Splinters, Cutting

See Extremities

HEAD

Hair Falling out, Alopecia areata

13, 06: 15:00 My hairdresser found a little bald spot on the top of my head, just to the right. He showed me the spot; it is the diameter of a pencil eraser and the hair around it is hard to pull (hopefully, this means it won't get bigger). He said this was alopecia, or hair loss from stress. He assured me that the hair would grow back. The spot was not there 4 weeks ago when he last cut my hair.

13, 09: XX:XX No physical symptoms, except the remaining bald spot on top of my head.

Heavy, tired

05, 01: 07:59 I woke up feeling as if my head was heavy, on the top of the head, out towards both sides.

05, 04: 06:57 I feel heavy in the head as if I could sleep more.

05,16: 07:50 After the children went Halloweening, our next door neighbors made a bonfire for all the neighbors on the street. I was staring at the fire and felt hypnotized. I felt re-energized rather than relaxed. My body is less sore this morning, yet I still feel tired in the head.

10, 26: 16:00 My energy is ok, but outside in the afternoon my body feels very heavy, pressure on my head (I'm pretty sure it's the weather).

Hot

09, 00 17:00 – My head, especially forehead, feels quite hot, as if I had fever.

Sensation of a hat

03, 13: XX:XX I got a sensation of hat still being on my head

Sensation of a Bird

14, 00: 12:20 Then this became slightly exaggerated, where now, my head began moving side to side, as well as my eyes darting around, and an image came to mind: I was a white pigeon or dove. My eyes were on the side of my head and I had to keep my head moving this way and that just so I could see what was going on all around me

HEAD PAIN

06, 03 14:00 – 17:00 I'm feeling a bit **nauseous, headachy**. Lie down for an hour – much **better on getting up and having a cup of tea**. Am I detox-ing?

06, 05: 11:11 I **woke up with a headache**, slept a little better. Got mixed up yesterday – thought it was Thursday and tried to go to a pilates class.

06, 05: XX:XX Still headachy, emotionally even, feel like I'm searching. Still no clarity in dreams: there was something going on in the early morning hours but it was unclear and nebulous – too much red wine last night?

10, 07: XX:XX I had a headache all day

10, 13: 11:24 I've had a headache in the top left extreme on the **inner top** of my skull, especially felt **when tipping** my head.

16, 02: XX:XX Woke up feeling tired with a headache (not that abnormal).

Pounding

05, 19: 15:38 I felt a headache, gentle pounding across my left side.

Pressing

12, 00: 14:00 I got a headache that felt like a vice. There was pressure in the upper part of my head from the top of my teeth up.

12, 02: 15:45 I have that same pressing feeling as if there are fingers inside my mouth pulling. At the top of my head I feel this pressure. I'm also getting this feeling in the chest, like my breasts are tingling, as if I'm lactating. The head pressure comes and goes all the time. I still have a domestic streak, doing laundry and putting away summer clothes.

13, 00: 13:15 A headache develops suddenly, over eyes; felt pressing, sore; caused me to shut my eyes. Rubbing my temples on both sides helped. Headache went away about 1 hour after drinking sips of water (NS)

14, 00: 19:15 I started detecting a pressure headache – frontal and irritating – from behind the eyes, which is usually common due to precipitation or when barometric pressure is low.

15, 36: 2:00 I ponder the pain in my head between my eyes, my temples have the need to release his energy

Rubbing ameliorates

13, 00: 13:15 A headache develops suddenly, over eyes; felt pressing, sore; caused me to shut my eyes. Rubbing my temples on both sides helped.

Sharp

13, 03: 7:30 I awoke with a sharp pain in my head over my left eye; it gradually began to feel like a dull throbbing ache.

Sinus

01, 00: 10:00 I felt a sinus headache and congestion.

03, 01: 01:00 had R maxillary sinus pressure pain that I went to bed with

Throbbing

13, 03: 13:30 Head pain is throbbing, achy, forehead feels hot to touch; better when I apply something cold (a water bottle in this case). (NS)

VERTIGO, DIZZINESS

02, 07: XX:XX I worked all day today then went out with a friend who I rarely get to see. I had such an incredible night. I love those interactions with people that are so strong where you feel so connected. I felt like I could talk and talk all night about serious and fairly profound things. At several points in the night though I felt like I was almost drunk – like the kind of feeling you get towards the end of the night when you are just about to crash. I even felt a bit dizzy and later almost knocked over dishes at my table because of lack of proprioception and **clumsiness**.

05, 13: 18:35 I feel so sore on the left side of my whole body. I feel as if I am coming down with the flu. I have been **dizzy** all day.

05, 29: XX:XX I went to an IMAX movie with the family. I got very very dizzy during the movie. I felt extreme motion sickness the whole day after the movie. I had to lie down in bed, and I could not even lift my head off the pillow. I threw up, had diarrhea (I thought it was because of the onions I ate with lunch, and also at the restaurant it smelt like rubber tires and that gave me a terrible headache). The movie was Polar Express, and I felt like I was on a roller coaster the whole day. Very **motion sick**.

13, 10: 17:00 While walking, I **sloped a bit to the right**; feeling a little dizzy.

13 10: 20:00 Dizziness is stronger (OS), feels like slight vertigo while walking. I had to grab onto something as it felt spinning. In the past taking B-complex vitamins seemed to ameliorate. I take a nap and then feel better.

13 20: 19:00 One glass of wine before dinner makes me feel immediately light headed. Feel dizzy and **tipsy**.

Vertigo, Open air ameliorates

13, 00: XX:XX The funny lightheadedness was accompanied by slight nausea all afternoon, until I left class (like a slight vertigo). Fresh air immediately made me feel better; walked for a while in the drizzle and cold to clear my head. (NS)

EYES

Burning, Lachrymation, Photophobia

05, 17: 08:07 My eyes were burning when I opened them.

06, 09: XX:XX In general I feel a full kind of response to this remedy, like my eyes fill with tears at the slightest thing.

10, 21: XX:XX Eyes burning (from the lights).

10, 19: XX:XX Vision is off, fuzzy. Seem to be extra sensitive to light-symptom of high blood pressure?

With Headaches

13, 03: 07:30 I awoke with a sharp pain in my head over my left eye.

13, 03: 13:30 Headache spreads from over my eyes to back of head. Feel better closing my eyes.

13, 03: 3:15 A headache develops suddenly, over eyes; felt pressing, sore; caused me to shut my eyes.

14, 00: 19:15 I started detecting a pressure headache, frontal and irritating from behind the eyes.

Sore

13, 13: XX:XX My eyelids feel sore. Its like when you get a sty on your eye – there's no sty – but its sore.

13, 17: XX:XX I still feel cold symptoms – sore eyes, slightly sore throat – but these symptoms just linger, come & go no actual cold breaks out.

Pigeon/Dove eyes

14, 00: 12:20 I was a white pigeon or dove. My eyes were on the side of my head and I had to keep my head moving this way and that just so I could see what was going on all around me – alert with clarity of thought. I was on the watch, on the move, fully aware and on guard for something negative to happen. But nothing happened.

VISION

Foggy

10, 19: XX:XX Vision is off, fuzzy. Seem to be extra sensitive to light-symptom of high blood pressure?

13, 00: XX:XX Thoughts are clear in my head, but vision seems foggy (like with a frontal headache) squinting out the light feels better.

EAR

Soft Pain

18, 02: XX:XX I have a bit of an ear ache. It's a soft pain that aches inside a little bit – the left ear.

Closed in

03, 03: XX:XX I'm feeling dreamlike today, like there's a distance between myself and others, as though my ears were plugged, like I had to strain to hear them, as if my ears needed to pop. I felt distance as if I was not affected by the words.

10, 13: XX:XX Cold in full bloom-feels like head is stuffed with something. Left ear is plugged, feels slightly swollen, blocks and unblocks itself, with sense of being closed in (with the weather)

15, 13: 11:24 I found a way to "feng shui" my bed and felt an instant relief of pressure on the outside of my ears.

Sensation of Cold air/ Cold Water/ Brain Freeze

03, 19: XX:XX I feel like my right ear has water in it. It's cold insides as if water is dripping in.

03, 20: XX:XX In my right year I'm getting the feeling of cold air or cold water.

15, 00: 18:10 After walking briefly I noticed my ears had that cold response like a "brain freeze" in my ears – sensitive, since it wasn't that cold

HEARING

03, 03: XX:XX I'm feeling dreamlike today, like there's a **distance between** myself and others, as though my ears were plugged, like I

had to **strain to hear them**, as if my ears needed to pop. I felt distance as if I was not affected by the words.

10, 28: XX:XX My ears were **ringing** as I tried to fall asleep.

17, 03: 16:50 Today I'm a little more **sensitive to** noise. **Loud noise** SPECIFICALLY noticed more for the past couple of days and wanted it to stop.

NOSE

Sneezing

06, 13: XX:XX A little bit of allergy sneezing for a few days now.

Congestion

01, 04: 7:30 I have congestion waking up.

09, 05: 9:00 I also woke up this morning with a stuffed nose and feeling as if I was coming down with a cold

09, 05: 22:00 I don't feel like I'm getting a cold anymore and my nose wasn't stuffy for the rest of the day.

17, 10: XX:XX It started with a little sore throat, and now just nasal congestion.

Epistaxis

13, 20: 09:00 Nose bled after my shower, stopped within 5 minutes- dark red blood tapering to watery red.

