Phalenopsis Gigantea Proving
Master Prover; Sally Williams

Common Name:
Elephant Ear Orchid

Photo by Wolfgang Apel

Homeopathic Abbreviation:
Phal-gig

Other Common Names and Meanings:
The generic name means "Phalaen-like" and is likely a reference to the genus Phalaena, the name given by Carolus Linnaeus to a group of large moths; the flowers of some species supposedly resemble moths in flight. For this reason, the species is sometimes referred to as “Moth orchids”.

Description and Source:
The most widely grown orchids in the world are the species and hybrids of Phalaenopsis. Phalaenopsis gigantea, or “Elephant Ear Orchid”, is native to Borneo and was first described in 1909. Named for its gigantic leaves that easily exceed 60 centimeters, it is the largest of the Phalaenopsis species. The massive leaves are pendent, leathery, broadly rounded, pale silver green and shiny on both surfaces, resembling “elephant ears”. An epiphyte; it can be found growing in the tops of trees with the massive roots wrapped
around branches for support. In Borneo, the humidity is high and rainfall is plentiful, although there is a drier season usually towards the middle part of the winter. Generally, the plants grow with steeply tilted leaves to shed water in order to prevent crown rot from occurring. The flowering season is heaviest in the summer; the plant can bloom from 4-6 months at a time. A typical Phalaenopsis gigantea flower has a natural spread of about five centimeters. The flowers tend to have a cream or yellow background with varying degrees of green around the column. The flowers have full, round petals that are about equal in size, are usually overlapping and have raised red-brown spots or blotches you can feel with your fingers. Mature plants are capable of producing hundreds of flowers on branching stalks reaching 40 centimeters.

**Proving:**

*The proving of “Elephant Ear Orchid” was conducted at the Homeopathic Academy of Niagara in Niagara Falls, Ontario, Canada; director Kathy Desjardins. There were seven provers between the ages of 18 and 55, three male and four female. Code for proving is prover and day.*

**Mind:**

**Confusion/difficult concentration:**

03, 01: Hard time remembering the day of the week and for conversations.

03, 02: Mind and eyes looking further ahead than hands read.

05, 02: Seems to me like I am spaced out. Like am thinking, but not much thoughts.

03, 03: Having to retrace steps to complete tasks.

07, 03: Boss noticed lack of concentration.

07, 03: Boss asked me to complete a task. Could not remember to complete.

02, 04: Still feel confused. Instead of turning the tap to wash my hands, I took a towel.

08, 05: Just realized I've been making mistakes, being clumsy, misspelling words, not being able to differentiate letters or numbers, I have to look at them two or three times.

03, 05: Lack of concentration for studying.

02, 06: Still my mind is confused.
02, 06: I had a kung fu test. I kept forgetting my movements, I'm confused very, very confused.

03, 06: I had a lack of concentration all day today. I had a lot going on at work when I got there at 1:30. It took all my power to concentrate.

05, 06: My confusion continues.

07, 07: I have a lack of concentration; I have a lack of focus.

02, 08: I am having so much confusion at reading; I can't even read my own writing.

03, 08 Less confusion today, but still my concentration is off. I've moved from task to task to keep going, but it was hard to focus.

07, 08: Still feel confused I can't think of words.

05, 09: I didn't write anything this week because I'm confused on what I should write. I also notice it takes a second to respond when spoken to.

08, 09: I could not think straight to articulate proper words. It is like my mouth is not cooperating with my head.

02, 10: I'm still having a lot of confusion during reading especially my own writing.

05, 10: When my wife talks to me, it takes me a minute or two to respond.

08, 11: I am talking some things without sense like changing the names.

05, 12: I continue to be confused; I don't know what I'm doing or what I should be writing in this journal.

07, 13: My concentration varies and it gets much worse after food.

02, 14: I was in a hurry at work and I opened the goo gone bottle instead of my bottle of water. I poured it into my mouth, I didn't get scared, and I spit it out and cleaned my mouth out with water. I started feeling dizzy. There was a bitter taste in my mouth.

07, 14: I cannot focus on my schoolwork my mind is racing.

05, 16: I keep drifting off and doing other things rather than my schoolwork. I could not concentrate, think, or focus on anything.
03, 17: My mind still is somewhat jumbled, I feel foggy. I wrote a test today. I was confused as to the sequence, when I was sure I had it. My concentration is still off, but I don't care.

05, 17: At school today, I felt confused. My brain feels full. I hear and see things, but nothing is being imputed. Everything goes in one ear and out the next; I cannot keep a single thought.

08, 17: I am making mistakes and having confusion when I'm talking.

07, 18: My concentration is lacking, I have a dopey feeling all the time.

05, 19: My thoughts are still confused. It's like a blankness.

05, 20: I can't think straight. I'm aggravated and confused.

05, 21: I feel I have something on my chest to say. I don't know what. I'm confused and I can't keep thoughts straight. I am unsure of what I need.

08, 24: I feel like my mind is absent. My head is not in the right place. It is so weird this kind of thing has been happening all the time.

03, 28: I feel somewhat foggy and it's hard to concentrate.

08, 28: Letters on the computer screen made no sense at all; I had to read over and over.

08, 33: I am very distracted it's very hard to concentrate. Words and numbers get confused on the computer. I skip or mess things when the office gets busy and I have to do lots at the same time. That used to be easy for me.

05, 40: This proving might have been better if there was no school because this remedy interfered with my schoolwork by not letting me concentrate. There was so much confusion and arguing and a lack of brainpower. I could not communicate properly and my attention to questions when asked was not there. I am sad, mad, aggravated, and confused. My feelings were completely out of whack!

08, 40: I was very distracted during the day today but my head is a lot clearer. I can think straight again, things are starting to make sense.

Listed below are the symptoms from prover number six supervisor. No dates or times were recorded.

16, XX: I had an extreme blonde moment; when asked if we had call waiting on the phone upstairs, I replied, “where on the phone?”
16, XX: When watching a program on TV, a question presented was “which bear species is the largest”? I thought the program was referring to the number of bears alive in each species and not the physical size of the bear.

16, XX: I woke up in a fog.

16, XX: I dreamt that guests arrived at the house, seemingly unexpected. I could not figure out why they were there and couldn't figure out how to turn the light on. There seemed to be too many switches and I couldn't figure out which one was for the front entrance, although I had realized that I had turned the light on many times before. I was very confused.

16, XX: I had a difficult time concentrating while driving my vehicle and I felt like I could fall asleep.
16, XX: It seems like my mind is all over the place during the day, however waking up with a calm mind.

16, XX: I find it difficult to concentrate on one thing at a time.

16, XX: I am feeling anxious and excited, but I don't know what about.

16, XX: I find it very difficult to concentrate in class throughout most of the day.

16, XX: I dreamt I was in school and asked the teacher if I could be excused to go to the bathroom. On my way back to the classroom, I realized I didn't know how to get there. The door to the classroom had once been decide the bathroom door, but didn't seem to be there anymore. I kept walking up and down the halls for quite some time trying to figure it out. A wedding was taking place in the gym and I felt quite embarrassed that the people there would have seen me pacing around and looking confused. I didn't want to ask anyone for directions because I had been going to school for many months already and never got lost before. Finally, a nice lady put her arm around me and walked me back to the room, which of course was right where I originally thought it should be. Now I was quite frustrated and embarrassed to return to the classroom two hours later.

16, XX: I had a frustrating me that I was in a shopping mall and I couldn't figure out how to get out of it. I was scared that if I went out for the wrong door I wouldn't be able to find my way home. Someone finally help try to understand the map of the mall to figure out which door of the mall to go out of, but I had to be escorted to the correct door because I couldn't find it on my own. I was eventually comforted to know that someone would continue to drive me home.

Prover number six had a history of ADD. Many of his symptoms improved, although he did not record date and time. These are his symptoms.
06, XX: My mind felt more clear and alert than normal.
06, XX: I seem more mentally active and quite talkative.
06, XX: I have mental excitement, alertness and clarity seemed to be greater.
06, XX: My concentration is very good; I was able to figure out something on the computer that had previously been difficult and confusing.
06, XX: I still seem to be thinking much clearer. I have ADD and normally find it more challenging to concentrate long on one thing at a time.
06, XX: Perhaps still concentrating better, but now it's very subtle. I've been taking on new tasks, which require a great deal of concentration and have been enjoying the challenges.

