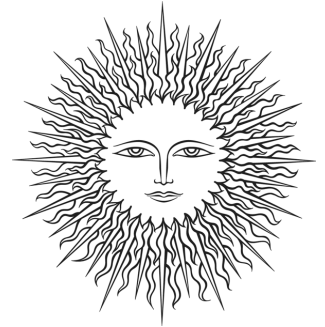


SCHOOL OF HOMEOPATHY



Proving: Two-toed Sloth (*Choloepus hoffmanni*)

Date: October 2017

By Mani Norland, Luke Norland & The School of Homeopathy.



Latin Name

Choloepus hoffmanni.

Common Names

Two-toed sloth.

Hoffmann's two-toed sloth.

Linnaeus's two-toed sloth.

Taxonomy

Kingdom: Animalia

Phylum: Chordata

Class: Mammalia

Order: Pilosa

Suborder: Folivora

Family: Choloepodidae

Genus: *Choloepus*



Sophia Müller, Unsplash⁽¹⁾

About ^(1, 2)

The remedy was prepared from a hair sample and run-up to the 30th centesimal potency by the proving group led by Mani Norland and John Morgan. There were 13 female and 2 male provers; each taking a single dose. The proving was fully supervised for a period of 2 months. The diaries were then collated and repertorised by Luke Norland.

Whilst the name "sloth" means lazy or idle, the slow movements of this mammal are a useful adaptation for surviving on a low-energy diet of leaves. They are so solitary in their nature that it is even uncommon for two to be found together in the same tree. The sloth spends almost its entire life, including eating, sleeping, mating, and giving birth, hanging upside down from tree branches. However, when the time comes for urination and defecation they slowly make their way to the ground. This seems to be rather a behavioural quirk, as whilst earthbound they are almost defenceless. Their shaggy coat has grooved hair which plays host to a symbiotic green algae, providing both camouflage and nutrients. The algae also nourishes moths, some species of which exist solely on sloths. Two-toed sloths have half the metabolic rate of a typical mammal of the same size. This fact, combined with their reduced musculature means that they cannot shiver to keep warm as other mammals do, so their body temperature depends on the surrounding ambience. They are reported to have very poor eyesight and hearing, relying almost entirely on their sense of touch and smell to locate food.

Sloths eat a diet of leaves, shoots, fruits, nuts, berries, bark, flowers, and even some small vertebrates. When they cannot find food they have been known to eat the algae that grow on their fur. They have four-chambered stomachs which helps to ferment the large amount of plant matter they eat. As their metabolism is so slow, food can take up to a month to digest which means that urine and faeces may account for up to 30% of the animal's body weight (which averages around 6kg).

When threatened, sloths can defend themselves by slashing with claws and biting with sharp teeth. However, a sloth's main defence is to avoid being attacked in the first place. It's slow, deliberate movements and algae-covered fur make them difficult for predators to spot from a distance whilst their treetop homes are out of reach for many larger predators. They can also survive wounds that would be fatal to another mammal of its size. ^(1, 2)

Habitat

Two-toed sloths live in the canopies of tropical rainforests. They usually tend to be found in the branches of trees that are intertwined within each other throughout the sheltering treetops. Although they also occupy shade-grown cacao plantations, they avoid open pastures. ^(1, 2)

Medical Uses

Adapted from the article; Fungi in sloth fur could have a wide variety of disease-fighting implications ⁽⁴⁾

Sloths are known for their thick fur which is home to a wide range of microorganisms and insects. A recent study shows that *some species of fungi found in sloth fur could eventually be a potent force against certain parasites, cancers, and bacteria*. Sloth fur has two layers. The inner layer is short, fine, and serves to keep the sloth warm. The coarse outer layer is where many of the organisms live. Green algae grows in the cracks of the hair and *lives symbiotically* with the sloth. The algae has a nice place to grow and the sloth benefits by getting a green tint in its fur, which helps camouflage it among the leaves in the rainforest.

Eight of the fungi tested had high levels of bioactivity against *Trypanosoma cruzi*, the parasite associated with Chagas disease. Chagas can result in swelling, fever, diarrhea, and enlargement of the liver. Plasmodium falciparum, the parasite to blame for malaria, was affected by two of the fungi. The researchers tested the fungi against fifteen types of bacteria which were a combination of gram-positive and gram-negative. *Twenty types of fungi were shown to be active against at least one strain of bacteria*, and gram-negative bacteria was more susceptible to the fungi than gram-positive. The research also discovered a single species of fungus which was active against methicillin-resistant *Staphylococcus aureus* (MRSA), which is responsible for thousands of deaths each year. ^(3, 4)

Source and Description

The remedy was prepared from a hair sample of Maximus, a male Two-toed sloth from Costa Rica, who suffered an electrocution. His name is due to his large size, weighing a stunning 7.2kg! However 1kg of his weight was faeces that he had retained because of his accident. An enema later and his weight came down to 6.2kg. In most electrocutions, the extent of the damage doesn't show until hours-days later. In this case, his right foot, right inner elbow, belly and left knee had burns of varying degrees. Three weeks after his accident, he was said to be improving well; eating and showing standard behaviour. The team were expecting to release him soon.



The injury sustained by electrocution to Maximus.



History

The two groups of sloths (Three-toed and Two-toed) are not closely related, and are thought to have evolved their morphology in parallel evolution from ground sloth ancestors. In addition to the extant species, many species of ground sloth ranging up to the size of elephants like *Megatherium* inhabited both North and South America during the Pleistocene epoch. However, they became extinct during the Quaternary extinction event around 12,000 years ago, together with most large bodied animals in the New World. The extinction correlates in time with the arrival of humans, but climate change has also been suggested to have contributed. Members of the endemic evolutionary radiation of Caribbean sloths in the Greater Antilles belonged to the family *Megalocnidae*. They included both ground and arboreal forms which became extinct after humans settled the archipelago in the mid-Holocene, around 6,000 years ago.⁽⁹⁾

Folklore

The word "sloth" is a translation of the Latin term *acedia* and means "without care". *Acedia* refers to a lack of any feeling about oneself or another; a mind-state that gives rise to boredom, rancour, apathy, and a passive, inert or sluggish mentality. In the body, it is associated with a cessation of motion and an indifference to work; it finds manifestation in laziness, idleness, and indolence. Two commentators consider the most accurate translation of *acedia* to be "self-pity," for it conveys both the melancholy of the condition and self-centeredness upon which it is founded.⁽⁷⁾

From Otherworldly Oracle

*The sloth is a featured character in South American children's stories. One tells of a sly sloth who outwits five forest animals, escaping untimely death... the sloth uses its natural instinct to escape predatory situations. Therefore, despite its endearing, sweet nature, it is smart and capable... **The sloth's fur is home to thousands of organisms** that don't normally reside on animal hides—algae, moths, beetles, roaches, and more. They are engaged in a **symbiotic relationship**—they live together cooperatively. These organisms don't feed on the sloth like parasites. The sloth spirit animal teaches the lesson of cooperation and teamwork... Energy conservation is the second lesson. The sloth moves at slow speeds. And it's not because they're lazy, as their name implies, but because this is the way they conserve their energy. Don't be fooled. Sloths move at incredibly fast speeds if threatened by a predator. Use your energy wisely. Sloth spirit animal's last lesson is strength. The sloth hangs upside down for days at a time while holding their young. Thus the sloth brings us messages of strength and endurance.*⁽⁶⁾

Literature

The Sloth

By Theodore Roethke⁽⁵⁾

In moving slow he has no Peer.
You ask him something in his Ear,
He thinks about it for a Year;

And, then, before he says a Word
There, upside down (unlike a Bird),
He will assume that you have Heard

A most Ex-as-per-at-ing Lug.
But should you call his manner Smug,
He'll sigh and give his Branch a Hug;

Then off again to Sleep he goes,
Still swaying gently by his Toes,
And you just know he knows he knows.

Mythology

Adapted from Wikipedia

In Greek mythology, Aergia is the personification of sloth, idleness, indolence and laziness. She is the translation of the Latin Socordia, or Ignavia. Aergia is the daughter of Aether and Gaia. Aergia is said to guard the court of Hypnos (Sleep) in the Underworld. "In the hollow recesses of a deep and rocky cave... [are] set the halls of lazy Somnus [Hypnos] and his untroubled dwelling. The threshold is guarded by shady Quies (Quiet) and dull Oblivio (Forgetfulness) and torpid Ignavia (Sloth) with ever drowsy countenance. Otia (Ease) and Silentia (Silence) with folded wings sit mute in the forecourt." ⁽⁸⁾

Misha Norland writes

When my son and I stayed for a few days at an eco-lodge a sloth fell out of a tree and was 'found' by a warden who put up a stout branch that the sloth (recovering from his trauma) climbed up. The warden carried his prize to show us — a group of eager camera wielding gringos. The most amazing, and to me surprising, thing about the sloth was the animal's pelt. It was alive with insects, beetles mainly, and green with algae. A veritable micro world of tropical forest canopy.

Overview of the Proving, by Mani & Luke Norland

Sloths reputedly do not fart; they have four stomachs, their coats are covered with algae and alive with billions of bugs. They sleep hanging from a branch by their nails and they have a 'superpower' of invisibility, making them one of the least hunted animals. Oh, and did we mention, they are also very slow. When we began the proving of Sloth, there was a palpable calmness in the room. Each proving usually begins calmly, but the Sloth proving was memorable for the sleepy stillness and tranquil atmosphere. We were speaking softly, slowly and quietly. Then the door opened and we were interrupted... but no one was there - whoever it was simply closed the door again; we were disturbed yet unseen.

Sloth is famed for being a very slow-moving animal and this quality pervaded the proving – no great surprise there! The provers' experience of the slowness was primarily calm, meditative and 'swimmy', with drug-like sensations. Sloths live alone and the proving features intense themes of isolation and separation - feeling invisible or within a bubble. This brings to mind the image of a Sloth hanging upside down, hidden in the trees with its invisibility cloak (of algae and bugs). Not only does it stay hidden with slow movements but it's multi-layered coat also camouflages it's smell.

The secondary action brought with it feelings of exclusion, apathy and an 'outsider' mentality. For some this manifested as boredom or sadness, whilst others described a sense of vulnerability - feeling frozen by the fear of violence. Many provers became alert to conflict; observing it happening and identifying strongly with those who had been victimised. One prover who witnessed bullying felt an undeniable urge to speak-up and defend injustices. Another developed vindictive thoughts described as 'cold and dark'.

Making connections with the main proving themes, one version of the overall narrative could be:

The Sloth individual conserves energy; moving slowly whilst calmly taking life in. They hang-around, staying safe, alone with their own thoughts - seeing the world clearly. Yet within their bubble they become lonely and isolated, leading to procrastination and boredom (Sloth is of course one of the seven deadly sins, referring to idleness). They may develop a deep sense of shame, self-loathing and fear of criticism; disgusted by their own odour, suspicious that others treat them as an outsider. They hide in the canopy; feeling vulnerable and alert to danger – tending to internalise everything. They witness the violence of the jungle; the bullying, abuse and death. The injustice becomes overbearing and they are compelled to speak up. They have flashes of aggression, anger and violence- they can attack when threatened and even move quickly when excited. For love, warmth and hugs they need a mate; Sloths share the same communal toilet and return each time. Here, by the 'poo-pile', they may find a sexual partner and feel part of the group for a while. In the absence of the mammal need for warmth and affection, they may develop addictive compensations; seeking comfort in bingeing.

Mammal group themes by Luke Norland

Taken from "The Animal Remedy Guide" - an upcoming publication from Saltire books

Family & community are important themes in Mammal remedies; the herd, group or tribe are absolutely intrinsic to survival. The group stands for *protection, nurture, nourishment & care* but also

implies *hierarchy* in which one has to find one's place. 'Do I lead, or am I happy being led? Am I being treated fairly by the others? Do I back down or stand up for myself?' The issue of **Self Vs Group** becomes apparent in the core experience of the patient. There arises a tension between suiting one's own needs Vs conforming to peer pressure in order to be accepted. This could also be expressed as a conflict between living as a self-determined individual, I.E. *following one's own path* Vs subjugating oneself to the group/ family I.E. *fitting in*.

*Feels good to be part of the group yet still have my own space; yet I felt I had **surrendered** to the group.. feeling the need to look around the group; to **connect** with others. Obsessed about **individuality** versus group **conformity**. In a dilemma whether I should give more importance to my individuality and speak and question freely, or keep quiet like the rest of the group.* lac-h.

This tension between autonomy / individuality and conforming to the group is one of the essential features of the mammal group. cf. *Lanthanides*- where the issue of autonomy is also central. The patient whose central state revolves around how other people perceive them may find a healing response from a Mammal remedy.

A close-knit group has community spirit; the group defends it's members against outside attack. Inside it you are **safe**, but you must conform to the rules and submit to peer pressure. If you're forced out for being too non-conformist, or for an undesirable character trait, or simply for not fitting-in, then you are forced to survive outside this protective circle. This is often a lonely and isolating experience and may lead to attempts to gain favour again by being over-friendly or not being true to yourself.

*I felt **separated** from the **group**... Like outside a window, looking in... Feeling like an **outsider**, or outcast.... Wanted to be with people, but felt **shunned**.* lac-del. *I felt like an **outsider** to my **family**, that I didn't **belong**. Also that they did not even care to hear my viewpoint. It made me feel unimportant and incidental.* lac-lup. *I felt I didn't belong and that they were just inviting me to be nice. I felt an **outcast**. **It's not ok to be just me, I don't fit in**.. Felt like crying all day; felt sad and **isolated**. With friends, I didn't get the jokes, felt different, isolated, **stuck in self**."* phasco-ci. ***Invader**; he is an- he feels unwelcome wherever he goes; an outcast or **scapegoat**.* Lac-lup.

There is a lot more one can say about the mammals as a group, but these themes in particular were brought out very strongly in the proving of Two-toed sloth, confirming the practical usefulness of classifying remedies by groups with shared characteristics.

Physical Affinities

Skin / Gastro-intestinal / Head / Eye & Vision / Nose & Smell / Ears / Face / Mouth & Teeth / Hands & Feet

Ailments

- Respiratory – Dry, unproductive cough / Blocked passage of mucus
- Eruptions – Acne / Ulcers / Abscesses / Pimples / Rash / Itching
- Fatigue / Exhaustion
- Constipation – stool consists of hard balls

Sensations

As of a blow / Intolerable itching / Eye - foreign body; grit, sand
Numbness / Acute senses ++ offensive odors.

Dream Themes

- Wedding / Engagement Rings (also irritation of wedding ring-finger)
- Ex-partners
- Fast-paced dreams (Slow paced reality)
- Taking the more difficult path
- Isolated / Excluded

Related remedies

Phascolarctos cinereus (Koala) / Cerium metallicum / Pulsatilla / Salix fragilis / Chocolate / Ambra grisea / Stage 2 / Series 3 / Milks / Sycotic miasm

Mappa Mundi Diagram

Dynamic / Choleric

Conflict / Violence /
Bullying / Abuse
Anger / Aggression /
Agitation
Active / Industrious /
Efficient / Fast
Injustice / Outspoken /
Whistleblower

Earth**Gastro-intestinal**

Mouth & Teeth
Skin

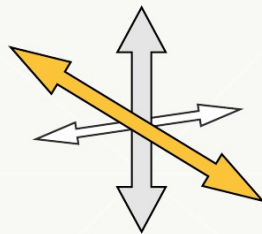
Constipation -
dry, hard stools.

RESPIRATORY

Dry, unproductive
cough / Blocked
passage of mucus

Numbness**Fire / Sky realm**

Family / Warmth / Love / Hugs
Amorous / Sexual / Ex-partners
Focus / Clarity / Precision / Insight
Superhuman control / Possession
Excesses / Addiction

HEAD / EYES / VISION**EARS & HEARING**

Disgust / Smelly / Self Loathing / Revulsion
Guilt / Shame / Blame / Fear of criticism
Isolation / Exclusion / Bubble / Barrier /
Invisible / Alone

Apathy / Boredom / Procrastination

Death / Despair / Suspicion
Overthinking / Overwhelmed
Senses acute / amplified

Underworld / Air**Eruptions**

Acne / Ulcers /
Abscesses /
Pimples / Rash /
Itching / Redness

Water**Weeping**

Deep emotions
Calmness
Tranquility
Exhaustion
Lassitude
Confusion
Muddled
Blurred / Foggy
Distant
Vulnerability
Slowness

Static / Phlegmatic

Mind Themes (and previews of provers speaking as one)

These are loosely arranged from 'Light' to 'Dark' in accordance with the observed phenomena of Primary & Secondary action in the majority of Provings we have conducted at the School.

Family / Warmth / Love / Hugs

"Amazing loving hug fills me up with love and gratitude for this new family I am a part of. I feel a warm glow inside rising up through me... I realise that making myself really vulnerable [means] those who love you will understand and support you... Dream - He took my hand and he seemed really lovely and full of energy and enthusiasm. He curled up and I sat in his lap also curled up. I felt so safe and comforted. We looked over a balcony and he started sucking on my right nipple. It wasn't sexual at all (more like a child suckling)."

Amorous / Sexual / Ex-partners

"Feel like my libido is waking up, desire for sex stronger than it has been for a while. Not only do I want the physical sensation but also the connection... Very vivid dream where I am with my ex-boyfriend from 20 years ago. He is slim and young-looking. I want to be with him. My ex-husband is across the room, looking. I have to make a choice and I choose the ex-boyfriend. There is no doubt in my mind."

Focus / Clarity / Precision / Insight

"The world looked more precise. . I have a desire to look deep inside me... work[ing] with immense clarity and ability to see objectively... I go outside and everything looks really clear - trees, grass, clouds - even though I haven't got my glasses on. I am seeing people for who they are, good and bad. Things are revealed to me."

Calmness / Tranquillity

"So relaxed. So peaceful. I've never really been able to meditate, but this was the most a meditation has ever worked... I feel I am speaking slowly, calmly, it feels good, taking my time, meaning every word... Mind generally focussed and calm... Woke at the alarm again, feeling very calm and grounded. I feel like I am able to cope with anything."

Active / Industrious / Efficient / Fast

"Driving fast to work, even for me, hitting car seems to have made no influence... Feel active, decide to clean the ovens, replace the curtains and cut down plants in the garden. . It is a very fast train! I wonder how to cope with it? It is like understanding everything and all at the same time or a bit like losing the plot. It would be easier to just eat, sleep and have sex and not think so much!"

Slowness

"Time feels like it is going on forever, very slow. . I feel I had a busy day and the only thing I want to do is slow down and take my time... Dream: I am a body guard for the Queen, I have to go everywhere she goes and stand between her and the other people to protect her. . I am surprised by how slowly we have to move. It takes ages to get anywhere."

Weeping / Deep emotions

"Sobbing, feel completely overwhelmed, I cannot take anymore criticism... cried so hard so drove up beyond village to sit on a quiet lane in car; sad that I have to hide feelings from mum and dad... I am so near to tears and don't want to cry - can't explain it. Just a huge well of tears."

Conflict / Violence / Bullying / Abuse

"Conflict seems everywhere... Have to play act so I don't explode... felt humiliated and bullied and victimised... I felt I had lost face. impossible to watch films that show people being victimised or in a position of vulnerability... I have had some almost vindictive thoughts for no real reason."

Disgust / Smelly / Self Loathing / Revulsion

"Belching with slight vomit into mouth. Gross returning symptom... Self-loathing. Very uncomfortable... Someone is biting their nails next to me. I feel disgusted and almost sick... Really strong body odour under armpits... My breath smells. Also I keep smelling odd smells."

Guilt / Shame / Blame / Fear of criticism

"Dreams - Wanting to have sex with younger man. Feeling guilty about it and stopping half way through... I feel so sick not helping my best friend. Who would leave a friend in need?... Inside I am terrified of the criticism... So much fear. What have I done? I am still scared of leaving the house... Someone could come and tell me off... why is that so scary?"

Isolation / Exclusion / Bubble / Barrier / Invisible / Alone

"You are in a bubble, because the outside stress is too much to handle, inside the bubble it is safe, but the trouble is you can't reach anyone... I broke down in tears. So lonely and unloved... Feeling I am very much the odd one out... Isolated as if in a box... I feel distant and indifferent... I feel unloved, unlovable and unable to love... Feeling weirdly isolated, but surrounded by people."

Injustice / Outspoken / Whistleblower

"Generally feel that I am less tolerant of injustice... I feel its not fair on me to do all the jobs by myself... being trapped in this fear of what might happen when [one] speak[s] up."

Superhuman control / Possession

"I don't feel like myself and I want to go back to who I really am... I feel that this remedy has an extremely dark side to it, sometimes it seems as if it is taking over me... I cannot shake it. I am taken over by it... I feel the 'possession' of the proving substance."

Anger / Aggression / Agitation

"Stuck in traffic. I was very agitated and impatient. I rarely feel these emotions... Outburst of anger but don't remember exactly why I started shouting and raising my voice... Extremely irritated. Snappy, spiky. I have to apologise to a number of people because I have been very short with them."

Apathy / Boredom / Procrastination

"I am so tired and out of it. Can't be bothered. Bored and intolerant of idiots... So very tired, feeling quite dead inside I feel no sense of urgency... I'm just not bothered or motivated... I have felt much emotional numbness and indifference... I feel quite blasé... I don't care, I just want to stay in bed and look after myself and do nothing."

Exhaustion / Lassitude

"As if my fuel tank was empty... Exhausted, feeling heavy... Look old. Aged overnight. I don't want to get up. I wish I could lie here all day and sleep and read, alone... I could go to sleep right now I am so tired."

Confusion / Muddled / Blurred / Foggy / Distant

"Struggled to wake up, feeling very drowsy and confused, in a half sleep... Struggling to think clearly, head feels too full... Nodded off, then woke. Had absolutely no idea where I was - took me ages to work it out... I feel as if boundaries are unclear, blurred, changed... Discombobulated, Unable to navigate correctly, keep going the opposite way to the way I am supposed to be going... My head feels blurred and foggy."

Drunk / Drugged

"Light, 'high' sensation in whole body, like if smoking cannabis... Wave of energy coming up through body. Need to take deep breaths. Like coming up on ecstasy... Dizziness, almost drunk feeling... I have been mixing my words up and even the spelling of words when speaking. It comes out all jumbled and as if I am drunk."

Excess / Addiction / Smoking / Drinking

"I want to drink alcohol a lot at the moment... Had quite a lot of white and red wine to drink and felt as if it was not really affecting me... I felt the need to smoke tobacco so I did. It felt like a crutch but didn't really satisfy. I just continued to do it. Almost binge like... I am still drinking every day... No stop button."

Animals

"Dreams of animals; a sparrowhawk, a small bird being chased by a larger hawk, I was worried about the smaller animal... Dream - Snake was not in a cage. I could tell it wanted to attack me... Dream - Baby squirrel or hedgehog. So cute and adorable... In my dream, there was a giant spider, almost as big as a cat and it was jumping."

Accidents / Carelessness

"Ranged my car boot on a bollard due to being a bit careless and reversing too fast... Car skidded. Lost control... Dream: I was driving a car and towing an airstream trailer. It became unhinged as I was going over some gravel road... Accident in my car yet again, carelessness."

Transitions / Change

"I feel so confused about what to do with my life... Don't feel like myself. Urge to move house... Moving house feels too rash, too rushed, not quite right. Feel like there has been a major shift... Everything in my life is crumbling around me."

Death / Despair

"Dream: my son has aids. I cannot bear to think he will die... I feel like there is a shape in front of me, like a rock or if I am in a tunnel. There is darkness and an emotion I do not understand... Dreamt I was digging up animal corpses and moving them, hiding them elsewhere."

Vulnerability

"Woke up with the word "Submissive" in the air... Have to deal with people despite feeling like I want to curl up in bed. Quite a challenge to stay present. Feel vulnerable... I find it near impossible to watch films that show people being victimised or in a position of vulnerability."

Suspicious

"Slight paranoia about people suddenly not needing a lift with me to the station... Have noticed I have been holding back a lot about how I had been feeling to people and worried about people looking over my shoulder... I am still suspicious and on my guard."

Groups

"I have been generally more aware of political manoeuvrings of others and more concerned about these. I can see how people jostle for position in organisations and how they subtly push others aside and themselves forward... Dreams: Lots of people in groups. I am reaching out for reassurance to friends via text messages and talking."

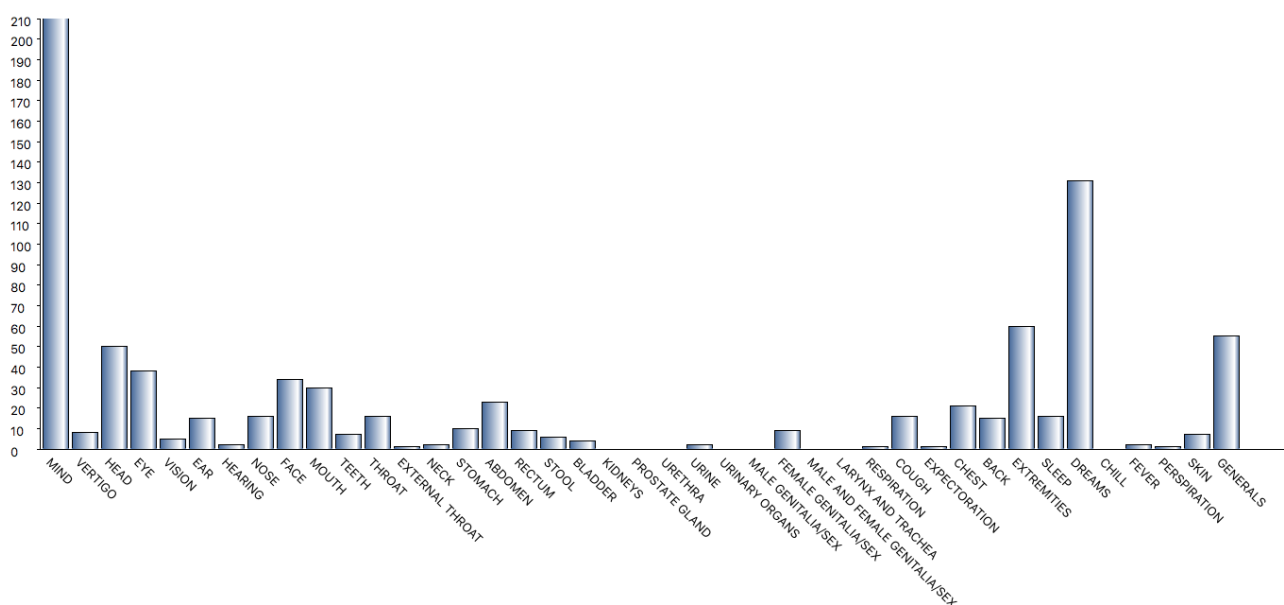
Overthinking / Overwhelmed

"Feeling slightly anxious, and overwhelmed, frantic feeling... Mind racing and distracted, can't focus on one thing... I keep getting ideas/new insights, which then seem to vanish before I can finish the thought through or act on it."