13, 24: 07:30 Another nose bleed after my shower-again it doesn't last long

13, 26: 7:00 I wake up to a nose bleed. I didn't realize I had a nosebleed so often. There was a period of time my nose would bleed from dryness in the past then it stopped since I got on new vitamins. Nothing has changed to bring it on. It is odd it has come back but it hasn't lasted long. In the past it would gush. Now it would bleed a little and then stop. It bled upon waking and made me feel foggy headed half the morning.

SMELL

Intense Smells: pungent, rubber, asparagus-like

03, 01: XX:XX Also more pungent vaginal odour – smelly urine (kind of like asparagus)

05, 29: XX:XX Also at the restaurant it smelt like rubber tires and that gave me a terrible headache

13, 02: XX:XX Since Saturday night, I intermittently smell an odour like cat pee. I'll get a whiff of this strong, pungent, acrid, sharp scent. No one else seems to smell it. When I try to locate a source, it is suddenly gone. I have not cats. At my friend's house Saturday night, I didn't smell it and she has cats. First smelled it at the restaurant for dinner Saturday night – thought it might have been the waiter – maybe he stepped in something. But it didn't last. I smelled it again Sunday night as I got into bed. Was even inclined to check my own odour and partners, and I didn't smell a thing on us.

15, 05: XX:XX More intense smells.

16, 00: XX:XX Urine was very strong smelling, musty ammonium/asparagus smell.

16, 01: XX:XX Urine still malodorous, but not as strong.

16, XX: XX:XX Supervisor Symptom: Strong odor of urine

FACE

03, 01: XX:XX I was told that I look **pale**

03, 01: 20:00 feeling **parasthesia** below lower R lip

03, 03: 12:00 feeling **flushes of heat** in my face

03, 12: XX:XX I'm finding it hard to smile, find that my face can sit for a long time with **no expression**

07, 24: XX:XX I woke up with a really **sore jaw** from (probably) **grinding** my teeth in the night

Sinus

01, 00: 10:00 I felt a sinus headache and congestion.

01, 02: 21:00 I am more sleepy and have had sinus congestion throughout the day

01, 03: XX:XX The sinus congestion has gone away

03, 00: 01:00 had R maxillary sinus pressure pain that I went to bed with

Acne

03, 00: XX:XX I broke out with a large pimple on my chin today

03, 05: XX:XX The acne around my chin is clearer today aside from that large pimple I got on Day 00

03, 19: XX:XX My face is breaking out: chin & forehead

16, XX: XX:XX Supervisor Symptom: Acne

MOUTH

03, 00: 12:05 A few minutes after taking the remedy, I had mild nausea and felt **saliva** in my mouth. I spat out a few times but never actually vomited.

04, 00: XX:XX Before falling asleep, the underside of my **tongue** felt "**energetic**" and this feeling extended to the side of my cheeks.

12, 02: 15:45 I have the same pressing feeling **as if** there are **fingers inside** my mouth **pulling**.

Cold sores

02, 26: XX:XX Cold sores on my mouth – I haven't got them in a long time(before summer). I am prone to get them in very stressful situations (1 every 2 weeks)

05, 02: 6:06 Herpetic eruption-corner of mouth left side. Not itchy.

05, 04: 6:57 The herpetic eruptions seem to be healing fast-they are already scabbing over which usually takes me about 7 days.

13, 17: XX:XX Supervisor Symptom: got many massive cold sores on my lower lip-on the right side extending into the middle of the lower lip. It started out with 2 on the right side, quite big and massive ones and then when I treated them, it didn't matter and more erupted but this time in the middle of the lip.

TEETH

Sensitive

01, 00: 09:30 My teeth felt more sensitive, tingling.

03, 01: XX:XX My lower molars are very sensitive, while brushing teeth, like they were coming in.

Pressure, Clenching

07, 24: XX:XX I woke up with a really sore jaw from (probably) grinding my teeth in the night

12, 00: 14:00 There was pressure in the upper part of my head from the top of my teeth up.

THROAT

Sore

10, 29: XX:XX I woke up with a sore throat on my birthday and though "great present I gave myself" all because I didn't listen (leaving when I felt like it, the brownies etc)

10, 30: XX:XX My sore throat seems much better

13, 17: XX:XX I still feel cold symptoms: sore eyes, slightly sore throat – but these symptoms just linger, come and go – no actual cold breaks out.

17, 10: XX:XX I have a bit of a cold I think it is almost gone now. It stated with a little sore throat.

Sensitive, Dry, Raspy

10, 34: XX:XX I caught a chill and throat felt sensitive

10, 34: XX:XX throat hurts, feels dry and raspy.

Swollen

13, 09: 22:00 I **cough** when **speaking**, my throat feels a bit swollen, like a cold coming on

13, 13: XX:XX Cold symptoms like in the back of your throat not quite sore. It is more difficult to swallow.

EXTERNAL THROAT

06, 35: XX:XX Today I was aware though of a **strange sensation** in my neck and shoulder of the sort **that frightens me** about my health and mentioned earlier in this process.

Sore Neck

07, 02: XX:XX Woke up with a really sore neck which rarely happens.

10, 08: XX:XX I had a very sore neck and back and could hardly support myself while sitting very uncomfortably. Afterwards, I go for a walk and feel much better.

10, 23: XX:XX Neck is pretty sore

10, 31: XX:XX I'm sore in my neck.

10, XX: XX:XX Pain from my shoulder blades, up the side of the neck, constant and couldn't turn my head to the right.

15, 30: 17:50 I'm sore, deeply in my shoulders, arms and neck.

Cracking

02, 03: XX:XX My neck cracks every time I turn it.

10, 24: XX:XX Sitting down, moving my neck afterwards I had a huge adjustment.

14, 11: 03:30 Anyway, when I finally awoke at one point in the middle of the night, I felt that I had snapped something in my neck. What a strange feeling. My neck was now flimsy and weak. I tried to roll over and get back to sleep but kept waking up repeatedly in discomfort. In the morning, I couldn't turn my head to the right and without some pain and discomfort.

Lameness

10, 08: XX:XX I had a very sore neck and back and could hardly support myself while sitting very uncomfortably. Afterwards, I go for a walk and feel much better.

14, 11: 03:30 Anyway, when I finally awoke at one point in the middle of the night, I felt that I had snapped something in my neck. What a strange feeling. My neck was now flimsy and weak.

TASTE

05, 11: XX:XX When I left the hospital, I opened my mouth and started to gulp the air. I tasted the dried fall leaves on my tongue; I was making a loud gulping sound, breathing in the fresh air which **tasted** like **leaves**.

06, 01: XX:XX Eating differently—**enjoying** new tastes

07, 00: XX:XX Noted a peculiar/**metallic** taste-almost like an empty-stomach-but-had coffee feeling.

7 11: XX:XX Again, my appetite is really minimal right now. I had a sandwich at midday because I don't want to be snacking at midnight sort of thing. But I'm **not** really **enjoying** eating or the actual taste of food these last 2 days.

STOMACH

Appetite

Increased, Ravenous

02, 00: XX:XX I was very hungry, which is strange: craving Quizno's (fast food sandwiches) & cheese...

02, 00: XX:XX I felt agitated as I left the meeting as I was beginning to feel quite hungry and knew that there were a few things that I wanted to get done before I went home. I was more agitated than usual at the traffic and the hypoglycemia seemed to be increasing rapidly.

2, 00: XX:XX I thought to myself that I would really like someone else to go and get me some food since I was tired and agitated and just wanted to go to sleep

05, 27: 15:00 ...At that time I was ravenous

06, 13: 18:16 ...Ah well I'm hungry and tired and he claims he didn't buy any liquor so he's probably tired and hungry too...

07, XX: XX:XX Supervisor's Experience: Eating a lot.

09, 01: 10:00 – I am really hungry which is quite unusual. Normally I feel slightly hungry at 10am during class, but I manage not to eat until 1pm. Today I'm starving and had to eat.

10, 36: XX:XX I feel drained after – achy, weak – need food. Food helps a lot. I remember: no protein, no energy.

16, 00: XX:XX I felt like I was starving, so I ordered *two* meals (sick!). I wanted grease, beef, fat.

16 03: XX:XX I've been really hungry, but could be normal part of my cycle – my appetite usually increases around ovulation. It might be more intense, though.

17, 30: XX:XX I had a lot of treats. There was a bake sale I indulged three times.

Wanting

03, 11: XX:XX I had no appetite today.

03, 12: 06:30 I had an initial hunger – but it quickly disappeared.

03, 13: XX:XX I still had no hunger today.

03, 17: XX:XX I have little appetite again.

03, 18: XX:XX no hunger

05, 27: 00:XX Did not feel hungry in the morning.

07, 10: XX:XX My appetite has been really low today even though I walked to & from work. I should be craving a bit more food, right?

07 11: XX:XX Again, my appetite is really minimal right now. But I'm not really enjoying eating or the actual taste of food these last 2 days.

07, 12: XX:XX What's going on with my appetite lately? I usually wake up at my regular time and crave a substantial breakfast, usually involving protein as it keeps me going for hours and hours. But I just don't feel like it. I have the usual coffee with cream and then I'm full. I hate not eating breakfast as it leads to bad food choices later on.

07, 14: XX:XX Not hungry this morning again. Went without breakfast.

07, 20: XX:XX I'm not hungry after 6 hrs of sleep.

07. 22: XX:XX My appetite is low again.

07, 23: XX:XX I don't want to get sick just because my appetite is suppressed right now.

08, 02: XX:XX I woke up and I wasn't hungry at all. I am usually hungry right when I wake up.

10, 27: XX:XX I'm not monitoring my needs for food properly, start to feel depleted and more sensitive later in the day. I have a meal around 9:30 p.m. and then I feel fine to eat.