**Frustration/Anger/Irritability:**

02, 01: A colleague I saw told me she dreamed of me last night, I felt very irritable and answered that I dreamed of Prince Charles. I am feeling a need for others to leave me alone. I'm very irritable.

02, 01: A colleague was angry at somebody, she is not even a person I am close to, but I held her arm and told her if you need me to beat somebody up for you, just call me okay?

08, 01: I am very bothered by gossip and I am starting to be very sensitive to others talking.

02, 02: In the afternoons, I feel angrier and more anxious.

08, 02 I feel mad, angry, I do not trust anyone. Everyone around me gossips and it bothers me, it seems like they're talking about me. People surrounding me and their attitude make me feel uncomfortable. I've been in a bad mood and easily uncomfortable with things.

02, 03: In general, I feel my movements are slower, my brain sleepy, I feel so bored and angry.

08, 03: I am more aware of the cruelty of others.
03, 04: I had two dreams; both were frustrating and frustration with others. And then I woke up irritated and just wanted to be alone.

05, 05: I am starting to get frustrated and aggravated.

02, 06: I feel dizzy and nervous, angry and I'm in a bad mood. I can't stand anyone around me.

03, 06: I am still feeling irritable.

02, 07: I am still feeling very angry.

05, 07: We are looking for houses. I did not find one that I like. Nothing suits my needs. I feel aggravated.

02, 08: After 3:00pm I am very angry, every thing annoys me.

08, 08: I had a dream about work and school, searching for someone in a big place, lots of doors and stairs. I was very frustrated.

07, 09: I feel very irritable today.

05, 10: I am really aggravated with this case study -- remedy proving. I feel it's a waste of time. I am tired of being asked the same questions. I am a little pissed off and aggravated. I've had no changes, no symptoms. I'm just becoming irritated quickly.

08, 10: Mad at myself I feel trapped and stuck. I'm getting angry for simple things. Very mad and upset and I don't want to talk to anybody and I don't want anybody to talk to me. I had a terrible day, I can't even stand myself.

05, 11: I had a guest at work. I seem to get aggravated with him easily. I'm even getting aggravated with co-workers. I still feel nothing is happening with this remedy. I am feeling really frustrated with this case taking. I don't want to be bothered with it.

07, 11: I'm easily aggravated and it is worse than the PM.

08, 11: I woke up a couple times last night and cried in frustration. I'm in a better mood this morning, but I had a really bad afternoon.

02, 12: I feel so nervous. I'm angry, even at the wind that blows so cold and fast.

03, 12: I was irritated with the dogs today. It was hard to make them obey. They seem worse with this remedy. I find myself irritated with people and things. I feel frustrated that my family has not felt well, things are piling up.
05, 12: I continue to be frustrated with not knowing what to write. I am not enjoying writing every day when I'm so busy and feeling aggravated with this case taking of the remedy. I am tired of answering and being asked the same questions every day.

07, 13: I have been very irritable and it's worse when I'm hungry.

08, 13: I realized a job dream is recurring every night. I am browsing through fliers and newspapers and entering data into computer. I am worried and frustrated because I don't want to make mistakes. In the morning, I'm aggravated by having this same dream.

02, 14: I am feeling very irritable and nothing is going my way.

05, 15: My wife and I are arguing and yelling at each other. I'm getting on her nerves and I feel she's getting on my nerves. We are talking back at each other, she told me to leave today, and I refused. There is plenty of tension between me and my spouse. We are bickering about everything and anything. We are not understanding each other. She cannot take me and my attitude anymore. She says I am being insensitive, irrational, and completely frustrating to be around. She says I am like a thorn prickling her constantly about nothing. It's not a very good day for either of us, very frustrated.

05, 16: Now I'm thinking a lot about the last two weeks. Nothing was happening physically between us. I didn't want it, but I feel it is in my mind, because the remedy gave me lots of anger. It is unusual for us to be so frustrated with each other. We have both become miserable people towards the other. We don't understand each other. My wife said she cannot tolerate my erratic, insensitive behavior. She says I have become very uncompassionate and distant, that I am very crabby and irritated at everything with a lack of thought.

02, 17: I feel restless, nervous and angry. I hung up on my best friend because I felt I was going to yell at her.

03, 17: I feel frustrated with every situation.

05, 17: My wife and I realized the arguing is not us, it is the remedy. It is not like me to be so mad and angry at everything.

07, 17: My friend came over for a school project and was late by over an hour. She said it was because her and her husband were having a discussion. It seems to be the norm for us fighting lately.

08, 17: I feel like every time I speak I irritate people. I am trying to keep quiet.
02, 18: I was angry at the lady on the radio who kept talking, instead of letting my favorite classical music play.

08, 19: I was in a very bad mood when I got home and argued with my husband. I went to bed mad.

05, 21: The little things that we would normally let be, upset us. It is like we are looking for things to get mad at. We have never argued so much as we have in the past 20 days, since we've been together. I am trying to catch myself before I speak. The heat of the night aggravates me and I want to be left alone.

02, 25: I felt so angry while I was talking to my sister in law, because she still keeps doing all the things conventional doctors say and she keeps putting off the visit to the homeopath. Later, I apologize about being so controlling and manipulative.

03, 25: I am feeling very frustrated at work. I am frustrated this morning, little things aggravating me.

05, 26: We are back from Las Vegas, we have been catching ourselves arguing and trying to let it run its course. I stopped myself because I know it's the remedy.

03, 30: I am trying to study, but getting very frustrated with it. We had a test today. There was too much going on in my life and I refuse to take it.

03, 31: I am so agitated. I can't wait for this proving to be over.

02, 34: I am appalled and angered with everybody around me.

05, 37: The arguing has slowed down. We are not arguing over little things that bothered us before.

05, 40: We laugh about how much we argued over everything and would be down each other's throats. It was a horrible awful time. I wanted to be alone all the time, but things are good now. I can tolerate others and even me again. It was scary the sad, mad, aggravated, confused feelings. I was really out of whack.

**Difficulty Learning, Writing, and Spelling:**

Part of the difficulty with collating this proving was getting through the provers journals. There were many misspellings and many words were scratched out and rewritten many times over. Most of the handwriting was difficult to read and at some points completely illegible. The participants of this proving were attending a homeopathic school and
during this proving, they all failed their exam. Once the proving was over they were allowed to retake the exam, and they all passed.

03, 1: Writing the wrong date all day.

08, 1: I found myself misspelling in my journal.

02, 2: When I was writing in my journal, I was making a lot of mistakes.

08, 2: I have been misspelling constantly in my journal.

02, 5: I notice I am making a lot of writing mistakes, letters, missing or wrong, exchanging of letters.

07, 5: I read my through my journal and I realize am making a lot of spelling mistakes.

08, 5: I have been changing names, showing a chair and calling it the table.

08, 5: I just realized I've been making mistakes, being clumsy, misspelling words, not being able to differentiate letters or numbers, I have to look at them two or three times. Also, my speech is not as fluent because I really have to think about words and sometimes I'm not pronouncing them correctly.

02, 8: I make writing mistakes all the time. I make a lot of mistakes, missing letters and changing letters.

07, 12: I could not complete my school assignments; my handwriting was very bad.

05, 17: I hear and see things, but nothing is being inputted. Everything goes in one ear and out the next. I cannot keep a single thought.

07, 19: I failed my first test ever.

05, 21: I never usually make so many mistakes spelling. My handwriting isn't normal either.

02, 26: I am still making mistakes while writing. I change the place of the letters.

03, 28: I am somewhat foggy thinking, my mind seems jumbled.

08, 29: Letters on the computer screen made no sense; I had to read over and over.

08, 34: Words and numbers are getting confused on the computer.
02, 39: I dreamt I sent a letter to my friend. In the meantime, I decided to go see her. All the family and friends laughed at me because my letter was full of mistakes. Some words were so confusing; it was difficult to understand the meaning.

05, 40: Maybe I would have done better with writing this journal if there was no school. This remedy interfered with my schoolwork because I wasn't able to concentrate.