Senses acute / amplified

Hearing seemed to amplify as if my ears could zoom in on the tiniest sounds... Vision seemed amplified like my eyes could see more detail in the world.

Extraction of the number of rubrics in each chapter of Synthesis after repertorising the proving:



Italic Mental Symptoms

- Bed - remain in bed; desire to
- Confidence - want of self-confidence - self-depreciation
- Ennui
- Horrible things, sad stories affect her profoundly
- Impatience - slowly; everything goes too
- Inactivity - unmotivated; and
- Indifference - everything, to
- Injustice, cannot support
- Laziness
- Postponing everything to next day
- Prostration of mind
- Sensitive
- Slowness
- Tranquillity
- Weeping

Characteristic Mental Symptoms

- **KEY DELUSIONS**

- Outsider; being an
- *Possessed; being - evil forces; by*
- *Victim; she is a*
- *World - she has her own little*
- *Invisible; she is*
- *Above it all, she is*
- *Clear, everything is too*
- *Fog - wet mist hanging over everything*
- *Glass - behind a glass; as if*

- Inactivity - unmotivated; and

- **Indifference**

- *Desire, nor action of the will; has no*
- *Feel almost nothing, seems to*

- *Animal consciousness*

- *Confidence - want of self-confidence - support; desires - family and friends; from*

- *Confusion of mind - unfocused, fuzzy*
- *Helplessness; feeling of - emotional level; on*
- *Humiliated; feeling*
- *Insecurity; mental - hiding it; but is*
- *Spaced-out feeling - fog between self and other; sensation as if*
- *Estranged - cut-off; feels*
- *Fight, wants to - helpless people; for*
- *Insightful*
- *Mildness - masking violence*
- *Alert - waking; on*
- *Drinking - more than she should*
- *Ennui - laziness; with*
- *Looked at; to be - evading the look of other persons*
- *Love - exalted love - family; for her*
- *Observer - being an - oneself; of*
- *Sadness - overwhelming*
- *Self-indulgent*
- *Sensitive - pain, to - emotional - others; of*
- *Stupefaction - debauchery; as after*
- *Tranquillity - settled, centred and grounded*
- *Unification - desire for*
- *Weeping - humiliation; after*

Important Dreams

Abused sexually; being / Aids - child having aids; her / Animals - attacked by a wild beast; of being / Animals - killing / Animals - protecting; he is / Armageddon / Attacked, of being / Cannonading / Groups - fit in a group; unable to / Guilt / Isolated; of being - feeling isolated while amongst others / Killing - idea of; but did not like the / Outsider - being an outsider / Rash; body covered with / Sexual / Shameful / Slower; companion is / Swimming - sea; in the / Time - short of time; he is running

Important Physicals

- **HEAD**
 - CONstriction - hat - tight hat; as from a
 - HAIR - falling - handfuls, in
 - TURNING AND TWISTING SENSATION
- **EYE**
 - DRYNESS - sensation of
 - ECCHYMOSIS

- PAIN - foreign body; as from a - grains; as from little
- PAIN - foreign body; as from a - penetrating the eye
- **EAR**
 - EQUALIZING OF PRESSURE IS DIFFICULT
- **NOSE**
 - ODORS; IMAGINARY AND REAL - cabbage, of
 - ODORS; IMAGINARY AND REAL – offensive
- **FACE**
 - ERUPTIONS - acne - painful
 - ERUPTIONS - acne - Chin
 - ERUPTIONS - boils - Nose
 - ERUPTIONS - pimples - Nose - Septum
 - PAIN - blow; pain as from a
- **MOUTH**
 - ODOR – offensive
 - PAIN - Gums – ulcerative
 - SALIVA - oily
 - TASTE - cabbage; like boiled
 - TASTE - metallic
 - TASTE - offensive
 - TASTE - smoky - food tastes
 - ULCERS - Gums – Lower
 - TEETH - PAIN - pulsating pain
- **STOMACH**
 - APPETITE - diminished
 - ERUCTATIONS; TYPE OF - water brash
 - THIRST - unquenchable
 - VOMITING - sensation of - eructation; during
- **RECTUM**

- CONSTIPATION
- INACTIVITY OF RECTUM
- STOOL - BALLS, LIKE – small
- **FEMALE GENITALIA/SEX**
 - ITCHING - leukorrhea; from
 - MENSES - exertion brings on the flow
 - MENSES - return - ceased; after the regular menstrual cycle has
- **COUGH**
 - MUCUS - Throat; in
 - TICKLING - Throat-pit; in
 - EXPECTORATION - SWALLOW WHAT HAS BEEN LOOSENED; MUST
- **CHEST**
 - CONSCIOUS OF HEART'S ACTION
 - ECCHYMOSES - spots
 - ERUPTIONS - acne
 - ERUPTIONS - desquamating
 - ERUPTIONS - rash - red
 - ERUPTIONS - Mammae - Under
 - PAIN - Sternum - blow; pain as from a
 - PERSPIRATION - Axillae – offensive
- **EXTREMITIES**
 - ERUPTIONS - Knees - rash
 - ERUPTIONS - Thighs - circinate
 - FORMICATION - Legs – night
 - ITCHING - Legs - insect bites; as of
 - NUMBNESS - Fingers - Fourth finger – left
- **SKIN**
 - ERUPTIONS - red - insect stings; like
 - ITCHING - scratching - must scratch

- **GENERALS**

- INFLUENZA - sensation as if
- ODOR OF THE BODY - offensive
- SLUGGISHNESS OF THE BODY
- WOUNDS - reopening of old

Prover's Account

From one prover who endured a particularly intense experience.

I woke up feeling I was paralyzed down one side and stuck to the bed. Severe tiredness, dosing off in lectures. Feeling of being alone, separated and isolated from the rest of the group. The next morning I didn't feel I wanted to get out of bed and it was a major effort to move and engage with the group for the rest of the day. As someone who is prone to depression it was all exacerbated. Feelings of being fat and ugly and definitely not worthy of living were to continue throughout the proving. I feel I lost several months because I couldn't break away from it. Also being isolated from everyone, even my husband who didn't really want to pick me up from the airport and worse the dog who ran away when he first saw me, as though he didn't recognize me. This dog is my shadow and doesn't normally easily leave my side.

One of the major physicals that started was an eczema that has plagued me until recently and still lies dormant until it suddenly flares up. This rash was red, angry, but not itchy and it has a yeasty type odour. It would be so nice to be completely rid of it. Other minor physicals were pain in the extremities, bruised, pain or strong tingling pain. Restless legs that needed to be kept moving, but when they were rested they also kept wanting to move. Sometimes better for rest. Ankles and knees were stiff, walking was very difficult but does improve with movement.

The depression by far outweighed all other symptoms. With it came isolation, and feelings of insecurity, even in my own house when others were there. Anxiety as well. There was a period of time when these feelings moved to apathy, couldn't be bothered finishing work that needed doing.

The one good thing that came out of this proving for me was a lessening of the anxiety re plane travel. I no longer have any, even when things get a bit turbulent, despite having been a bit nervy for years.

In all honesty I cannot say I enjoyed the experience of the proving. It has seriously exacerbated my depression, and I felt for months afterwards like I was in a black hole where I could feel nothing, and while I could rationalise that there were things I should and could be doing to improve my situation I couldn't believe I was worth doing anything for. What I can say is a positive from this now, is that I was strong enough to resist the urges for suicide and avoided antidepressants as well. I feel I lost an entire year as I wafted through. Actually, wafted isn't really the right term, it felt more like wading

through treacle most of the time. This proving has brought up such deep emotions and pathology; I am still working through it 18 months later.

The Proving - Themes

Family / Warmth / Love / Hugs

P1 6 xx:xx NS

Dream: In Blackpool. On the way I'm with my dog who jumps into a small pool of muddy water. Children are swimming in it. The man I meet is very friendly. When I hug him I notice he has no back muscles and he is soft so much so that my hand could almost go right into his body. He has recently had his teeth fixed but will not show me any pictures of how they were before. I'm explaining about someone else I knew who had huge teeth that all crossed over each other and she had her teeth fixed.

P2 8 083:0 NS

I am driving to work and I am suddenly overwhelmed by the niggling thought of daughter and her boyfriend; the feeling is so strong. Although I am nearly at work I contemplate turning round and driving back to see if everything is ok. I am torn between responsibilities of work or family.

P2 8 10.15 NS

R calls - I feel so much relief, I want to cry, this time happy tears. I stop them. Body is filled with endorphins - relief - love - I feel happy - I feel a little lighter after the call. I tell R what I was worried about and that I love her so very much. I am bursting with love for her.

P1216 09:30 NS

Poignant speech by supervisor about the beauty in us and the world followed by amazing loving hug from fellow assistant fills me up with love and gratitude for this new family I am a part of. I feel a warm glow inside rising up through me.

P6 16 11am NS

Finally some peace in church at my cousins wedding; feeling of release a bit from the event, felt body temperature go down again. Feeling is a love reaction - the space in church opens the compassion and loving person in myself, loving rather than hate in me. My anger towards him is no longer needed and to approach him from a position of love. Church is the place in my life where I go to find peace and balance. The positive energy has that effect on my and is part of my weekly life.

P1041 xx:xx NS

I realise that making myself really vulnerable, is actually quite helpful, because you realise that those who love you will understand and support you.

P1 46 xx:xx NS

Very strange dream. I was in a house. Somebody came down with a grey very hairy dog-like creature but more wiry under their left arm. I approached it very gently and said something unusual to it, like I was able to communicate with it in a special way, which the holder was surprised at. As I did this it turned into a young man with very dark skin. He was a beautiful young man and he jumped up /out of the dog's/animal's body like I'd somehow broken a spell. He was wearing a cap/hat and was dressed very smartly with a waistcoat and dark shirt. He took my hand and he seemed really lovely and full of

energy and enthusiasm. We were in a church hall in Hartlepool. There was some craft thing going on with lots of women gathered around a table. He sat down in a chair, kind of curled up and I sat in his lap also curled up. I felt so safe and comforted. We just watched as the craft making was happening. We didn't feel like joining in. We then went to the back of the hall. We looked over a balcony and he started sucking on my right nipple. It wasn't sexual at all (more like a child suckling)--we then felt like we had to run outside. The ladies, who were quite old, had left wigs and an underskirt. We stole two wigs that were there (mine was blondish and stuck up all over the place, his was long and curly and light coloured) and I put on an underskirt. We were so joyous and mischievous and we ran outside and just ran and ran giggling and having so much fun. When I woke up I wanted to stay in the dream and stay with that lovely person/dog/animal.

P1 53 15:30 NS

Felt the need to really look after people. Important to make tea for visitors. This probably seems normal but it is not normal in the usual circumstances I work in. People are clearly alarmed as it is not 'normal'.

Amorous / Sexual / Ex-partners

P8 6 xx:xx NS

Dream: someone I fancy makes it clear she likes me to. She comes to me in her pyjamas, she wants me to go with her, I say I can't right now, but I will come later. Her pyjamas are green with white polka dots.

P6 6 21:00 NS

Feel like my libido is waking up, desire for sex stronger than it has been for a while. Not only do I want the physical sensation but also the connection. Red starts to come up now, bought trousers with red stripe in.

P127 xx:xx NS

Dream: On a big bed with two girlfriends reading before a kids party. There are half-sphere shaped lentils in the bed. I feel sexual, excited. A feeling that we know something others don't. Next dream is about decisions and choices. I can choose between 4 men, I am trying to be fair. I choose none, just me and my daughter.

P129 07:00 OS

Very sexual exciting dream. Reading with close male friend researching for an essay. We've been friends for 20 years and 4 months ago opened up about our feelings after seeing each other, but it was after he had left and we had no physical contact. He lives in New Zealand, is married with a son and loves his wife. In the dream we gradually get closer and then it's obvious something is happening. When we finally kiss it's the most amazing kiss of my life and I wake up with a huge desire. Today is his son's birthday so I message him straight away and he is online. I want to tell him about the dream but it would be inappropriate.

P4 13 xx:xx NS

I have some kind of erotic dream but I don't remember the details only the facts that I had a sexual desire.

P4 16 xx:xx NS

My husband saves the night and wakes me up, promises to bring me any drink I want from the bar and we end up having a lovely romantic night.

P4 34 xx:xx NS

Dream about someone you were in a relationship with but you are no longer in. However you still get along very well and still have some feelings of attraction but you know it's all over. You're not with them anymore but you don't want to see them with someone else. You're not with them but you still have sexual feelings towards them. It feels like you have a beautiful friend but the feeling is more than a friend. It's like you don't know if you're suddenly not going to start regretting that you are not together anymore.

P1236 06:00 RS

Very vivid dream where I am with my ex-boyfriend from 20 years ago. He is slim and young-looking. I want to be with him. My ex-husband is across the room, looking. I have to make a choice and I choose the ex-boyfriend. There is no doubt in my mind.

P1236 06:30 RS

I dream about this particular ex-boyfriend quite a lot and always in a good way. We had a very strong connection but the relationship was volatile. I'm never sure what to make of the fact that he often appears in my dreams.

P1 40 xx:xx NS

Dream: I'm in a pub on this, what feels like an island. I get talking to an extremely handsome young man who feels familiar. I'm very taken with him. He is describing how he is going travelling in Scotland around all of the islands, just walking. I'm very enthusiastic about it (a little OTT--I can feel this). I relay his plans to my daughter who is also there. She is very dismissive saying 'what's wrong with you--he's just some guy you've met in a bar.' This doesn't deter me. My husband is going away that night. I know that this young man doesn't have much money so I think if he can wait I will be able to give him a lift for at least part of the way. I then start imagining how I might also sleep with him if he was interested. I know I'm old and he's young but I think my personality and experience might be a bonus (OMG-deluded!). Then I think but what would happen to my marriage if my husband found out? Then I think well its fine. I'll just go off with this guy and leave everything behind. Go walking around Scotland with a backpack. This all seems quite doable. Then I realise that I am supposed to be taking my daughter in the car the next day so this will foil all my plotting because she would be outraged by my plans. I am thinking about how to get around this even to the point of getting her to use the train instead (! LOL). I am then woken up (my husband comes in and puts the light on abruptly). I feel irritated that I have not been able to continue with my naughty plan! I love dreams!

Focus / Clarity / Precision / Insight

P110 19:35 NS

Feeling like the world looked more precise, like my mind was clear.

P4 2 xx:xx NS

I have a desire to look deep inside me.

P1 4 xx:xx RS

Clear thinking. Good day of work with immense clarity and ability to see objectively. Also slight disappointment that coexisted. Strange.

P6 5 11:00 NS

Feeling good and able to focus, higher energy mood lifted esp in the morning.

P6 7 09.30 RS

Feel really clear headed running today, could process well my thoughts and feelings about the case. Ran 5.4 miles without fatigue.

P6 7 06.15 RS

Wake early for first time since taking the remedy. Mind whirring - going through case I took on Wednesday. Can't rest so get out of bed to work on it. Had some good ideas at this early point of the day about the case.

P6 7 16.30 NS

A sense of forward momentum. Can get things done.

P6 7 10.am NS

Clear of internal chatter, so leaves space for productive positive thought. Leads to confident feeling and easier decisions.

P2 8 05.30 RS

Woke up alert, thinking of what I have to do today. Slept soundly through night

P6 8 06.45 RS

Woke early but still feeling positive and really able to get stuff done today.

P6 11 16.45 RS

Clear thinking and enhanced ability to think. I wrote most of my assignment in 1 hour, no dithering over words just easy to get my thoughts onto paper. Really surprised myself, I can normally do this to an extent but this felt really good.

P1200:00 14:50 NS

I go outside for some fresh air and everything looks really clear - trees, grass, clouds - even though I haven't got my glasses on.

P1215 15:00 NS

Sense of clarity during an open eye meditation while on door security. Realisation about situation with Dad and Step mum and what I need to do.

P6 15 3am RS

Awoke in the night still replaying and thinking about work, feeling hot and very alert, difficult to get back to sleep for a couple of hours.

P3 32 8.47 NS

Feeling single focused, I want to concentrate on one thing alone in my life.

P3 32 14.51 NS

Noticing other peoples secrets at work, people saying one thing and yet the truth is revealed to me by chance (and unknowingly to them!)

P3 38 10.03 NS

I am seeing people for who they are, good and bad. Things are revealed to me.

P1045 45:13:30 NS

I am actually getting a bit worried about my mental state: really getting the whole idea of synchronicity and it is quite powerful, but if suddenly everything becomes significant, then that is quite intense...there seems to be a fine line in between this wonderful complete awareness and a psychotic state, LOL!

Calmness / Tranquillity

P100 00:02:30 NS

Everything seems slower and calmer than usual.

P110 18:00 NS

The room became more calm and peaceful as we succussed the remedy.

P130 xx:xx

Open, light, calm.

P7 0 xx:xx NS

Post-proving meditation. So relaxed. So peaceful. Ive never really been able to meditate. I can do mindfulness a bit, but this was the most a meditation has ever worked.

P8 0 0.06 NS

Feel quiet, calm and sleepy.

P8 0 0.09 NS

I feel I am speaking slowly, calmly, it feels good, taking my time, meaning every word.

P8 0 0.02 NS

Swimming feeling in my head. Feels nice to slowly move my head from side to side. The swimming sensation slowly moves then sensation is intriguing and pleasant – I like it. I feel calm.

P4 1 xx:xx NS

The confusion is gone and I feel deep feeling of awareness and calmness.

P4 1 xx:xx NS

Relaxed, calm and peaceful.

P5 1 9:00-24:00NS

Calm, content.

P7 1 00:04 RS

I wake up and can hear the person I am sharing a room with, snoring - they are also on the proving. When I first fell asleep, I could hear it gently but decided I could probably cope with it with my ear plugs in. But now it is loud. I feel calmer than I normally would about this.

P8 1 9.14 NS

Feel calm and unrushed in the morning while rushing around to get everything done and ready for leaving to go to work.

P9 1 xx:xx NS

Mind generally focussed and calm. Not a strain to think about things. Not anxious at all.

P2 2 xx:xx RS

I have a lot to do today but I think about it very calmly.

P3 2 17.45 OS

Sudden yet calm thought of "whatever life throws at me I'm OK with, I'll deal with it".

P4 2 xx:xx NS

I feel calmness with slight anxiety inside.

P3 3 17.45 NS

Just thought that before the proving I was desperate to move house, which I had been wanting to do for a while but it really came to a crux the week before college, got my house valued and visited a property. But since taking the remedy I feel a lot calmer about moving and it doesn't feel as urgent.

P2 4 xx:xx NS

I have 2 massages and 1 facial today. I have to be centred to do my work.

P4 4 xx:xx NS

I feel very calm and I am not bothered by the things at all. My house looks like some bombing just happened and I don't have time to clean it. Usually I would be stressing out and getting irritable but the mess doesn't bother me that much. I stay calm in many situations with kids.

P2 5 2230 RS

Calm in control I have worked methodically throughout the day. I say goodbye to house and thank it for the last 9 years I feel calm, centred.

P126 xx:xx NS

At an open air church with a couple. Not people I recognise but I know them in the dream. Lots of people singing. I lose the couple then find them again. No sense of panic, an easy feeling knowing I will find them. We collect wood to build a fire.

P126 08:00 NS

Feel calm and relaxed about situation with new boyfriend who should have called yesterday and didn't. I know things are OK.

P126 20:30 NS

Feel happy having easy, relaxed conversation with bf. Less nervous than previously.

P3 6 10.18 NS

Atmosphere at work due to new boss and colleagues all upset, but I feel calm and above it all. Happy. Nothing can touch me.

P6 6 10am NS

Woke at the alarm again, feeling very calm and grounded. I feel like I am able to cope with anything. Had a stressful call from my mother but handled it without getting emotional.

P8 6 3.34 NS

Dream, I'm in a bar, or seems to have all its rooms outside, it is very smart with clean walls and plush leather seating, each room is very small, there are many interconnecting windows, most people are ordering cocktails, I get a pint of ale. It is all very relaxed. The bar man is really slow. You have to wait ages for a drink. But no one minds.

P4 7 0.375 NS

My daughter gets very angry when she sees the breakfast she doesn't like she gets so frustrated that she shouts and even hits me. I get angry and walk her to the different room to calm down. Recently I get angry but its in a kind of interesting way. More peaceful or more aware. Like I don't lose control or I don't get swept by that emotion but my daughter totally did.

P2 8 1800 NS

I take G to the vet to have her put to sleep, I am unusually calm and accepting

P4 10 xx:xx NS

I dream that I am swimming in the ocean with some other people and we need to go to some different part of the sea or travel somewhere. And somehow I don't want to do that. I don't want to go anywhere else cause the ocean I am in is so nice and very warm. It feels if I go somewhere else its going to be really cold. So I just want to stay in that beautiful and peaceful ocean as long as possible.

P4 13 xx:xx NS

It's a day before we have to fly on holidays and I feel calm with the fact I have many things to do. I am usually stressing out or feel overwhelmed with many jobs I have to do before we leave.

P1214 11:00 RS

Facilitator Meeting to go over what we will say when we meet our group. I don't feel nervous, just excited and calm at the same time. I trust myself. Feeling easy with the other facilitators, part of the team, comfortable.

P4 15 xx:xx NS

I feel relaxed and enjoying the lovely sea views through my window.

P1017 06:05 AS

Enjoying the calm in the morning, waking up early but taking my time before getting up, meditating, reading, writing some stuff in the diary, much better mood, accepting to be at a slower pace, that's ok

P1217 18:30 NS

Talk with husband to daughter about us separating and him moving out. She is 8. She is upset and angry. I feel her reaction is normal and appropriate. She calms down with cuddles from her dad but

she keeps saying I am being mean to her. I feel very calm, this has been a long time coming and really I know she has known this will happen. I am relieved to finally be having the conversation.

P3 21 13.13 RS

Lots of high emotions and explosions at work. anger and tears, yet I am calm through it all and feel personally unaffected.

P1224 16:00 NS

Excited to be driving to Bristol to see new b/f. He has just had to appear in coroner's court and has been very stressed. He is glad to have my calming influence. irritated with husband but not everyone else.

P1336 13:30 RS

W into the back of a small car for 12 hours. Can't move while in there, feel like I need to be un-wedged with a crow bar. Amazingly calm about it. Feel quite secure and safe if not exactly comfortable

P1048 14:00 NS

I decide, that I will thank the headteacher the next time I see her, because I was clearly in quite a state the other day and she could have just called me a hysterical parent and thrown me off the grounds. Instead, she was very calm and invited me to talk about what I had to say. I feel like I want to tell her she is a very strong and kind person. (Is this just me looking for a way to make up again so I can be forgiven? Or do I have the desire to empower her? Anyway...I have a plan!) I feel very ok today, mind has stopped racing.

P1 55 22:49 CS

My back ache that had been fairly constant and nagging has disappeared. This is wonderful and feels like a huge improvement. What a gift! Overall this has really made a difference to my life. I feel much calmer now. I feel like the journey has been worth it despite being quite a rollercoaster.

Active / Industrious / Efficient / Fast

P2 1 18.3 NS

Feel quite awake, get home then drive to new house to do some painting; surprised at how much energy I have

P3 1 xx:xx RS

Restlessness and childish energy.

P3 3 8.26 AS

Driving fast to work, even for me, hitting car seems to have made no influence!

P4 5 xx:xx NS

I am pleased with myself as I managed to have a very productive day.

P4 5 xx:xx NS

I feel energised and only now finished cleaning my kitchen and living room and decide to go to bed.

P4 5 xx:xx NS

I wake up with good feeling and go for a jog.

P1 6 xx:xx NS

Very efficient at work. Get things done that I have been putting off for a long time. Feel energetic.

P4 7 xx:xx NS

I am still not too tired and I am happy to stay awake till one 1am.

P4 8 xx:xx NS

I feel like I have a busy day ahead and I have to rush to do everything.

P129 12:00 NS

Loads of energy, clean house then decide to clean windows, clean and rearrange bookshelves. I'm active from 11 til 5pm. Feel really good.

P4 9 xx:xx RS

I feel like I am about to have a headache. It is usually to do with the stress. I am rushing from one appointment to the other and I am a bit late so I start feeling the headache coming but it never develops. I feel it is amel by urination.

P1 10 xx:xx NS

Something I had planned to do for ages, again at work, managed to get around to doing it. Just managed to get it in. Deadline today. Quite a coincidence that I had thought of it and then realised I had to do it today within 2 hours. Still managed it.

P12 10:00 NS

Feel active, decide to clean the ovens, replace the curtains and cut down plants in the garden.

P4 11 xx:xx NS

I feel very energised and I get a lot of things done.

P4 12 xx:xx NS

All day my levels of energy were high and now at this point I feel tired but I am still awake and doing the diary.

P4 15 0.25 NS

I wake up very early with a lot of energy and very good mood. I am ready for the nice day on holidays.

P1017 11:30 RS

Mood is much improved after a long run with a friend in the park in the sun.

P1 31 31.08:00 NS

I felt so good all day. So much energy and able to get things done. I felt that the weekend gave me an extra boost.

P1046 07:00 NS

It is a very fast train! I wonder how to cope with it? It is like understanding everything and all at the same time or a bit like losing the plot. It would be easier to just eat, sleep and have sex and not think so much!

Slowness

P101 08:45 NS

Slowness; sensation, of - movements, things happening around me.

P131 xx:xx

Time feels like it is going on forever, very slow

P7 1 xx:xx NS

Time is passing slowly. I felt very late, like midnight, and time to go to bed. It was only half ten, so I stayed up later, as was not that tired now, but felt like I was just passing time, sitting up with the group, for no real reason other than to pass time!

P9 1 xx:xx NS

Impatient with slow and unprepared lecturers

P9 1 20:xx NS

Strange distortion of time in which it felt far later than it really was. Everyone felt it was about time to retire to bed and then we noticed that it was not even 9. Eventually we stayed up to what we felt was extremely late but it was only 11pm when the last of us headed to bed. It felt more like 2-3am.

P9 2 xx:xx NS

Police traffic vehicle came out of side road and pulled into lane and slowed all traffic. Had a 'Do not pass' light in back of vehicle. Not see this before.

P135 xx:xx NS

Time seems to move very slowly

P7 7 xx:xx NS

Tearful. Very low. Lonely. Don't want to talk to supervisor as I can't tell her how bad things are but I also don't want to lie. I know I'll be fine so there's no point worrying anyone. Realised how fast/multitask/million miles hour I work. Like a worker bee. Always have done. Woman in other department pointed it out the other day, saying I was exhausting to watch. I just always think several tasks ahead, see what I can improve, what can be done, no point in doing a job that needs to be done slowly, when it can be done efficiently. I enjoy it. But now I realise it, it's exhausting, and I see how other people work so slowly to avoid working.