13, 02: XX:XX Loss of appetite most of the day – felt hunger pains, but no real desire to eat.

13, 13: XX:XX General loss of appetite.

13, 16: XX:XX My appetite has been low overall. I eat 1-2 times a day, mostly snacks. More because I tell myself I must eat, rather than because I feel hungry.

13, 18: 17:00 A very long day with no time to eat. No real appetite anyway.

Thirst

01, 00: 18:30 I have been thirsty for **water**.

01, 01: XX:XX I continued to be thirsty today, not a sharp thirst yet thirsty all day and yesterday.

03, 15: XX:XX I'm feeling little thirst.

10, 06: XX:XX I drank water and **felt better** and waited.

Nausea

02, 08: XX:XX I felt nausea. I felt like I was hung over although I hadn't had anything to drink the night before.

02, 09: XX:XX I went to class today and felt nausea because I didn't get a lot of sleep last night.

03, 00: 12:05 A few minutes after taking the remedy, I had mild nausea.

03, 01: 04:30 I'm getting extreme nausea.

03, 01: 07:30 Really nauseous and spat up

03, 01: 11:30 Nausea throughout night ended > **eating**, especially salty foods and bread.

03, 03: 8:15 mild nausea, **really hot**, uncomfortable.

03, 03: XX:XX I felt like I've been getting **morning sickness**.

03, 09: XX:XX Feeling a little nauseous this morning.

05, 30: XX:XX I felt extreme **motion sickness** the whole day after the movie. I had to lie down in bed, and I could not even lift my head off the pillow. I threw up.

06, 03: 14:00 – 17:00 I'm feeling a bit nauseous.

08, 02: XX:XX After lunch today I was feeling a little bit nauseous after feeling really full (a half hour to 45 minutes after I ate) – unusual.

10, 28: XX:XX Eating those brownies was a mistake.

13, 00: XX:XX Slight nausea all afternoon, until I left class (like a slight vertigo). **Fresh air** immediately made me feel **better**

13, 01: XX:XX:XX Supervisor's Symptom: Initially I experienced nausea right after taking the first diary intake of the prover who had also had nausea. It cleared in about an hour.

Anxiety

03, 14: XX:XX I'm getting a nervous feeling in my stomach.

03, 17: XX:XX I've been having a nervous feeling in my stomach, like butterflies.

Pain

12, 05: 19:45 I'm getting a sharp pain in my stomach, as if somebody was pulling their fingers through my stomach, an uncomfortable pressure.

16, 04: XX:XX Serious stomachache afternoon

ABDOMEN

Cramping

5, 00: 19:05 Feeling of intense abdominal cramping around the navel region: worse fresh garlic, a lot of flatulence.

10, 33: XX:XX started to bawl, getting cramps from physical convulsions of the sobs.

Sensations

10, 00: XX:XX I have the sensation somewhere (very, very mild) in my gut/solar plexus, almost **butterflies** (has been for several days now).

13, 01: 21:00 It feels as if there is a **lump** in my belly; more of an **emotional** state than real physicals. (NS)

RECTUM

Constipation

03, 03: XX:XX No bowel movement today with no urge to go.

03, 06: XX:XX Had no bowel movement, no urge.

13, XX:XX:XX Supervisor's Experience: Few days of constipation which is extremely unusual for me.

13, 13: XX:XX Also, generally constipated.

13. 17: XX:XX Still generally constipated (going every other day).

Diarrhea

05, 29: XX:XX Had diarrhea.

Borborygmus

16, 01: XX:XX I had excessive stomach noises (no abnormal or notable sensation) mid afternoon.

STOOL

03, 00: 19:00 Was getting **loose** stool with some undigested food in it – feeling of incomplete voiding.

13, 13: XX:XX When it comes, it's **soft** and **light brown**.

BLADDER

03, 24: 05:00 had this idea that I had a UTI – that I “saw **blood**” I my urine.

13, XX:XX:XX Supervisor's Experience: Have had a **urinary tract infection** with abdominal pain.

KIDNEYS

06, 00: 12:00 take remedy – **twinges** in my left side where kidney pains occurred pre-surgery 1999, where there is an **old scar**

10, 31: XX:XX I'm **sore** near the right kidney area.

13, XX:XX:XX Supervisor's Experience: Have had a urinary tract infection with **abdominal pain** and **back pain**.

URETHRA

16,02 XX:XX After urinating, I felt the sensation of a bladder infection – discomfort, **burning** mild **pain** in my urethra. Lasted approximately 5 minutes.

16, 04: XX:XX I got the bladder infection sensation again.

URINE

03, 01: XX:XX **Smelly** urine (kind of like **asparagus**).

03, 24: 05:00 had this idea that I had a UTI – that I “saw **blood**” I my urine.

16, 00: XX:XX Urine was very **strong smelling, musty ammonium / asparagus** smell.

16, 01: XX:XX Urine still **malodorous**, but not as strong.

16, 04: XX:XX Urine was malodorous off and on.

16 XX:XX:XX Strong odor of urine.

FEMALE

03, 01: XX:XX Getting some **burning** and discomfort **during intercourse** (never occurred before); also more **pungent vaginal odour**.

03, 03: XX:XX Period started and is a **week early**.

03, 06: XX:XX I got my period and am getting **bad cramps** (unusual), also **pains in labia majora** and **achy in area of Sp4 (groin)**, **> bent double**, a few very **large purple clots** (unusual).

03, 10: XX:XX My period is **still going** since 6 days ago, **very light**, brown in colour.

03, 11: XX:XX I'm still getting **brown discharge in pieces** (period?)

05, 17: 08:07 I woke up with my period which is **early**. I have **intense lower back pain (cramping)**.

12, XX: XX:XX Supervisor Symptom: I was getting what seemed like menopausal **hot flushes** more extreme and lengthy – 24/7 – than I had ever had before. It was associated with some **emotional anxiety** relative to a relationship: is it supposed to go on? Clearly I had emotional obstacles to rekindling it. I was sweating a lot, very thirsty. It felt like a detox. It was very upsetting. I was **crying** every day.

13, XX:XX:XX My period did seem to come **later** than usual and seemed to flow differently-I think it was heavier.

13, 02: XX:XX My menstrual flow has started. It has been wacky for months, stopping and starting, with intense cramps once the flow starts full-blown. Yesterday my flow started with **no cramps, headache or tired feelings** (OS gone?).

13, 06: XX:XX I have **vaginal dryness**, with some itching. No discharge, no odour. It felt a little dry yesterday, but today accompanied by **itchiness** (NS).

13, 28: 24:00 My **sexual energy** is back! – returned this week with my higher energy. Has been **very low** since the start of the proving – no desire overall.

13, 40: XX:XX I realized my **period became regular**, and hasn't been for a long time.(Curative)

13, XX: XX:XX Supervisor's Experience: My period did seem to come **later** than usual and seemed to flow differently: I think it was **heavier**.

16, 31 XX:XX My last menstrual period **regularized to 28 days** (I'm usually about 25 days).(Curative)

16, 31 XX:XX The period before last, my **blood** was very **thin** and **bright red**.

RESPIRATION

03, 00: 12:30 felt a small, focal area of **pain** ~ T8 on R side between my ribs < **inspiration**.

05, 11: XX:XX When I left the hospital, I opened my mouth and started to gulp the air. I was making a **loud gulping** sound, breathing in the fresh **air** which **tasted like leaves**. I was making an animal sound.

13, 01: 21:00 Class mate pointed out he noticed I was **sighing deeply** all day, which he's never heard me do before. I didn't notice, but now am conscious of it.

13, 20: 08:00 Woke up feeling tired. Sleep was very restless; felt as if I didn't sleep all night. On waking, I feel like my heart is palpitating (like arrhythmia) – beating very fast, as if it will burst out of my chest. It made me feel like I **couldn't get enough air**.

COUGH

02, 03: XX:XX This feels like another peak in my peaks and valleys of **feeling sick**. I actually coughed a couple of times.

06, 11: XX:XX D is buckling down but he has a terrible cough and can't seem to separate from the smoking.

13, 17: XX:XX I still feel **cold symptoms** – sore eyes, slightly sore throat – but these symptoms just linger, come and go – no actual cold breaks out. Everyone around me seems to be coughing and sneezing, with raspy throats. My system seems to be fighting it.

14, 10: 16:30 Got home late because I had decided that my boy was starting to cough a little too much to allow him to go to school the next day. Kept him in due to coughing, but no fever.

14, 11: 08:00 Called the school to say that my boy was going to be absent that day, due to excessive coughing.

SPEECH AND VOICE

10, 06: XX:XX I **can't string words** together properly in a sentence.

10, 06: 16:00 At the (spiritual) center I share with B and a new person M. He spoke so little and quietly I had to strain to hear him. I finally asked if he'd like to hear directly from our spiritual teacher via video so that he make his own interpretation. However, when I was **speaking** I was surprised at the **clarity** coming through as if someone else spoke. I felt the other person there was giving too much information too fast for a newcomer and it made me feel uneasy.

13, 09: 22:00 I **cough** when **speaking**...

17, 01: 15:00 Supervisor report: To me he seems very neutral, calm, **almost sedated** with a **deep voice**.

CHEST

12, 02: 15:45 I'm also getting this feeling in the chest, like my breasts are tingling, **as if I'm lactating.**

Shooting pains, Cramp-like pains

01, 00: 10:00 Then I experienced a shooting pain in my heart, and my right wrist, and then the pain radiated to my fingers.

03, 00: 12:30 I walked to Walmart, and felt a small, focal area of pain ~ T8 on R side between my ribs < inspiration.