Prover number six had a history of ADD. Many of his symptoms improved, although he did not record date and time. These are his symptoms.

06, XX: I find it very difficult to concentrate in class throughout most of the day.

06, XX: I can't seem to study very well. Reading seems so boring that I will do several things in between reading even one page.

06, XX: In general, I seem more interested in figuring out how to do things I don't normally do. I'm taking on new challenges.

06, XX: I dreamt that I was writing an exam that only a genius would understand; everyone was finding the exam very difficult, but I found it easy. I thought or dreamt, about Einstein and wondered if I will develop a brilliant idea while I'm on this remedy. Maybe this is what it is like for people like Einstein.

Difficult communication:

02, 2: Yesterday I was stammering and today it's difficult to pronounce words. It's like my tongue is too big.

03, 2: I noticed I was slurring or joining words today. I had to apologize to patients for not being able to talk right.

05, 2: I don't feel like myself. I feel a little spaced out. Like I am thinking, but not much thought. I was sitting in the evening, with lots of thoughts of nothing, very blank. I couldn't speak, my supervisor kept asking “What?”

03, 3: My depth perception is off and my speech is slurred.

08, 5: My speech is not as fluent, I really have to think about words, and sometimes I'm not pronouncing them correctly.

07, 6: My supervisor called and left a message on my answering machine. “Your answering machine cut me off, I'm going to try again in an hour. I'm going to call every
hour on the hour today until I get a hold of you.” I don't know if this is part of the remedy or not, but enough is enough. We just need to communicate.

08, 6: I am very aware of what's going on around me. I'm not communicating, just learning to witness.

08, 10: I cannot think straight to articulate proper words. It is like my mouth is not cooperating with my head.

08, 11: I dreamt I was walking through a garden looking for an address. I was with a friend and we got to an apartment building and found a lady with two kids. We went upstairs with them and my friend asked me for my cell phone, he wanted to listen to the messages, but the phone was off. I turned it on and gave it to him to hear; he said he could not understand, it wasn't in English. He said the message was complicated and he couldn't understand it. I said, what is wrong with you. I said it was in English and I that could understand it!

08, 12: I am talking, but without much sense, like changing the names of things.

08, 18: My tongue still gets all tangled up when I'm trying to talk. I feel like every time I speak am irritating people, so I'm trying to keep quiet. I am having a lot of confusion and making a lot of mistakes while talking.

07, 19: I have this dopey feeling all the time. I could not give directions to someone else. I could not explain what I meant to say. I could not put it into words.

Memory/forgetfulness:

08, 2: I know I dreamed all night, but I cannot remember clearly, I usually can when I repeat the dream in my head.

07, 3: My boss asked me to complete a task, but I could not remember to complete it.

02, 3: I was looking all over for a knife I had used. I discovered it in the bottom of the pan that I had cooked in yesterday. It is unusual for me to misplace things.

03, 3: My foggy thinking is getting bad; I'm forgetting what I'm doing.

02, 4: In the morning, I kept forgetting things so I was checking every single order at work.

02, 5: I can't remember something I've done a million times. I forget what I went to do.

02, 6: I forgot what I wanted to take to work today.
02, 7: I forgot to turn off the stove.

03, 7: I couldn't remember what day it was. I can't remember dreams because I am too tired to get up to remember them.

07, 7: I'm very forgetful. I forgot my purse at home. I miss placed my journal.

07, 8: I still cannot find my journal. I've searched everywhere.

03, 13: I cannot remember my dreams. That's unusual for me I always remember my dreams. I remembered my dreams before I took the remedy.

07, 13: I am so forgetful. I forgot everything and I don't normally do that. I couldn't think of the word; Hotmail. The odd facts are gone from my memory. I didn't even remember where my purse was and it was right on the chair where I normally leave it. I am leaving my book everywhere. I left it at my husband's shop and had to drive back to get it. It's like I want to have it glued to me.

07, 15: I forgot to wear undergarments today!

04, 17: There are missing days in my journal, but I can't even remember what happened.

02, 19: I forgot a dish on the stove and it burned.

07, 19: I am not able to listen and remember, it's almost like I can't hear. My memory, it seems very poor.

08, 25: My head is not in the right place. It's as if my mind is absent.

08, 33: I can't remember. I skip or miss things when the office gets busy and I have to do lots at the same time.

**Anxiety/Depression/Alienation/Suicide:**

07, 1: I have a feeling that I don't belong to this world and what I see is just a picture.

02, 1: I feel anxious, nervous, jittery, and shaky.

02, 2: I feel like I'm going to explode from the anxiety I feel inside. It's a strange feeling for me. I thought if only I could go back and change everything in my life and all the bad things that happen to me would be improved, my anxiety would go away.
07, 2: I feel so emotional. I'm crying and then laughing. My crying is random. It's a feeling of anxiety.

07, 4: I have a feeling like I am from another planet, everything is foreign here. People's movements, people's speech.

04, 8: I must admit that this has been a horrible depressing week for me. I guess I have adopted this depression.

08, 9: I am very mad, upset, and depressed. I don't want to talk to nobody and I don't want anybody to talk to me. It's a terrible day. I can't even stand myself.

02, 11: Yesterday and today I feel very sad, like lost. I feel so sad like my heart is crying.

02, 13: I feel restless and anxious. I feel nervous, so desperate like everything is turning against me. There was a rush at work and so I felt pressured and worried. My whole body, starting from the head, started to sweat.

03, 13: While laying there thinking of what I had to do in the morning, laundry, a thought of shooting myself appeared out of nowhere. And not a flippant thought, but a deep thought that made my stomach flip. The thought persisted all day because it bothered me so much.

08, 13: I have a permanent thought of something bad happening.

02, 15: I still feel nervous and restless.

02, 16: It's strange one day I feel nervous and restless and the next day I feel sad and cry. Tonight I watched American Idol and I cried when the singers weren't voted to stay. I felt so sad I couldn't stop crying.

02, 21: I feel so strange, like I'm empty and afraid of something going to happen. I feel without any protection, like an orphan. I have a feeling that something is going to happen, but I don't know what. That makes me nervous I even feel palpitations.

08, 21: I feel anxious constantly thinking about doubts, analyzing the situation. I feel sick to my stomach, again a feeling I can't trust anyone and everyone is a liar.

08, 23: It was dawn and I was crying for no reason I felt alone and sad, worthless and frustrated.

02, 24: I felt an indescribable fear that I will lose my close ones, everything precious to me.
02, 26: I have a fear that something unknown is going to happen.

08, 27: I woke up with a funny feeling in my stomach like butterflies; it is like a premonition something is going to happen.

02, 28: I feel nervous. In anticipation that something is going to happen, something will change.

02, 31: All afternoon I had a feeling as if everything is slipping away from me, like nothing is happening.

02, 32: At noon today I felt, it's not me. Like, I'm not the person doing all the things during the day, like I don't belong to this. It's not me; it's somebody else pretending to be me.

02, 34: I have a feeling like I am in a deep swamp, I can't get out, I'm sinking. I'm going to cry.

02, 36: All morning I feel desperate, I want to cry. I'm very sad like I don't want to see anybody.

02, 37: Again, that feeling of desperation without a goal or desire for anything.

02, 38: I woke up at 5:35 a.m. I had a feeling of emptiness in my stomach. I remember I dreamt I was standing on a bridge and I felt like I am going to jump, but a few people came over and started laughing. I felt ashamed and turned back.

02, 39: I dreamt I sent a letter to my friend. In the meantime, I decided to go see her. All the family and friends laughed at me because my letter was full of mistakes. Some words were so confusing; it was difficult to understand the meaning. I felt so sad, so desperate. They offended me, called me stupid, crazy, ugly. I went to a river and stood up on the bridge. I was thinking about jumping, but I heard a bird singing, looked up, and saw the sun shining bright. I smell the flowers; I lifted my arms and became a bird. I flew and enjoyed the beautiful plants and herbs. I sang and laughed.

**The Number Three:**

03, 1: I rarely have to urinate during the night. And last night I had to urinate three times.

03, 9: I dreamt three times last night. They were about my son's three dogs.