P128 17:00 NS

Tired, want to have a bath. Lots of desires for a bath at the moment. Before couldn't be bothered, preferred quick shower. Want to relax in the bath. Love it.

P4 8 xx:xx NS

I feel I had a busy day and the only thing I want to do is slow down and take my time. Do less or do things slowly,

P1210 12:00 RS

Annoyed at slow pace of training day, and having to sit and listen for so long. I thought we would be doing activities. I find it hard to stay awake. Need to be active.

P8 12 xx.xx NS

Dream: I am a body guard for the queen, I have to go everywhere she goes and stand between her and the other people to protect her. It is a really interesting job, but I am surprised by how slowly we have to move. It takes ages to get anywhere. At one point I lose her and I am in a panic trying to find her again.

P1354 15.30.00 NS

Heading back on the slow ferry. Suits my mood being slow and ponderous. Feelings of detachment and separation. Not particularly worried by them, just observing.

P2 xxxx xxxx

Consistent energy, able to complete all tasks asked of me, in my own time - I just keep going like a duracell battery although not with the speed. once the time constraint of moving out of rental house had been removed, I just kept going quite happily. up at 6.00 went to work returned home, painted etc as long as I was on my own I was happy to keep going. this is unusual for my normal pace of life, I think nothing of having a nap in the afternoon or on a sunday if I'm feeling tired, I am generally quite a slow person, getting my jobs done but not rushed. I eat the slowest in my family (until I had my son, he eats even slower than I do) its a family/friend joke

Weeping / Deep emotions

P2 2 1300 RS

Felt a little tearful as if I was about to start crying, had to blink my eyes to stop the tears. A little earlier was told off by family member who is helping me get my house ready because I bought the wrong paint. The telling off was out of proportion to the crime; it was more about how he was feeling rather than the paint but I felt a little sensitive about it.

P2 4 8.10amRS

Finally I felt like I wanted to cry, I felt I couldn't hold them anymore but I did for a little while longer.

P2 4 09.30 NS

Take drinks to work for friends. Cry as soon as I walk into shop - start crying as soon as I see my friend at work, she just hugs me.

P2 4 1800 RS

Finish clients. return home. continue packing, feel like crying again at the amount of work to do.

P2 4 xx:xx NS

Consider doing the moving myself and not asking anybody because I can't take anymore criticism, even in jest, it makes me want to cry.

P2 4 xx:xx NS

Sobbing, feel completely overwhelmed, I cannot take anymore criticism of what I have and have not done - I am sobbing, I feel totally overwhelmed with emotion.

P2 6 xx:xx RS

Overwhelming urge to cry; its all getting a bit much.

P7 6 xx:xx NS

Tears tonight. Feel down as soon as I talk or think about RT. Then cried so hard so drove up beyond village to sit on a quite lane in car; sad that I have to hide feelings from mum and dad as they wouldn't ask anyway.

P2 7 1730 RS

Overwhelmed, another problem I can't fix, I start crying - its my job to make a home for my children and make everything ok and I cant I feel useless I cannot stop my tears.

P1 28 16:00 NS

The group is feeding back from the proving. I am astonished that M brings in a camera to record it. Completely freaked out I let others go first. I am so near to tears and don't want to cry because I don't have anything particular to cry about so can't explain it. Just a huge well of tears.

P1 28 20:45 NS

I'm talking to another student. She is telling me about her experiences and challenges. I spontaneously cry but the crying is just tears rolling down my face. She starts to do this too. There is empathy and open heartedness. It is poignant. An understanding of the beauty and tragedy of the human condition.

P4 42 xx:xx NS

A mother of my daughters friends comes to me to say how lovely is my daughter and I feel I am about to cry. I understand my I am not in balance and too sensitive.

P1 54 54.10:00 IOS

I had a meeting with human resource manager to discuss bullying at work. I felt clear that I just wanted to know the practicalities but ended up in tears. The feeling was one of huge deep sadness. About the inevitable problem with 'politicking' at work and that I wanted no part of it. She was very sympathetic. I felt concerned for her too as it was quite intense. However I was unable to control the tears expressed and it was very deep.

Conflict / Violence / Bullying / Abuse

P9 1 xx:xx NS

Tend to be unsympathetic and unforgiving of incompetence.

P3 7 15.17 NS

Conflict seems everywhere.

P4 7 0.125 NS

Very clear dream of how I killed a cat. She came to my house and at first I thought it's a rat but in the dream it became a cat and eventually I chased it and I wanted to cut her neck with the spade. I did break the neck with the spade. The cat closed her eyes and she was laying on the floor but she was still breathing. I was thinking how on earth will I finish this cat? Than I looked at the cat closely and

thought it could be our neighbour's cat and I felt bad and disgusted with myself for doing that and I woke up.

P1 12 xx:xx IOS

Extreme difficulties at a meeting at work. Problems with a harassing colleague reach a bit of a peak in terms of it being obvious. Going on for many years. However feel clear headed about how to deal with it. Hugely frustrated still. Have to play act so I don't explode.

P6 13 2pm NS

Big shock through incident at work, reacted very badly shaking and crying for most of the afternoon and early evening. Possibly an over reaction however felt very threatening to me. Worst thing was that he could see that I had been really upset; wanted to have reacted better but felt humiliated and bullied and victimised by him. I felt I had lost face.

P9 13 22:xx NS

I find it near impossible to watch films that show people being victimised or in a position of vulnerability. I started 3 different films and then had to turn them off each because I felt too upset and too squeamish to see people in a vulnerable state. I can't stand seeing bullies or people that are intent on harming others.

P3 32 15.05 NS

Noticed that I have had some almost vindictive thoughts for no real reason, very unlike me, shocked by the thoughts. A cold dark feeling.

P1 33 13:30

I meet with a colleague. There has been bullying and harassment at work for years by one particular individual. I have experienced it for many years and so has this person. I have tried to tackle it before by asking the person to stop (more than once), telling my managers, going to harassment advisors and union but have just been told to leave my job. This person and another couple of people have grievances about the same person and have been in touch with the union independently. She asks if I would be willing to do a joint grievance. I say that I would. It has gone on too long now and nothing seems to be happening. I feel that for the first time in years I have an ounce of courage. I have always been so timid and so frozen by the fear. It is amazing to have someone to talk to who actually understands.

P1 35 09:46 IOS

I feel very bothered by stories in the news. I have not even started reading the news but I feel anxiety. I remember the awful stories of violence (against a journalist, a young mother, sheep). It freezes me in fear.

P6 40 9.30pm NS

Big shock; police called at the house to say T was found in a car with his friends that had weed in on Friday night. He was searched by the police they found nothing on him but some in the car. Was SO ANGRY I think more angry than I have ever been with him. He did not tell me about the incident so I felt ambushed by the police. I should have known something like that. He said he did not want to worry me because nothing might have happened. Was hot screaming at him, had to go into the lounge to calm down, my voice was really low and hot angry tears. Did not recognise my own voice. Calmed down a bit after but really shocked myself how angry I was. Did not sleep afterwards,

[husband] away that night so could not tell him as he had a big day and exam the next day. Felt alone with it. Made peace with T.

P1 41 23:40 NS

Get an email that really upsets me very late at night. It recounts a meeting and gives an almost completely unrecognisable account of the meeting. I am shocked with all the conflict that is going on at work (but hidden and behind the scenes) I wonder if this is part of it and this person has been co-opted into the 'battle'. It is so uncomfortable that I cannot sleep. I feel very tearful and although I manage to sleep fitfully I don't feel rested in the morning and I wake up tearful.

P1041 16:30 NS

People tell me I am courageous, but I feel like a little mouse now that wants to creep in its hole and not come back out before next spring.

P1041 09:00 NS

On an impulse I decide that an e-mail is not enough, put the music on loudly, start collecting some of my kids' chalk and when in the school playground, I write on the big notice board there: "Stop the bullying. Nothing we can do???"

P1043 17:00 NS

Headteacher sends out an e-mail to all parents of the school reminding everyone of the school's policy on bullying behaviour and how to access the policies on how to recognise, report and handle bullying behaviour...I am thinking, oh well, maybe a few more people will read it now and act on it...my friend encourages me by calling me brave and well done for moving out of my comfort zone and she says she feels it is like a strange social experiment I have started...I am asking myself if I have been overreacting or not?

P1 44 xx:xx NS

Well if this is the kind of dream I have not been able to remember I am thankful to myself for having shielded me from them. The feeling is that I am challenged to allow things to happen that I would not normally because I see a bigger picture. It was very frightening. It starts with a young woman going missing. We are in a house and there is some really difficult stuff to deal with and try to out-manoeuvre someone who is trying to hurt me. In the penultimate scene the baddy ends up swapping bodies with the girl who has gone missing. This happens using a blink and weird facial expression. I see it happening and I am horrified yet can't stop it. So now the baddy is in the girl's body. I am with her and then suddenly she stops (we are walking along a street) and she uncovers her bum and lies on a small pedestal with it sticking out for people to see. I am horrified and say something like 'what are you doing?'. While I'm saying this a car full of Asian men pull up. They are jeering and leering out of the car. She is then in the car being horribly sexually abused and I can't do anything. I am watching from outside. They are penetrating her nose with a pen, her vagina with the handle of a wooden spoon. It is horrifying. However I know that this is actually the baddy that has taken this girl's body so I am conflicted. It is so disturbing and I wake up feeling horrible and disturbed again.

P1 22 xx:xx

Argumentative. But feeling of anxiety is not there so much as a feeling of tension. Need to get out of the space. Escape. Also at work there is someone constantly haranguing me. Doing homework and distractions were a blessing. Felt clear and cross. No surrender. No pasaran. Saw a day-glow orange crab at the tip. Want to clear and cleanse. Loving physical activity that strengthens my body.

Disgust / Smelly / Self Loathing / Revulsion

P4 1 xx:xx NS

Felt disgust with the situation.

P9 1 xx:xx NS

Urine seemed noticeably strong smelling. Not sure if this is reality or increased sense of smell.

P1 4 xx:xx RS

Belching with slight vomit into mouth. Gross returning symptom from early childhood.

P1 5 xx:xx NS

I felt disappointed again all day. This then led to me valuing myself less than others. This became a self-loathing. Very uncomfortable. This self-loathing was present throughout the proving to some degree or another.

P1015 15:20:30 IOS

Extreme flatulence, smells like rotten egg, came on straight after dinner

P1216 10:00 NS

Someone is biting their nails next to me. I feel disgusted and almost sick. I have never felt this before. It also happened yesterday with a different person. I want to tell him to stop but we are in a meeting.

P1217 13:15 NS

I notice nail biting again, and again feel disgusted and almost sick.

P1024 24:12:30 NS

Really strong body odour under armpits from perspiration.

P3 24 20.13 NS

Read an article about a boy dying from eating a slug, due to a disease the slug was carrying, and what struck me the most was the thought of eating a slug being so repulsive and not everything he and his friends and family when through for 8 years! How awful.

P4 31 0.75 NS

Passing extremely bad smelling loud wind.

P3 33 10.39 NS

My breath smells. Also I keep smelling odd smells no one else seems to smell, outdoors as well as indoors.

P4 33 xx:xx NS

Babbling in my stomach, bloated painful, passing extremely loud and smelly wind.

P1043 15:50 NS

I am still very smelly from under my armpits!

P3 44 14.11 AS

The nasty taste smell combo is still there, lessening in intensity but none the less it seems to appear more so after I eat something or drink coffee.

P3 39 14.42 NS

That foul taste/smell keeps coming back randomly. Tastes and smells disgusting, like gone off cabbage! Puts me off food and drink when its there. Sometimes I try to clear my throat to make it go but doesn't make any difference and theres no pattern to it or no reason that I can see.

P4 7 0.125 NS

Very clear dream how I killed a cat. She came to my house and at first I thought it's a rat but in the dream it became a cat and eventually I chased it and I wanted to cut her neck with the spade. I did break the neck with the spade. The cat closed her eyes and was laying on the floor but she was still breathing. I was thinking how on earth will I finish this cat? Than I looked at the cat closely and thought it could be our neighbour's cat and I felt bad and disgusted with myself for doing that and I woke up.

Guilt / Shame / Blame / Fear of criticism

P123 xx:xx NS

Dream: of my youngest brother dying. We are close but don't feel sad. Things scattering, breaking up. Friend had turned into a child. Feeling of blame. Looking for headband, find new ones, can't open packet. Lots of us staying in a big building. very spacious. Fast paced dream, lots going on.

P6 6 7am NS

Dreams of hotels on holiday; moving from one hotel to another. Wanting to have sex with younger man. Feeling guilty about it and stopping half way through, woke up at this point feeling rather weird.

P7 17 xx:xx NS

Trying to completely block out thinking about RT. It's so hard to do. I can't bear the thought of him seeing me drift away. (That last sentence - me drift away, or fade gradually, really feels hard to write. Like him losing hope. Him feeling so alone. It's such a strong urge. I feel so sick not helping him, my best friend. I feel like a terrible person. Who would leave a friend in need? Feel flat, sad, lonely and down.

P4 20 xx:xx NS

just a normal day with Halloween party where I felt a bit guilty leaving early and not helping to tidy up.

P1230 05:30 NS

Dream: I am forgetting to do important things. My step-mum is there, very disapproving. I feel ashamed; I don't want to be seen. We are on a trek.

P1041 10:00 NS

One of the parents whose child is suffering from name-calling in my daughters class comes up to me and asks me to remove what I have written. She seems very upset. I say, it is not about her, it is about allowing the other children to learn not having to watch when something wrong is done to others. I stayed calm when talking to her, but inside I am terrified of the criticism and her mostly fear.

P1041 11:00 NS

I try to move into the "witness" mindset, exploring the feeling of fear and of excitement on the other, it is the only way to handle it and it is very interesting and I am sure it is good for something, but still so scary.

P1041 09:15 NS

So afraid now of probably being told off by the headteacher, of people looking at me knowing what I have done, of people not approving of my public action, of people aggressing me verbally or maybe in other ways. So much fear. What have I done?

P1042 09:10 NS

Taking kids to school, walking with my head down, avoiding other people's looks, clinging on to my 5yr-olds hand, but nothing happened, phew.

P1043 15:30 NS

I am still scared of leaving the house, when the door bell rings, etc. and when picking up kids on the school playground. Nothing happens though...for now? What is the worst thing that could happen? Someone could come and tell me off...why is that so scary?

Isolation / Exclusion / Bubble / Barrier / Invisible / Alone

P111 02:50 NS

Dreamt I was at school and took the remedy and felt calm. However when I tried to walk outside I could not. There was an invisible barrier or bubble over the school that prevented me from going outside - I was a bit confused but not scared.

P5 30 9:00-22:00 OS

Being alone - I am not type of the person who needs to belong to the group. I am quite content on my own and by myself and I've had this feeling since the proving started. I was more aware of this feeling since the proving.

P1041 xx:xx NS

Husband actually knew about the bubble! He told me that the last month and a half had been as if I hadn't been there. I tell him that the cat didn't know me for a whole month, either. She never came and she ran away when I tried to stroke her. My husband replies: "I am not surprised!"... he actually recognised the state of being in a bubble, as something he had been in many times in previous years, just, working, working, working. I used to tell him back then: "You are not really here!"

P1041 xx:xx NS

He explains it as follows: "You are in a bubble, because the outside stress is too much to handle, inside the bubble it is safe, but the trouble is you can't reach anyone or anything on the outside, so you are kind of trapped". I say: "That is exactly what it is like!" He says: "I understand now what this is like for the ones on the outside."

P7 54 xx:xx NS

PMT worse than ever. I have been so low lately. Ive been spending lots of time sitting in lay-bys, to avoid going home. When I told RT this, when I mentioned sitting in lay-bys, I broke down in tears. So lonely and unloved. Cant even go home and see family, as they won't even notice I'm low, even

though its completely obvious, which then makes me even lower. Feel so unloved. Have decided not to go for a few days and to stay at RT's instead. Instantly removed stress to know I wouldn't have to pretend I was ok in front of family. Could just be myself - cry when I need to.

P131 xx:xx NS

Alone, isolated. Feeling I am very much the odd one out. So much older than everybody else

P131 xx:xx RS

Feelings of despair and hopelessness.

P132 xx:xx NS

Isolated as if in a box. I can see other people through the box but no people can see me - feelings of isolation & separation. Delusion, no one sees me - feelings of isolation, not worthy. Husband taking everything literally and not understanding.

P133 xx:xx NS

Feelings of isolation stay all day.

P133 12.45.00 NS

In plane, serious turbulence, no feelings of alarm despite being at the window and looking at the engine bouncing around. Just detached questions like, wonder what will happen if the engine falls off. Totally isolated from everything. Used to be very nervous flyer. Even after experiencing the turbulence, this time I was detached.

P133 13.45.00 NS

Feelings of isolation stay all day, feel as though I am in a glass box, clear vision, no fog but still removed from everyone and everything. Normally there is a lot of fog but felt clarity.

P134 xx:xx NS

Dream: was in a park, and had to head down towards the ocean, cannot remember who I was with. Had a choice of two paths - one was flat and the other dropped away steeply. Was told by an unknown voice that I needed to go down the steeper path on my own while everyone else went along the flat one. It will be quicker. But again I was on my own. I was fearful. I was going into the dark. I can't walk down easily and going down the steep slope was more challenging than going down the flat. Feelings of isolation, being separated.

P4 4 07:00 NS

I feel like I am bothered about the exclusion. I feel like the message was targeted at me.

P136 15.00.00 NS

Isolation, took myself into the forest with the dog for a few hours. Disappeared, no phone service, avoided any contact with people, went into part of the forest not frequented by people. Seeing moss covering all the ground surface, thoughts of being taken over slowly by other organisms, fairies, tales of folklore, definite energy in the forest. Not malicious, but not quite benevolent either. Moose (dog) was quite subdued while we were up there. Previously he was running around insanely and fell into the stream.

P8 7 11.15 NS

I feel distant and indifferent. I feel down and isolated; I'm in a bad mood with my wife and I'm not sure why. I can't look at her. I don't want to make eye contact.

P1 16 xx:xx IOS

Have to go out for a work dinner, thankfully only a few people. I have pushed myself to do this. The person who is a visitor is extremely gregarious. I find it slightly interesting but feel a bit distant so it is difficult to engage really fully. Feel like I'm watching from a distance. She is so energetic. So successful and has a five-a-side team of kids too. All too exhausting. I have to kind pretend that I find the whole thing interesting. Feel very awkward but I think I manage to pull it off.

P1016 21:20 IOS

I realise I feel unloved, unlovable and unable to love.

P7 17 xx:xx NS

Woke feeling flat - dream last night about end of my career training that was 12 years ago and we had gone to breakfast and I'd not signed in. Then chef decided to make more food, but refused me purely on the basis that I'd not signed in. Even now I'm awake it's annoying me as there's no reason she couldn't add me to the list. She was making a point and it's annoying me when people do that. Then someone needed medical help. Then I tried to find my friends and couldn't. Roamed around and saw lots of groups of people having a lovely time but no one I knew. (Feels like my life a bit - wandering around the school field as a teen, calling friends on a Saturday hoping for a friend to come and play, wandering this town alone last weekend, being the 'hanger-onner' with friends even now, moving so often I don't know anyone. Guess that's why I love choir and work where I'm so accepted and highly respected - for my capability at work, and my sight reading at choir. I often still feel the effect of bad dreams after I wake.) Earlier in dream I was hosting princess Dianna and asking her if it was nice to be back at the training academy. We played some game and just as it was my turn, some people burst in doing something more showy, fun and loud and I didn't get a chance to have my go, and then we had to get in two long rows for a camera that was whizzing up and down the rows. It just felt like I needn't have bothered. I think I also dreamt the initial feedback of the proving too where they couldn't find one single theme. It was all so muddled which is a word I know we've already chatted about so that bit is not dreamt up.

P1320 xx:xx RS

Isolated, not engaging in conversation.

P1022 13:30 NS

It is like I wasn't really there, a bit like being in your own meditative space, in a kind of separate or zoned-out state. It is not unpleasant to me, I am actually really happy in this state. I only feel sorry for my partner who must be starting to feel a bit lonely.

P1023 21:30 NS

Now feeling very sad about not feeling able to bond emotionally or physically with anyone.

P7 25 xx:xx NS Sleep

Dream: I am in my homeopathy class. All new people from last month. I try to join in but I am excluded by some girls. Later there is a sort of protest war. A girl is chosen to be the leaders girlfriend. I am chosen to be his daughter even though I am older than him by a year or so! I want to be close to him and try to get time with him. There are missiles - no one is worried as they are just like a show of strength and whizz around above our heads to land safely back on our vehicle. But I am scared. After

the missiles the guy has both arms around me really protectively. I feel so wanted and loved and safe. It is like we are in love but know that in this scenario I am playing the part of his daughter, and the girl playing his girlfriend is bitchy and not very nice. She's in the popular girls and is pretty but not nice. He is then called away. I know I'll miss him and wish him well. The people going to meetings about war board coaches and the other nationalities line up lying down in front to watch them. I am tasked to help coach A from little school who needs help hitting his goals and with confidence.

P1326 xx:xx RS

Sleep interrupted; needing to get up and pee but cannot go through living room to get to bathroom. Feel like an intruder, don't belong. Isolated.

P1 26 xx:xx NS

My daughter has come to look after the dogs while we are away for the weekend. She has made such an effort but somehow I am irritated with her. She is doing nothing irritating that is different. I am sensitive to her voice. It feels like noise. I try to hide my irritation. Feel terrible that I am so ungrateful to her. Feels very odd. I haven't seen her for ages and I am so distant and weird. I hope she doesn't notice.

P7 27 xx:xx NS

Dream; in some experiment where actors tested our skills. A woman who was my nan but then an old friend, stepped out of a door. I had to instruct her to take tablets in a certain order. I didn't know we were being assessed. Afterwards I was told I should have checked she had taken them all. Felt unfair as I did tell her to do so. Then later I was in a group of friends feeling left out. I wanted to sit at the top end of a long bouncy castle bed which had hundreds of tourists on. As we got them, we were guzumped by a huge group. (Same as dream other day) When we left, we were in a queue after a wedding and Kate Middleton was there. Later the other two girls bought the same pair of neon shoes so I did too, but I think they only did it to run away from me faster down a tiny gated stair short cut. I tried to keep up but felt so left out and didn't understand why. (Theme of being left out, set up, limelight taken.)

P1330 20:30 RS

Feeling weirdly isolated, but surrounded by people. Not moving away looking for isolation just feel as though I am..?

P1 35 13:46 IOS

Feeling quite agoraphobic. Want to stay in one spot inside. Weird! Got to force myself to move. Otherwise would hibernate in bed all day and not feel bad at all about it!

P1038 21:00 RS

Totally better physically, but the mental and emotional isolation is still here and it is too much and too long now, I no longer like being in the bubble, even if it is comfortable, taking my constitutional remedy now.

P1041 21:30 NS

Finally able to have a conversation with my husband about the proving, about the isolation, the bubble, the inability to have even physical contact

P1 42 xx:xx NS

Went out for a meal with some of the group. 6 of us in all. It's a bit intense in that it is a bench seat and we are all sitting very very close. I'm also in the middle of the bench of three people. I feel very frozen so cannot really relax or talk very much. It is a weird feeling. I'm hoping no-one notices. Maybe this is how I always am in groups?

P6 45 xx:xx NS

General note about communication, really have not been able to talk the last 3 weeks very much, have kept quiet and then felt like I wanted to explode in some cases. Others with good friends have not wanted to talk to them, texts unanswered when I normally would get straight back to people.

P4 3 xx:xx NS

I cannot remember my dream but I have a feeling that I had to fight with something on my own. The important part that I felt I am doing it on my own.

P4 9 xx:xx NS

I spent an afternoon by myself. And I feel the increased need to spend time by myself. It is really important to get me in to balance and to get back my peace.

P1014 14:00 NS

Feeling very tired and sad, I would prefer to be alone and quiet, or sleep. Thinking I have had enough and I really need some Sepia! If this doesn't get better by Monday I might consider stopping the proving and get a remedy from my homeopath.

P6 17 xx:xx NS

Travelling too long to notice much but needed time on my own today

P1237 21:30 NS

I haven't spoken to my new b/f since seeing him on Tuesday. Each night I am too tired and during the day am at work. I am not feeling such an intense need to be in communication all the time, though I would like to see him more. I can't bring myself to call and I hope he doesn't call me tonight. I send him a message to say i'm too tired and we have a text chat instead.

P1 55 10:03 NS

Quiet. Separate. Slight irritability. Wanting to be outside. Took a drive this morning and it was so refreshing. Met a man in Tesco car park with an amazing snaggle tooth. It was completely at right angles. I liked him.

P2 xx:xx

I do not keep in contact with supervisor. I'm not sure why I don't speak to her. I don't feel the need to share. I don't want to burden someone with my problems / I don't think I have any problems, it's easier to keep my thoughts to myself.

P2 xx:xx

Want to be quiet, not share personal details with family/ close friends - I am not generally a sharer of personal thoughts/ feelings, but I was even less inclined to share personal stuff, including speaking to supervisor

Injustice / Outspoken / Whistleblower

P101 20:15 NS

Unfriended my husband's godfather on facebook, because he sent around a joke about people with gluten intolerance. Made me so angry, offending people who are truly suffering from a debilitating condition. First time ever I unfriended someone on facebook.

P9 14 xx:xx NS

Generally feel that I am less tolerant of injustice and more acutely aware of how it takes place.

P1214 14:30 NS

Feel very tired, need to sleep. 2 long drives of 3 hours in last 2 days and only 6 hours sleep each night. Nowhere to sleep, not allowed out of building in case my group needs me. I wish I had not done the right thing by asking and had just gone out to the car. Feel injustice that others have got away with it and because I asked I cannot.

P4 38 xx:xx NS

I feel it's not fair on me to do all the jobs by myself while my husband is enjoying himself.

P1040 18:00 NS

Feeling extremely agitated about the fact that my 9yr old daughter told me today that she felt there was nothing that could be done about children in her class being teased and name-called. I have had enough of having to listen to this and feel sorry for the children and parents. I have drafted an e-mail to the headteacher, which I will send off tomorrow, once I have slept on it. I also had a conversation with my daughter, explaining to her that there is always something you can do and that I would like her to know that it is worth standing up for others who are suffering. It is better for everybody in the long run. I explained to her roughly what happened to the Jews in Germany in the 2nd World War in terms of many people being bystanders and being trapped in this fear of what might happen when they speak up and how nobody wanted to believe it, because it was so uncomfortable.