05, 00: 12:30 Immediately after taking the remedy, I felt a cramping sensation under both breasts. I took my jogging bra off to relieve the pressure.

05, 05: 20:00 Cramp-like stabbing pain under my ribs while walking.

06, 11: XX:XX Having pins and needles on left heart side, perhaps the energetic Pilates opened it up, but there's a weak feeling in both arms and across the upper back.

10, 24: XX:XX Sitting in an uncomfortable chair and had a cramp in my left chest. On the way home, had a craving for something sweet and bought a large chocolate bar – the discomfort completely went away.

Nervous, Anxiety in chest, Palpitation

03, 14: XX:XX I'm getting a nervous feeling in my stomach and heart

05, 20: 08:43 I was very tired last night, but this morning I feel energetic, also anxious. I am feeling this in my heart region. Speedy – like I need to burn this energy off

03, 17: XX:XX some heart palpitations

05, 15: 17:23 Tonight with Halloween, I feel my heart thumping in my chest. I feel excited.

10, 04 00:XX I noticed today what I'm certain has happened over the past few days. First time I noticed lying in bed this morning. I sighed, more like involuntary, and then a fluttering sensation in my chest, perhaps lungs or upper thorax. It wasn't unpleasant, it was a sensation I'm normally not aware of.

13, 20: 08:00 On waking, I feel like my heart is palpitating (like arrhythmia) – beating very fast, as if it will burst out of my chest. It made me feel like I couldn't get enough air.

BACK

03, 17: XX:XX I'm getting back pain, **upper thoracic** – got Carver adjustments

03, 18: XX:XX My back is bothersome: feels like a **rib is out**, went back to clinic for adjustment

05, 17: 08:07 I woke up **with my period** which is early. I have intense **lower back pain** (cramping).

05, 18: 00:23 Intense lower back pain with my period. It is early.

06, 11: XX:XX Having pins and needles on left heart side, perhaps the energetic Pilates opened it up, but there's a **weak** feeling in both arms and **across the upper back**.

10, 01: 12:00 My nervous system seemed more sensitized than normal (I realized after the service), like a shakiness, largely **radiating from the spinal area**.

13, 34: 10:30 Later in the morning, I am standing in the kitchen doorway at work, **rubbing** my back against the door frame. I feel like I have **knots** in my back, and this **feels good**.

14, 03: 10:00 While doing a couple of routine floor exercises, for some unusual reason, I **pulled** a back **muscle**. This hasn't happened to me in over 8 years. Very unusual. I was not exerting myself. Began taking Arnica to help repair whatever damage was done.

Neck and shoulders

02, 03: XX:XX My neck **cracks** every time I turn it

03, 00: 12:30 I also noted some **tenderness** in **R shoulder**.

06, 35: XX:XX Today I was aware though of a **strange sensation** in my neck and shoulders, of the sort that frightens me about my health and mentioned earlier in this process.

07, 02: XX:XX **Woke up with** a really **sore neck** which rarely happens.

10, 23: XX:XX Neck is pretty **sore**

10, 24: XX:XX Sitting down, moving my neck afterwards I had a huge **adjustment**.

10, XX: XX:XX Pain from my shoulder blades, **up the side of the neck**, constant and **couldn't turn my head** to the right.

10, 31: XX:XX I'm sore near the **right kidney** area and in my **neck**.

14, 11: 03:30 Not sure what time this happened at, but it appears I did something very strange in my sleep and **threw out a tendon** in my neck. This has been happening a little too much lately. THIS NEVER HAPPENS TO ME! Anyway, when I finally awoke at one point in the middle of the night, I felt that I had **snapped** something in my neck. What a strange feeling. My neck was now **flimsy and weak**. I tried to roll over and get back to sleep but kept waking up repeatedly in discomfort. In the morning, I couldn't turn my head to the right without some pain and discomfort.

15, 38: 17:50 He's putting the baby down: a moment of peace. I'm **sore, deeply**, in my shoulders arms, and neck.

Right-sided pain

10, 18: XX:XX Right side of low back is sore, improves as the day goes on.

13, 02: 8:00 While taking my shower, I noticed that my right scapula was aching – and old pain that I thought was gone for good after vigorous treatment last year. I stretched it out, but can still feel a stitching sore pain. (OS returned)

13, 02: 12:26 My back is still sore. Pain has gotten **sharper**, very achy and sore. Colleague at work tried to get at the painful part with her hand to press it – under my scapula, but it's hard to get at.

13, 02: 22:00 Sharp pain in my back, right scapula, has returned. It feels very sore; when I tried to reach for a glass of water from bed, felt a sharp shooting pain under my right scapula.

13, 03: 17:00 I still feel an ache in my right scapula, but no sharp pains.

13, 03: 21:00 Back scapula pain is almost gone. It feels like a lighter stabbing pain; it is not localized anymore, but seems to **radiate** more and **aches**

13, 13: 8:00 Wake with slight back pain in the right scapula. It is not intense as previous, but a slight nagging ache – continues throughout the whole day. Could be because I have spent a lot of time on the computer at work and home.

14, 09: 01:30 While I slept, I did something strange, and somehow threw out a muscle along the lower right part of my back, the same area that was affected days back.

EXTREMITIES

16, XX: XX:XX Supervisor Symptom: **Swollen inguinal lymph nodes** and a lot of pain.

Coldness

01, 00: 18:30 I went to the sauna and my hands and feet were cool when I returned. I had cold feet all night.

01, 01: XX:XX All day I had cold feet, felt like ice.

10, 28: XX:XX I didn't sleep well because my feet were really cold. Eating those brownies was a mistake.

Rash, Eczema, Boils, Blisters, Hangnail

01, 02: XX:XX I also felt a lump in my knee and red rashes behind my knees, behind the right leg. Maybe new boots?

01, 03: XX:XX The knee bumps are getting better.

02, 26: XX:XX Now I have eczema (5x3 cm) on top of 5th metatarsal and the big toe, but it looks different than the fungal infection that I had during the summer.

02, 26: XX:XX I have small boils on my legs (bilateral) along the SP channel. I had this before, and the skin stays red.

02, 27: XX:XX: I still have the rash on my foot and the boils on my leg.

02, 34: XX:XX: The boils on the legs are gone; rash on foot is improving.

16, 03: XX:XX I got a strange waterless blister, very tiny, on my little finger of my left hand. It came out of no where – I've never had anything like that before, particularly without any preceding friction or trauma. The skin was very white, and when I picked it off, the skin was blemish-free, like the 'blister' never happened.

16, 23: XX:XX I have been getting lots of hang nails on both hands – dry weather?

16, 23: XX:XX A blood blister turned up spontaneously on my right hand, at the corner of the nail of my middle finger. It was perfectly round, the blood underneath dark brown.

16, 31: XX:XX Blister-like folliculitis on my ring finger of my left hand.

Numbness, Lameness, Buzz, Trembling

03, 00: 18:45 I felt a mild paraesthesia in L hand – 4/5th fingers and lateral aspect of palm.

03, 01: 20:00 feeling parasthesia below lower R lip, also in R outer hand

03, 02: 9:45 I'm starting to get a paraesthesia in right outer hand.

03, 03: 830 L hand paraesthesia, then R hand onwards

03, 05: XX:XX I'm still getting parasthesia now just right-sided in the ulnar nerve part of my hand

03, 13: XX:XX I am getting major L hand paraesthesia

03, 04: XX:XX I had the left sided paraesthesia transiently

04, 00: 18:00 – upon waking, I noticed a buzzing in my hands that was very pronounced and I could feel an energy field around my whole body.

03, 02: 8:30 While walking I can feel my right patella; feel it slipping out of place and popping back in

03, 02: XX:XX I went for a run: both knees felt weak, like patella will slip - < right one

03, 05: XX:XX My right knee is still bothering me (feeling weak) during the night

03, 17: XX:XX I have the sensation of my right patella slipping

03, 20: XX:XX My right knee is buckling a bit

03, 23: XX:XX My right knee is buckling

06, 11: XX:XX there's a weak feeling in both arms and across the upper back.

16, 00: 00:01 Immediately after taking the remedy, I felt 'shaky', like I didn't want to move because I would shake (my limbs, hand would shake while reaching for something) but I wasn't shaking.

Splinters, Cutting, Stubbing

14, 03: 12:30 As luck would have it, just before leaving to go, I put my hands on the ground to test out my back and got stabbed with a piece of glass that was lying around on the floor. A day later, I discovered that my friend L had also stabbed herself with some glass lying around on the floor, at almost the exact same time I did.

15, 15: 11:42 Cut baby finger slicing off small pieces of the side of my right baby finger. Then cut it on a red glass which was the one that D served me the last of the wine last evening – not really bleeding – interesting.

15, 28: 23:10 As I glanced over to see him curled up on the couch, I wiped the counter blind – slice – I ripped a gash in the top of my second finger and began to bleed. Symbolic I thought. I 'perpenced' I let it bleed. It coagulated rather quickly. Before, it ran. It only filled my nail. The cut was shaped like the new moon

09, 25: 18:00 I bumped my right small toe in my couch. It was extremely painful (I took some arnica right away though 3 granules 30C) and now my small toe is very swollen and bruised, I can't really walk. This has never happened to me before.

09, 27: 15:00 – my toe feels better, I've continued taking arnica.

09, 17: 11:00 I was walking in the lecture theater today when a very small wooden splinter got stuck in my left index finger. I removed it on the spot, but found it odd to get a second splinter in just one month when I normally never get them.

09, 30: 16:00 I was scraping something on the floor with my nail when this piece I was trying to scrape went flying under the nail of my left big finger. Lots of pain! I am finding that I am having a lot of toe/finger 'accidents' this month.