03, 14: I keep waking up at three.

03, 15: I woke again at three.
04, 27: I had a homoerotic dream with two girlfriends of mine on holiday! It was accidental and very surprising to all three of us.

05, 27: I dreamt of three blue teddy bears on a shelf, and I don't know why. One of them had fallen to the floor, yes, and two on the shelf and one on the floor.

05, 31: My sleep is not so good; I am waking every three hours.

08, 39: I was in my mom's house, pregnant and looking out the window. I was waiting for someone, someone that stood me up. I went downstairs and the garage was packed, I could not get my car out. I had to go to school and did not want to. I go upstairs and I packed my lunch and stuff in my backpack. I go downstairs again to wait for the bus, but it's already gone. I go back to my apartment, my two brothers are like six, my mom's on the phone, and there are three lines hooked on it. She's complaining the kids messed them up.

02, XX: I had a dream of three fingers in the middle of a white flower with leaves.

02, XX: I had a dream; I felt upset. I was counting a big pile of the tree leaves, but I could only count to three.

06, XX: I dreamt I was looking at three brown bottles on the shelf and each one was labeled “Cybor”.

16, XX: I dreamt I was at a resort and I was going to take a shower in a public restroom. While getting ready for the shower I smelt smoke. I followed the scent until I came to a fridge in the corner of the basement. When I opened the fridge, I was shocked to see feet sticking out of the bottom. I then noticed that the floor beneath me was on the even and softer than it should be. Realizing the building would blow up shortly, I tore the floor apart to see who the feet belong to. Underneath the floor I found a family of three, bound at the feet and wrists and across their mouths with thick gray tape. I rescued them just in time! Next, I went exploring the ocean in a submarine. While in the submarine, I passed another submarine with a family of three inside crying for help. Of course, I somehow managed to save them too.

**Trapped/Escape/Resourceful:**

02, 3: I have a feeling that there is no exit; everything is closed (in the mind).

02, 4: I dreamt I was in the middle of valley, surrounded by a yellow Mountain that looked like cold lava. I felt very anxious because I didn't see a way out, I was climbing and sliding.
02, 6: I feel like I'm in prison.

04, 5: My dreams this week involved going up and out of someplace; solving a way of escape. There was some degree of frustration, but I used inventiveness in each of the cases. This pleased me in the end of it all.

02, 8: I was in a field with grasshoppers, I wanted to jump over them and I couldn't. It made me feel hopeless, confused, I didn't know what to do to get out of the field. It was raining and muddy, I was running after a man riding a bicycle. My heart came into my throat; I yelled and ran after him.

04, 31: I dreamt I am on the street at night in New York City. A black guy comes along he was suggestive and threatening. I can show him by being funny and flirty and go across the street to a gallery. A safer looking man is there, he hires me to be a model. I don't know what this means, but I am willing to go along, it turns out to be fun. Still, it is all just a means of me finding a way to get out of this. I escaped to an elevator. I watch as it carries us (others-strangers in the elevator) up and up. When I see the number 47th floor, I think no, that's going up too high and I want to go down. The elevator door opens an oddly, here I am out on the street level again, safe. I feel I was rescued using my own resourcefulness.

02, 13: I dreamt there was a tunnel, I wanted to get out of a place and the only way was to go through that tunnel. I walked all night, I felt like I would never get out of there.

02, 35: I was climbing a very high cactus. It was so sharp with thorns, but I had to escape. A criminal followed me, he looks like a very well decorated pumpkin for Halloween. It was so difficult, I felt like I was going to die.

08, 40: I dreamt I was trapped in a house with weird people and lots of dogs.

04, XX: Dream: Apparently, a house my husband and I newly purchased was an old farmhouse. We find a ratty old back door made of jungle vines and use it to go down into the basement. My husband finds a secret way of climbing up a wall to get upstairs. Try as I may, I cannot find a way to get out.

Time:

05, 3: Today flew right by. Time feels quick.

05, 9: The day is over before I know it. It just flew by.

05, 10: Time continues to fly by. The day is gone before I know it.
02, 12: I felt like the time ran so fast, at the same time I had the feeling that nothing is moving or that time had stopped.

05, 16: Time flies so fast. I can't get anything done or do anything properly.

02, 17: I feel impatient, like time has stopped and nothing is happening.

05, 19: I feel like I have a lack of time. Usually I'm on time, I'm carefree about time, but I've become late for almost everything.

05, 21: The past few days have just flown by.

05, 26: I'm not on the schedule. I have no time to do stuff.

05, 27: I feel like time is not a factor. I'm late for everything.

02, 28: It feels like time has stopped.

02, 29: It continues to feel like nothing is happening, as if time has stopped.

05, 30: Time is still really flying. I just have no time.

**Dogs/Animals:**

02, XX: My dog, which was playing outside, disappeared. It made me feel worried. In the dream, I was angry and worried.

03, 1: I dreamt I was looking for my son and I found him at the side of a road cutting brush. I talked to him about money. Across the ditch was a golf course. A crocodile came across the ditch. I ran towards a car that was supposed to be his car, but it wasn’t so I ran to get mine. My husband drove up in his car and he told me to call the dog. When I reached my car, my dog and my son's dogs were already in the car.

03, 3: I dreamt of a heavy balding man with gray hair and glasses. He was crawling through the door on all fours like a dog.

03, 8: I dreamt about my sons three dogs last night. They were doing silly things and making me laugh.

03, 9: I had another dream about dogs, my brother's dog.

07, 12: I dreamt we were on a tropical vacation and my husband had a monkey for a pet.

04, 20: My daughter Penny and a friend Tina and I are swimming in a lake in cottage country and decide to swim all the way over to an island about a mile away. I say,
“That’s not an island that's the mainland”. Apparently, I'm familiar with the layout. We have our little dog with us, a Jack Russell. He holds up nicely throughout the swim.

08, 34: I dreamt of dogs, a Dalmatian, a Labrador, and a Retriever. I was walking the dogs, there were lots of people showing their dogs and walking them too. There were kids playing with dogs.

08, 40: I dreamt I was trapped in a house with weird people and lots of dogs.

06, XX: I dreamt that there was a skunk in the house and that the people I was with were trying to throw a coat on it to catch it.

**Leaves/Trees/Mountains:**

08, 3: There's like a storm, it's snowing and there is snow, but what's blowing are dry leaves.

02, 4: I was in the middle of a valley, surrounded by a yellow Mountain that looked like cold lava. I felt very anxious because I didn't see a way out, I was climbing and sliding.

02, 6: I dreamt I was counting a big pile of tree leaves, a felt upset that I couldn't finish on time.

04, 10: I dreamt I was leaving a building; I stopped to lean over a small artistic display by my artist partner Janny. A tiny leaf falls from my hair or clothing and Janny chastises me. I respond tartly with, “Janny, you always have been a fusspot!”

02, 17: I dreamt many people were climbing a hill, which became the top of the mountain. The mountain was covered with incredible plants and minerals. The colors were amazing.

02, 21: I don't really remember the dream, but I woke up at 4:50 a.m. with a feeling that I was trying to hide something. In the dream, I tried to cover up with some kind of leaves, but I couldn't and I felt so nervous.

08, 22: I dreamt I was back home sitting under a huge tree.

08, 24: To get to where there were houses, we had to climb a sand pile, not quite a mountain, but fairly high. It was very difficult because I was pregnant and it was very dark. We got to the top and everyone was in the streets partying.

08, 26: I was driving along the coast, up and down mountains to go to school. I was sitting in the classroom in open air; I could not hear the teacher because of the noise. She was talking about a book, but I could not take notes.
02, 33: There were many people watching the oldest tree blooming. There was a very tall building and people were like ants moving heavy things. I was anxious and restless, I don't do things properly. There was an unknown man who asked me to see the tree. He was very calm and he made me feel better.

08: 40: I was trapped in a house with weird people and lots of dogs. I made it to the entrance, got my daughter in the front room, and got out. There was a pilgrimage on the street and weird people came out. There were mountains outside and on top were castles in ruins.

**Blue:**

04, 7: I dreamt that I was pleased with my sculptured wall hangings, the colors of blue and purple and pink.