P1041 xx:xx NS

The issues of stigma, shame and complicity are close to my heart. If this is how a child feels about observing another child being picked upon by others, there is something wrong with our culture. It is the little constant nagging, the name-calling, the subtle teasing, what I like to call the "middle-class" bullying. Do the children recognise that this is bullying? Do they feel able to talk about it? What I hear is: "Don't tell anyone, it will just make it worse." I simply cannot and don't want to be silent about this anymore. What does it mean to be "complicit"?

P1042 08:00 NS

Am talking to kids at breakfast, explaining that sometimes you had to speak up and make some noise even if not everybody likes it. They seem all right with it (I hope they are, I am now also terrified of making them suffer because of this).

Superhuman control / Possession

P3 10 12.16 NS

Sensation that someone else is moving my left arm yet it is still resting on my desk and not even moving.

P1030 14:15 NS

I am fed up with the proving and want to stop. The feeling is that I have given it all, have given enough and now I want to pass on to something else. I don't feel like myself and I want to go back to who I really am.

P3 32 21.4 NS

I feel that this remedy has an extremely dark side to it, sometimes it seems as if it is taking over me.

P1 43 10:00 NS

I feel so anxious all day. It is an intense feeling in the centre of my body. I cannot shake it. I am taken over by it. I feel the 'possession' of the proving substance. I breathe deeply (I have been sighing a lot for the whole proving). It doesn't help. I don't know what I'm anxious about. I'm very sensitive. We are doing Actinides. We see a film of a nuclear explosion. It feels terrifying but in a way that is not even proper everyday fear. People's stories are also very bizarre in the case studies and feel very disturbing.

Anger / Aggression / Agitation

P101 15:03 RS

As usual, very irritated by X's aggressiveness and negativity in the classroom, thinking: why do I have to listen to this?

P121 16:25 NS

Anger at teacher, lack of direction in class.

P5 1 9:00-24:00 NS

Irritability, anger, frustration, disappointment - I was very angry, disappointed, frustrated before the proving started, due to the work circumstances (e.g. having a manipulative boss, not getting a deserved promotion, working hard and not getting recognition). This went all to the level of me thinking about not taking part in the proving. However, today I felt very calm, peaceful and not frustrated. Throughout the month before proving, my boyfriend was poking me, which just increased my irritability and made my short temper become even shorter. Today, my boyfriend was very chatty, praising my virtues, my qualities, my achievements, talking about the future with me, etc... I couldn't stop him talking over the phone.

P2 4 xx:xx NS

Stuck in traffic. I was very agitated and impatient. I rarely feel these emotions.

P2 4 xx:xx NS

I had to call a utility company today to sort out a problem I was on the phone 6x and left on hold for 30 minutes and the last one over one hour I was really really cross and angry and impatient and stressed, irritated.

P4 6 xx:xx NS

I got really angry and frustrated to find out my husband is bringing a friend to stay over for a few days. It was nothing to get angry about and I had to admit that later.

P3 7 07.39 NS

Boyfriend says I'm being overly sensitive, taking things the wrong way and thus being argumentative. I don't feel like myself at all. Things which normally don't bother me are doing so and things that do usually are not at all. Maybe I can learn the good aspect of this experience.

P4 9 xx:xx NS

At this point I completely lost myself in anger and started screaming like an animal. I felt everything just got on top of me and when my husband was using my phone for 1 hour (he lost his) and I couldn't book appointment for my leg waxing I just lost my temper. I scream like aaaaaa and then grabbed the baby and walked out of the room loudly shutting the door.

P4 9 xx:xx NS

Outburst of anger but don't remember exactly why I started shouting and raising my voice

P4 10 xx:xx NS

I lose my temper and get angry that after a busy day with kids I can not have even 30min peace to make my grocery order. I express that in the riced tone of voice to my husband and I talk to him like it would be his fault.

P1013 18:30 IOS

Had a massive row with my eldest daughter and then husband in the street at dusk, ended up shouting at him that he never defended me (?), very explosive, I do get angry, but this was unusually explosive and aggressive and frank --> full moon!

P4 24 xx:xx NS

I lost my patience and shouted at my son to get out of the kitchen as he was very loud and distracting and I could not have a proper conversation with my husband.

P6 27 2pm rs

Irritated again with a very short fuse. No patience with small things, felt quite aggressive to those around me who were in my way. Wanted to shout a lot today.

P1235 xx:xx NS

Dream: I can't remember many details but there were lots of people around and it was a kind of armageddon situation. We had lots of preparations to do, to leave. We were having to change clothes and my daughter didn't want to. There were a lot of cars in a queue.

P4 38 xx:xx IOS

I got very angry with my husband that he left me with all the kids for 4 day to deal and went to visit his family and take part in the school reunion party. I message him angry messages saying that it is too hard for me.

P1 39 11:45 IOS

Extremely irritated. Snappy, spiky. Can't explain the feeling. It just is. I have to apologise to a number of people because I have been very short with them.

Apathy / Boredom / Procrastination

P1 0 xx:xx NS

Husband in a really bad mood. I'm feeling he's being ridiculous. Little tolerance for it. Feel like I couldn't give a toss.

P3 1 xxx NS

Majority of the class including me seems bored or yawning with lack of focus/concentration or not listening and want to go on break.

P7 1 01:16 OS

I am so tired and out of it. Can't be bothered. Eyeballs rolling trying to stay awake. Feels like being back in lectures.

P9 1 xx:xx NS

Bored and intolerant of idiots.

P1015 15:16:00 IOS

So very tired, feeling quite dead inside, just want to go home, lie down and read a book, have had this before during autumn season, but not with this intensity

P1 16 xx:xx IOS

Meetings all day with people. Can't actually be bothered but again have to play act that I am. Seems like others are not bothered either.

P9 18 xx:xx OS

Feel I can't face the Winter. Despair of work which just feels boring and uninspiring. Loss of hope with the onset of Winter.

P7 20 xx:xx OS

At choir I cry on one of the other woman as I am just tired, exhausted and had enough of working every spare second, early starts, late finished, cook, eat, sleep, wake. Then driving every day off to go and view houses. Nowhere to call my own. But don't know where I want to be.

P1222 10:00 NS

Force myself to sit down and write my assignment on susceptibility. I have procrastinated on this like never before. I feel no sense of urgency.

P3 22 23.58 NS

I usually dye or treat my hair more regularly than need be but this last month and a bit I'm just not bothered or motivated to. So unlike me!

P3 23 0.21 RS

Today I have felt much emotional numbness and indifference and also at times been short-tempered.

P7 26 xx:xx NS

Should be writing essay tonight. The last night I have spare. But instead I spend the evening house hunting online.

P1227 09:00 NS

I can't make myself write up this diary. I keep putting it off. I feel quite blasé about it but at the same time know I have to do it.

P7 28 xx:xx NS

I have run out of time to do my essay, and yet I still don't seem to be worried or phased by this. I feel I know the subject, but although I do often procrastinate, this is a very different experience for me. I usually want to get the best grade possible, perfectionist, and I worry what people think of me, such as the person marking my essay, and my tutors etc. And yet I just feel really calm and not phased. I should feel concerned, because there are implications of not doing the essays, and yet I just feel totally unfazed by the situation, and am not even sure if I even plan on doing the essay!

P3 29 18.31 NS

Noticed over the past few days I have been rebelling against writing my dairy, feel like I can't be bothered and don't really care.

P1 33 08:35 RS

I awoke. Again the dreams are just not appearing. I know I have been dreaming but can't access them. It is frustrating. Everything is frustrating. Even my tears are around frustration. The world is in such a mess. I hardly know what to do with myself. On the edge.

P1 36 13:00 NS

Started to smoke earlier this week and to drink. I haven't smoked in years. However it feels like although I know it is a bad idea I can't be bothered to stop myself. I feel worse for it also. Push myself to go out and to eat and then to do exercise. Feel better for exercise and being outdoors on my bike. - Exercise and being in the open air has helped a lot for the whole time of the proving.

P4 43 xx:xx NS

For the last few days I completely lost the interest in cooking, just want to find the easiest option to feed everyone. usually I like cooking healthy and delicious food but now I just don't care.

P4 44 xx:xx NS

I feel kind of depressed. I don't want to do anything. I can no longer make myself do the things that needs to be done like washing or cleaning the house. I don't care I just want to stay in bed and look after myself and do nothing.

P1 47 46.22.30 NS

Feel asleep but then about an hour later woke up and was awake all night. Very anxious. Got up made tea. Felt very tearful. I've never had this pattern of disturbed sleep before. It has dominated the whole proving and caused immense difficulty for the past 2 months. I have been unable to be very logical and have had to really pull myself together to continue to work. On average I have only slept every other or every two nights. Usually from complete exhaustion.

P3 48 22.27 NS

Looking back I am realising things, for example.. Some of my usually strong morals and ethics seem to have gone out of the window, I'm usually very set on Eco-friendly solutions for the environment and for good health, yet I don't seem to care and have been lax on certain things. Also I have been drinking a lot more frequently, even alone which I never usually do.

P1 29 29.17:00 NS

I can't even remember my proving supervisor's name. I haven't really been in touch with her but know that I can do if I need to. There is nothing really she can do though so no point. I know that

there is support but maybe it is pointless. Support and looking for it are quite a theme normally for me. There does seem to be more support around me than normally although my supervisor has not been around. We have talked only once together. She says its 'her stuff'. I find it interesting as I also feel abandoned.

Exhaustion / Lassitude

P2 0 xx:xx RS

Felt tired throughout day as if my fuel tank was empty. low energy

P132 06.30 NS

Exhausted, feeling heavy. Don't want to get out of bed.

P4 2 xx:xx RS

Exhaustion to the point I fell asleep in my clothes.

P1 3 xx:xx NS

Sore throat with extreme exhaustion. Groggy, low back pain. Upset stomach. Feeling disappointed all day. Things agreed at work have been changed behind my back.

P4 5 xx:xx NS

Very exhausted cant even get up to fill my diary and fall asleep with the kids.

P116 08:15 NS

Feeling very exhausted, I usually feel exhausted after returning from school but this time it's intense - eyelids heavy, body weighted, feeling like I just want to sleep.

P1 7 xx:xx NS

Very very tired. Look tired, feel tired. Dry skin. Exhausted. Look old. Aged overnight.

P117 xx:xx NS

Exhausted feeling most of the day / better for fresh air.

P2 7 RS xxx

Body feels exhausted - I am able to motivate myself mentally to keep going.

P2 7 06.00 RS

I am sleeping really well, think it's because I am exhausted.

P1 8 xx:xx NS

Extreme exhaustion. Went to bed at 8:30pm. Collapsed into extreme exhausted sleep. Awoken by husband at 9:13pm. Quick cup of herbal tea and back to sleep. However nighttime sleep is quite disturbed. Lying awake for hours.

P118 20:00 NS

Exhausted feeling in the morning / better for fresh air.

P1010 07:00 NS

Dream: I am in the tube, going somewhere with the whole family, we kept going in the wrong direction, getting exhausted, kids are running ahead much too fast, I am getting mad at the kids, we have to cross very long distances.

P124 19:30 NS

In bed, couldn't do anything, had to lie down. Body felt heavy.

P4 6 0.3125 NS

I woke up not feeling very rested. I had a long sleep but doesn't feel it was deep or relaxing.

P4 9 xx:xx NS

I feel I need to relax and I don't want to go to bed even though I am feeling tired.

P6 9 10am ns

Feeling a bit more tired today, less able to make clear decisions, can't decide what to do first today.

P1200:00 17:00 RS

Lay down and fell asleep quickly. Slept for 15 minutes.

P1016 06:30 IOS

I don't want to get up. I wish I could lie here all day and sleep and read, alone. Hands are heavy. I feel very old and tired. I feel lonely, but I am not.

P4 41 xx:xx NS

I am very pleased to spend a day at home while my husband takes the kids somewhere. I feel I was overtired and the only thing I want to do is have a rest in the quiet.

P6 41 7am NS

Felt hungover from the anger. Felt groggy and complete lack of energy or focus. Went to work but felt weird all day, like I had an out of body experience. Did not feel like myself.

P6 43 8pm. NS

Exhausted and finished - ran when I came home from work as I needed to get some fresh air; the run wiped me out. I stood in the kitchen and could not get my head around cooking, really could not be bothered at all. They needed to eat but was a huge effort to make anything.

P6 43 8.30pm NS

I felt overwhelmed and exhausted, too much to do. Feeling like I can't cope. Don't want to go to college, feels like I want to be at home.

P1117 xx:xx NS

I felt exhausted and heavy, like I didn't have energy for anything - first time in many years that I did not even change out of my pyjamas and robe the entire day.

P1328 01.42 IOS

Can't sleep despite being exhausted. Guest is still here. Still feeling like an intruder in my own house.

P1 30 30.12:15 NS

Exhausted after eating. Feel need to lie down.

P1330 23.00.00 RS
Exhausted but can't sleep.

P4 31 xx:xx NS
Exhausted - fall asleep as soon as I get a chance

P3 32 14.03 RS
I could go to sleep right now I am so tired.

P3 32 13.5 RS
Been feeling so tired, in fact, exhausted these past few days. Though its physical it feels more due to being emotionally drained.

P1337 xx:xx RS
Slept on and off all day. Feeling exhausted.

Confusion / Muddled / Blurred / Foggy / Distant

P110 xx:xx NS
Lightheaded, sensation of floating, a bit confused throughout the night.

P101 01:09:55 NS
Confused, I don't know which classroom we are usually in.

P121 16:30 NS
Anger at boyfriend for not getting back to me. Feel confused as he was worried about the proving and now appears not to care. I feel confused.

P121 16:55 NS
Desire to shout at teacher. Feel he is not teaching anything. Lack of clarity. Confusion.

P4 1 xx:xx NS
I feel the need to talk to my husband to clear my head as I feel very confused in my head.

P7 1 01:17 NS
We seem restless as a group. The chair I left has since had two other people sit in and out of it. Four of us in total have changed chair six times now. Lecturer admits feeling a bit puzzled by the homework, and the lecture he has been asked to deliver, and admits he has just muddled through it a bit. Everyone seems a bit confused. The class are giggling lots. I don't get it. I don't know what's funny!

P102 02:10 RS
I again keep wondering what the topic in class is and have to keep myself from giggling. I can't seem to get my head around it, but am finding it hilarious. Everyone else seems to be talking confused, too, but nobody else seems to notice.

P4 2 0.125 NS

I dream that I am with the group of 5 boys and I am only female and we looking for a place to stay in B&B. One woman has a room for us but she is not happy that is only one female and 5 males. But somehow she agrees to give us a room. We get inside and only a few minutes after she comes after us and tells that she has changed her mind and we have to leave the room immediately. We are really confused.

P104 04:15 NS

Dream: I went to see a female homeopath for my headache and she ended up saying that all of this didn't seem to be helping my pain very much, which I thought was confusing. During the consultation, the woman turned into an old man without me noticing until much later. The man said something about Buddha and changing, which I can't remember. Then we walked down a hall and the man turned into the woman again. She then thanked the people there for letting us all use their premisses.

P3 4 06:30 NS mind

Struggled to wake up, feeling very drowsy and confused, in a half sleep had a vision of someone circling a picture of an aeroplane on a till receipt.

P105 05:10 NS

I realise that the confusion has come back now that the headache is gone, it always comes with a sensation of wearing blinkers (even though I can actually see everything), it is like having lost the overview in a way and not being able to focus on an activity.

P3 6 09:00 NS

Don't feel like myself, confusing as not sure what I'm feeling but doesn't feel good.

P3 6 19:34 NS

Hungry but not hungry. Feel confused.

P2 8 12 rs

Struggling to think clearly, head feels too full - meet builders we have a plan, seems workable and affordable. I need to go and get materials for them and order/choose bath, toilet shower etc. Feel little happier after speaking to builders, but head is full of everything I have to do, cannot think clearly, can't choose my toilet or shower, I cant make a decision.

P7 8 xx:xx NS

At a friend's house where I stay often. Nodded off, then woke. Had absolutely idea where I was - took me ages to work it out.

P8 18 XX.XX NS

I had a dream of shaving all the head of my head, I walked into a hair salon and asked to use their clippers then I stood in the middle of the room and clipped all my hair of so it was a grade 2 skinhead. Then I left the back bit unsure whether to continue or not. One of the guys in the shop offered to help and suggested I leave the back long as it was on trend. I said OK but then I could not find him again. The salon was very busy and there were loads of wooden tables everywhere. I felt a bit confused and frustrated not being able to find him. But I was pleased with my hair, I felt it looked great and I got lots of compliments. In the end I decided to clip the back off as well.

P3 20 10.04 RS

Eye sight gone all blurry for no apparent reason.

P3 23 5 NS

Woke up really hot. dreamed that my mother was telling me that she'd had a feeling she won't live 9 more years and that I must prepare. As I came round from my dream I felt deeply saddened by this and felt that my mother was sad and disappointed too. It took me a while to leave the dream state and come back to reality and realise what is true and not.

P7 23 xx:xx OS

House-hunting. Was enthusiastic at first. But not sure now. I feel so lost and confused. I feel calm sat in lovely coffee shop, but confused about what I want in life.

P3 31 19.48 NS

I feel as if boundaries are unclear, blurred, changed from how I am used to them being.

P3 31 17.33 NS

Since starting the proving I have had my house valued, viewed a property I thought about buying, decided not to move, changed my mind, and now am left uncertain about what to do.

P3 31 17.26 NS

Not sure what to do about relationship with new boyfriend, averse to ending it but don't want to live with him anymore. Feeling stuck.

P1332 11.30 NS

Discombobulated, Unable to navigate correctly, keep going the opposite way to the way I am supposed to be going... Feeling of confusion, inability to think straight.

P3 35 18 NS

Ended relationship with boyfriend; mixed emotions, moving on or looking back at the past, feeling confused.

P4 38 xx:xx IOS

I take my daughter to the group violin lesson. I have a feeling like I have mixed the days up and soon I find out that she didn't need to be there. I feel totally confused. I go back to the car to search my emails and I can't find the cancellation one. Next day I found out that my email was missed from the list. I feel out of balance for a long time. I don't think I can shake off that sad feeling for the rest of the day.

P1241 10:00 RS

Vision blurred. Not really, when I focus, but there is a general blurred feeling.

P1241 10:00 RS

Eyes feel like my head does. Lack of clarity, fuzzy.

P1243 13:30 OS

My head feels like my vision but inside. Kind of blurred and foggy.

P1243 13:30 NS

My vision is blurry as I take off my glasses. More than normal. I feel like everything is in a kind of mist. I mention it to a colleague and he feels it too. It is surreal and he agrees.

Drunk / Drugged

P120 19:20 OS

Light, 'high' sensation in whole body, like if smoking cannabis.

P4 0 xx:xx NS

Light feeling in the head like you would feel the bed is spinning when you are drunk.

P7 0 xx:xx NS

We are in the process of succussing the remedy. It is around 15c. I succussed 7c and later, 22c then 30c. But at around 15c, I feel light-headed, like a bit woozy and drunk. Not tipsy high, but drunk. Like a heaviness, but also a lightness. Its a deep, relaxing, drunk feeling. Aware of rushing, torrent river outside. Then realise it is perhaps just the wind, as it comes and goes. I feel quite out of it, Slightly fuzzy head, like I am not quite in the room. Slow motion.

P121 16:01 NS

Wave of energy coming up through body. Need to take deep breaths. Like coming up on ecstasy.

P101 17:10 NS

I have to keep myself from giggling during class, it is like after smoking a joint, everyone seems to babble on, talking in uncoordinated fashion but very serious, it seems totally confused to me, but everyone is very serious around me.

P6 1 10.00pm NS

Bad reaction with alcohol, felt drunk after one glass.

P7 1 01:19:XX NS

Felt a bit drunk again, only for a split second, whilst parking my car at the supermarket.

P113 17:25 NS

Dizziness, almost drunk feeling while trying to work lasted about 10 minutes.

P3 19 16.53 RS

Drug like sensation, as if floating. Out of body sensation.

P1220 04:00 RS

Head pain in forehead after drinking red wine last night though I didn't drink much.

P1243 07:00 NS

Dream: I am sitting in the garden with lots of harvested marijuana in plant pots around me. I am sorting out the buds. A neighbour comes along (our gardens are open plan) and asks for some. I sell him some and put the money under one of the pots. I go and do something and then when I come back that pot and the money (only £15) are not there. I start to look around and then I am woken up by my daughter.

P3 51 13.22 NS

Just realised that for the past few days I have been mixing my words up and even the spelling of words when speaking. It comes out all jumbled and as if I am drunk.

Excess / Addiction / Smoking / Drinking

P126 06:00 NS

Woke with a clear head despite 2 and a half glasses of red wine last night. Normally would expect a headache and dehydrated feeling. Got up for work at 7 no problem.

P9 7 22:xx NS

Had quite a lot of white and red wine to drink and felt as if it was not really affecting me so kept drinking more. As if somehow my tolerance for alcohol was greatly increased.

P1223 21:00 NS

I want to drink alcohol a lot at the moment. I make myself a new drink with what we have and I have already had 2 glasses of wine. I would normally worry that I will feel bad in the morning for work, but I feel no worry about that.

P1224 07:00 NS

I wake feeling fine despite drinking tequila.

P1227 18:00 RS

Desire for beer. I call my ex husband who is coming round to see our daughter and ask him to buy beer. I am drinking every day at the moment. This is unusual, I would normally drink roughly 3 times a week. I know it is not good but again, I feel blasé about it, like it's a phase and will pass so I am indulging it. Like the smoking. I talk with my ex about money and he hands me £900 in cash! He needs it back in January he says. Amazing!

P1 32 17:00 IOS

I felt the need to smoke tobacco so I did. It felt like a crutch but didn't really satisfy. I just continued to do it. Almost binge like. There was no real craving but a sense of boredom and it was something to do.

P1 53 17:00 NS

Realise that I have not really been into coffee for the last two months. I have instead been very keen on alcohol and cigarettes although they don't necessarily feel so good for me. They affect my levels of anxiety. I hadn't smoked for at least 2 years but this proving brought that need to the fore again. I'm hoping to stop again as easily as I started!

P1 30 30.19:00 IOS

Felt need to smoke excessively. Haven't smoked for years. Had loads of nicotine and alcohol but didn't care. Enjoyed it. I was aware that I was doing it. Strange. This continued on and on. I was waking up for a whisky and a fag. However it was just to be outside and looking up at the sky. I wanted to be out. This meant that my sleep was awful. Never recovered to date. Insomnia.

P1232 sun 18th 17:00 NS

I still can't stop myself from having a beer or a gin and tonic, a new drink for me. I am still drinking every day.

P6 44 6pm ns

Craving alcohol has been a factor the whole proving, trying hard not to drink but felt a real effort and then when I have had a drink drunk loads. No stop button.

Animals

P7 1 xx:xx NS

Dream: Buying gin and tonic and couldn't believe it cost £26. A man heard me speaking and liked my voice and said he would ask me to a ball. I was on a winding mountain road and saw sheep that looked like wolf/cows/rugged mountainous. We had to walk past some on the road, and a man told all the animals to 'get back into their positions' like a circus.

P1 2 xx:xx NS

Checked out a chestnut tree as I'd seen some Nepalese women gathering them. Watched by squirrels.

P1 2 xx:xx NS

Two dreams only vaguely remembered - one where wheels of car almost going over our very small very furry dog. The other where the ouroboros appears.

P1 2 xx:xx NS

Saw a swan and it opened its wings. Noticed this in a way I had not before.

P1 2 xx:xx NS

Glimpse of a dream. I am on the road and see a man trying to cross with 3 white geese or swans. One is in a harness. It is pulling and nearly getting hit by the traffic. But they get across.

P3 2 17.36 NS

Drove past 4 dead pheasants within a matter of minutes then a pheasant flew out in front of me forcing me to slam my breaks on.

P3 2 20.42 NS

Drove past a house I often drive past and saw they had blinds in the window with dolphins all over them, I've never noticed these before and they really stood out to be. Caught my eye.

P3 2 18.36 NS

Got home and my boyfriend had drawn a picture of a fish-tailed or white-tailed eagle for me.

P3 2 xx:xx NS

I keep seeing feathers everywhere, to the point that the chair I chose to sit on in class was because it had a feather on.

P3 3 08.30 NS

Stuck in traffic with windscreen wipers on and became zoned out on them and how they are like wings flapping.

P6 3 4.30am ns

Dreams of animals; a sparrowhawk, a small bird being chased by a larger hawk, I was worried about the smaller animal. I was hiding in a bush and a fox came to attack me, I put my hand in its mouth to stop it biting me and was calling for a friend's husband to come and help but he didn't. My reaction was to call for help. Unlike me normally try to deal with situations on my own. All felt wild in an uncontrolled way. Danger in the dream; sense of threat.

P114 04:57 NS

Dream: I was outside a wooded area and there was a bonfire for a celebration; there were some balloons and I found 2 special ones that would allow you to fly. I shared one with a friend from school but I told him I had to do something before I could fly so he went ahead and flew without me which made me jealous; I then went searching for my task so I too could fly but somehow I was having to carry a big brown hairy animal which was hanging from a branch - I guessed it was a brown boar - like the ones they have at these wild camp fires but I wasn't sure?? Apparently my task was to carry the animal before I could fly. Throughout my dream there was a woman sitting nearby wearing a purple dress somewhat like a native American Indian and upon closer inspection I realized it was my grandmother who passed away almost 2 years ago. I came closer to look at her and she stretched her arms out for a hug but I said "I don't want to hug you because I'm afraid you'll disappear because you're not real" and she said 'come sit with me and tell me about your day' and stretched her arms out and I felt this really warm embrace for a few minutes then suddenly I awoke. The dream felt so incredibly intense and so real that I woke up in a happy mood. Over the coming few days I tried to analyse the dream because it felt so real and also incorporated so many things going on in my life. I want to fly (with my practice) but I cannot until I finish my task (carry an animal?) and my Grandmother who was my best friend in life before my husband - in essence saying she was always around me if I just take notice of her.

P3 4 09:53 NS

While at work, glanced over at colleague and thought she had fish print on her top, had to double take, then as looked closer realised it was flowers!

P1 7 xx:xx NS

Talking with my manager. Get very tearful about difficulties at work. She is not hugely sympathetic. Has no tissues or anything. Feel like she is uncomfortable with me crying in her office. She has a picture of an animal on her mug which I think is a slow loris. She says no it's not a slow loris but a sloth-- but amazingly that her favourite animal is a slow loris (she has studied them in detail in her previous work) and her sister got this mug for her thinking it was a loris but this was a sloth. I thought that the slow loris might be her remedy as the slow loris is a venomous mammal which fits her perfectly. Appears cute but deadly!