09, 10: 19:00 My big toe on my left foot was somewhat painful today, and when I looked I saw that there was a really tiny splinter in it. I removed it quite easily.

15, 01: 14:50 Glass bits in my foot from an unusual location. Later, I met with my supervisor who thought it was odd – the glass shards – as she shows me tape on her palm covering where she had gotten glass in her hand just before 3 p.m.

EXTREMITY PAIN

05, 00: 12:30 I felt a **throbbing** on the inside of my left elbow. This throbbing sensation lasted 5 minutes.

06, 10 XX:XX My wrist is in a lot of pain – **old war wound**.

Shooting, Sharp, Tingling

01, 00: 10:00 Then I experienced a shooting pain in my heart, and my right wrist, and then the pain radiated to my fingers.

05, 40: XX:XX My middle finger on my right hand feels tingling and very painful.

10, 23: XX:XX ...and sciatic nerve in upper left thigh.

16, 02: XX:XX Momentary sharp pain in my right thigh (stabbing).

Soreness

01, 05: 05:45 I have sore joints and feel sore in my left wrist.

10, 22: XX:XX Left hip sore from too much sitting yesterday.

10, 23: XX:XX My hip is still sore. I go for a walk in the park, see a woman with 2 dogs, one of them rescued from the street in the Caribbean. The dog had a broken foot, quite bent, even though it had been set. It was friendly, good temperament. The walk felt good,

loosened up my hip. Neck is pretty sore and sciatic nerve in upper left thigh.

15, 38: 17:50 He's putting the baby down: a moment of peace. I'm sore, deeply, in my shoulders arms, and neck.

Cramping

16, 02: XX:XX Had a strange cramp in my right ankle while I was walking, with overwhelming sensation that the tendons needed to be cracked. When I rotated my foot and cracked the achilles tendon, the cramp dissipated.

18, 02: XX:XX I had a muscle spasm in my arm below my wrist in the finger flexor of my Left hand.

SLEEP

Early rising, Waking

01, 00: 09:30 I could not fall back asleep.

01, 02: 07:30 I did not wake at 4:30 or 5 (normally do) I am more sleepy.

01, 04: 7:30 I have become a "morning person." I am more sleepy at night since taking the remedy, and wake up earlier.

01, 06: XX:XX I got up early and couldn't sleep in.

03, 10: 03:30 woke 3:30am – just up! Still no peeing at night

03, 12: 06:30 I woke at 6:30 am – felt alert and well rested (without alarm)

03, 13: 05:00 I at woke 5am – very awake

03, 17: 03:45 I woke up

03, 23: 05:30 I was wide awake at 5:30am – had to urinate

05, 06: 12:47 I slept ok considering the amount of high energy I have. I woke up at 4:45 a.m. and did not go back to sleep.

05, 14: 03:00 I woke up during the night at 3 a.m.

05, 15: 23:53 I was up during the night.

05, 15: 02:58 I was wide awake.

16, 04: 04:00 I woke up 4am-ish. I have been waking up around that time every night since I took the remedy, but only noticed the pattern last night. Last night, it was difficult to fall asleep after I woke up.

Sleepiness

01, 01: XX:XX I am sleepy today. I even took a nap in the afternoon for an hour, and then felt even more sleepy.

01, 02: 21:00 I am more sleepy.

02, 00: XX:XX when I arrived home later that afternoon I felt tired

02, 00: XX:XX I thought to myself that I would really like someone else to go and get me some food since I was tired and agitated and just wanted to go to sleep

02, 00: XX:XX: had a nap and I was going in and out of sleep – annoying. During the nap felt that I was falling – jumped – woke up suddenly

02, 01: XX:XX For the rest of that day I slept (from 4:30 pm – 8:00 pm, got up to watch ER for 3 hours and then went back to bed).

02, 02: XX:XX Today I felt quite tired.

02, 03: XX:XX I am very tired and feel quite hot.

02, 08: XX:XX Today I slept until 12:00 pm. This so rarely happens

02, 08: XX:XX I felt nausea and so sleepy that I could barely get up off the couch.

02, 14: XX:XX I was supposed to meet my supervisor today at 1:00 and totally forgot about it until 1:30 when I got back to school after sleeping all day. I'm sleeping so much. I'm always thinking about sleeping.

02, 17: XX:XX I allowed myself to sleep as much as I wanted to this morning. It was only until about 8:30 or 9:00 which I enjoy.

04, 00: 16:00 When I was attentive to my need to rest, I took a nap – it was like – suddenly I wanted to take a nap when I thought about how tired I was.

05, 06: 15:45 I had a nap this afternoon which I haven't done since my breastfeeding days 6 years ago.

06, 01: 20:00–23:50 wake up after a nap, my left arm is asleep

10, 00: XX:XX I was very tired when I got home, laid down but couldn't sleep

12, 05: 19:45 I have been very sleepy lately in the afternoon. I took another nap today

14, 00:15:45–16:00 We got to Cambridge but I had to nap. I went from being alert and moving straight to feeling like a nap. I fell asleep immediately upon lying down on the family room couch.

Unrefreshed, Disturbed, Falling Difficult, Restless

02, 04: XX:XX I can't remember my dreams, all that I remember is that I was tossing and turning last night.

02, 06: XX:XX Today I feel really good. I woke feeling so tired but really, really happy overall.

02, 08: XX:XX I watched a movie that finished around 8:00 pm and decided that I better do some work. The only work I did though was Spanish stuff that took hours because I was making up new charts. I then felt really good and energized and got a lot done. I'm not even

tired but I am going to go to bed because it is 1:30 and I have to get up early.

02, 09: XX:XX I went to class today and felt nausea because I didn't get a lot of sleep last night.

03, 07: 04:45-07:00 I woke many times, not tired – had image of a "live wire"/spark in kitchen – not really anxiety provoking though

05, 01: 07:59 Didn't remember any dreams. I was tossing and turning in the bed before finding a comfortable position to sleep. The bed sheets felt prickly, especially on my face. My body felt cold, and I was lying in the fetal position for warmth; but that didn't even warm me.

05, 04: 06:57 I feel heavy in the head as if I could sleep more.

05, 05: 08:00 I woke up feeling sluggish; as if I didn't sleep. I woke up 3x during the night, opened my eyes and then I went back to sleep. I don't remember the time of night I woke up.

05, 17: 08:07 My son was coughing heavily at 12:23 a .m. I woke from a deep sleep. My eyes were burning when I opened them. I gave my son a remedy then I went back to bed. I woke again at 3:03 a.m. Went back to sleep. I feel very tired this morning, and a little anxious on the inside.

05, 24: XX:XX Tired, didn't sleep well.

05, 25: XX:XX O.K. wiped out, woke up tired.

06, 13: 9:30 Sleeping is very erratic: In and out.

07, 02: XX:XX Needed to sleep a lot longer than normal. I kept dozing this morning in hopes that I could get back to my dreams.

07, 03: XX:XX I could not sleep until 5:30 in this morning

07, 10: XX:XX I worked early today---only a couple of massages. I tried to nap at 3:30 pm because I was so tired. It took forever to sleep but I got an hour in. Then I was up 'til 4 am. I hate this kind of cycle.

07 24: XX:XX Well, I must be fighting something: I woke up with a really sore jaw from (probably) grinding my teeth in the night. The only think I can remember about my dreams last night was this

horrible image of my teeth falling out. I woke up very stressed from that.

08, 01: XX:XX I was able to fall asleep easily even though I had a really long nap during the day (usually I have a hard time falling asleep at night if I do that). It could be because I partied the night before and was tired, but I am not sure

10, 01: 09:30 I didn't sleep through the night (some soreness)

13, 02: 07:00 Slept lightly, clinging to my partner,

13, 03: 2:00-2:30? Sleep was uncomfortable and stressful – I had to sleep on my back (I fall asleep on my side usually). I felt anxious in the night; sleep was light, and I awoke every time I tried to turn over.

13, 16: 7:30 I wake feeling tired and unrested.

13, 20: 08:00 Woke up feeling tired. Sleep was very restless; felt as if I didn't sleep all night.

16, 00: 21:00 I went to bed around 9pm!! - very early. Also, went to bed in my pj's – I always sleep naked, but I needed the feel of the clothing, needed to be 'contained'. I slept crappy and restless as a result.

16, 05: XX:XX Woke up tired.

16, 08: 03:45 Woke up tired! Woke up around 3:45am.

Deep sleep, Heavy

03, 05: XX:XX I'm still not waking to pee. I feel like I'm sleeping very deeply.

03, 12: XX:XX still no waking at night to pee

05, 11: XX:XX I slept heavy both nights in Montreal.

09, 05: 09:00 My husband woke up before me this morning which NEVER happens. He thinks I'm sleeping more deeply since I started the homeopathic as I don't move so much at night.

09, 06: 10:00 Once more, my husband woke up before me and I slept in until 9:45 am. This definitely never happens.

13, 15: 8:00 The clocks go back and I wake up late. I slept so deeply I had no dreams. I was just gone, gone, gone. I wake feeling tired as if I need more rest and my energy is much lower in contrast to the previous day.

13, 32: 24:00 I collapse in bed, a sleep within 10 minutes (usually takes me 30-45 minutes to fall asleep). I sleep the sleep of the dead – exhausted.

Refreshed sleep

07, 06: XX:XX I woke up today with a good amount of energy.

07, 13: XX:XX Well, if my appetite seems peculiar, my sleeping patterns aren't. That's just it---I have established a pattern again. I'm tired by 1am like clockwork for the last 2 nights. I sleep pretty soundly for 8 hours and feel pretty normal for it. Hope it lasts.