05, 27: I dreamt of three blue teddy bears on a shelf, and I don't know why. One of them had fallen to the floor, yes, and two on the shelf and one on the floor.

02, 27: I need to eat sweet, I ate blueberry jam.

02, 30: I ate lots of blueberry jam.

02, XX: I dreamt I was on a bus dressed in a beautiful shade of blue. Even my shoes were blue.

16, XX: I dreamt that I was a bug and everyone around me was also a bug. We all had long thin wings, with our bodies being different shades of blue and purple. We were very pretty.

16, XX: I dreamt I went exploring the ocean in a submarine. While in the submarine, I passed by another submarine with a family of three inside crying for help. Of course, I somehow managed to save them too. The water was crystal clear, a beautiful shade of blue.

**Dreams:**

02, 1: My dog, which was playing outside, disappeared. It made me feel very worried. In the dream, I was angry and worried and I was yelling.

03, 1: I dreamt I was looking for my son and I found him at the side of a road cutting brush. I talked to him about money. Across the ditch was a golf course. A crocodile came across the ditch. I ran towards a car that was supposed to his car, but it wasn’t so I
ran to get mine. My husband drove up in his car and he told me to call the dog. When I reached my car, my dog and my son's dogs were already in the car.

02, 2: I dreamt that I had a feeling I was a big flower that grew up in the desert.

05, 2: I dreamt of it being windy.

07, 2: I dreamt that I was extremely hyper, talking fast.

08, 2, I dreamt about work. I was gathering info and recording the findings. People were listening behind walls, secret walls that moved and secret stairs.

03, 3: I dreamt I was the only one in my garage, I looked down and my dog was there. He was not supposed to be and I started to yell and woke up.

03, 3: I dreamt of a heavy balding man with gray hair and glasses. He was crawling through the door on all fours like a dog.

03, 3: My daughter wanted to cut off her hands and feet. I offered to do it for her. There was no pain, no blood; I cut off all but her right hand. She decided she still might need them. I stepped back and I said, “That will work for now”.

08, 3: I was at home with my family trying to talk them into helping me clean up. The doorbell rings, it's a woman with lots of kids looking for a guy. The house turns into a store, but still my house, they all come in and start taking things. When they finally leave one of them comes back looking for silverware. I go look for it and it's in the back room, which is unfinished. It is full of the spider webs and very cold. I decide not to go into get it and when I go back, I am outside. It's full of spider webs all over, it's windy. There's like a storm, it's snowing and there is snow, but what's blowing are dry leaves. It's dark, I can't see my family, but I can hear them. I can hear my mother's voice clearly talking about a scotch bottle. I'm walking towards them, but I can't see them.

02, 4: I was in the middle of a valley, surrounded by a yellow Mountain that looks like cold lava. I felt very anxious because I didn't see a way out, I was climbing and sliding.

04, 4: I dreamt I am on the street at night in New York City. A black guy comes along he was suggestive and threatening. I can show him by being funny and flirty and go across the street to a gallery. A safer looking man is there, he hires me to be a model. I don't know what this means. but I am willing to go along, it turns out to be fun. Still, it is all just a means of me finding a way to get out of this. I escaped to an elevator. I watch as it carries us (others-strangers in the elevator) up and up. When I see the number 47th floor, I think no, that's going up too high and I want to go down. The elevator door opens an oddly, here I am out on the street level again, safe. I feel I was rescued using my own resourcefulness.
03, 5: It's my daughter's wedding; on the way to church, I miss the exit and had to drive forever to turn around. She wasn't ready and I was frustrated trying to get her to hurry.

03, 5: People from my last job telling everyone we were losing our jobs. Frustrated; trying to see the boss to find out why.

04, 5: My daughter comes dancing out of the bedroom wearing a black leather/flowery dress that she loves because she has lost a lot of weight. I have a new one on to, and I am lying on the couch. My daughter proceeds to prepare a celebratory meal.

04, 5: Apparently, a house my husband and I newly purchased was an old farmhouse. We find a ratty old back door made of jungle vines and use it to go down into the basement. My husband finds a secret way of climbing up a wall to get upstairs. Try as I may, I cannot find a way to get out.

08, 5: I'm going into a hotel and looking for my cousin that worked there. He took me to the spa area; there was clear beautiful water and lots of stores.

02, 6: I dreamt I was counting a big pile of tree leaves, a felt upset that I couldn't finish on time.

04, 6: I spent most of the night struggling with my computer, trying to click the upper blue line that allows you to close the page by clicking the X. I couldn't even see the damn X. Suddenly maps kept appearing on the screen. My son Jeff came along and fixed it. Then he praised me for having written some wisdom on a box as a child.

04, 7: I had a homoerotic dream with two girlfriends of mine on holiday! It was accidental and very surprising to all three of us.

02, 8: I was in a field with grasshoppers, I wanted to jump over them and I couldn't. It made me feel hopeless, confused, I didn't know what to do to get out of the field. It was raining and muddy, I was running after a man riding a bicycle. My heart came into my throat; I yelled and ran after him.

03, 8: I dreamt about my sons three dogs last night. They were doing silly things and making me laugh.

04, 8: I lost my purse; it was a black bag type. I was at an art workshop and I was pleased with my sculptured wall hangings, the colors of bluish-purley pink. I stay right till the end cleaning up. There is an unidentified instructor still there too, then I realized to my dismay that my purse is missing, it’s gone! That awful feeling of losing, not only my money, but all those cards that will have to be replaced and quickly, in order to get them back in time for the trip to Guatemala. There was a sense in the end of having to let go of the loss and just be glad to have replaced all the important stuff.
07, 8: I dreamt I was in love with a previous coworker. He rejected me, shunned me, I lusted after him and felt rejection.

08, 8: I dreamt of work and school, searching for someone in a big place. There were lots of doors and stairs. I felt frustrated.

02, 9: There was a group of people that were lost and were arguing how to find resolution. It was the reason I felt lost to, without direction.

03, 9: I had another dream about dogs, my brother's dog.

08, 9: I'm riding with the kids in the car and I stop to get them drinks. They were thirsty, they had drinks and I bought a carton of eggs that I was going to cook. I was not sure where, in my house or in somebody else's.

08, 9: I dreamt I was pregnant and working.

04, 11: I lost my camera in a huge Coliseum or operatic theater. There were little wooden drawers situated at the railings on all three tiers. I spent hours looking through every single drawer, until at last I found it! Only to discover the guts of the camera had been removed, leaving only the metal shell and a colorful cardboard covering. Later as I'm leaving the building, I stopped to lean over a small artistic display by my artist partner Janny. A tiny leaf falls from my hair or clothing and Janny chastises me. I respond tartly with, “Jenny, you always have been such a fuss pot!” This seemed very assertive of me, as normally I would have said nothing to her, as she is quite outspoken herself.

08, 11: I dreamt I was walking through a garden looking for an address. I was with a friend and we got to an apartment building and found a lady with two kids. We went upstairs with them and my friend asked me for my cell phone, he wanted to listen to the messages, but the phone was off. I turned it on and gave it to him to hear; he said he could not understand, it wasn't in English. He said the message was complicated and he couldn't understand it. I said, what is wrong with you. I said it was in English and I that could understand it!

04, 12: I realized a job dream his recurring every night, browsing through fliers and newspapers and entering the data in the computer. I'm worried because I don't want to make mistakes.

04, 12: I dream of an air attack, airplanes all over, one crashed in front of our house. It was small, like a toy. Everyone was running, confused, I sent everyone in the house and went to look for my brother who came running towards me.
07, 12: I dreamt we were on a tropical vacation and my husband had a monkey for a pet.

05, 13: I had dreams of my spouse cheating on me, they were bad dreams.

02, 13: I dreamt there was a tunnel, I wanted to get out of a place and the only way was to go through that tunnel. I walked all night, I felt like I would never get out of there.

04, 14: I was living with a lot of people, my house was crowded and I was trying to make arrangements to renovate it to accommodate everyone.

02, 15: I had a feeling in my dream; I was so frightened I wouldn't see my brother again.

02, 16: I was waiting for my husband who came with other people. I was jealous because of that.

02, 17: I dreamt many people were climbing a hill, which became the top of the mountain. The mountain was covered with incredible plants and minerals. The colors were amazing.