P3 7 xx:xx NS

How did a feather get in my bathroom this morning?

P7 10 xx:xx NS

Just had a snake dream. Snake was on a stand on shop counter not in a cage. I could tell it wanted to attack me (it was a smallish snake but was apparently a constrictor so we all agreed if it ever did, to get a knife from display and cut it off. I felt it was going to leap out at me. It did leap out of shop straight through glass. Then all over shop. V scared. Wanted to shove it away but felt it would attack more, so felt I had to stay still so as not to threaten or startle it. Snake was then red and white I think. And really small - about 15cm long. (I always feel snakes and spiders will attack me, even unprovoked.

Or if not, they know I'm scared and will come towards me, land on me, scare me, make me swerve if its in the car etc.)

P7 10 xx:xx RS

Went to loo and checked all round loo and under seat thoroughly for snakes. I sometimes do this, even though there is surely no chance of a snake in this modern apartment.

P3 11 17.31 NS

Feather stuck to outside of bathroom window.

P7 11 xx:xx NS

Dream last night. Baby squirrel or hedgehog. So cute and adorable. Had to do a blood test with a syringe/needle so I made it fun so it didn't hurt him. I adored him so much.

P3 21 14.05 NS

I bought myself a shirt, it has peacock feather print, really not my usual style. But everything in the shop has feathers or birds on it seems.

P5 30 xx:xx NS

Dreams: Engagement ring of a cylinder shape whose size immobilizes the finger and has lion faces glued to its surface - I was dreaming that my boyfriend gave me an engagement ring, which didn't look like a standard narrow circle one. He gave me the ring without the box, stood aside and was smiling. The ring was covering the whole finger, the ring was like a cylinder, it was made of pure gold and it had some faces of lions on it (faces of lions looked like emoji lion face on the iPhone). These lion faces were separately made of gold and glued to the ring. I put the ring on my finger and my finger became blocked, i.e. immobilised. I was staring at the ring and I couldn't help wondering how it was possible to have such a ring, with lions' heads and so that it immobilised the finger. I didn't feel any pain because of the immobilisation. I was also wondering how it was possible that lions were on the ring, when they symbolised the UK.

P1034 06:00 NS

In my dream, there was a giant spider, almost as big as a cat and it was jumping. Its body was red with white spots on it. It looked almost like a mechanical toy. I tried to catch it by jumping on it, but it was too fast for me and I was scared it would bite me.

P1 40 xx:xx NS

Dream: I'm on a large flat rock about the size of two football pitches. It is covered with short green grass and has holes/burrows where animals might live. It is surrounded on at least 3 sides with water and is sloped down toward the mainland. I am with my old dog (who died years ago). He is a big male border collie black and white. He is doing some kind of search on this rock. I am asking people to be completely quiet so he can do his work. It is a busy day as there is some kind of race going on when I look over the edge of this large flat rock or promontory I see all kinds of vehicles, cars, boats, all joining in.

P1 46 XX:XX NS

Very strange dream. I was in a house. Somebody came down with a grey very hairy dog-like creature but more wiry under their left arm. I approached it very gently and said something unusual to it, like I was able to communicate with it in a special way, which the holder was surprised at. As I did this it turned into a young man with very dark skin. He was a beautiful young man and he jumped up /out

of the dog's/animal's body like I'd somehow broken a spell. He was wearing a cap/hat and was dressed very smartly with a waistcoat and dark shirt. He took my hand and he seemed really lovely and full of energy and enthusiasm. We were in a church hall in Hartlepool. There was some craft thing going on with lots of women gathered around a table. He sat down in a chair, kind of curled up and I sat in his lap also curled up. I felt so safe and comforted. We just watched as the craft making was happening. We didn't feel like joining in. We then went to the back of the hall. We looked over a balcony and he started sucking on my right nipple. It wasn't sexual at all (more like a child suckling)--we then felt like we had to run outside. The ladies, who were quite old, had left wigs and an underskirt. We stole two wigs that were there (mine was blondish and stuck up all over the place, his was long and curly and light coloured) and I put on an underskirt. We were so joyous and mischievous and we ran outside and just ran and ran giggling and having so much fun. When I woke up I wanted to stay in the dream and stay with that lovely person/dog/animal.

P7 46 xx:xx NS

Dream of spiders. Scared. First small dark black jumpy ones then remembered I'd put a star hat over a huge one, and seen one upside down presumed dead til it ironed over to move so covered that too but now can't see them so I must have moved covered without thinning which is not good. Went downstairs to family and think I cried to mum in Kitchen.

Accidents / Carelessness

P1 1 xx:xx NS

Car skidded. Lost control. Husband getting irritated. 'Blame idiot husband' is what he thinks I'm saying (although I'm not saying this). He kept control of car amazingly. No other cars swerved. Not sure why this happened or what was on the road to make our car do this.

P9 2 xx:xx NS

Almost lost control of the vehicle coming into York. Felt as if the road was covered with black ice and skidded. I managed to recover and steer through the skid, but felt a little surprised and shaken by this.

P3 3 8.11 NS

Ranged my car boot on a bollard due to being a bit careless and reversing too fast, even for me! (I usually drive a bit fast but not this badly!)

P9 8 04:xx

Dream: I was driving a car and towing an airstream trailer. It became unhinged as I was going over some gravel road and I realised this. It started to overtake the car I was using to tow it. I thought of trying to accelerate and get in front of it to see if I could slow it by letting it bump into the back of the vehicle. However, it started to jack-knife (don't know how this happened - but I saw it coming on at an oblique angle). It came to a stop by crashing into a building. Not too badly damaged either. Made me realise that it was important not to have it bolted to the back of the car with nuts and bolts (which could vibrate loose on gravel), but to instead use a ball holding.

P3 37 9.23 RS

Accident in my car yet again, carelessness really as I didn't wait to demist the windows before driving off and scratched the door against the wall.

P4 39 0.75 NS

Very careless driving, nearly had an accident and didn't see the cars coming or didn't let them pass on the round about. That was obvious for the last few days.

P4 40 xx:xx NS

I am getting in the car and thinking I need to be more careful with driving as lately there were too many times I was very close to having an accident but as soon as I start driving my thoughts drift off somewhere and I nearly have an accident. It gets so close that the car stops for a while. I don't get affected that much.

Transitions / Change

P7 4 xx:xx NS

I feel like a burden, to my parents, to friends, to everyone. And I see how much 'on egg shells' I feel at home, and how controlling my father is. I feel so confused about what to do with my life, where to live, whether to be with RT or not. This all makes me cry whilst driving to work. Sadly not unusual for me, but as I feel in quite a transition at the moment, these feelings seems more likely at the moment. I feel the need to be clear with my supervisor that I do not want her to worry or take on my problems. I have support and I find crying very cathartic.

P2 5 2400 RS

I am exhausted but I feel good - this has been an absolute life changing experience for me. The amount of stuff in the end horrified me - I found box after box overwhelming. I have recognised I am a bit of a hoarder and I never want to experience this again this loss of control and being overwhelmed with possessions. I have put non essential boxes in shed to go through and get rid of. I am exhausted but feel mentally good.

P3 6 - RS

Moved things around in my house today, canvases and photo frames.

P3 11 17.09 RS

Don't feel like myself. Urge to move house.

P7 26 xx:xx NS

Moving house feels too rash, too rushed, not quite right. And yet the house in Scotland is making me feel completely alive. I felt this feeling all down my body, from my throat, chest, heart, stomach, gut. An alive, excited, centred, feeling of adventure, rightness, excitement. Talking to AW spurs me on even more as he is very positive and adventurous.

P3 33 9.08 NS

Feel like there has been a major shift this morning, mentally and emotionally

P3 38 9.59 NS

I feel like everything in my life is crumbling around me.

P3 46 19.57 AS

Thinking about changing my car yesterday, still been thinking about moving house on and off, now today I am wanting to cut my long hair much shorter. I seem to want to change things, drastically.

Death / Despair

P2 6 xx:xx NS

Dream: my son has aids. I cannot bear to think he will die and I will no longer have him in my life. It's too much.

P3 6 23.04 NS

I feel like there is a shape in front of me, like a rock or if I am in a tunnel. There is darkness and an emotion I do not understand and it feels a little scary and sad. I don't know how to get out. I am aware the proving can have a dark side as well as the previous calm and indifference to things I have experienced today.

P9 16 16:xx OS

Not looking forward to the week. Despair.

P9 16 IOS

Feel a sadness about the world. I try to avoid this as there is an element of despair.

P3 37 20 RS

During my drive down to Devon I saw so many dead creatures/roadkill along the roads; badgers, foxes, squirrels, birds...seems so excessive!

P3 51 09:00 NS

Dreamt I was digging up animal corpses and moving them, hiding them elsewhere.

Vulnerability

P9 1 xx:xx OS

Vulnerable feeling in lung that relates to the phlegm at back of throat feeling. As if something needs to be ejected from lung/throat. Thinking about it makes me cough.

P3 3 06.30 NS

Woke up with the word "Submissive" in the air.

P1 13 xx:xx OS

Feel like I have to do a bit of play acting to look like I'm coping at work. Have to deal with people despite feeling like I want to curl up in bed. Quite a challenge to stay present. Feel vulnerable.

P1229 21:30 NS

On the phone to my b/f and he says he'll sort out the file for me. I'm about to email it to him when I realise he'll obviously then be able to read it. I feel uncomfortable about that, like it will expose me, even though really I've got nothing to hide. Just stuff about him and lots of sex and ex-boyfriends in dreams. He says he totally understands.

P1041

I realise that making myself really vulnerable, is actually quite helpful, because you realise that those who love you will understand and support you.

Suspicious

P122 17:00 NS

Slight paranoia about people suddenly not needing a lift with me to the station. Started to question how I had behaved over the weekend.

P3 31 17.26 RS

Have noticed I have been holding back a lot about how I had been feeling to people and worried about people looking over my shoulder (so to say). Suspicious feeling.

P3 31 17.28 NS

Seem to be very secretive due to troubled relationship with boyfriend as finding I can't talk to supervisor or friends about how I'm feeling with fear of him hearing me.

P1046 09:10 NS

On the way to school I come across one of the bully's mums and she actually smiles and says a friendly 'hello'...I am beginning to think that I might actually get away with my "peaceful protest" without any further confrontation, because everyone is just so stuck up that they won't dare say anything out loud. Oh well, I am still suspicious and on my guard though...

Groups

P9 14 xx:xx NS

I have been generally more aware of political manoeuvrings of others and more concerned about these. I can see how people jostle for position in organisations and how they subtly push others aside and themselves forward. I feel ill-equipped to play this game, but am surprised I have had so little awareness of it before.

P9 14 xx:xx NS

Also have become aware that companies and countries are just a collective of people. I'm not sure if this is a level of romance that is falling away, but where I previously saw people as pieces in a greater whole, an 'authority', that they all participated and played their role in and that would protect over and above the individuals, I now see it more as simply a collection of individuals governed more by their own self-interest. This leaves me feeling more vulnerable than I would with the illusion that there was something other than individuals at play.

P9 15 xx:xx NS

Dream that I am a member of a football team at our company. We're on a field and trying to co-ordinate and make sure we can play. We're not very organised or good. It's as if we don't even believe we can win.

P1219 xx:xx NS

Teaching a dance class. Room is split into sections, lots of small things around, like pieces of wood cut up. They work in groups. Time goes quickly and we don't get everything done. Some of the little shapes get left on the floor and I clear them up. I notice lots of circles.

P6 22 8pm. NS

Really didn't want to go out and drink tonight, unlike me not to feel sociable. Really did not want to talk very much. It wore off after food; I think I was very hungry. Had enough of being away and out. Happy for people to be around me but did not want to interact with them. Would have been happy to be with closer friends in the library with fire on, feeling comfortable.

P1224 07:00 NS

Dreams: Lots of people in groups. Lots of different food. We are changing clothes. It's a busy feeling, good.

P4 33 xx:xx NS

I get a message from the organiser that she changed the Christmas party day because I could not come on the other day. I feel extremely included, accepted and appreciated. It is opposite to the feeling I had before about being excluded from the group.

P1041 15:30 NS

Am spending the day thinking about this, mostly shell-shocked. However, I am reaching out for reassurance to friends via text messages and talking. It helps, while I am doing it, I can even laugh about it, but then the fear comes back as soon as I am on my own again.

P1 49 9:30 NS

Woke up feeling fine. More energy. (I slept deeply for about 11 hours!). Being away from work really helps! Picked up a new dress that I'd ordered online that ended up at the post office. It is rust not red but it is nice. Like dried blood I think to myself. It feels right anyway. Feel excited about next weekend, the party, getting together with like-minded souls. I have also agreed to go to the work Christmas gathering after not having gone for 6 years I feel that I will gain strength and support from being with the group.

Overthinking / Overwhelmed

P3 2 20.30 NS

Obsessing about what the remedy might be again, looked in bird books lots.

P6 3 19.30 RS

Feeling slightly anxious, and overwhelmed, frantic feeling like I want everything to stop for a while so I can catch my breath.

P2 8 9.35 NS

Cannot cope with any more pressure. Suppressed tears. Head is full of thoughts; no space or capacity for anything else. Thoughts racing, feel panic rising and sadness all at the same time - this is intensifying my feelings.

P6 13 12pm NS

Anxiety in bed - could not fall asleep until my husband had come to bed also. Mind racing with events of the day playing over and over.

P4 13 xx:xx NS

Finally I get overwhelmed with so many thoughts of what still needs to be done today and with the kids who are full of energy and hard to settle down for sleep so I start rising my voice and threatening them with some punishments.

P9 20 xx:xx OS

Mind racing and distracted, can't focus on one thing. Avoidant and stressed.

P4 24 xx:xx NS

I got an overwhelmed feeling because of so many little things I needed to do

P1026 21:00 NS

I keep getting ideas/new insights, which then seem to vanish before I can finish the thought through or act on it.

Senses acute / amplified

P9 2 xx:xx NS

Saw someone rubbing and smelling Lavender and was very drawn to also smelling it. Found the smell really pleasant and it felt like it might help with the sore throat.

P113 12:00 NS

Vision seemed amplified like my eyes could see more detail in the world.

P113 14:14 NS

Hearing seemed to amplify as if my ears could zoom in on the tiniest sounds.

P1220 17:00 NS

Lights of cars while driving in the dark are dazzling.

SRP

P1 0 xx:xx NS

Feeling like a grey skin covering over my head. Like a rubber or thick plastic. Sharp piercing pain in left ear. Stiff neck relieved by stretching, wanted to sit on the ground. To feel close to the earth.

P110 19:15 NS

Sensation of slippery or oily mouth lasting throughout night and next morning was ok.

P7 1 xx:xx OS Mind

We did a class meditation and I felt nothing really. I found myself trying to see if I felt the same sensation with my fingers, but also trying not to try. I felt all hunched up like an old lady curled over her walking stick. I feel too warm sat in front of the window, but annoyed by the breeze - I am the only one in front of the open window, and it is so windy yet there does not seem to be a draft. Its a warm wind. I would usually be cold. I love fresh air, but I hate a draft, but I couldn't feel a draft. As the windows are very big, and have swung open or closed a couple of times, I feel myself quite wary of the window slamming behind me, onto my head - not entirely possible! I do feel a bit out of it again, but

did before lunch too - I switched off a bit at the end of the last lecture, as it felt a bit hopeless. I can hardly hear the lecturer with the noise of the wind in my ear. I feel tired and not that bothered.

P9 1 xx:xx NS

Feel clear headed and in particular as if there is a triangle in my forehead between my eyes. I can feel the pressure of the triangle of force. It does not negatively affect my sight. It feels as if the field between the triangle is very clear. Ongoing feeling.

P3 2 xx:xx OS

When I was very young, and only a handful of times since, I experienced a strange sensation of touching, though not physically with my hands, a round fuzzy but almost polystyrene type object, had this sensation again for a short time.

P1117 xx:xx NS

Throughout the past few months I realised that I have been sleeping with my fingers somewhat clinched like I was holding something while at the same time, one foot was always on the opposite knee. If I tried to put the foot down, the other foot automatically came up to the opposite knee. I couldn't figure out why I was sleeping this way and I thought it had something to do with the pain in my hands, fingers and knees. Later after seeing the remedy - I realised I was enacting the motions of traveling from branch to branch in my sleep. This seems strange?!

P1 29 xx:xx NS

So weird. All day I am obsessed with fairy tales. Somebody says 'I bet your husband didn't know he was married to Snow White'. I have absolutely no idea what she means but don't have time to ask about this. I ordered this blue dress for this weekend. This is a completely strange colour for me to wear. I like it. But it does seem like dressing up or playing a character. Then hilariously I am packing the car to go and put my bag in the car. My husband comes after me holding a shoe that I have dropped. Cinderella! But the shoe in question is not a sparkly high heel but a dirty old croc.

P1 43 43.19:00 NS

Driving home I feel the need to cover my head. This is something that has been happening a lot in the last few weeks. I found two blue hoodies that my daughter left. I insist on wearing them even to work over quite office-like clothing. It is weird. I don't have one of them on but I cover my head with my scarf. I did this last night also. At the service station I think I look like pictures I've seen of women refugees from the 40s. I am glad to get home after a long journey.

Curative

P2 2 08:00 CS

I have suffered constipation all my life. It is one of the indications we use when I'm taking a remedy. I have tried lots of things over the years; the only thing which has recently had a consistent effect is the probiotic *saccramices buliardi*. I haven't taken any recently.

P1231 22:00 CS

I have noticed that since starting the proving I have not had pins and needles at all in my hands. This is normally quite common when I am getting to sleep at night, and sometimes I wake up with it during the night or in the morning.

Dreams (arranged chronologically by day)

P2 0 xx:xx ns

I was on a list of 10, I was the higher end and I did something wrong, I'm not sure what I did or even if I did it but the person looking at the lists was going to come and find me, and I was feeling very anxious and a bit afraid about it

P111 02:50 NS

Dreamt I was at school and took the remedy and felt calm. However when I tried to walk outside I could not. There was an invisible barrier or bubble over the school that prevented me from going outside - I was a bit confused but not scared

P121 xx:xx NS

A large hand travelling along a road like a car.

P4 1 xx:xx NS

I dream that we are having the dinner and it is some kind of bottle of pills my children want to eat and I say don't eat it as it is all boozy, woozy, lightheaded stuff. I want to protect them from that.

P101 07:30 NS

Dream about how I tell Z about my symptoms, telling her that I always had to bring a candle to a yoga class on Monday evenings.

P101 07:30 NS

Dreamed that I had to get up several times this night - but I didn't! I only woke up once and went to the toilet, but don't know at what time.

P7 1 xx:xx NS

Dream - buying gin and tonic and couldn't believe it cost £26. A man heard me speaking and liked my voice and said he would ask me to a ball. I was on a winding mountain road and saw sheep that looked like wolf/cows/rugged mountainous. We had to walk past some on the road, and a man told all the animals to 'get back into their positions' like a circus.

P122 xx:xx NS

Dreams of cutting hair, new hair styles, cutting squishy elastic, scissors. Friend killed. Fast paced dreams. - Arrive home next day to find daughter has cut her hair.

P4 2 0.125 NS

I dream that I am with the group of 5 boys and I am only email and we looking for the place to stay in B&B. one women has a room for us but she is not happy that is only one female and 5 mail. But some how she agrees to give us a room. We get inside and only few min after she comes after us and tells that she has changed her mind and we have to leave the room immediately. We are really confused.

P9 2 xx:xx NS

Dream 1: There is a dance and musical show that takes place in a big street in the centre of a city and I'm partaking. Lots of costume changes. I wear a suit at first then other changes of clothes. I've also agreed to take part in someone I work with (Ian Stephenson's) daughter's wedding/christening. He keeps sending me other gifts as a 'thank you'. We do the first show. There is an excellent lead dancer dressed in grey (a mouse/dolphin like grey). He does some amazing moves. Next show is starting

shortly and I struggle to get my wardrobe reset. Can't find the jacket that relates to my trousers and other pieces. Show is starting and I'm not out there in the street. I find a box that has all my things. Car key, jewellery, some gold Kruger rands, and other valuables - like wallet. I'm concerned for their safety and consider taking them and putting them in my car. It is the car in the following dream (like a Lamborghini). as the people leave the stage/street after the first show they withdraw and kiss or hug. I see another colleague of mine wearing a dark green jacket that has black strips inset into the fabric - it is very striking and I note the fabric very clearly. I lead him off and don't kiss. I feel a little 'out of place' like they are doing me a favour or I am pretending - I'm not a natural dancer.

P9 2 xx:xx NS

Dream 2: I'm driving a very powerful grey (mouse like/dolphin grey) Lamborghini like sports car that is more like a fighter jet than a car. I need to get somewhere fast and so get into the car. The car only responds to me and I've got to enter a code relatively quickly once I get in and press the start button. Head off and then down the road through the snow. There is a man just off the road in the gully and he is trying to shoot me. I see him there with the gun, but don't have a gun myself. Only his head is above the ground/snow. I veer off the road so that my left tire rides over his head and kills him.

P123 Xx:xx NS

My youngest brother dying. We are close but don't feel sad. Things scattering, breaking up. Friend had turned into a child. Feeling of blame. Looking for headband, find new ones, can't open packet. Lots of us staying in a big building. very spacious. Fast paced dream, lots going on.

P2 3 23.45

Slept straight through had dream but didn't write it at time and now cannot remember it

P4 3 xx:xx NS

I can not remember my dream but I have a feeling that I had to fight with something on my own. The important part that I felt I am doing it on my own

P9 3 xx:xx NS

Dream: Some kind of a software pipeline I'm meant to program where data is passed from one stage to the next. I'm meant to add 3 new steps / stages into the pipeline.

P103 03:07 NS

I went to a ball or gala dinner and there was a person in a wheelchair, whom I kept helping in and out of her chair.

P6 3 4.30am NS

Dreams of animals, a sparrowhawk a small bird being chased by a larger hawk, I was worried about the smaller animal. I was hiding in a bush and a fox came to attack me, I put my hand in its mouth to stop it biting me and was calling for a friend's husband to come and help but he didn't. My reaction was to call for help. Unlike me normally try to deal with situations on my own. All felt wild in a wild uncontrolled way. Danger in the dream sense of threat.

P104 15:08 NS

I went to see a female homeopath for my headache and she ended up saying that all of this didn't seem to be helping my pain very much, which I thought was confusing. During the consultation, the woman turned into an old man without me noticing until much later. The man said something about

Buddha and changing, which I can't remember. Then we walked down a hall and the man turned into the woman again. She then thanked the people there for letting us all use their premises.

P104 07:00 NS

I am back at my old work from over 10yrs ago in a bank: all of us are trying to figure out a way how not to have to go to work the next day or at least do less hours - even my old boss! I remember it had something to do with manipulating the calendar.

P6 4 4am NS

Vivid dream of being in a commercial kitchen with old boss a chef watching him cook high end food, feeling hungry and wanting chocolate brownies. Also showing a junior member of staff how things work, feeling proud I knew and wanted to share it with her. Different feeling from my relationship with them, more positive my reaction to them than in real life.

P7 4 xx:xx NS

Dream - In France looking for a pharmacy. RT and mother driving a lorry with a trailer. We couldn't park it. Felt really stressed by it.

P114 04:57 NS

My dream had a lot to do with the things going on in my life at the moment so not sure if it is related to the remedy just included it: I was outside a wooded area and there was a bonfire for a celebration; there were some balloons and I found 2 special ones that would allow you to fly. I shared one with a friend from school but I told him I had to do something before I could fly so he went ahead and flew without me which made me jealous; I then went searching for my task so I too could fly but somehow I was having to carry a big brown hairy animal which was hanging from a branch - I guessed it was a brown boar - like the ones they have at these wild camp fires but I wasn't sure?? Apparently my task was to carry the animal before I could fly. Throughout my dream there was a woman sitting nearby wearing a purple dress somewhat like a native American Indian and upon closer inspection I realized it was my grandmother who passed away almost 2 years ago. I came closer to look at her and she stretched her arms out for a hug but I said "I don't want to hug you because I'm afraid you'll disappear because you're not real" and she said 'come sit with me and tell me about your day' and stretched her arms out and I felt this really warm embrace for a few minutes then suddenly I awoke. The dream felt so incredibly intense and so real that I woke up in a happy mood. Over the coming few days I tried to analyse the dream because it felt so real and also incorporated so many things going on in my life. I want to fly (with my practice) but I cannot until I finish my task (carry an animal?) and my Grandmother who was my best friend in life before my husband - in essence saying she was always around me if I just take notice of her.

P134 xx:xx NS

Was in a park, and had to head down towards the ocean, cannot remember who I was with. Had a choice of two paths - one was flat and the other dropped away steeply. Was told by an unknown voice that I needed to go down the steeper path on my own while everyone else went along the flat one. It will be quicker. But again I was on my own. I was fearful. I was going into the dark. As I can't walk down easily and going down the steep slope was more challenging than going down the flat. Feelings of isolation, being separated

P134 08.45 NS

I remembered the above dream. Normally I forget the dreams

P125 xx:xx NS

Lots of dreams, fast pace. Holes, vaginas and anuses. On my bike in traffic, too slow, have to get out of the way. Hide under trees. Going to the underground train. Haven't got a ticket. Wondering whether to chance it. Decide not to. It's in France. Now my step mum is there. We're getting on well and I feel comfortable; usually I feel uncomfortable with her. Wrapping presents for people we're going to see. Having a drink. Good feeling. Next dream, brother and his best friend are going out. I notice they are not wearing wedding rings (they are both married). Another dream about a fire, burning wood.

P135 xx:xx

Couldn't remember it all on waking but seemed to need to puzzle something out in order to escape from somewhere

P6 5 4am NS

Dream of food again, this time burgers being cooked, particularly remember the smell of them and my mouth watering. Feeling hungry.

P7 5 xx:xx NS

Dream in France went to pharmacy. RT then Mum Driving lorry with trailer. Couldn't park. Felt stressed by it. Woke this morning exhausted.

P6 6 7am NS

Dreams of hotels on holiday, moving from one hotel to another. Wanting to have sex with younger man. Feeling guilty about it and stopping half way through, woke up at this point feeling rather weird.

P126 xx:xx NS

At an open air church with a couple. Not people I recognise but I know them in the dream. Lots of people singing. I lose the couple then find them again. No sense of panic, an easy feeling knowing I will find them. We collect wood to build a fire.