07, 17: XX:XX My sleep patterns are excellent lately.

07, 19: XX:XX I couldn't get to sleep last night until 4am again. But I woke up at 10am feeling very refreshed.

07, 20: XX:XX I'm not tired after only 6hrs sleep.

13, 04: 8:00 I awoke late, but felt like I needed the rest and extra sleep. Felt refreshed upon waking.

13, 14: 07:15 Awake full of immense energy and clear minded even though felt awake most of the night.

13, 19: 7:30 Wake up feeling good and well rested.

14, 00: 21:00 However, I did have an unusually long sleep (10-11 hours) and felt great upon waking that morning

CHILL

01, 00: 18:30 I felt more chilly than usual, and I usually like fresh air. I feel **internally cold**.

01, 02: 21:00 I felt chilliness today.

05, 01: 07:59 ...to sleep. The bed sheets felt prickly, especially on my face. My body felt cold, and I was lying in the fetal position for warmth; but that didn't even warm me.

FEVER

03, 03: 8:15 mild **nausea**, really hot, uncomfortable,

03, 03: 12:00 feeling **flushes** of heat in my face.

09, 00: 17:00 – My head, especially **forehead**, feels quite **hot**, as if I had fever.

SKIN

Eczema

02, 26: XX:XX Now I have eczema (5x3 cm) on top of 5th metatarsal and the big toe, but it looks different than the fungal infection that I had during the summer. Eczema is itchy but doesn't burn.

Boils, Rash

02, 26: XX:XX I have small boils on my legs (bilateral) along the SP channel. I had this before, and the skin stays red.

02, 27: XX:XX: I still have the rash on my foot and the boils on my leg.

02, 34: XX:XX: The boils on the legs are gone; rash on foot is improving.

02, XX: XX:XX (Supervisor Symptom) a small little red boil (like fire) on my buttocks, similar to what my prover had on her legs,

05, 05: 00:XX This morning I have a "boil", left side, and red, painful to touch. It is close to the anus.

16, XX: XX:XX (Supervisor Symptoms) Boil on her buttocks. (other people mention they've had boils too); Acne

Acne

03, 00: XX:XX I broke out with a large pimple on my chin today.

03, 05: XX:XX The acne around my chin is clearer today aside from that large pimple I got on Day 00.

03, 19: XX:XX My face is breaking out: chin and forehead

Herpetic eruption, Blisters, Cold sores

05, 02: 16:06 Herpetic eruption – corner of mouth, left side. Not itchy.

05, 04 06:57 The herpetic eruptions seem to be healing fast – they are already scabbing over which usually takes me about 7 days.

13, XX: XX:XX Supervisor's Experience: I got many massive cold sores on my lower lip – on the right side extending into the middle of the lower lip. It started out with two on the right side, quite big and massive ones and then when I treated them, it didn't matter and more erupted but this time in the middle of the lip. I thought maybe it was stress since it occurred shortly after my son had hurt his foot and had to use crutches.

16, 03: XX:XX I got a strange waterless blister, very tiny, on my little finger of my left hand. It came out of no where – I've never had anything like that before, particularly without any preceding friction or trauma. The skin was very white, and when I picked it off, the skin was blemish-free, like the 'blister' never happened.

16, 23: XX:XX A blood blister turned up spontaneously on my right hand, at the corner of the nail of my middle finger. It was perfectly round, the blood underneath dark brown.

16, 31: XX:XX Blister-like folliculitis on my ring finger of my left hand.

Prover # 11, Male, 30CH

Introduction from the Master Prover: After the proving was finished, and we'd already had the final meeting, Prover # 11 who I had all but written off, showed up, and was given some idea of what it looked like this remedy involved. We had a short discussion in that regard: he hasn't been given anything written thus far. I think we both realized that an experience he had likely fell into the bounds of the remedy's influence. Since he kept no records, and for the sake of inclusiveness, as Master Prover, I asked him to make an account of his experience especially how he felt at the time. It was easy for me to see how profoundly this experience affected him, the guts of it culminating in the middle of the proving. In his account to follow, he didn't express as much as he did to me personally regarding the huge empathy he felt for the main real-life character. Incidentally, he isn't a homeopath, but he has an interest in writing short stories, so he decided to write a short story of his account. It's a little embellished, but nevertheless I feel it's useful in its entirety to impart more understanding of this remedy totality. **Here it is, in the words of Prover #11:**

"I don't remember what time of the day it was when I would take the remedy, but I eventually took all the doses. (3) The first dose I took a day after the day I was supposed to take it. From then on?... One dose – one day after the next...

During that time, that is to say, in the beginning, I thought nothing was happening – There was no effect. That's why, I thought, I didn't feel inclined to go to any of the proving meetings, or return any of the phone calls I was getting from my proving partner, or even to keep a daily journal. I have learned since, however, that this is not the case ("disappearing" was actually a symptom) In fact, something was happening and, for all intents and purposes, has happened.

Now there is much to express and explain. To try and sum it all up, I'll tell you about a particular experience imparted to me by a particular woman. The reason why I'm choosing this anecdote is because it's what stands out for me more than anything else. Also, the synchronicity between my first meeting her, to the thoughts I was having of her during the time she seemingly disappeared; to the time I took the remedy; and finally, until I saw her once again, when she told me her story, is too apparent for me to ignore. To say that it is all coincidental would be trivializing both the experience and the remedy. Now it's important to note here that, at the time, I had not an inkling of what the remedy was, and subsequently embracing the significance of its symbolic meaning, I was delightfully surprised and relieved, because all of my personal conflicts, concerning the experiences I had with this woman, as well as the obvious change in appearance and condition she was in from before to after I took the remedy, now had a platform on which it all balanced. In other words, my conditioned boundaries between good and bad, right and wrong, light and dark, sinner and saint were all swallowed up into the image of a firefly.

To wholefully, and joyfully, accept the worst in oneself, is the only true way of transforming it.

Henry Miller

I'm a "John". I've been with street hookers – The cheap kind. That sounds dark eh? Well it is, literally...., I mean, when I'd go out...., it'd be late at night, so it was dark. But I know the kind of dark you might be thinking – dirty dark; icky dark; smelly dark; sinfully dark; desperate dark; addict dark; hungry dark; morose dark; destitute dark. So dark: where trees can't grow. Well, it's all that too, and then some, at times three fold. In fact it's like a whole other dark dimension, where one, if he/she were to look directly into the shadows, will either find light, or get lost looking for it.

It's not uncommon to see one of these women with a black eye or two; or with a bruise on her arm. A lot of the time I couldn't tell if they were high or not. The fact is, most of the girls I've been with are addicted to crack – and, it would seem, that they've done so much of the stuff, for so long, that it's just a part of their chemistry. So they behave as one might expect. So we call them "Crack-heads", "Crack-Whore", "dirty", "vile", "disgusting". Well, some of them most definitely are. Most of us will call them human second; a lot of us, reluctantly....

The first time I saw her she was standing on a community street corner popular among a few of the local whores. I had just moved not far from the area and had made it a habit to drive by there whenever possible, just to see what was available.

I remember wanting her straightaway. The sight of her was like a breath of fresh air for me. For me, she symbolized freedom without scruples. I can't remember what she was wearing, but she was clean, and good looking (I don't know if she did hard drugs or not, she certainly did not fit the stereotype – Sometimes you just can't tell). For sake of description, let's say, a loose fitting, navy blue autumn windbreaker, with a white t-shirt underneath; and jeans. Her face and lower half told me she was thin. I didn't stop at first, I just drove by. But I got a good enough look to drive up a side street and circle back 'round. It was at this point that I knew I was going to pick her up. So, in my anticipation, I unlocked the passenger door.

When I got back, she looked straight at me through the passenger window – smiling and waving. At closer proximity, I saw that she was attractive as I thought. Her long, chestnut coloured hair was tied back into a ponytail. Her facial features were modelesque, and she looked vibrantly healthy. She had piercing blue eyes and a wonderful jaw line. She looked to be in her mid-twenties, younger even. She later told me that she was thirty-one. I gestured for her to come in. She gave a quick glance to either side of herself, then proceeded to enter the vehicle. At the time I was driving a wheelchair accessible van, modified to have no passenger seat. So the only place someone other than the driver, had to sit was on the three-seater in the far back, (or a wheelchair, which they'd have to bring themselves).

As we were driving around looking for an inconspicuous place, I kept studying her through the rearview mirror. She looked even prettier in the van, and affable. I felt like the luckiest guy in the world.

"I know a good place we can go," she said, sitting rather dainty, with her legs crossed, and her arms folded on top.

As she directed the way, we engaged in some small talk. The air was light and warm with, dare I say, firefly glow – that I absorbed through the pores of my skin, like a lotion. It had, indeed, a most distinct quality about it that demanded acceptance; that despite the whole mesh of life's so-called failings; despite what I may have been thinking of myself, or of her for that matter, at the time, there was absolutely

nothing wrong with either one of us, or with what we were doing. I felt relieved and giddy – inebriated with candor.

"It's hot," she said, "Do you mind?" she said, as she was taking off the windbreaker.

As I watched, "No, no, go ahead," I was thinking, "In fact, I insist."

"You're very attractive," I finally confessed.

"Thank you."

Once we found a place....Afterwards, while I was driving her back, she opened up a little more and, now that my perspective wasn't so clouded by lust, or sexual desire, I saw her less as an object of attraction and more as just another person; like me – Like you.

"My family doesn't know I do this," she said, quite contently.