04, 18: I was back home at my old house, there was lots of people and my house was like an office. There was a flood, raining outside, but everyone was calm. The water was clear and it kept rising, everyone gathered on the terrace just talking about how we would cook under water. The storm ceased and a woman wanted to go to the salon. I wanted to get my nails done, and asked my mom if I could go with her. She said, yes.

04, 19: I was dreaming of lots of people, motorcycles, restaurants, drinks, and someone carrying a drill with a long point. He falls, punctures his liver, and dies. Then I'm at a shopping mall searching for different things, underwear for my pregnant sister. Someone who was with us got lost in the crowds, I was wondering where he was.

2, 20: An unknown man dressed in blue jeans and a white T-shirt invited my family and me to his home. He brought grapes; I tasted it felt upset because we couldn't bring anything for him.

4, 20: My daughter Penny and a friend Tina and I are swimming in a lake in cottage country and decide to swim all the way over to an island about a mile away. I say, “That's not an island that's the mainland”. Apparently, I'm familiar with the layout. We have our little dog with us, a Jack Russell. He holds up nicely throughout the swim. While sitting on the shore, getting ready for the return swim, there are a number of explosions on the water. Two or three small crafts are billowing black smoke. A man on a jet ski zips close to us towing another small craft and pushes it up to safety with our help. We realize it will not be possible to swim back, as there will have to be an investigation and no one will be permitted to swim. So we swim across a nearby channel,
a piece of cake compared to what we have just swam, and we walk home from there through a series of pathways in the woods that I am familiar with.

04, 20: I dreamt about finding out hidden things, lies, things hiding behind a door, not letting the light in.

02, 21: I don't really remember the dream, but I woke up at 4:50 a.m. with a feeling that I was trying to hide something. In the dream, I tried to cover up with some kind of leaves, but I couldn't and I felt so nervous.

8, 21: I'm putting the kids to sleep, the beds were like dirty, so I took them for a ride. My sister was driving and she had a baby in the front seat, no baby chair, no seatbelt. I met my husband at a store that is open, but no one is there, we steal a cell phone. I realize there's a camera I want instead, so he puts the cell phone back. Then I go to a jewelry store and I show him a beautiful diamond ring.

8, 22: I was back home, sitting under a huge tree talking to my father-in-law. I walked away to a place I had been in during a prior visit, the place was huge. My cousins were there and they wanted to come see their dad (who's dead) and go to the beach. There were lots of people, music blasting, a woman breast-feeding walked towards me. She was there with someone looking towards the street, expecting people; they arrived in a train pulled by lots of horses.

8, 24: I was riding a bus. I was pregnant and got to a little place along the coast. The bus was full of students and they were worried about what they were going to drink and where the cups were. To get to where there were houses, we had to climb a sand pile, not quite a mountain, but fairly high. It was very difficult because I was pregnant and it was very dark. We got to the top and everyone was in the streets partying. I walked down the street and I realize that doors were open and there was a lot of light and color. I walked into one of the houses, a beautiful little boy was there and we started to play chess.

02, 26: I felt lost. I turned around and saw many people, but they also look lost, without a path. They moved like robots. I felt restless, upset. I didn't know what to do.

08, 26: I was driving along the coast, up and down mountains to go to school. I was sitting in the classroom in open air; I could not hear the teacher because of the noise. She was talking about a book, but I could not take notes.

05, 27: I dreamt of three blue teddy bears on a shelf, and I don't know why. One of them had fallen to the floor, yes, and two on the shelf and one on the floor.

08, 32: I was in school writing an exam and afterward I was back home trying to get a passport (Guatemala) and could not get one.
02, 33: There were many people watching the oldest tree blooming. There was a very tall building and people were like ants moving heavy things. I was anxious and restless, I don't do things properly. There was an unknown man who asked me to see the tree. He was very calm and he made me feel better.

08, 33: I was on a trip with lots of people, at first we stayed in some place and we were trying to accommodate everybody. In the morning we went to this village along the coast, there was a big party. I was busy arranging for food and a ride to the nearest island. We were waiting in line for fresh fish. There was laughter and singing. When the fish was ready, we all went in and ate. After I was gathering everyone for the trip, my partner and someone else decided to stay with a fortuneteller. I was very upset and left with everyone else; the trip was ruined for me.

08, 34: I dreamt of dogs, a Dalmatian, a Labrador, and a Retriever. I was walking the dogs, there were lots of people showing their dogs and walking them too. There were kids playing with dogs.

02, 35: I was climbing a very high cactus. It was so sharp with thorns, but I had to escape. A criminal followed me, he looks like a very well decorated pumpkin for Halloween. It was so difficult, I felt like I was going to die.

08, 35: I'm in the basement of my house and it's a mess. There are unwanted people staying there. I cleaned up the mess and kicked them out. Upstairs was like a shopping mall, full of unwanted abusive people. I got fed up, grabbed a baseball bat and kicked them out. I remodeled and turned it into a home, I felt very happy with the outcome.

05: 37: I dreamt of aliens from outer space. They were coming, invisible, but we can see them sucking up people.

08, 37: I was a wedding planner with a very demanding boss, we worked back to back. I saw a strange silver tiara and wanted to see the bride wearing it, but the boss would not let me. The wedding was in a big beautiful hacienda, gorgeous corridors and gardens. I had to take care of them and the guests. When everyone left, some men came in and were caving in the terraces looking for hidden treasure.

02, 38: I woke up at 5:35 a.m. I had a feeling of emptiness in my stomach. I remember I was standing on a bridge and I felt like I am going to jump, but a few people came over and started laughing. I felt ashamed and turned back.

02, 39: I dreamt I sent a letter to my friend. In the meantime, I decided to go see her. All the family and friends laughed at me because my letter was full of mistakes. Some words were so confusing; it was difficult to understand the meaning. I felt so sad, so desperate. They offended me, called me stupid, crazy, ugly. I went to a river and stood up on the bridge. I was thinking about jumping, but I heard a bird singing, looked up, and saw the
sun shining bright. I smell the flowers; I lifted my arms and became a bird. I flew and enjoyed the beautiful plants and herbs. I sang and laughed.

08, 39: I was in my mom's house, pregnant and looking out the window. I was waiting for someone, someone that stood me up. I went downstairs and the garage was packed, I could not get my car out. I had to go to school and did not want to. I go upstairs and I packed my lunch and stuff in my backpack. I go downstairs again to wait for the bus, but it's already gone. I go back to my apartment, my two brothers are like six, my mom's on the phone, and there are three lines hooked on it. She's complaining the kids messed them up. She sends me to the boy's room to get other phones. I go in and my other brother is sleeping and gets mad because I'm making noise. I find the phones and when I come out my mom and my Nana are in the bathroom with my brother who's puking up all over the place. My Nana pukes as well, I grabbed my brother by the arm and shower him while my mom and my Nana clean the bathroom.

08: 40: I was trapped in a house with weird people and lots of dogs. I made it to the entrance, got my daughter in the front room, and got out. There was a pilgrimage on the street and weird people came out. There were mountains outside and on top were castles in ruins.

02, XX: I dreamt I was on a bus dressed in a beautiful shade of blue. Even my shoes were blue.

06, XX: I dreamt that I was writing an exam that only a genius would understand; everyone was finding the exam very difficult, but I found it easy. I thought or dreamt, about Einstein and wondered if I will develop a brilliant idea while I'm on this remedy. Maybe this is what it is like for people like Einstein.

06, XX: I dreamt I was looking at three brown bottles on the shelf and each one was labeled “Cybor”.