P136 xx:xx NS

Dreamt that I was with Benedict Cumberbatch(haven't seen any of his movies in ages and I don't know why he appeared in my dream) and he was having issues reading because he had dyspraxia and dyslexia. I couldn't help him but realised that if he could get as far as he has with those issues then maybe I could make some progress too. I felt hopeful

P2 6

Dreamt I was in a classroom with all my homeopathy classmates instead of having a lesson on homeopathy Amanda was taking a lesson all about makeup. she was passing makeup samples round and we all had to look at them and pass the round the class

P4 6 xx:xx NS

I had a dream about the teacher and being in some kind of experiments where we need to try things 10 times until it works. It feels like I had similar type of dream all night.

P127 xx:xx NS

On a big bed with two girlfriends reading before a kids party. There are half sphere shaped lentils in the bed. I feel sexual, excited. A feeling that we know something others don't. Next dream is about decisions and choices. I can choose between 4 men, I am trying to be fair. I choose none, just me and

my daughter. Next dream I am driving. I have 2 cars. Have to stop and change cars, someone has to drive the other. Next dream we are dancing with a long ribbon, not sure who it is. It is some kind of game. All fast paced dreams, lots of energy.

P127 00:45 NS

Old boyfriend from years ago who died this year alternating with new bf. We're reading an article in paper about us and what we do, something to do with being witches. Then we're the woods, climbing up wooden structures made of horizontal bars. I love being in the woods and the special energy there. I'm really drawn to the woods generally.

P137 xx:xx NS

Very busy, in colour, can't quite remember them except that there seemed to be lots of containers that needed something doing with them - just a busy dream and required a lot of thought processes and working things out - colours were predominantly blue

P4 7 xx:xx NS

Very clear dream how I killed a cat. She came to my hose and at first I thought it's a rat but in the dream it became a cat and eventually I chased it and I wanted to cut her neck with the spade. I did brake the neck with the spade. the cat closed her eyes and she laying in on the floor but she was still breathing. I was thinking how on earth I will finish this cat. Than I looked at the cat closely and thought it could be our neighbour's cat and I felt bed and disgusted with myself for doing that and I woke up.

P9 7 08:xx

Dream: Were travelling somewhere with a group of people. It was night and as if we were travelling in a dream or a small outing in the night. We were in search of beauty or something beautiful: flowers, artistic jewellery, etc. There was a group of us. I was wearing a white bath robe. I remember standing amidst a group of people and there was someone next to me I knew in a black bathrobe. I put my hand on their side and they turned around. I felt at once embarrassed and wanted to remove my hand but they held it there. It was a very warm feeling and I rested my head against their shoulder. We arrived at a place with lots of beautiful flowers and then another place with all sorts of jewellery. (While looking at the jewellery I saw my face in a mirror and was immediately embarrassed. I felt there was no way anybody could like me.) The surroundings were all dark and black and the jewellery stood out in contrast against the darkness. We were following someone who was leading us through this space. I remember coming to a room where there was music playing and lots of instruments hanging. I at once started looking for a violin. Most seemed to be instruments that could be strummed. Mandolins and all sorts of other forms which I did not recognise or know the name of. I strummed each instrument as I passed to assess the tone. Some were magnificent and I was so impressed I considered chaining and taking up the instrument to have the opportunity of playing it. There were also lots of clothes and other accoutrements in the place but I was not very aware of them as all my attention was drawn to the musical instruments.

P4 8 xx:xx NS

Very realistic dream where I am searching for the room to bring the patients.

P108 09:35 NS

Dream of old student job: one waitress had her daughter with her who had made a cashmere jumper from a scarf (???)

P6 9 7am ns

More dreams of holidays and hotels, this time sharing a room with lots of women who had been there a while before me, didn't know where to sleep felt a bit displaced. Sea featured as well a bit hazy but remember wild sea and big waves.

P7 9 xx:xx NS

Dream of walking on wire mesh floor scraped planks then ok, bare foot. Whittling spoons.

P9 8 04:xx

Dream: I was driving a car and towing an airstream trailer. It became unhinged as I was going over some gravel road and I realised this. It started to overtake the car I was using to tow it. I thought of trying to accelerate and get in front of it to see if I could slow it by letting it bump into the back of the vehicle. However, it started to jack-knife (don't know how this happened - but I saw it coming on at an oblique angle). It came to a stop by crashing into a building. Not too badly damaged either. Made me realise that it was important not to have it bolted to the back of the car with nuts and bolts (which could vibrate loose on gravel), but to instead use a ball holding.

P129 07:00 OS

Very sexual exciting dream. Reading with close male friend researching for an essay. We've been friends for 20 years and 4 months ago opened up about our feelings after seeing each other, but it was after he had left and we had no physical contact. He lives in New Zealand, is married with a son and loves his wife. In the dream we are gradually get closer and then it's obvious something is happening. When we finally kiss it's the most amazing kiss of my life and I wake up with a huge desire. Today is his son's birthday so I message him straight away and he is online. I want to tell him about the dream but it would be inappropriate.

P129 Xx:xx NS

Dream about a tent. Very specific, I can picture the tent exactly, high one end, low the other with a bedroom down one side, but can't remember anything else.

P9 9 xx:xx

Dream: I had a ticket that enabled me to travel very fast up and down the mountain. I was travelling on some sort of sliding board - like a hover board or snow board. There were concrete tracks and if you did not want to slide fast straight down to the bottom you could delay and instead go up and down several times. Amanda had suggested the Bill/Craig and I do this once or twice a week instead of exhausting walks every day. She suggested we could talk every day while doing this. On this occasion Amanda was sitting still at some place and I was slinging up and down, turning when I reached the top of a path and coming back to meet her. She was having a picnic. I came to a place where my brother was and he was painting with oil paints. He was very good and I tried to join in. He was painting some cat paws. He showed me how he was doing it. He had been taught by someone called Annette, a friend of his who was a professional artist. She had won awards and said she knew just about as much as she could about painting paws. He has several brushes and was using lots of mustard colour paints. I was very impressed at his painting and felt I should in future bring some paper and learn.

P1010 07:00 NS

I am in the tube, going somewhere with the whole family, we kept going in the wrong direction, getting exhausted, kids are running ahead much too fast, I am getting mad at the kids, we have to cross very long distances.

P1010 07:00 NS

I am sitting at a table with old friends from uni. One lets the other one off for telling a story about "the grey zone" as usual (?). He then apologizes for not having noticed that he did it. He used to do that sort of stuff all the time in the past.

P6 10 5am rs

More dreams of travel and this time travel in a group again. I lost my suitcase in a field, spent ages looking for it while everyone else went off. The suitcase had my laptop in so was very frantic in the dream.

P7 10 xx:xx NS

Dream friends from my walking trek selling bread jam sweets. Pub. Man knows CJ mentions hair and electricity. I'm coaching a kid at a school. Is he adult or kid? Looks young acts talks old. Secretary tells me dad called.

P7 10 xx:xx NS

Dream. Just had a snake dream. Snake was on a stand on shop counter not in a cage. I could tell it wanted to attack me (it was a smallish snake but was apparently a constrictor so we all agreed if it ever did, to get a knife from display and cut it off. I felt it was going to leap out at me. It did leap out of shop straight through glass. Then all over shop. V scared. Wanted to shove it away but felt it would attack more, so felt I had to stay still so as not to threaten or startle it. Snake was then red and white I think. And really small - about 15cm long. (I always feel snakes and spiders will attack me, even unprovoked. Or if not, they know I'm scared and will come towards me, land on me, scare me, make me swerve if its in the car etc.)

P1210 xx:xx NS

1. wake up with a feeling of urgency, like I have to do something. I had been taking someone's case, they said their pictures were devoid of colour, black and white. I wanted to prescribe lachesis. I go to see my supervisor but have forgotten my notes. Doesn't matter she says, I can email them. I feel I have taken a good case.

2. I am driving a big lorry, cylindrical, silver, down a track through some trees. I have some weed to sell and am meeting someone. Then my step mum is there. We are on opposite sides of the road, I am lying down and have to roll over onto the pavement as I am in the road. She is asking me about the situation with my ex husband. It is a comfortable conversation. People I know, teenagers, drive past in a jeep, too many of them crammed in. They are going to buy milkshakes. One chooses 'poisson' and I say 'fish ice cream?!' and she says no, silly, passion fruit!!

P4 10 xx:xx NS

I dream that I am swimming in the ocean with some other people and we need to go to some different part of the sea or travel somewhere. And somehow I don't want to do that. I don't want to go anywhere else cause the ocean I am in is so nice and very warm. It feels if I go somewhere else its going to be really cold. So I just want to stay in that beautiful and peaceful ocean as long as possible.

P7 11 xx:xx NS

Dream last night. Baby squirrel or hedgehog. So cute and adorable. Had to do a blood test with a syringe/needle so I made it fun so it didn't hurt him. I adored him so much.

P1211 xx:xx NS

1. I'm teaching a food tech lesson (I'm a supply teacher). The students are older than I think and I embarrass myself by calling them Year 8. Then I am in a car with them, one of them is driving. We turn a lot of corners. 2. I'm in a house we've rented. Our neighbour's children are there. I need to keep changing their clothes as they keep getting wet. One is sitting on an overflowing toilet. We are running out of clothes. My mum and brother are sorting out a room; a bed is broken. I am looking for clothes for one of the kids.

P4 11 xx:xx NS

I have a dream about having some fight with some pirates but I don't remember the details. And nothing really more but its not a scary dream its just something I need to figure out.

P1212 xx:xx NS

At a festival with women I don't know but they know each other. There are two paths: 3 take the left, muddy one. I know the right path, concrete, is better - not muddy and shorter. One woman comes with me. There seems to be a problem between her and the others. We go to a food tent and I get lots of chocolate bread. I'm taking lots as I think my daughter will like it but then I eat it all myself. Later I have to go back to a house I used to live in to change clothes. I take a long time. I leave to go back to the festival but I can't see so put on glasses. Someone calls me from the upstairs window telling me it's too late to go out. I see it's 12.30 yet I can't see. I take off the glasses and a lens falls out. Still can't see. I decide not to go out.

P1212 04:00 NS

Friend is teaching a workshop at a festival. I am there. People getting told off for letting kids run free and not meeting them until 3am. There is a late after-hours discussion tent, it's nearly all men. We women move and sit together.

P1312 02.38.00 NS

Don't remember all of it but do remember dreaming of a friend who does particular designs and suggesting to her that she put it on a scarf. She is not a particularly close friend. Spoke to her today and she had made that decision yesterday - feeling that I was achieving and being useful. Clairvoyance, synchronicity

P9 12

Dream: I was in a house with others. We have a facility on the DVD player where we could play any music in the world on a pay per play subscription. A person who had been a mentor from the past was in the room, but he was very subdued and was sort of ignoring me. I was aware of this but was not putting in a lot of energy to get his attention. There was a particular piece of violin music that I was wanting to locate and listen to.

P1213 xx:xx NS

There is a flood, knee high. I am in a car. People are wading about in it. I am not worried.

P4 13 xx:xx NS

I have some kind of erotic dream but I don't remember the details only the facts that I had a sexual desire

P1214 06:00 NS

Someone calls me to tell me they are not coming back to the course tomorrow. I say all the things that have been suggested to encourage him to come back and then I see his photo on the screen and

realise he is not even on the course! I have never seen him before, he has dark skin, mixed race, 40 to 50. I tell him this and that I have to go. I then am cross as I only have 5 minutes to get ready for today before we leave.

P1314 xx:xx RS

Dreams, but can't remember them

P1215 xx:xx NS

Feeling of being supported by Outlook friends and knowing they are there for me. Lovely feeling.

P9 15 xx:xx NS

Dream that I am a member of a football team at our company. Were on a field and trying to co-ordinate and make sure we can play. We're not very organised or good. It's as if we don't even believe we can win.

P3 16 06.34 NS

Woke up dreaming about a chef making me poached eggs.

P1216 xx:xx NS

In a school, huge unused rooms with stages and curtains around, carpets and chairs. No one knows what the rooms are for, its like a secret. I'm preparing to teach a class, a colleague is explaining the work. I'm listening and following him around but my knickers are falling down and I can't walk properly. Have to stop to pull them up. Boys in the class are trying it on telling me they have to leave early. I don't fall for it.

P1117 xx:xx NS

Dreamt I was at a swimming pool in the forest and encountered some distant relatives who were filled with a terrible rash all over their bodies and I was afraid to touch them for fear of contamination. The rash was oozing fluid and blood and I was telling them to avoid the swimming pool but they wouldn't listen so I couldn't swim.

P1218 04:00 NS

1. I am with a group and we are sitting in a circle. Cannot recall anything else about the dream. 2. I am with a new boyfriend (I don't know him in reality). My mum is there and she gets together with him. I feel jealous, angry and rejected. 3. The house needs repairing. Mum is there again. She is getting an old fashioned builder to do it. They are propping it up with wooden planks, all higgledy piggledy. I go to try to find the builders. Everything is old and dilapidated. 4. I have bought food for dinner, meat. Mum says she doesn't want it. I feel rejected.

P7 18 xx:xx NS

Dream I went to BR's house and my car had rolled into another and reluctantly I was trying to own up to the insurance company but if I couldn't describe the car (it drove off) then they weren't interested.

P1219 xx:xx NS

Teaching a dance class. Room is split into sections, lots of small things around, like pieces of wood cut up. They work in groups. Time goes quickly and we don't get everything done. Some of the little shapes get left on the floor and I clear them up. I notice lots of circles.

P1220 xx:xx NS

There is some kind of tribal war - like in the film Divergent. We are in the woods but there are modern buildings hidden. I'm caught and put in a chair on a track. It goes fast, too fast. I get to a cafeteria where everything appears normal. The 'normal' people are unaware of what is happening. I am then free to go back to our place in the woods but I'm not sure what I will find. I go in and find an old boyfriend who in real life has lost his way to drugs. In the dream he is ok and I am relieved. We hug and kiss. I want sex but he says it's too quick and too soon and he can't. I lie down with another guy and am being playful, saying I'll do it with him then but I am only messing.

P5 20 xx:xx NS

Helping my father with the homeopathic remedy - I was dreaming that my father needed some homeopathic remedies for his illness. In real life he suffers from the high blood pressure and he is controlling his condition with the medication and diet. In the dream, he needed the homeopathic medication and I was not able to give him the right one. I didn't know which remedy was right for him. I looked at him completely disappointed and helpless. I asked myself is this going to happen to me when I graduate from the School of Homeopathy. I was asking myself in the dream if I'd be a homeopath like this?

P1321 xx:xx ns

Busy dreams, can't remember them fully but involved lots of organising

P1322 xx:xx RS

Vivid, busy, couldn't remember them

P1223 xx:xx NS

There are lots of people, it is a special occasion though I'm not sure which. Some of us are organising games in different areas. My close friend (male) who lives in NZ is there. We cannot be together but want to. He writes me a letter. People are having fun but there is a problem that needs sorting out so the party can carry on and not be spoilt. Only a few of us are aware of it; the others are oblivious

P9 23

Dream: Strange dream where I'm at a shop trying to buy a strange helmet that has a type of camera lens at the front. It comes with a projector that gets mounted on the roof and can then stream the video from the helmet. I'm concerned that the new version, although funky, is too small and won't fit my head. I already have the app loaded on my phone and can activate the projector of the old version. I think I should get this.

P1224 07:00 NS

Lots of people in groups. Lots of different food. We are changing clothes. It's a busy feeling, good.

P5 24 xx:xx NS

Dream about trying to analyse hormones using liquid chromatography-mass spectrometry

P1325 xx:xx ns

Dreams are vivid, but unable to remember them. Usually woken by dog before can remember the dream.

P7 25 xx:xx NS

Dream: I help Chris design his shelter for the night as he can only find a few twigs. When I go back he's built an entire bar beach shack. He tells me to pop back later, so he can spend time with me as his

girlfriend Then I am in my homeopathy class. All new people from last month. I try to join in but I am excluded by some girls. Later there is a sort of protest war. A girl is chosen to be the leaders girlfriend. I am chosen to be his daughter even though I am older than him by a year or so! I want to be close to him and try to get time with him. There are missiles - no one is worried as they are just like a show of strength and whizz around above our heads rest to land safely back on our vehicle. But I am scared. (I have been scared of missiles for a long time being fascinated and scared as a child to know how far missiles mentioned on the news from the likes of the gulf war could reach from war zones and if we could be hit in the UK.) After the missiles the guy has both arms around me really protectively. I feel so wanted and loved and safe. It is like we are in love but know that in this scenario I am playing the part of his daughter, and the girl playing his girlfriend is bitchy and not very nice. She's in the popular girls and is pretty but not nice. He is then called away. I know I'll miss him and wish him well. The people going to meetings about war board coaches and the other nationalities line up lying down in front to watch them. I am tasked to help coach Alex c from little school who needs help hitting his goals and with confidence.

P7 25 xx:xx NS

Same dream: Later I am queuing for lunch. There is a young baby in a pushchair with her mother. I am making the baby smile and laugh. (In all these dreams I feel inferior to other women, but respected by the man. I am not showy about this, and keep a low profile knowing I am loved by the man. I do not want to cause a scene, steal the man or look arrogant, so I just take what time I can with the man, feeling public ally second when they have time, but se reply first place although it only feels ok when I'm actually with them. I'm waiting for my meal. Sausage chips and beans or maybe fish fingers. It's at some sort of charity event with lots of supporters. I am the Iowa underdog who has gone lots of the work. (Story of my life - I never shout about what I've done in public as I think it's arrogant and attention seeking and should be recognised externally by your boss etc but it rarely is to the extent I'd like it.) I'm skiing. I hear Emma is not ok on Avoriaz reds yet and that Avoriaz is really hard. I go and do an early morning red. I ski so well. My turns are perfectly and flow and I glide down the piste. At the bottom it's too foggy and dark to ski on. I see school groups doing ski tour walking in long lines. They must have stayed out overnight. I decide to wall back up the slope to ski it again. But at the top I find a blister and realise I'm in thin socks and poorly fitting boots so I know I cannot go on. Writing this, the feeling of the girls on my course who do not include me feels strong. I just want to join in but I am not wanted.

P7 25 xx:xx NS

Dream. Screamed nightmare. Two ghost people and one punches me in the stomach but I don't feel it because they are ghosts. Obstacle course army race that I'm not part of. Look on from side lines. Went to cinema. When there, all my friends are there without me all dressed up really smart. I wanted to be part of some garden/veg patch activity everyone was doing. Wanted to be a part of.

P6 26 5am RS

More traveling dreams but not a very clear recollection of them, just on the go.

P7 27 xx:xx NS

Dream. Was due to fly plane in experiment where passengers would cause terror. Didn't know there were passengers until it was suggested we look, then saw feet under door etc and there turned out to be quite a few. I realised just in time that although they would not let us crash or die, that it was going to be terrifying and stressful, so I tried to pull out, but the experiment was too expensive to cancel so guests were told to act from level 3 on their cue cards instead which involved them causing annoyance with silly, irritating complaints, rather than terrifying, jumpy, scary ones, that I'd

realised would seriously affect me. I agreed but it didn't seem like the directors had told everyone the change of plan, and I was very insistent. Also in some experiment where actors tested our skills. A woman who was my nan but then an old friend, stepped out of a door. I had to instruct her to take tablets in a certain order. I didn't know we were being assessed. Afterwards I was told I should have checked she taken them all. Felt unfair as I did tell her to do so. Then later I was in a group of friends feeling left out. I wanted to sit at the top end of a long bouncy castle bed which had hundred of tourists on. As we got them, we were gazumped by a huge group. (Same as dream other day) When we left, we were in a cue after a wedding and Kate Middleton was there. Later the other two girls bought the same pair of neon shoes so I did too, but I think they only did it to run away from me faster down a tiny gated stair short cut. I tried to keep up but felt so left out and didn't understand why. (Theme of being left out, set up, limelight taken.)

P1329 xx:xx NS

Vivid, but not remembering them. Feel as though they are all about planning and packing for trip,. Putting things into boxes which are sliding around and can't be grasped -feelings of lack of control, chaos

P1230 05:30 NS

I am forgetting to do important things. My step-mum is there, very disapproving. I feel ashamed; I don't want to be seen. We are on a trek.

P1330 xx:xx RS

Dreams are vivid, but unable to remember them, boxes slide in and out. Can't be grasped

P5 30 xx:xx NS

Engagement ring of a cylinder shape whose size immobilizes the finger and has lion faces glued to its surface - I was dreaming that my boyfriend gave me an engagement ring, which didn't look like a standard narrow circle ones. He gave me the ring without the box, stood aside and was smiling. The ring was covering the whole finger, the ring was like a cylinder, it was made of pure gold and it had some faces of lions on it (faces of lions looked like emoji lion face on the iPhone). These lion faces were separately made of gold and glued to the ring. I put the ring on my finger and my finger became blocked, i.e. immobilised. I was staring at the ring and I couldn't help wondering how it was possible to have such a ring, with lions' heads and so that it immobilised the finger. I didn't feel any pain because of the immobilisation. I was also wondering how it was possible that lions were on the ring, when they symbolised the UK. I am not sure how to interpret the dream, does it have some relation to me becoming soon a British citizen or the dream tells me that my boyfriend is the one. There was a feeling of mild curiosity and confusion in the dream.

P7 30 xx:xx NS

Dream of watching a tennis player serving tennis balls. Then of my nephew pulling out his first tooth, and me doing the same. Then of climbing a hill, and taking the path less trod to take a detour up a higher hill, thinking I had enough daylight left, but it got quite dark but people where camping, so I camped too.

P4 32 xx:xx NS

Lots of dreams and not a very relaxing sleep but cant remember the dreams as soon as awake.

P4 34 xx:xx NS

Dream about someone you been in the relationship but you are not longer in. However you still get along very well and still have some feelings on attraction but you know it's all over. You not with them anymore but you don't want to see them with some else. You not with them but you still have sexual feelings towards them. It feels like you have a beautiful friend but the feeling is more than a friend. It's like you don't know if you suddenly not going to start regretting that you are not together anymore.

P1034 06:00 NS

In my dream, there was a giant spider, almost as big as a cat and it was jumping. Its body was red with white spots on it. It looked almost like a mechanical toy. I tried to catch it by jumping on it, but it was too fast for me and I was scared it would bite me.

P1235 xx:xx NS

I can't remember many details but there were lots of people around and it was a kind of armageddon situation. We had lots of preparations to do, to leave. We were having to change clothes and my daughter didn't want to. There were a lot of cars in a queue.

P1236 06:00 RS

Very vivid dream where I am with my ex-boyfriend from 20 years ago. He is slim and young-looking. I want to be with him. My ex-husband is across the room, looking,. I have to make a choice and I choose the ex-boyfriend. There is no doubt in my mind.

P1240 02:30 NS

Riding bikes, can't remember more

P1240 06:30 NS

Going somewhere in a van. Have to change clothes as we are sweaty. An old friend is arriving to meet us with his van but I am not allowed to see him. I want to tell him where the clean clothes are to change into but I can't. We have put new beds in the van and my brother wants to get the same design for his daughters so we look at designs.

P1241 06:30 NS

Amorous dream - I don't really want to be with this man. He changes into an ex-boyfriend but I don't want to be with him either. I am drinking coffee in the dream. Feeling of doing things against my will, like "why am I doing this?" Not a good feeling.

P1341 xx:xx RS

Blue colours, boxes, nothing specific

P1243 07:00 NS

I am sitting in the garden with lots of harvested marijuana in plant pots around me. I am sorting out the buds. A neighbour comes along (our gardens are open plan) and asks for some. I sell him some and put the money under one of the pots. I go and do something and then when I come back that pot and the money (only £15) are not there. I start to look around and then I am woken up by my daughter.

P1352 xx:xx RS

Vivid, cannot remember details, again blue is predominant colour. Feel like I am searching for something but the people are not being helpful. Cannot remember specific individuals.

P7 54 xx:xx NS

Sleeping in wild saw cheetahs chase off lions. Scared to sleep there. Asked film crew and stayed with them in a safer underground complex. Looked through film camera saw lovely little animal on beach. Then later saw alligator do warning attack once, then swim away, then come for a huge show of ferocity - v scary. I was so scared.

P7 56 xx:xx NS

Nightmare woke myself screaming - walking out to a scary cabin at end of a garden and I thought it was haunted. Was scared even when woke. Then a dream I was running amongst wild ponies. Was nice. Loads of other dreams too. Could remember them at first when I woke but not now I come to write this. Just recall the wild ponies.

P7 57 xx:xx NS

Dream, eating huge broad beans (the size of pears) which was guiding me through pretty villages. Very random - it was the broad beans that were causing me to be in the lanes - but this was not strange in the dream. It was normal. Then I was carrying a huge poo around in paper. One of my colleagues spotted it. I had to find a loo to put it.

Physicals

Vertigo

P110 18:50 NS

Meditation was very deep; my head was rotating in circular motion almost like making an infinity symbol (closed '8'); sensation of floating and sometimes a slight heaviness in the head; sensation of floating.

P4 0 xx:xx NS

Light feeling in the head like you would feel the bed is spinning when you are drunk.

P130 19:06 NS

Light, floating feeling, jaw felt as if it had opened and widened

P120 19:14 NS

Floaty sensation.

P4 0 0.0 NS

Slight spinning of the head.

P4 1 xx:xx NS

Light headed.

P113 17:25 NS

Dizziness, almost drunk feeling while trying to work - lasted about 10 minutes.

P4 4 xx:xx NS

I feel slightly dizzy and nauseas up to the throat.

P4 6 xx:xx NS

Dizzy nauseas and dull head its better for food.

P118 06:00 NS

Dizziness, sensation of floating in the head / better for fresh air.

P1111 18:12 NS

Lightheaded & dizziness; better for lying down. Light / floating sensation in the head.

Head

P110 18:50 NS

Sensation of a burning pain from left frontal lobe towards back occiput area - like a streak of heat that came and went within minutes.

P7 0 xx:xx NS

We are in the process of succussing the remedy. At around 15c, I feel light headed, like a bit woozy and drunk. Not tipsy high, but drunk. Like a heaviness, but also a lightness. Its a deep, relaxing, drunk feeling. Aware of rushing, torrent river outside. Then realise it is perhaps just the wind, as it comes and goes. I feel quite out of it, Slightly fuzzy head, like I'm not quite in the room. Slow motion.

P8 0 0.02 NS

Swimming feeling in my head. Feels nice to slowly move my head from side to side. The swimming sensation slowly moves then sensation is intriguing and pleasant – I like it. I feel calm.

P9 0 xx:xx NS

Drawing feeling between eyes and forehead - like a pressure, as if someone was applying pressure between the eyes – pushing.

P1 1 xx:xx NS

Head, external throat, chest, extremities - Hot on all of these parts

P101 08:30 AS

Sudden throbbing pain in left temple, gone after about 1 minute.

P111 xx:xx NS

Heaviness in the head, somewhat like wearing a tight hat lasting throughout the day.