"Yeah, my family doesn't know I do this either." I was more embarrassed.

"I don't care," she playfully divulged, "I like my job."

"Do you have a boyfriend?" I asked

"Yes I do," she said with a grin, "He actually drops me off at the beginning of the night, and then, when I'm done, I call him to come and pick me up."

With my conditioning, it was difficult to wrap my mind around that one. Still I thought, "Why not, I can see why a guy would like this girl enough to put up with. She has a good attitude – she's fun, and smart; and she seems to have a good heart" (believe me, there are some who don't, and that's that); "and she's sexy."

By the time we got back to the corner I felt enlivened. We sat and talked for a little while longer saying goodbye. In sentiment, I wanted to take her home with me. As I said, she was like a breath of fresh air for me – And it just got better until.....

I was with her maybe three or four more times, on various nights, after that. I always left completely confident in my decision to pick her

up. And she always seemed healthy and level-headed; in good spirits, and never rushing – Still as pretty, as well.

Then she was gone.... Just like that – *Vanished*. It had gotten to the point, for me where, when I would go out, I would only pick up one of the few chosen girls I felt comfortable enough to be with, and she was one of them. So, needless to say, if I didn't see her, or any of the others, I'd go home.

As time went on – weeks to months, with no sign of her, I thought a lot about my experiences with her. No matter what I was remembering, I always found myself reflecting on her pervasive goodness and how natural it felt to be with her. Then quite involuntarily, I began to have morbid thoughts of her good nature being taken advantage of by not so good natured individuals.

Now, when I said that there are *some* who, for whatever reasons, do not have a good heart, I meant it – I've seen it.. It comes, unfortunately, with the territory....

I couldn't shake it out of my head. I was thinking that she either got out of the business altogether, or she may have just moved, and was working at some other location in this city or another. But I couldn't stop thinking the worse, that she had either died – Murdered, or beaten up pretty bad – Raped. Well, she didn't die; and I'm not sure that what happened to her can be construed as rape, but when I finally did see her, once again, around two weeks after I had taken the remedy, she just wasn't the same....

Her skin was pale, and, as a thin veil, seemed to enclose an ambiguous forbidding that, for me, was unsettling. Her overall appearance was insalubrious. Her form had become disturbingly emaciated – Her hair had also grown thinner, and the clothing she wore was unkempt. She kept less eye-contact, and was, in the beginning, a little anxious. However, she did recognize me. In fact, she not only recognized me, she remembered details of our conversations.

"Yeah, I remember you," she said, "You like to take your time..."

She even remembered my name, and astrological sign. I stayed with her, and afterwards..., we spent some time talking. She became more relaxed and I, at times, felt tinges of her old self. But this is what she told me after I asked her where she had been....

"I was attacked," she said, both reluctantly and freely. She kept her twitchy head bowed and stayed staring at the floor, as though, in chary reflection watching what had happened to her. It was dark, there was no more firefly glow: all that was left were streetlights. My heart sunk. I was driving a regular van at the time, so she was sitting right beside me, in the passenger's seat. I could feel how much this experience invoked, what I believe, was an inedible shame form within her. But she was by nature positive, and still managed a smile here and there, except when she talked about this...

"I knew it," I said angrily – staring into the windshield, myself, reflecting on the thoughts I had had during the interim between before and then.

"What happened?" I asked. She didn't seem to mind to tell me.

So this is what can sometimes happen when the light of the firefly is obliterated...

"I met this guy through a friend of mine," she began with vague descriptions...., "He seemed fine – nice, you know. I needed a place to stay..., and this guy offered. It was clearly agreed, on both our parts, that there was to be no sex, at all. I wasn't working at the time, so I thought he understood..."

I refused at first – I mean, I didn't even know this guy... I usually have good judgment?... and I trusted my friend, you know..." she looked up at me, "she said she knew him," and then stared back down – fidgeting with her fingers; looking up, only every so often, as she continued to tell me this most tragic tale...

"Anyway – so I'm at this place, and we're both hanging out – chilling. We were smoking weed; I felt safe, you know – He was cool; I mean, he wasn't acting weird or anything...I was sitting on his couch..."

...Next thing I know, a girl and some other guy walks in – She looked like a cross between kinda punk and Goth – the guy looked normal; she came and sat beside me and he stayed by the door – and then he left. I don't know where the *guys* went – but she and I were alone. She had a lot of makeup on, and her hair was black, at medium length. She was kind of fat too – And she wore like a black full length velvet garment." She expressively glided her hands over her shoulders as she was describing what the woman was wearing, "She looked like a dominatrix – and she was wearing some kind of shawl – and

yeah!.... you know those high fitting black shiny leather boots, with all the lacing?..." Her hands moved to her feet, "the kind a dominatrix would wear? – You know, the ones with the long pointed heels – Ya, she was wearing those...

Anyway, she starts to come on to me – first she moves her body closer to mine, and then she starts to slowly move her hand over my lap – and gently moving it up and down on my thigh. I really started to feel uncomfortable – and I told her I wasn't into it, but she kept getting more aggressive. She wasn't saying anything either – So I stood up – and I wanted to leave,...then the other two guys came back in – one of them was holding a fire extinguisher,... and when I went to go and pick up my things – the woman grabs my stuff! Then I felt the guy hit me on the back of the head with the fire extinguisher – and I fell to the floor.

I was still conscious though – and I curled up right away. The guy started spraying the extinguisher all over me while the other guy was punching me – really hard, and the girl was digging one of her heels into my leg – They wouldn't stop, then the guy was kicking me all over and the girl too.

It went on for a while – I was weak, and they were holding me down....; I don't know what she was using,...but they pushed something inside me – they had my pants down, and they were holding my legs up; they used other things as well – and then they were pouring Javex on me. There was no sex though – I wasn't raped."

I felt like crying as I watched and listened to her. I just wanted to hold her, but I felt, at the time, that no amount of consolation could alleviate the emotional trauma she must've felt – that will, no doubt, haunt her for the rest of her life.

"They weren't stopping – I thought it was never going to end; it got to the point where I reached some kind of state of mind where I almost didn't feel it anymore – I blocked it out. I gave up trying to think about what I could do to save myself – I started thinking the only thing I could do was to just let them have their way with me – I was thinking that I should pay attention to what they were doing – What were they going to do?... So I pretended to be passed out.

Then I heard the girl yell, Don't kill her! So much had happened that I started losing perspective – I felt very alone, and wasn't sure if I was going to live or die. I knew I was a mess....

Then just to see if I was really out they started putting cigarettes out on me – on my back and legs; my arms...”

She showed me some scarring on her arms and stomach; I just shook my head in frustration.

“Then they started jumping on my legs – They each took turns. It hurt, but I held it in – my mind was numb to it. The girl kept digging her heels in... I knew that it would have gotten worse had I reacted – because they would have just beaten me more. So I just laid there and took it, until they were convinced.

They stopped, finally – They were staying quiet – and then they were wondering what they should do with me – They were talking about it. The girl kept saying, We should throw her in the lake – we should throw her in the lake!... they were all arguing – then they left the room. I thought it was a good chance to escape, but when I went to get up I collapsed – I didn't realize how much they had damaged me; I was feeling pain everywhere.... I knew I had to get out of there – but it felt helpless to move.

Then – just the girl came back in. I just laid there – and when she came up close to me – I lost it, and somehow managed to get up – really fast, and I pushed her with all my strength, and I got out of there – and I ran out on the street. I was a mess...

I don't know what I looked like, but probably a crazy person. I mean..., here I was – half naked! – full of blood, and messed up really bad..., Fuck!

When I got to the street, I was yelling and screaming for help, but everyone was avoiding me – nobody would do anything. People were making a circle around me – They were just watching..., and I was screaming. What the hell is wrong with you people?! I need help! But nobody was helping me. I felt humiliated.”

“Nobody was helping you!” I said in disbelief.

“Yeah,” she said, still obviously stunned by that herself.

"But then some guy came and put his jacket around me – I felt so relieved, and stopped yelling.

He kept asking me if I was OK – I just kept saying that I was attacked, and they were beating me – I need help! – they were going to kill me!

Then the cops showed up, and the ambulance, and they took me to the hospital – They kept asking me if I was any drugs. I was becoming more hysterical as the reality of what had just happened to me started sinking in..."

We sat for a moment – I was speechless, "Wholly shit!," I said, "Did you ever press charges?"

"I tried," she said, "...but I never saw any of the attackers again. And, apparently, the cops couldn't find them either, because nothing ever came of it."

I found this so hard to believe that I was beginning to think she was making up the whole story,... but then again, why would she? I haven't seen her since. Besides, she had nothing to gain from making up a story like that other than pity or sorrow. Perhaps, if one is so inclined, charity; or maybe – just maybe, she would, just to humor herself by playing with people's heads? Hmm..., I don't think so, that's ridiculous. She was never ridiculous, she was always just good. Even while she was telling me her story, she showed no sign of anger or resentment, always in an air of acceptance, as though she understood, as much as any of us do, that this is, as I said, what sometimes comes with the territory. But does it mean that we shouldn't care?

In answering either yes or no to that question, personally, I was faced with a psychological conundrum. If I were to answer yes, then to what extent shouldn't we care? If I were to answer no – we should care. Then to what extent should we care?

The answer I found in the symbolic firefly. When it'd dark, the firefly generates light. In flight, the firefly transcends. When the light of the firefly isn't on, the firefly seems to disappear; and then?... anything can happen. We should care enough to brighten up our surroundings, but not care so much so that we are able to transcend. Transcendence is closer to freedom. In accepting both the light and the dark of life we are closer to transcending them. The choice is yours!.... Dark? Light? Both? Transcendence? This is what the firefly symbolizes for me – Duality in flight/ *freedom*.