16, XX: I dreamt I was at a resort and I was going to take a shower in a public restroom. While getting ready for the shower I smelt smoke. I followed the scent until I came to a fridge in the corner of the basement. When I opened the fridge, I was shocked to see feet sticking out of the bottom. I then noticed that the floor beneath me was on the even and softer than it should be. Realizing the building would blow up shortly, I tore the floor apart to see who the feet belong to. Underneath the floor I found a family of three, bound at the feet and wrists and across their mouths with thick gray tape. I rescued them just in time! Next, I went exploring the ocean in a submarine. While in the submarine, I passed another submarine with a family of three inside crying for help. Of course, I somehow managed to save them too. The water was crystal clear, a beautiful shade of blue. Then, I went to my hotel room and called the police in order to report the events of the day. While the police were there, an enormous tarantula swung between my husband's legs on a rope or web and landed on his belly. The police mentioned that we shouldn't
worry about the spiders, then flicked it off of my husband and shot it with his gun. He then advised us that the spider he killed was the most dangerous spider on the island. Realizing that where there is one spider, there is likely another, we slept with one eye open that night. In the middle of the night, I felt someone rub my back as if to try to wake me. Then I felt a huge spider crawling around on my back. I then sensed that it had been the policeman that placed the spider on my back. He left the room quietly and locked the door behind him. He left the spider on me so that I would be bitten and would die. I woke up from the dream and screamed. It was a terrifying dream. The spider was gray with white stripes and hairy legs.

16, XX: I dreamt that guests arrived at the house, seemingly unexpected. I could not figure out why they were there and couldn't figure out how to turn the light on. There seemed to be too many switches and I couldn't figure out which one was for the front entrance, although I had realized that I had turned the light on many times before. I was very confused.

16, XX: I dreamt I was in school and asked the teacher if I could be excused to go to the bathroom. On my way back to the classroom, I realized I didn't know how to get there. The door to the classroom had once been decide the bathroom door, but didn't seem to be there anymore. I kept walking up and down the halls for quite some time trying to figure it out. A wedding was taking place in the gym and I felt quite embarrassed that the people there would have seen me pacing around and looking confused. I didn't want to ask anyone for directions because I had been going to school for many months already and never got lost before. Finally, a nice lady put her arm around me and walked me back to the room, which of course was right where I originally thought it should be. Now I was quite frustrated and embarrassed to return to the classroom two hours later.

16, XX: I had a frustrating dream that I was in a shopping mall and I couldn't figure out how to get out of it. I was scared that if I went out for the wrong door I wouldn't be able to find my way home. Someone finally help try to understand the map of the mall to figure out which door of the mall to go out of, but I had to be escorted to the correct door because I couldn't find it on my own. I was eventually comforted to know that someone would continue to drive me home.

16, XX: I dreamt that I was a bug and everyone around me was also a bug. We all had long thin wings, with our bodies being different shades of blue and purple. We were very pretty.

16, XX: There was a skunk in the house and that the people I was in will and will with were trying to throw a coat on it and catch it.

16, XX: I was waiting for my husband to come home. In my dream, I couldn't figure out if he was coming home or if he was leaving me, or if something was wrong like he was hurt or perhaps kidnapped.
Physical:

Alcohol tolerance:

05, 26: I drank a lot, but I did not seem to get drunk.

07, 4: I was able to drink without much intoxication.

08, 7: The other night I went out for drinks. Normally I wouldn't feel good, but I had five shots and didn't feel really drunk. Normally I would have been hammered. I didn't feel anything until the next day, possibly sluggish.

Energy:

04, 1: I was busy all day to day I had good energy.

05, 1: I'm very energetic; I'm on a cleaning spree. I did jobs/tasks that were put off for a while. I did extensive of cleaning all day.

07, 1: I immediately felt energetic.

07, 2: I felt tired after eating.

08, 2: I feel tired.

05, 3: My train of thoughts were relaxed, very relaxed. I didn't want to do nothing, just lie around and watch movies.

07, 3: Today I have low energy. I have no energy to eat.

03, 2: I'm experiencing extreme exhaustion, too tired to even breathe.

03, 3: I felt great in the morning, but I was tired by 10 a.m. I look tired and I was tired, I had to lay down mid-afternoon.

03, 5: I feel crappy, tired, and worn out. My limbs feel heavy.

04, 6: I feel sluggish and crappy and I have to work all day today.

03, 07: I woke up exhausted, I felt like I hadn't slept. I dragged myself around all day.

03, 8: I'm still exhausted, I usually do some housework before work, but I couldn't get out of bed to do it.
05, 8: I have no motivation to do anything.
05, 9: I don't want to do nothing.

07, 08: Today I was very focused and motivated. I was energetic at work and accomplished many things.
08, 8: I was tired during the day today.

05, 11: I'm so tired out I just want to go home and sleep.
03, 12: I did lots today. I accomplished a lot.

07, 12: Today I was tired, had low energy and it was difficult getting motivated.
05, 15: I have been very tired.

04, 16: I'm no longer feeling lethargic. Pretty perky actually.
08, 17: I feel so very tired.

07, 18: I have no motivation to exercise.

08, 20: I woke up tired and thinking I have tons of things to do today. I was tired all day.
08, 22: I worked out; it seemed I did have more stamina and energy today.

02, 24: I cleaned, I felt so tired after, even though it was a small amount of work.

08, 24: I had lots of energy today. I worked out, cleaned the house and could not stop. I was wiped out by the end of the day.

05, 26: I just want to do nothing. The past two days I've done absolutely nothing.

08, 34: I feel super tired.

06, XX: I did not note this in my journal; however, I built a new bathroom and put a backsplash on our kitchen wall during the time of taking the remedy.

Eye:

02, 1: I felt a pain and around my eyes and deep into the eyes, burning and stitching. My vision seem to be worse, like dim or foggy.
03, 1: I have itching and irritation of the right eye, the corner of the eye, close to the nose and the bottom lid. Rubbing it did not make it feel better. I felt I needed to open my eye wider.

05, 1: I felt tightness between my eyes.

02, 2: I felt my vision was worse.

03, 2: My right sinus area and I feel congested. The lower lid is swollen. The right eye is irritated and itchy and at times seems filmy.

02, 3: At work, I'm going to the wrong location. I feel my vision is very bad.

05, 3: My eyes were foggy or a sand like feeling. I keep looking in my eyes, but nothing is in there. My eyes seem always red.

02, 4: My vision is still not that clear. I have a feeling I have something in my eyes, maybe like sand. They are tearing too.

02, 5: My vision still seems bad. I have a stitching pain in the left eye.

02, 7: Go home morning I had burning pain in the eyes. My vision is still bad with a feeling of sand in my eyes.

07, 13: It feels like I have film in my eyes. I rub them and their gushing.

08, 24: My eyes are very burning and watery.

02, 25: I have a sensation of a spicy pepper in my left eye.

02, 28: I have a feeling like something went into my left eye. My upper lid became swollen. I feel pain as if something is inside and hurts my eye.

02, 30: My left eye was swollen. I had a feeling as if sand was in it.

16, XX: My eyes were so sore during the proving that I replaced my contact lenses twice. Either eye, never both, would feel as if there were his glass underneath the contact. The eyes never hurt when the contacts were off the eye.

**Nose:**

03, 1: I have congestion in the sinus area.
03, 2: The left sinus is burning as if it had chlorine in it. I took the second dose of the remedy and the right sinus area cleared.

02, 3: My nose is running with a change in my voice. I have a watery discharge that makes me sniff.

02, 4: I have a runny nose with a spasmodic cough and coryza and both nostrils are stuffed.

03, 4: I have a bad odor in my nose like it infected.

07, 5: My nose is filled with mucous. I am congested, but energetic.

08, 12: I realize my nose has been stuffy since the beginning of the proving.

02, 18: I have a watery discharge and blood from the right nostril.

08, 32: I have a headache and feel stuffed up. I have lots of nasal discharge, green thick mucous. My body aches and I can't stand anything tight on me.

08, 35: I am still stuffed up with lots of green thick discharge. My nose is stuffed up and there's lots coming out of it. I feel sick and very congested.

08, 41: I have been waking in the night because of the congestion. I could not breathe properly. I kept blowing my nose.

08, 40: My nose is a little less stuffed. There is clear mucous coming out of my nose now. There was a little blood this morning.

**Mouth/Taste:**

02:1: There was itching all over my face and it started from my mouth.

07, 1: I have a very pasty dry mouth. My mouth seems frothy. I was very thirsty.

03, 1: I have a metallic taste in my mouth, on the sides of the tongue along the teeth.

02, 2: I noticed there was a crack on my lower lip on the left side.

07, 2: My mouth became dry and immediately after taking the dose.