P111 13:24 NS

Headache around lunchtime - not sure if it was just too warm and noisy or from the remedy.

P5 1 9:00-16:00NS

I felt headache during the day of a pressing and constrictive type - around temples.

P9 1 xx:xx NS Head

Feel clear headed and in particular as if there is a triangle in my forehead between my eyes. I can feel the pressure of the triangle of force. It does not negatively affect my sight. It feels as if the field between the triangle is very clear. Ongoing feeling.

P112 NS
Heaviness in head.

P3 2 18 RS
Slight headache all over head.

P8 2 12.03 NS
I have a headache which is slowly growing in strength and it's in the forehead just above the eyebrows it's like a tension headache that's growing stronger and stronger and stronger. Like someone is kind of wringing you like you wring a cloth or a tea towel that kind of twisting tight that's creating sharp pain.

P133 06.45 NS
Head feels dull.

P104 04:07:00 AS
Slight headache between the eyes with a stiff neck.

P104 04:13:00 RS
Headache has moved to my usual space: right temple - am having a coffee and then a nap, because that usually helps, head feels hot.

P2 4 rs
Head ache over right eye - progressively worse and I needed to do other things.

P2 4 10
Headache on left side. - unusual for me - my headaches always right side temple/eye.

P2 4 ns 10
Pressing headache like its bursting from the inside out.

P9 4 xx:xx NS
Stiffness in neck. Headache in frontal lobe, especially above right eye. Slightly sore throat, dryness of eyes.

P106 06:01:30 RS
Woke up with a headache again, covered in sweat, better for opening window and drinking water, applying clove and peppermint oil around cheekbone

P4 6 xx:xx NS
I am checking the internet in the room where I could potentially take the clients and the internet is not working well. It's a bit of a stressful moment and I feel I have a headache but it only lasts like 10 min.

P107 07:15:05 AS
Head - stinging head pain left side, suddenly, last for about 5 minutes, preceded by sweating, followed by heat sensation.

P2 7 rs xxx

Headache. Tight band of pressure - top of head over right eye - better for pressure.

P3 7 9.46 NS

Sure I'm losing more hair than normal, I seem to have loads in my hands every time I even run my hands through my hair.

P4 9 xx:xx RS

I feel like I am about to have headache. It is usually to do with the stress. I am rushing from one appointment to the other and I am a bit late so I start feeling the headache coming but it never develops. I feel it is ameliorated by urination.

P1111 NS

Heavy sensation in head / better for fresh air (repeating the next day).

P1013 09:25 RS

Headache gone after drinking adrenal shot (lemon, salt) and a coffee + vit B supplement, also better from passing stool, suddenly more energy.

P3 17 8.41 RS

Pulling out masses of hair it seems. Even my boyfriend has commented on it.

P1218 04:00 RS

Headache, extending from forehead to occiput. Had 2 glasses red wine last night.

P1218 06:00 RS

Headache in right eyebrow area. Headache lasts until around 5pm, getting gradually better.

P3 18 10.57 RS

Left forehead - pressure sensation on skin/muscle just below skin but no deeper.

P3 21 9.07 NS

Masses of hair coming out every time I run my hand through it, even if just seconds apart I still have masses more in my hand. as if I'm malting!

P1026 12:30 AS

Left-sided headache coming on again - usually it is on the right - a sign I am probably going to have my period tomorrow.

P1028 10:00 IOS

Keep drinking lots of coffee to avoid getting a headache, which I can constantly feel is coming on the right side.

P5 31 9:00-22:00 OS

Hair falling - My hair usually falls in autumn. Perhaps this autumn, during the proving it was falling more than usual. I started thinking of this symptom when I heard other provers talking about this symptom during the joint discussion.

P1233 14:00 NS

My head is itchy so I check my daughter for head lice but she has none, so it's not that.

P5 33 xx:xx OS

Pressing headache after an argument with a colleague who was constantly sticking nose into my business. I had to ask him to refrain from his inappropriate comments. After this I felt a pressing headache. It was all happening around 11:00 am, but I feel I may have the headache on-off through the whole day while being at work.

P1034 34:07:30 AS

Woke up with a slight headache between the eyes and a feeling of blocked sinuses, felt a little bit feverish, better for getting up and going for a run.

P5 34 9:00-22:00 OS

Mild headache - There was no argument with the colleague today, perhaps it's just a result of exhaustion. The headache was giving the constricting/pressing sensation.

P3 38 15.56 NS

Weird aching pain beside my right ear or socket of my jaw area. I had it a few days ago but didn't think anything of it.

P1241 10:00 RS

Head is all fuzzy inside. Had a brand of beer I wouldn't normally drink last night, not a lot, but I think it doesn't agree with me.

P1243 13:30 OS

My head feels like my vision but inside. Kind of blurred and foggy.

Eyes

P5 0 xx:xx NS

During the meditation I felt two times sharp pulsating pain in my right eye (right upper lid). Each time there were two pulses - I started proving with the right eye being red, watery and painful when blinking.

P9 0 24cNS

Pressure in the eyes eased off completely.

P111 15:42 NS

Feeling of swollen eyes all day with some tension - contributed to the feeling of exhaustion.

P5 1 9:00-24:00 OS

Pain, right eye, redness, watery - I believe the redness and pain in my right eye are slowly getting better. Note: the pain and redness disappeared by day 3 of the proving.

P7 1 xx:xx NS

Slight pain over left eye.

P132 xx:xx RS

Eyes - dry, tired, blurry & itchy.

P132 14:00:00 NS

Eyes watery.

P3 4 18.59 NS

Left eye had sudden sharp pain as if a grain of sand was in it. Couldn't see anything in it at all and after a few seconds it was gone and I felt all fine again.

P115 08:30 NS

Left eye felt like I had a painful scratch on it upon awaking, I wondered how I had scratched it without knowing it. Even the water pouring over it made it burn and hurt under the shower. It seemed to disappear around noon.

P1 6 xx:xx NS

Red right eye.

P1 7 xx:xx NS

Dry scratchy eyes. Right eye still red. Both eyes feeling very tired.

P137 7.00.00NS

Woke with dry eyes, slightly stuck together.

P1 8 All day NS

Red burning itchy eyes. All day. Had to get eye drops yesterday.

P118 06:00 NS

Swollen & tired feeling in eyes / better for fresh air.

P119 xx:xx NS

Feeling of achiness in eyes / better for cold application on eye - wet cloth or cucumber.

P1111 NS

Eyes feel heavy and swollen / better for something wet placed on them.

P9 11 00:23 OS

Eyes dry.

P3 13 23.57 NS

Right eye felt as if I had a sty coming for a few hours and it was really intense but now there is nothing anymore and it came to nothing.

P1216 09:00 NS

Left eye is bloodshot. Eyes are sore. The bright lights in the training room are really affecting me. I can hardly bear being in there. It makes it difficult to concentrate.

P1117 NS

Both eyes felt swollen, left eye was so dry it feels like it is cut - same sensation as earlier in the month.

P1117

Swollen eyes, itchy. Switched mascara a couple of times the past few months.

P1323 xx:xx RS

Eyes watery.

P1 34 34.20:00 NS

Beginnings of what feels like a sty on my right upper eyelid.

P1 48 14:00 NS

I have noticed that my eyes are completely red. Totally red and look sore. Not surprising as I had no sleep the night before. It felt like I had something sharp in the right eye. However when I feel my eye again the sty has now gone.

P1 53 9:30 NS

At last the redness in the eyes and the dry discomfort has shifted. No more problems with them. Hoorah! - I have used about 2 bottles of eye drops this last couple of months. This was the only way to cope with them. Used Vogel's 'eyebright' (Euphrasia). Post script. After the last school weekend being with the group the eye symptoms returned and have continued to date (28.12.18) and have used 3 bottles of eye drops with little effect. My eyes are blurry, sore and red.

P1 xx:xx NS

Redness of right eye with mistiness when trying to see things.

Vision

P3 0 23.15 NS

Saw white waves as if smoke going by. saw some earlier but thought nothing of it.

P132 14:00:00 IOS

Blurred vision - got better later.

P3 20 10.04 RS

Eye sight gone all blurry for no apparent reason.

P1221 18:00 NS

Lights of cars while driving in the dark are dazzling and there are vertical lines going up and down from the lights. It's hard to concentrate on driving.

P1241 10:00 RS

Vision blurred. Not really when I focus, but there is a general blurred feeling.

P1243 13:30 NS

My vision is blurry as I take off my glasses. More than normal. I feel like everything is in a kind of mist. I mention it to a colleague and he feels it too. It is surreal and he agrees.

Ears

P1 0 xx:xx NS

Feeling like a grey skin covering over my head. Like a rubber or thick plastic. Sharp piercing pain in left ear. Stiff neck relieved by stretching, wanted to sit on the ground. To feel close to the earth.

P130 xx:xx OS

Ears cleared, mucous ran down back of throat.

P3 1 xx:xx NS

Everything seems really loud and I feel like me and my friend are shouting instead of talking normally.

P5 4 xx:xx NS

Pulsating in the left ear - I felt the pulsations in the rhythm of the heart beat in the left ear in the morning.

P3 9 1.08 RS

Ears are itching inside.

P3 10 19.05 RS

Ear canals are aching.

P3 10 8.3 RS

Ears keep popping in and out as if on a plane.

P1117 16:00 NS

Sudden intense earache that throbbed intensely and felt like a fever inside my ear; better for holding my ear and warmth.

P3 17 16.49 RS

Ears are aching a little on the inside in the canal

P7 30 xx:xx NS

Dark red flakey ear wax in left ear.

Nose

P2 0 OS

I have a cold, watery discharge from nose; lots of blowing, deep sneezing that goes through to chest.

P8 0 0.01 NS

Tingling sensation in nostrils.

P131 13.06.00 NS

Increased mucous, hard, not dripping

P7 1 xx:xx NS

Itchy nose right on tip on nose. Better for rubbing it.

P2 2 6.10amRS

Watery discharge. need to blow nose every 10-15 minutes

P2 3 06.30 RS

Nose felt dry when I woke not runny.

P2 3 07:00 RS

Once up nose began running, watery discharge.

P9 3 xx:xx OS

Pimple has appeared on the bridge of my nose.

P2 4 6..30am RS

Discharge from nose increased, o.k. in bed. Nose feels a little dry but as soon as I get up I need to blow nose.

P2 4 5.30amNS

Nose needs blowing - once mucus removed nose feels clear.

P9 4 xx:xx OS

Pimple on nose / small boil

P3 8 23.24 RS

My nose is starting to run in relation to my throat.

P1323 08.00 RS

Blocked sinus, maxillary right, slight pain, clear mucous, not a lot.

P1328 xx:xx

Mucus thick, clear, slides down back of throat.

P1032 08:45 NS

Sore spot on outer edge of the left nostril

Face

P130 xx:xx NS

Tingling across front of mouth under nose.

P1213 11:00 OS

Slight tingling at top of top lip. I used to get this but it was much worse, itchy and dry and would swell up. Today I just have a slight sensation of it coming on but it never does. I need to moisturise my lips more today though.

P7 15 xx:xx NS

Slight sore throat and dry sore cracked bottom lip at work today.

P7 16 xx:xx NS

Dry, slightly burning lips.

P1016 16:00 NS

Face feels hot.

P1217 15:00 OS

Slight tightening sensation along top of upper lip.

P1219 10:30 OS

Tightening in top lip again.

P1243 13:30 OS

Top lip feels tingly and tight.

Mouth

P110 19:15 NS

Sensation of slippery or oily mouth lasting throughout night and next morning was ok.

P6 1 1.35 NS

Mouth - jaw ache, lower right hand side, below wisdom teeth area, throbbing ache extending to below jaw.

P6 1 1.4 NS

Pain in lower jaw extended to left hand side, wisdom tooth area.

P6 1 1.5 NS

Pain in lower jaw extended to top jaw line, wisdom tooth area, pain going upwards to temples, started right then moved to left.

P6 1 xx:xx NS

Metallic taste in mouth, mouth feels dry, dusty dryness. Metal dust. Want to wash it through with water.

P6 2 8.30am RS

Still metallic taste in mouth, thirsty for cold water.

P6 3 7.15am RS

Funny metallic taste finally gone.

P9 5 xx:xx OS

Mouth sore is much worse now and has become an abscess on the left lower inside lip.

P7 7 xx:xx NS

Tooth - gum - throbbing right rear, like little acute attack - fighting something.

P7 8 xx:xx NS

Mouth - little tiny tooth throb still on left. V subtle.

P9 14 08:xx NS

Woke with sore in mouth again. Right side and near gum.

P9 15 08:xx NS

Abscess in lower right part of mouth close to gum very tender.

P9 16 8:xx AS

Mouth sore and very painful due to abscess. Feels better when not moved and worse for cold.

P3 18 21.53 NS

I accidentally hit my bottom right gum with my toothbrush a few days ago and my gum seems to have really suffered from this clumsy act as it is really sore and tight feeling and feels as if there is an ulcer there.

P9 18 xx:xx NS

Mouth very sore with ulcer in RHS lower lip.

P1219 18:00 NS

Ulcer on inside top left lip.

P3 19 14.46 RS

I feel as if there is a funny taste at the back of my throat. This reminds me of the illness I had about 3 weeks prior to starting the proving.

P3 19 20.27 RS

Feels more and more like an ulcer on my gum. It hurts when I eat. Again I am reminded of the illness I had previous to the proving.

P3 20 16.07 NS

Mouth left side, just below top jaw, as if received a blow.

P6 23 5pm RS

Proving chat tonight - I left college and teeth started hurting again. Bottom left, this time a kind of throbbing pain.

P3 29 18.31 RS

Pre-proving I had an illness which began with my gums being sore. Have realised that of late my gums are sore again, especially when I am brushing my teeth.

P3 32 9.51 RS

Top palate is sore in the same places as when I was sick 3 weeks prior to starting the proving. Feels as if there is an open wound when I eat something or brush my teeth.

P3 32 18.1 NS

On my top lip to the right side I have a scar from when I was about 14 at high school, never had any issues with it since, yet now it feels as if it is opening almost, though I cannot see anything of the sort, looks no different.

P3 32 18.04 RS

Sore spot on tongue has gone more white looking and looks more like an ulcer now but very very tiny still. reminds me of when I was poorly 3 weeks before taking the proving remedy.

P3 32 9.5 NS

Tiny painful indent on tip/edge of my tongue. Slightly to the left. It is sore when I drink a hot drink or eat, especially foods which are highly seasoned or crunchy foods. Feels like an ulcer but doesn't look like one.

P3 38 14.45 NS

There's a really weird taste and smell at the back of my throat that keeps coming and going today. Never had this before, very strange and not pleasant.

P4 39 xx:xx NS

The mouth pain is so intense that I can no longer sleep - I go to read the books and take the remedy carb-v.

P4 39 xx:xx NS

The gums around the painful tooth are swollen, it is on the left side bottom, possibly wisdom tooth.

P4 39 xx:xx NS

There is no tooth pain anymore or maybe just a very slight one but the gum swelling is still there.

P1242 13:40 NS

Ulcer in my mouth, left side. Not painful but feels large, two bumps. I had another like this a few days ago I now recall.

Teeth

P9 16 xx:xx IOS

Tooth on RHS very sensitive.

P7 29 14:XX NS

Sensitive tooth, cold and tired, nap after lunch.

Throat

P2 0 xx:xx RS

Throat a little itchy.

P9 0 17/18C NS

Strange feeling of phlegm at back of throat with a feeling of energy between the eyes (like a triangle of energy).

P9 0 7:06 NS

Phlegm.

P111 NS

Feeling of soreness as if catching a cold but came & went suddenly several times throughout day.

P2 2 RS

Throat feels dry, slight irritation.

P7 2 xx:xx NS

Throat - very subtle swollen throat feeling, just lasted a few minutes.

P8 2 22.38 NS

Sore throat, rubbing back of neck.

P9 2 xx:xx OS

Wake in morning with sore throat which becomes progressively worse each morning over 6 days.

P1 3 xx:xx NS

Sore throat with extreme exhaustion. Groggy, low back pain. Upset stomach. Feeling disappointed all day. Things agreed at work have been changed behind my back.

P2 3 RS

Throat a little itchy causing cough which I can feel slightly in chest.

P9 3 xx:xx

Sore throat. Phlegm in throat. Coughing.

P9 3 xx:xx OS

Woke very hot. Sore throat at back of mouth.

P9 3 xx:xx OS

Phlegm when coughing.

P9 5 xx:xx OS Throat Woke with a very sore throat.

P7 6 08:XX NS Throat Slight sore throat. Hope voice okay for choir tonight.

P9 6 xx:xx OS

Sore throat right at back of mouth. Coughing improves sore throat a little.

P7 7 xx:xx NS

At work - deodorant sprayed in staff room morning and afterwork. It is unbearable even for a split second on my throat. Pissed off that people do that without any respect - in a kitchen too. Sore throat after work.

P9 7 03:xx OS

Woke with very sore throat. Cold makes it worse.

P3 8 23.23 AS

Throat feel as if there is a ball of goo at the back of my throat and it is getting worse as the day goes on. coughing more due to this.

P9 8 04:xx OS

Very sore throat. Slight fever and generally not feeling well.

P7 11 xx:xx NS

Throat scratch really bad. Worse for water and thinking about it. Scratch in throat was right side. Now left.

P9 11 00:23 IOS

Woke with extreme coughing fit for over 10 min. Sat up in bed and could not overcome it. Feels like phlegm at back of throat or some other irritant.

P3 15 7.19 RS

Woke with a tickly throat again, felt really hot which may have triggered it, one gulp of water made it go away.

P1117 NS

Throat was swollen and difficult to swallow

P3 17 8.31 RS

Left gland in throat feels swollen when I touch the neck, can also sense it is tender inside my throat when I swallow but it isn't majorly painful as such, just a slight ache.

P3 19 8.59 RS

Still have that lump/ball in my throat on the left side. More aware of it when I swallow. Also feels like there is goo or slime or gunk in my throat when I go to talk which is making my voice sound odd. It feels as if there is a balled up slug in there, that is the only way I can describe the sensation. Can't seem to shift it no matter how much I clear my throat.

P1323 xx:xx NS

Throat dry, thirsty - water doesn't quench, drink glass at a time.

P1323 xx:xx NS

Desire for water at room temperature.

P3 24 6 xx:xx RS

Woke up due to a dry throat and feeling hot and moody, had to drink water to get the dryness to go away and then struggled to get back to sleep.

P1325 08.00.00 NS

Throat dry, thirsty, water doesn't quench, drink full glass at a time

Neck (cervical region)

P106 07:15 AS

Stiff neck, left side, very tired (headache gone), better for not moving or resting head.

P107 07:15 RS

Still stiff neck left side, lasts until around 1pm, then progressively gets better.

P109 09:35 RS

Neck and back totally blocked after the long Brexit march yesterday, better for massage/lying/hot bath.

P1013 07:47 RS

Waking up with a stiff neck again, headache in right temple and eye, very low energy.

P1017 06:05 RS

Neck feels less stiff on waking

P1046 46:21:30 NS

I realise, I have not had any neck pain since the day of my "blackboard-protest".

P111 14:26 AS

Pain on left side of neck - warm lightening like sensation lasting about half hour; I usually have pain on this section when stressed but this time I was calm prior to coming to school and didn't experience this pain until the middle of the afternoon / better for rubbing the area.

P112 AS

Neck pain on left back side came and went several times throughout day; this is my normal susceptible area but usually it stays for a few days constantly; this time it kept coming and going.

P9 2 xx:xx NS

Neck really stiff at the back and throat sore. Stiff right up back of shoulders and slight headache in sides of head. Great sense of stiffness coming up to the head.

P9 4 xx:xx NS

Stiffness in neck. Headache in frontal lobe, especially above right eye. Slightly sore throat, dryness of eyes.

P8 7 22.22 NS

Neck aches and clicks and cricks.

P9 8 06:xx OS

Entire back stiff and especially the neck. Stiff right from shoulder up to occiput. Back stiff as well. Has been like this most of the day. Also very stiff and painful in the lumber region especially around the kidneys.

P3 31 17.27 NS

Pain in left shoulder and neck area, feels like tense muscles, more painful in later afternoon near time to get home from work/college.

Stomach

P111 xx:xx NS

Felt somewhat gassy after each meal - was burping lightly but also had to find a bathroom between breaks because my farting was not pleasant

P121 16:00 RS

Strange eructations like half eructation, half hiccup.

P121 08:30 RS

Less appetite than normal. Don't finish breakfast.

P4 1 0.5 NS

Nausea in the stomach

P6 1 2.3 ns

Thirsty for cold water, drank about a pint still thirsty

P1 2 xx:xx NS

Very sleepy and tired. Gippy stomach.

P2 2 700 ns

Not very hungry. Want cool pop. When I drink it I really enjoy it - the not feeling hungry was very noticeable, as was the desire for cool pop. I rarely drink cold things I prefer warm drinks, I don't even like cold water I usually drink warm lemon water. I rarely drink/desire pop.

P4 2 xx:xx NS

Strange feeling like nausea and it goes up to the thought.

P2 3 xx:xx NS

Thirsty, crave cool pop - feel really satisfied with cool pop. I really enjoyed it, thirst quencher. this is new sensation for me. I cannot describe how much I enjoyed drinking the pop and the satisfied sensation it gave me when id finished it. like the first drink after being in the desert that sort of absolute enjoyment

P2 3 10 rs stomach

Not hungry - throughout day forced myself to eat something because I felt what I had to do over next few weeks required me to eat food to keep going.

P1 4 xx:xx RS Stomach

Belching with slight vomit into mouth. Gross returning symptom from early childhood.

P2 4 rs xx:xx

Drank 2litres of water

P2 6 rs xx:xx

Appetite back to normal - I have lost 1 stone in weight. theres always an upside!

P3 6 11.13 RS

Feel like I'm craving something but don't know what. It isn't food. Cup of tea isn't satisfying it. Maybe it's coffee?

P4 9 xx:xx NS

Stomach is rumbling and making loud noises too

P1213 14:00 RS

I notice I am burping more than usual. Little burps, no noise.

P1214 14:30 RS

Stomach gassy - burps and farts

P1015 15:20:30 IOS

Extreme flatulence, smells like rotten egg, came on straight after dinner

P7 22 xx:xx NS

Pain in stomach. Possibly the worst pain I have ever felt in my stomach. Like a cramp, where stomach being wrung out, twisted. I was viewing houses, and found it impossible to hide how much pain I was in. Slightly better for sitting, worse for standing or lying straight. As soon as I stood upright again, it hurt. Period due in next few days, but also a bit constipated, and think it could be trapped wind. Excruciating. Had to abandon shopping basket at supermarket and get home as soon as possible to lie down.

P1324 xx:xx RS

Desire for water but it doesn't make any less thirsty. Sparkling water helps a little. Dry mouth

P1 30 12:15 NS

Exhausted after eating. Feel need to lie down.

P1031 13:00

Less hungry for starchy food and sugar now, after having eaten loads of it for the last month, which explains a lot of my fatigue, because I always get that from eating too much carbs, normally I only eat salads, but I had such a "whatever"-attitude about it lately that it went totally out of control.

P1331 08.30.00 NS

Did not desire food but ate anyway - Hunger diminished.

P3 38 13.32 NS

My appetite has been very very small, alternating with sweet cravings.

P4 40 0.5 NS

I go in the toilet and vomit, that makes me feel a bit better.

Abdomen

P100 00:15 AS

Burning, pressing pain in womb region, like period pain, then sensation completely went (but my period hasn't started, yet).

P131 14.15.00 RS

Liver, pain, ache, agg by pressure

P132 xx:xx OS

Flatulence after lunch

P5 2 17:00-22:00 NS

Farting - Just after I left Hawkwood and got on the train to London, the farting started. My stomach was not bloated or anything like that. There was a feeling of relief.

P113 16:55 NS

Burning and tightening pain on the left side of abdomen around area of small intestine.

P1111 17:50 NS

Tightness in left abdomen (small intestine area); better for deep breath.

P4 32 xx:xx NS

All day - lots of wind and bloated feeling like I need to go to the toilet even I just been there.

P3 33 12 NS

Tummy ache as if diarrhoea, comes and goes in waves with a tightening pain in abdomen. Had a loose stool once but no actual diarrhoea.

P4 33 xx:xx NS

Babbling in my stomach, bloated painful, passing extremely loud and smelly wind

Rectum

P7 1 01:23 NS

Slightly loose stool.

P4 6 0.375 NS

I have slightly loose stools

P1215 16:00 OS

Feel constipated. Realise I haven't passed a good stool in last few days, only small hard balls, and not many.

P3 20 15.51 NS

It's occurred to me that my stools have been very different of late, I had thought initially it was because my diet has had more carbs and sugary foods in but I have restored it to how I normally eat now and my stools are still unusual. They are dark in colour and ball shaped, feel somewhat constipated when go to the toilet. I am usually very regular and have no issues at all.

P4 31 0.75 NS

Bloated feeling in abdomen and passing extremely bad smelling loud wind.

P4 33 xx:xx NS

I come back home and I am desperate for the toilet. The stool is loose and bloody, no pain.

P3 35 16.06 NS

Occurred to me that since the diarrhoea sensation and loose stool two days ago, my stools are now back to usual for me and no longer the balls and constipated feel they had been for the past few weeks.

P7 54 xx:xx RS

Have been severely constipated lately. Have had this on and off over last ten years since taking anti-depressants (been off them for years now). But this is really severe. I sense that stools are soft, but problem releasing stool. Got so bad I bought a cold coffee latte drink - I don't drink coffee, don't like it, and makes me buzzy if I do, but I needed it for my bowels. I knew I had to try to release bowel today, as it's been days now and I need to try, but coffee helped and worked almost instantly, with ease. A big relief.

Bladder

P132 20.00 IOS

Frequent urination, approx every couple of hours from about 8pm.

P2 3 xx:xx OS

Leaking when I cough, have to consciously 'hold' myself to stop leak, not always successful. Not a lot of leak but enough to realise its happened.

P1222 10:00 OS

I feel a twinge of cystitis.

P1330 03.00 RS

Woken, need to pee, great difficulty getting back to sleep.

Kidneys / Low back

P9 8 xx:xx OS

Woke with a very stiff back and neck. Particularly sore and stiff in the left kidney. Right kidney also sore, but not as badly affected.

P1112 15:34 NS

Sensation of tightness around hollow kidney / came & went within a minute..

P1113 12:00 NS

Sensation of tightness around hollow of back / kidneys. Came & went within a minute.

Urine

P7 12 21:XX NS

Tint clot (around 2mm) of blood in my urine. Unusual. Never spotted this before.