Now, I don't know, but a friend of mine told me that the firefly generates light to attract possible mates. If so, than this story, my story, makes it all the more relative. Because, whether we are generating light to attract, or to look for, we are all still searching – like the firefly. That night, when I first met this women, in the dark, I was looking for...? – She attracted me.”

Summary of Highlights

MIND/DREAMS

- **Foreboding, Not facing change or challenge, Breakdown /Positive anticipation, Leap of faith, Facing, Embracing Change or challenge, Breakthrough**
- **Carefree, Free from Responsibility or Obligation, No Guilt, Break the Rules, Bad – Verses – Trapped by Responsibility or Obligation, Guilt, Follow the Rules, Good**
- **Empathizing, Caring for, Helping, Absorbing energies**
- **Confident, Take Charge, Strong, Calm, Say no, Take a Stand**
- **Industrious, Busy, Active, Productive, Accomplishing, Handling Things**
- **Vulnerable, Raw emotionally, Emotionally sensitive, Weeping, Real/ Fighting Emotional State, Detached, Blocking, Numb**
- **Homey, Domestic/ Get away from Home**
- **Re-connecting with old/distant friends, lovers, (dead) relatives, acquaintances**

- **Happy, Excited, Dancing, Singing, Music, Fun**
- **Sad, Depressed, Alone, Trapped in emotions, Isolated**
- **Social**
- **Great Speakers**
- **Peaceful, Calm, Content**
- **Imprisoned by/Breaking out of Oppression, Jealousy, Suspicion**
- **Lost, Losing someone, something, Lost → Found**
- **Flying, Wings, Free Fall, Freedom**
- **Planes crashing**
- **Traveling, Adventure**
- **Spinning**
- **Live Wire**
- **Creativity**
- **Hot**
- **Dogs, animal(s)**
- **Dreams of Sharks with no Threat, Whales, Jelly Fish**
- **Pirates, Ships**
- **Weddings, About to Commit, Committing**
- **Numbers**
- **Clarity, Focus / Dull, Foggy, Shadowy**
- **Childlike, Children, Excitement → Disappointment**

- **Appearing, Here now, Present / Disappearing, Other world, Not Present, Outside of it**
- **Dark and Light Dynamics: Dread of Approaching Winter, Cold, Darkness, Ameliorated by (Sun)light / Averse to the Light, Embracing the Darkness; The Light in/out of, the dark (related to "Redeeming the Dark" – see below)**
- **Redeeming (allowing it to be/stuck with) the "Dark" (A little Interpretive)**
- **Moon**
- **Duality**
- **Black and white**
- **Division between Body and Mind/Head; Heart and Intellect**
- **Anxiety about Health**
- **Memory**
- **Ungrounded, Light, Floating up, Uplifting / Grounded**
- **Heavy, Pulled down**
- **Empty, Open, Naked / Full, Contained**
- **Sexual/Sensual**
- **Sexually invasive**
- **Drugs**
- **Encounters with Younger Girls**
- **Arguing, Fighting**
- **R.V.'s**
- **Synchronicity, Magic, Clairvoyance**
- **Dead, corpse**

- **Morbid**
- **Death/Life**
- **Blood**
- **Fire**
- **Pure love**
- **Vanity, Wanting Attention**
- **Orphan**
- **Need to make Money**
- **Purify, Detoxify, Drain**
- **Beatles**
- **Growing Up from / Regressing to, Highschool**
- **Reflections back**
- **Anxiety Waking**
- **Strong dreaming/Not dreaming**
- **Dreams, Repetition of Content**
- **Dreams Getting Long**
- **Dreaming of Symptoms**
- **From a Difficult Position**
- **Getting Through Deep Grief**

SIGNIFICANT EVENTS/HAPPENSTANCE (Some related symptoms included)

- People dying, getting ill, injured, or very ill (Actually or not actually): getting through, dealing with
 - Heroin/Crack Addicts, Insanity lurking, Invasion
 - Movies, Shows, Plays that Stood Out (*Blue Butterfly, Mrs. Harper, Buffy the Vampire Slayer, Angel, The Grudge, Finding Neverland, Stephen Hawkins Universe*)
-

GENERALITIES

Pain:

Achy
Burning
Cramping
Pressing
Pulling
Sharp
Shooting
Sore
Stabbing
Stitching
Throbbing, Pounding
Twinging
Prickling
Tingling

Food and Drinks

Junk food: French Fries, Fast food, Salty, Meat, cheese
Farinaceous
Salty
Aversion Fruit
Sweets, Sweets aggravate, Sweets Ameliorate
Meat
Indistinct, Appetite wanting
Wine, Alcohol, Desires, Aversion to, Aggravates

Intoxicated Feeling, Dreamlike

High Energy, Despite Lack of Sleep, Speed like, Adrenaline, heightened awareness, Clarity, Sharp, Buzz, Giddy, Shaky, Butterflies

Weakness, Lameness

Physically vulnerable/strong

Numb/ Physically Conscious

Cold

Hot

Morning Energy / No Energy

Old Wounds

Splinters, Cutting

HEAD

Hair Falling out, Alopecia areata

Heavy, tired

Hot

Sensation of a hat

Sensation of a Bird

HEAD PAIN

Nauseous, headachy

Better on getting up and having a cup of tea.

Woke up with a headache

Inner top of skull when tipping

Pounding

Pressing

Rubbing ameliorates
Sharp
Sinus
Throbbing

VERTIGO, DIZZINESS

Clumsiness
Dizzy
Motion sick
Sloped a bit to the right
Tipsy.
Vertigo, Open air ameliorates

EYES

Burning, Lachrymation, Photophobia
With Headaches
Sore
Pigeon/Dove eyes

VISION

Foggy

EAR

Soft Pain
Closed in
Sensation of Cold air/ Cold Water/ Brain Freeze

HEARING

**Distance between
Strain to hear them
Ringing
Loud noise, sensitive to**

NOSE

**Sneezing
Congestion
Epistaxis**

SMELL

Intense Smells: pungent, rubber, asparagus-like

FACE

**Pale
Parasthesia
Flushes of heat
No expression
Sore jaw
Grinding
Sinus
Acne**

MOUTH

Saliva

Tongue "energetic"

As if fingers inside pulling.

Cold sores

TEETH

Sensitive

Pressure, Clenching

THROAT

Sore

Sensitive, Dry, Raspy

Swollen

Cough when speaking

EXTERNAL THROAT

Sore Neck

Cracking

Lameness

TASTE

**Like leaves.
Enjoying/ not enjoying
Metallic**

STOMACH

Appetite

***Increased, Ravenous
Wanting***

Thirst

***Water.
Felt better (drinking water)***

Nausea

***Morning sickness
Motion sickness
> eating
Really hot with nausea
Better fresh air***

Anxiety

Pain

ABDOMEN

Cramping

Sensations:

Butterflies

Lump

Emotional

RECTUM

Constipation

Diarrhea

Borborygmus

STOOL

Loose

Light brown

Soft

BLADDER

Urinary tract infection

Blood

KIDNEYS

Twinges in old scar

Sore

Back pain

Abdominal pain

URETHRA

Burning pain

URINE

Smelly, asparagus-like

Blood

Strong smelling

Musty ammonium

Malodorous

FEMALE

Burning during intercourse

Pungent vaginal odour.

Week early

Bad cramps/

Pains in labia majora

Achy in groin > bent double

Large purple clots

Still going

Very light

Brown discharge in pieces

Early

Intense lower back pain (cramping).

Hot flushes

Emotional anxiety, crying

Later

No cramps, headache or tired feelings during

Vaginal dryness and itchiness

Sexual energy very low

Period became regular

Later

Heavier

Regularized to 28 days

Blood thin and bright red.

RESPIRATION

Pain < inspiration
Loud gulping
Air tasted like leaves
Sighing deeply
Couldn't get enough air

COUGH

With feeling sick
with cold symptoms

SPEECH AND VOICE

Can't string words
Speaking with clarity
Cough when speaking
Almost sedated
Deep voice.

CHEST

As if lactating.
Shooting pains, Cramp-like pains
Nervous, Anxiety in chest, Palpitation

BACK

Upper thoracic

Rib is out

Lower back pain with period

Weak

Across the upper back.

Radiating from the spinal area.

Knots: rubbing feels good

Pulled muscle

Neck and shoulders:

Cracks

Tenderness, R shoulder

Strange sensation

*Woke up with sore neck
sore*

Adjustment.

Pain up the side of the neck,

Couldn't turn my head

Right kidney and neck.

Threw out a tendon

Snapped

Flimsy and weak

Sore, deeply

Right-sided pain

Radiate and ache, sharper

EXTREMITIES

Swollen inguinal lymph nodes

Coldness

Rash, Eczema, Boils, Blisters, Hangnail

Numbness, Lameness, Buzz, Trembling

Splinters, Cutting, Stubbing

EXTREMITY PAIN

Throbbing

Old wound.

Shooting, Sharp, Tingling

Soreness

Rash, Eczema, Boils, Blisters, Hangnail

Cramping

Numbness, Lameness, Buzz, Trembling

Splinters, Cutting, Stubbing

SLEEP

Early rising, Waking

Sleepiness

Unrefreshed, Disturbed, Falling Difficult, Restless

Deep sleep, Heavy

Refreshed sleep

CHILL

Internally cold

FEVER

Nausea

Flushes

Forehead hot

SKIN

Eczema

Boils, Rash

Acne

Herpetic eruption, Blisters, Cold sores