02, 3: I have a very, very bad taste in my mouth, like sour-sweet.
02, 4: I have a bitter taste in my mouth with a feeling of thirst and a feeling of a bad odor coming from my mouth.

02, 5: Again, I have a bitter taste in my mouth with a desire to eat so I don't feel it, but after eating it’s worse. My mouth is very dry like a lemon without juice. I felt very thirsty, but didn't drink at all.

08, 5: My mouth is very dry and I feel very thirsty.

03, 7: That weird taste is gone.

02, 8: I still have a very strong sour bitter taste in my mouth.

08, 8: I have a bitter taste in my mouth.

02, 12: My lips I dry cracked and peeling.

02, 31: I have a very dry mouth, which gets better from drinking cold water.

**Stomach:**

08, 1: I have acid reflux and burning in my stomach.

07, 2: I have mild heartburn after eating and pain in the lower abdomen on the right side. It’s stabbing and sharp.

08, 2: I'm having a lot of stomach discomfort. Acid reflux and burning. I have burning in my stomach and throw up.

03, 4: I have intense pressure in the upper region of my abdomen, radiating to the upper right side of the armed pit. It lasted all night.

02, 5: I have a spasmodic cough with spasmodic pains in my stomach. The spasmodic pain from my abdomen moves up to the stomach and through to the back.

03, 6: I had a lack of appetite all day.

08, 12: I woke up because of acid reflux. I was coughing and choking and could not breathe.

07, 16: I have a full feeling in my stomach. There's a tight twisting cramping feeling.

08, 9: My stomach has been bothering me all day.
07, 10: Again, I feel a tight cramping in my stomach.

08, 16: I'm still having acid reflux and it's waking me.

08, 18: I am feeling very hungry, but when I eat, I get acid reflux.

04, 29: I feeling unwell today I have stomach cramps and diarrhea.

08, 23: I woke up around 2:30 a.m. with a very upset stomach. I was very nauseous.

08, 34: When I get hungry, if I don't eat within 10 to 15 minutes, I get heartburn and if more time goes by, I get nauseous.

08, 44: My stomach is upset because I'm hungry. I had heartburn around 5 p.m., but it felt better after eating.

**Food:**

02, 2: I had a very strong desire to eat fish.

07, 7: I am craving sweets.

02, 11: I have dizziness with a desire to eat sweets. I also desire to drink hot milk. I did drink hot milk last night but after that, I felt very uncomfortable.

07, 13: All the food I ate today was orange, carrots, an orange and orange Jell-O.

07, 15: I'm craving sweet food.

02, 26: I ate a whole jar of blueberry jam.

07, 27: I have a ravenous hunger in the morning. I am craving jam.

02, 30: I can't stop eating sweets. I've been eating a lot of blueberry jam.

01, XX: I was eating raspberry jam. I had an urge for sweets. I was eating whole jars of jam, raspberry and strawberry jam.

16, XX: I was not as hungry as I normally am. I ate only a yogurt and an apple at lunch, but I've been craving raspberry jam.

**Speech:**

02, 1: Supervisor's note; she was stammering while talking.
02, 2: It is difficult to pronounce words, it's like my tongue is too big.

03, 2: I noticed slurring or joining of words. I find myself sometimes skipping words.

03, 3: My speech is still slurred.

08, 33: My speech is not as fluent, I really have to think about words and sometimes I do not pronounce them correctly.

**Male/Female:**

07, 3: It's strange I don't seem to have a sex drive.

03, 6: My glands are swollen in my groin area.

03, 6: My menses was the shortest and most normal menses in years.

07, 7: My sex drive is dropped, I have no libido, I'm just not interested.

07, 12: I have cramping and intense pain by midmorning with my menses. I have an increase sexual desire. The bleeding is heavy and dark red.

05, 15: I'm okay, but I've been thinking that I don't have the urge for sex, but it's just sense taking the remedy.

07, 17: I have strong itching in the gentle area.

05, 26: I finally had sex. I've never gone this long before. I just had no urge.

06, XX: Everything else is going so well, but I have no urge for sex.

**Extremities/Depth Perception:**

02, 1: I have a feeling of heaviness in my lower limbs.

02, 2: In the morning I felt dizzy and after that, I became clumsy, I started dropping everything.

02, 2: I am still clumsy. I was drinking a natural drink, I turned the cup before it reached my mouth and I poured it on the floor. I keep dropping things.
03, 2: It's like my arms aren't working. My depth perception is off and I keep computer clicking before reaching my goal. The zippers on my briefcase; I was undoing the closest one instead of the one I desired.

08, 2: My hands and feet are cold. I have a tingling feeling in my legs.

02, 3: I went to take a drink and instead of pouring it in my mouth, I poured the drink down my blouse.

03, 3: My arms feel very heavy. My Reynaud’s has flared up. A finger on my left hand is severe. It has been white for hours with a dead feeling, it's painful.

05, 3: At work, I keep dropping things.

03, 4: My fingers are sensitive and cold.

03, 5: My coordination is off; I shut my left leg in the car door. I feel tired, crappy, my limbs feel heavy.

08, 5: I just realized I've been making mistakes, being clumsy, misspelling words, and not being able to differentiate letters or numbers.

08, 6: My right hand is swollen.

02, 7: I am really very clumsy.

03, 7: I spilled water while drinking all over myself. I pulled the bottle away before tipping at upright.

03, 7: My hands are still freezing as well as my feet.

07, 7: My hands seem to be always cold.

08, 7: Both hands are swollen now.

02, 8: While going to up the stairs I had a sensation that my lower limbs were very heavy.

03, 8: My coordination seems better, but I'm still spilling. My left-hand finger is still painful.

03, 9: The circulation in my hands are bad, my left finger is still hurting. My hands and feet are extremely cold.
03, 12: My hands and feet are still cold and the circulation is bad. The fingers on my right hand hurt now and are white. My hands and feet turned purple, I took a bath to relieve it.

08, 12: My hands and feet are still swollen.

08, 13: I woke up with my hands swollen and numb; I can hardly hold a pen.

02, 18: I was drinking something, but I poured more in my mouth than I could hold so it went onto the floor. It's like I can't control my movements.

03, 18: The Reynaud’s in my left hand is severe. I had to put it in warm water to stimulate.

02, 19: It's difficult for me to measure distance. I hit a cupboard with a pan, like it was I was holding something very heavy. I'm very clumsy I keep dropping things.

02, 32: I'm still clumsy, dropping things. I spilled a cup again, like it wasn't my arm.

Sleep:

02, 1: I feel like my brain is falling asleep, I just want to sleep.

03, 1: My spouse claims I was very restless while sleeping.

05, 1: I could not wait to get home to go to sleep. I fell asleep quickly.

03, 2: I went to bed at 9:30 and slept all through the night and through the alarm at 6:30 a.m.

05, 2: I slept on my right side last night, which is unusual for me. I woke with sweat beads on my forehead and drool on the pillow.

07, 2: I actually went home and took a nap, an hour and a half long. I find that pretty odd, I never do that. I woke and noticed I was drooling.

02, 3: I am sleeping hard through the night. In the morning, I was still sleepy. I wish I could sleep more, but I had to get up for work.

02, 4: I took another one half hour nap today. I had a restless sleep last night; my spouse says I snore all night.

02, 5: I'm still feeling very sleepy. My eyelids feel heavy. I would love to go to sleep.
03, 5: I was so tired I had to nap again today.
02, 06: I feel so sleepy. My brain is sleepy.
07, 7: I want to sleep more. I feel tired even know I'm going to bed at the same time.
07, 9: I had a restless sleep last night. I woke three times at 1 a.m. 3 a.m. and 5 a.m.
07, 10: I did not sleep well last night.
03, 26: I was tired when I woke. It was hard to get up.
07, 11: I am having very disturbed sleep.
02, 14: It's difficult for me to keep my eyes open. I just want to sleep.
07, 15: I am not able to fall asleep easily. My sleep has been very poor.
05, 19: I have only been getting for hours of sleep that night. Go
04, 33: I'm sleeping a lot, both day and night.
02, 23: I am always feeling so sleepy.
07, 27: I am not able to fall asleep easily, my sleep is restless.