Female Genitalia / Sex

P101 14:20 RS

Tearing period pain, dragging down feeling

P6 6 9.00pm NS

Feel like my libido is waking up, desire for sex stronger than it has been for a while. Not only do I want the physical sensation but also the connection. Red starts to come up now, bought trousers with red stripe in.

P5 7 9:00-22:00 NS

Itch - This is a new symptom, it started with the proving. This uro-genital itch was following the leukorrhea, i.e. started and finished with leukorrhea. The itch was very strong and irritating.

P5 7 9:00-22:00 OS

Leukorrhea - This is an old symptom that comes and goes, usually before and after my period. I believe that with the proving this symptom has increased. It started the day after proving and ended about a week after.

P6 20 4pm RS

Period more or less stopped today lighter than usual only 3 days rather than five and flow lighter especially at night.

P5 21 9:00-22:00 OS

Itch - The small itch follows leukorrhea.

P5 21 9:00-22:00 OS

Leukorrhea - This is an old symptom that comes and goes, usually before and after my period. My period is due soon. The discharge looks light brownish, I'm not sure if this is the proving symptom.

P6 21 9am RS

Went for a run and then my period started again; strange does not normally happen like that. Thumb hurt again today, very much aching more, worse for pressure and heat, better for cold application. Red comes back again, red haired patient in clinic, very red bush just by where I was sitting, theme of christmas party is red.

P7 24 xx:xx OS

Early signs of menses.

P7 26 xx:xx NS

Menses starts full flow. Very heavy, very quickly. Heavier than ever I think. I am pleased its started with the New moon again :)

P7 28 xx:xx OS

Main flow of menses pretty much stopped by evening. One very heavy day two medium days, then just spotting.

P1029 08:30 OS

Period finally came, cycle lasted for 29 days after having been as short as 21-25 days for the last 4yrs

P5 33 9:00-22:00 OS

Itch - I feel this itch again as described earlier at the beginning of the proving.

P1239 14:00 NS

Period comes 4 days early. No warning headache the day before.

Respiration

P122 16:00 RS

Need to take deep breaths.

Cough

P3 0 xx:xx RS

When we meditated after taking the proving pill I started to cough and had to leave the room as it turned into a coughing fit and could not catch my breath to stop.

P9 0 xx:xx NS

Phlegm in top of lungs. Coughing and swallowing in attempt to clear. Feels like it builds up quickly again.

P3 2 xx:xx RS

Coughing fit again, had to leave class.

P3 3 0.06 AS

Couldn't stop coughing, cough sounds deeper, more bronchial, but no mucus so feels like coughing for no reason.

P9 5 xx:xx OS

Coughing. Phlegm in throat.

P9 6 xx:xx OS

Sore throat right at back of mouth. Coughing improves sore throat a little.

P9 6 20:xx OS

Strong coughing. Phlegm at back of throat. Extreme coughing as if trying to expel mucous.

P3 7 2.27am RS

Dry tickly cough woke me up

P3 9 4.53 RS

Constantly coughing with feelings of desperation and irritation. cannot sleep with this non stop cough.

P3 11 2.35 NS

Woken up by a dry cough

P9 12 02:04 IOS

Woke with violent coughing fit. Water helped a little, but only for a few minutes and then it returned. Went on for over 15 minutes. Felt as if there was an irritation at the back of my mouth/top of the throat that extended to the top of the lungs. A sensation as if there was a kind of thick mucous that I was trying to cough up/clear. Eventually settled down after about 15 minutes.

P3 13 2.14 RS

Dry cough woke me up.

P13 28 xx:xx NS

Dry, hacking cough - whisky would help but I can't get to it because of guest. Or to water for the same reason.

P2 4 rs

Dry cough, irritating little cough but it feels as if its getting worse when I do a big cough I can feel it in my back (back of my lungs).

P9 6 20:xx OS

Strong coughing. Phlegm at back of throat. Extreme coughing as if trying to expel mucous.

P3 25 10.37 RS

Coughing on waking again, like a dry tickly cough as if there's dust in my throat. Drinking helps a little but not for long.

Chest

P100 00:15 NS

During meditation short stinging in right collar bone.

P130 20.40 NS

Pain in sternum, felt like I had been punched, bruising type pain, short lived.

P130 23.06 NS

Tingling in left breast

P2 0 xx:xx RS

Slight awareness of chest when I sneeze, feels like cold affecting my chest throat itchy causes me to cough a little.

P5 0 xx:xx NS

I felt pulsating in my chest in the heart beat rhythm. I could also hear this pulsating, as if my heart beat was amplified. , as if a heart beat was highly amplified.

P1 1 xx:xx NS

Chest – Hot.

P111 10:00 NS

Pain in right clavicle; sensation of warm pain that came and went within a few minutes.

P111 IOS

I noticed all day Saturday that I kept having to catch my breath - I had a tightness around my lungs that I have experienced before but it seemed unusually constant throughout the day at school.

P5 1 9:00-16:00 OS

I felt a tension in my chest, slight constriction, as if I was getting short of breath.

P3 2 21.10 NS

Found a bruise the size of a 50p coin on my chest bone, yet have no clue how or where it could have come from!?

P2 3 xx:xx RS

Throat little itchy causing cough can feel slightly in chest.

P2 4 xx:xx RS

My cough is moving into my chest, when I cough it is deeper. it sounds deeper also.

P2 4 xx:xx RS

Dry cough, irritating little cough but it feels as if its getting worse when I do a big cough I can feel it in my back (back of my lungs).

P7 4 xx:xx NS

Itchy nipple. Alternating sides but slightly more on the right side. I have had this on and off during the pre-proving month.

P9 6 20:xx OS

Chest slightly tender internally. Constant attempts to clear throat - hawking.

P2 7 xx rs

Cough feels deeper on my chest, bringing up phlegm when I deeply cough, only a little

P1214 14:30 RS

Need to take deep breaths.

P5 20 9:00-22:00 OS

Constriction - Often when I have very long days at work and in a row, I feel a constriction in my chest. As if my lungs have reduced their size which doesn't allow them to receive enough oxygen.

P9 20 OS

Torso very itchy when showering. A frantic sort of feeling.

P4 40 xx:xx NS

All morning I have a pain in my left breast and I am worried I will get mastitis but the baby refuses to feed.

Back

P4 3 xx:xx NS

Woke up with lower back pain.

P135 7.00.00RS

Lower lumbar painful, stabbing pain. Amel movt and hot water.

P9 8 06:xx OS

Entire back stiff and especially the neck. Stiff right from shoulder up to occiput. Back stiff as well. Has been like this most of the day. Also very stiff and painful in the lumber region especially around the kidneys.

P139 22.30 RS

Lower lumbar painful, stabbing pain after standing for hours in the cold. . Amel movt and hot water (Lasting 10 days).

P1117 09:00 NS

Doing weekly yoga, my lower back felt very tight and restricted it was difficult to stretch to the sides.

P1321 xx:xx RS

Tired but no stabbing pain.

Extremities

P1 0 xx:xx NS

Intolerance of wedding ring (ring finger, left hand). Feels constricting and feels like the reason I can't sleep. Take it off.

P1 0 xx:xx NS

Fingers on the left hand tingling. First two down to the elbow.

P12 0 19:17 NS

Tingling in hands

P7 0 xx:xx NS

Slight tingling in fingers, like pins and needles was setting in. But I kept questioning is this was normal and convinced myself it must be, but I was really aware of it. Hands and fingers were apart but felt like they were touching. So kept testing this during the meditation, to see if it was real. Fingers were apart, but convinced they were touching. Felt like they were. Felt really odd when I confirmed they were indeed not touching, by moving my hands.

P9 0 7:06 NS

Slight aching pain in RH wrist.

P1 1 xx:xx NS

Feeling of anxiety just below diaphragm. Pain in right knee. Fear of his anger. "Your doing your stupid journalling" he says.

P1 1 xx:xx NS

Heel pain. Right side. Knee pain. Stabbing

P101 14:45 NS

Stinging pain in right ring finger, then right middle finger.

P111 06:30 NS

Awoke with pain in the right leg extending from inner thigh down to the toes lasting all morning then suddenly gone sometime in the afternoon; pain as if I sprained a muscle with a stream of heat.

P111 NS

I haven't been able to wear my wedding rings for a few weeks prior to Hawkwood because my fingers felt swollen and sore. I did wear another ring that was slightly loose but kept playing with it the entire weekend taking it on and off all day.

P4 2 xx:xx NS

Waking up with the pins and needles in my left hand.

P103 11:30 NS

Numbness in right toes after a run and a hot shower, lasted for about 5 minutes.

P103 07:30 NS

Stinging pain in right foot.

P113 16:55 NS

Burning pain on my left right wrist.

P3 3 7.3 NS

Noticed some red dots on my left bicep, as if I had been scratching hard and brought blood to surface.

P3 3 6.49 -

Left back of hand near knuckle of ring finger itching.

P5 3 9:00-22:00 OS

Stiffness and tension in shoulders.

P7 3 08:XX NS

Pins and needles again in last two fingers of left hand.

P1 4 xx:xx NS

Sharp pain in right knee. Lasted for about 5 minutes and then disappeared.

P1 4 xx:xx NS

Pain in the fingers of left hand-ring finger (rheumatic-like). Sore skin under left foot. Both noticeable for about 2 hours until 1pm.

P114 08:30 NS

Burning pain on right wrist leading to thumb; left within 5 minutes or so.

P5 4 9:00-22:00 NS

Continuous tension and lower intensity pain just below the right hip.

P7 4 xx:xx RS

I got some sort of insect bite about four weeks ago, whilst wearing trousers, at work. It seemed unlikely but itched really intensely. It went, but then I had another bite (presumed it was a bite) only a cm from it, two weeks later, which itched even more. Both sites bruised. This morning, after days of no itching and the bite gone, the site of the second bite started to itch again.

P7 4 xx:xx NS

Thumb and index finger numb on right hand on waking.

P115 NS

Awoke extremely tired; when I tried to walk, my joints ache and feels like I can barely walk; the rheumatic type pain is mostly in my wrists, knees and ankles. I get this sometimes on my ankles but not so intense and usually goes away after I start walking whereas these aches have lasted almost all day.

P3 5 13.5 RS

Wrist pain happened again but was the whole wrist this time a duller pain. again did not last for very long.

P3 5 13:32 NS

Left wrist on inner side only, sharp pain momentarily. Could not put it down to anything and it passed after a few minutes.

P5 5 9:00-22:00 OS

Continuous tension and lower intensity pain just below the right hip.

P5 5 9:00-22:00 OS

Stiff pain in the right arm wrist.

P7 5 xx:xx NS

This morning or in night right hand first two fingers numb.

P7 5 xx:xx NS

Insect bite itching - area gone bright red with scratching. Also now Itchy all over like I'm wearing scratchy wool but I'm not. Right side more, back and front chest, neck mostly.

P5 6 9:00-22:00 OS

Stiff pain in the right arm wrist - I had this symptom before, it comes and goes, I haven't figured out the pattern of its appearance/disappearance. It appeared again with the proving. This symptom appeared on the day 5 and disappeared on day 6.

P7 6 xx:xx NS

Right hand fingers 3 and 4 pins and needles.

P1 7 xx:xx NS

Two strange marks on my left and right thighs. Both front thigh. Red around the edges. White I. The centre. Wavy line around edge about size of 50p piece.

P7 7 xx:xx NS

This insect bite that keeps returning and itching on my right thigh just above knee, doesn't seem right. Something doesn't add up about it, why it keeps returning.

P7 8 xx:xx NS

Right hand pins and needles.

P5 9 9:00-22:00 OS

Continuous tension and lower intensity pain just below the right hip.

P1110 xx:xx NS

Achey ankles feel as though they are swollen - better for movement.

P1310 xx:xx RS

Feet, ache, painful to walk.

P1311 xx:xx RS

Feet, ache, painful to walk, feels like walking on clubs.

P1317 xx:xx RS

Restless, pain in leg and back (during night).

P1318 07.30 RS

Restless, pain in L leg and back. Pain is stabbing pain (during night).

P1319 07.30 RS

Restless, pain in R leg and back, uncomfortable - pain is stabbing, but not like knives, more like lots of small ants with poky proboscis (during night).

P1320 08.30 RS

Restless, pain in leg and back, uncomfortable (during night).

Sleep

P1 0 xx:xx NS

Husband in a really bad mood. I'm feeling he's being ridiculous. Little tolerance for it. Feel like I couldn't give a toss.

P2 0 2400 RS

Phone rings I awake with a start worried it will wake my roommate - daughter calls at midnight I wake and struggle to get back to sleep I don't sleep well for the remainder of the night, this is not unusual for me at hawkwood .

P2 0 xx:xx RS

Sleep at 9.30, woke 12.30 went to toilet. slept through till alarm at 6.00.

P2 0 21:00 rs

I'm really tired, go to bed early but room mate already in room and wants to talk a little. I am so tired I just cannot stay awake anymore.

P2 1 09.30 RS

Fell to sleep on settee woke at 12.00am.

P2 1 12.30 RS

Struggled to get to sleep initially .

P2 1 5 RS

Awake early.

P7 1 xx:xx RS

I wake up and can hear the person I am sharing a room with, snoring - they are also on the proving. When I first fell asleep, I could hear it gently but decided I could probably cope with it with my ear plugs in. But now it is loud. I feel calmer than I normally would about this. I read on my phone for a while and keep trying to make a clap noise, or put my mug down loudly on the bedside drawers to startle the snoring to stop, but nothing seems to work, however much noise I make.

P7 1 xx:xx RS

I still feel calm about this, although could be because I don't want to cause a scene, but I've been awake so long now, and am starting to feel a bit annoyed. [The snoring] is really loud and nothing stirs the person. So I go and sleep on the sofa downstairs. I keep having a dream on the sofa that stops me going back to my room, because in the dream I had to complete something before leaving. Then I wake enough to realise I can go back to the room. The other person is now awake and asks if I'm ok. In the morning I worry that she blames me for something, I don't know. I feel a bit annoyed that seems to have no concept that I had to sleep on a sofa in a classroom, because she snored so loud. Writing this, I feel more annoyed.

P1 2 xx:xx NS

Very sleepy and tired. Gippy stomach.

P102 08:45 NS

Totally overslept and therefore couldn't go for my usual run in the woods, but I can't be bothered anyway, which is unusual, because I am normally really extra keen to go out and do it.

P122 08:50 NS

Woken by friend from very deep sleep.

P2 2 00.30 RS

Went back to sleep easily once in bed.

P2 2 2100 RS

Really tired - fell to sleep watching tv.

P123 07:45 RS

Woken from deep sleep by phone. Rush to get ready for work .

P133 02.30 NS

Woken from sleep, dream slipped from grasp, colours of the dream are blue.

P2 3 5.3 rs

Sleep well, wake at 5.30 feel tired. by 5.40 I was wide awake and thinking of everything I have to do.

P4 3 xx:xx NS

I fall asleep earlier than I was expecting as I suddenly feel tired.

P6 3 10.45 RS

Difficult to get to sleep I was awake for longer than normal.

P104 04:13: NS

Just before going to sleep properly, I had a short dream about reading something and then suddenly the letters turned into gibberish.

P124 07:00 NS

Woken from a deep sleep by phone asking me to work.

P124 17:30 NS

Fell asleep after bath.

P124 19:30 NS

In bed, couldn't do anything, had to lie down. Body felt heavy. I've had a very full on day at work, teaching textiles. A day full of 12 and 13 year old sewing. Lots of the boys are totally incapable and constantly needing help.

P2 4 22.30 RS

Go to bed very very tired.

P4 4 xx:xx NS

My husband was going to bed only 5am and he woke me up. I had an intention to get up early before I fell asleep and 5am was in my head so I was pleased he did it.

P7 4 xx:xx OS

Woke up this morning really tired. Unusual for me in the last few weeks, but not unheard of.

P125 07:00 RS

Alarm wakes me from another deep sleep.

P135 xx:xx NS

Woken up by pain in left leg a few times - ache behind the left knee.

P2 5 04.00 NS

Wide awake at 4.00am an age passes I think it must be about 6am its only 4,30am. I get up.

P6 5 07:00 NS

Deep deep sleep, woke feeling more refreshed from sleep than I have a in a long time. Slept past 6.30am which is unusual. When I woke up felt refreshed from sleep, I might wake with alarm once a week.

P136 xx:xx NS

6 hours consistent, woken by alarm, went back to sleep for another hour.

P136 01.45 NS

Not particularly tired, feel like I'm very wound up - As if everything is about to explode.

P6 6 10am NS

Woke at the alarm again, feeling very calm and grounded. I feel like I am able to cope with anything. Had a stressful call from my mother but handled it without getting emotional.

P1 7 xx:xx NS

Very very tired. Look tired feel tired. Dry skin. Exhausted. Look old. Aged overnight.

P2 7 06.00 RS

I am sleeping really well, think its because I am exhausted.

P2 7 23.30 RS

Didn't feel sleepy - everything going round and round in my thoughts. managed to get to sleep after about 30-40 minutes. slept through till 5.30am - initially felt wide awake when I went to bed, going over everything I have to do.

P6 7 06.15 RS

Wake early for first time since taking the remedy. Mind whirring going through case I took on Wednesday. Can't rest so get out of bed to work on it. Had some good ideas at this early point of the day about the case

P1 8 xx:xx NS

Extreme exhaustion. Went to bed at 8:30. Collapsed into extreme exhausted sleep. Awoken by husband at 9:13pm. Quick cup of herbal tea and back to sleep. However nighttime sleep is quite disturbed. Lying awake for hours.

P2 8 05.30 RS

Woke up alert, thinking of what I have to do today. Slept soundly through night.

P6 8 06.45 RS

Woke early but still feeling positive and really able to get stuff done today.

P7 8 xx:xx NS

At a friends house where I stay often. Nodded off, then woke. Had absolutely idea where I was - took me ages to work it out.

P6 9 10:00 NS

Feeling a bit more tired today, less able to make clear decisions, can't decide what to do first today.

P12 17:00 RS

Lay down and fell asleep quickly. Slept for 15 minutes.

P6 11 06.30 RS

Woke early again 6.15am but did not feel tired, no dreams to remember this time.

P12 14 14:30 RS

I lie down and nap on a sofa even tho others are around and fall asleep for a few minutes.

P13 14 xx:xx RS

Sleep - deep, restful.

P4 14 xx:xx NS

I have a nap as the night before I only slept one hour due to the fact I had to pack and get up early for the flight.

P6 14 4am RS

Awake again with racing mind.

P6 15 3am RS

In Germany awoke in the night still replaying and thinking about work, feeling hot and very alert, difficult to get back to sleep for a couple of hours.

P1316 08.00 RS

Restless, sharp stabbing pain in right leg kept waking on movement.

P1117 04:13 NS

Awoke in the middle of the night feeling like my kidney's were tight and restricted.

P1117 xx:xx NS

Throughout the past few months I realised that I have been sleeping with my fingers somewhat clinched like I was holding something while at the same time, one foot was always on the opposite knee. If I tried to put the foot down, the other foot automatically came up to the opposite knee. I couldn't figure out why I was sleeping this way and I thought it had something to do with the pain in my hands, fingers and knees. Later after seeing the remedy - I realised I was enacting the motions of traveling from branch to branch in my sleep. This seems strange?!

P1317 05.00 RS

Woken by dog, and guest, couldn't get back to sleep.

P1321 08.30 RS

Deep, restful.

P1324 20.30 NS

In bed several hours earlier than normal, due to guest being an early riser. Cannot go out into living room once he has gone to bed. Sleep is interrupted by dog who is barking at the least noise.

P3 24 08:00 RS

Have been struggling on and off with sleep all morning, lots of strong feeling dreams but no memory of them at all on waking except of knowing one friend was in one but no idea why she was. Then later in the day (13.00) I am reading up on the Orchid proving and find myself thinking of the same friend again.

P1225 06:00 NS

Wake having slept through the night, which never normally happens at Hawkwood. I feel good despite drinking red wine last night.

P1325 03.00 NS

Interrupted, needing to get up and pee but cannot go through living room to get to bathroom. Feel like an intruder, don't belong. Isolated.

P5 25 xx:xx NS

Interrupted sleep.

P1326 05.00 RS

Interrupted, needing to get up and pee but cannot go through living room to get to bathroom. Feel like an intruder, don't belong. Isolated.

P1226 07:45 NS

Another great night sleep at Hawkwood. Unusual.

P1328 01.42 IOS

Can't sleep despite being exhausted Guest is still here. Still feeling like an intruder in my own house.

P1328 xx:xx NS

Sleeping on stomach in yoga half frog pose.

P1328 xx:xx NS

Lying on back with feet up the wall.

P1328 03.00 NS

Sleep non-existent.

P1328 23.00 NS

Not happening, very sensitive to noises outside room

P1329 08.00. NS

On front, frog style.

P1329 23.00 NS

No problem falling asleep. Cannot stay asleep beyond 01.42.

P1330 01.42 NS

Awake, restless, hot, stick feet out.

P1330 05.50 RS

Awake cannot return to sleep, but too tired to get up.

P1330 23.00 RS

Exhausted but can't sleep,

P1330 xx:xx RS

Restless, pain in leg and back, uncomfortable, hot.

P1331 05.35 RS

Woken after 4 hours sleep, Couldn't get back to sleep.

P1333 xx:xx RS

Not happening in cramped conditions, sensitive to noise - this is during a long haul flight from London to Melbourne Australia.

P1 35 xx:xx NS

I have noticed that each morning I wake up and I am halfway down the bed burrowed in somehow. My husband remarked on it a few weeks ago. It is quite strange and has continued. - This happened throughout the proving and I am still doing it.

P1 38 xx:xx

Couldn't sleep. Very fitful. Worried. Anxious.

P1341 xx:xx RS

Restless, hot, couldn't get comfortable.

P1 47 2.30 NS

Feel asleep but then about an hour later woke up and was awake all night. Very anxious. Got up made tea. Felt very tearful. - I've never had this pattern of disturbed sleep before. It has dominated the whole proving and caused immense difficulty for the past 2 months. I have been unable to be very logical and have had to really pull myself together to continue to work. On average I have only slept every other or every two nights. Usually from complete exhaustion.

P1348 xx:xx RS

Restless, hot, couldn't get comfortable.

P1 51 xx:xx NS

Another night of no sleep. I started sleeping but was awake within an hour. I got up and made some tea. Went outside which was beautiful. This felt very consoling. To be outside with everybody else asleep. All the humans asleep and me outside listening to the wind and watching the trees move. I smoked a couple of cigarettes. I was up for a few hours and did some tarot to see what the problem was. The central theme was politics. The solution was open heartedness, adventure, trust and the final card was sorrow. I had been crying but not sure why. The sorrow card explained that sorrow was not about having to feel pain but about being alert. That this was something that was helpful. It felt comforting. I was then ready to go back to bed. - Being outside has been really helpful all the time this month.

P1352 23.50 RS

Deep, long, no interruptions and no hot flushes.

Perspiration

P1024 12:30 NS

Really strong body odour under armpits from perspiration.

Skin

P3 1 xx:xx NS

Feeling itchy, relieved by itching skin. realised I was feeling like this all week before the proving too.

P3 2 xx:xx NS

Itching back of left hand, between and behind, knuckles of index and middle fingers.

P3 3 7.3 NS

Noticed some red dots on my left bicep, as if I had been scratching hard and brought blood to surface.

P3 3 14.15 NS

Itched finger so much have got little blood dots come up.

P3 3 14.48 NS

Was itching forearm as a lady at work spilt her cup of tea all over herself.

P3 3 12.43 NS

Left arm itching.

P3 3 14.07 NS

Left ring finger itching.

P3 3 6.49 NS

Left back of hand near knuckle of ring finger itching.

P3 3 11.44 NS

After washing hands had to take wedding ring off as ring finger (left hand only) really itchy under ring all way to knuckle.

P3 4 10.42 RS

Left back of hand, between first two knuckles to wrist is itching.

P3 4 11.4 RS

Itching left arm.

P3 4 13.16 RS

Itching on top of ring finger again.

P3 4 14.46 -

Colleague said to me she's feeling really itchy.

P3 4 10.15 RS

Itching under my wedding ring.

P3 4 13.05 RS

Itching under wedding ring again.

P3 4 16.15 RS

Itching under wedding ring, yet again!

P4 4 xx:xx NS

I got about 5-8 acne spots on my chest with white tips

P3 5 8.57 RS

Right hand ring finger itching.

P136 22.00.00 NS

Rash, under breast, RHS, red, angry, slightly uncomfortable. Not itchy, sweaty, Clammy sweat (lasting 41 days).

P3 6 10.25 RS

Left bicep itching

P4 6 xx:xx NS

3 spots came up just below my chest where my tummy is. They are close to each other and it looks like I got bitten by some insect but there is no insects in my house this time of the year

P3 7 9.33 RS

Top of right foot is itching.

P4 7 xx:xx NS

One painful spot came out on the side of my chin. Looks like acne and is painful when you touch it.

P139 10.30.00 IOS

Rash, under breast, RHS, red, angry, very uncomfortable, raised edge, scaly feel, patchy in middle, slight bluish area, damp, yeasty smell.

P1311 xx:xx NS

Rash, under breast, RHS, red, angry, slightly uncomfortable. Drier than previously bluish in middle, raised red edge,

P3 11 14.54 RS

Left ring finger itching.

P1312 xx:xx RS

Rash under both breasts, red, angry, mottled, no pain.

P3 12 13.17 RS

Itching all around left ring finger under wedding ring.

P5 14 9:00-22:00 NS

Acne – I noticed two-three acne around the corners of my lips since the proving started. Acne were red, not much raised.

P5 14 9:00-22:00 NS

Red patch on the right knee - I noticed a reddish patch of approx 2 cm in diameter on my right knee. It is itching. Of note, since the proving started, it seems that my skin got more itchy.

P4 19 0.9375

My psoriasis got worse behind the ears especially my right ear. It usually used to be worse on the left ear.

P1326 xx:xx RS

Rash, breasts, evident, dark red, not itchy, not raised.

P5 26 9:00-22:00 NS

Itch - Mainly since the second week of proving started, my skin around diaphragm and just below the breasts is itching. The itch was very strong and persistent during the second week of proving, but has reduced its intensity since then. Very annoying symptom.

P1331 xx:xx IRS

Rash under breasts, red, raw, sweaty, yeasty - possibly agg by alcohol.

P5 31 9:00-22:00 NS

Small, dry, red patches on my hands - I noticed a reddish patch of approx 5 mm in diameter dry patches on my hands. They are not itching.

P5 31 9:00-22:00 NS

Oily hair - My hair is usually normal to oily. I believe since the proving started it became slightly less oily.

P3 33 10.19 NS

Dry skin under wedding ring, never ever had this before. I rubbed it and it all came off leaving no mark.

P1347 xx:xx RS

Rash under breasts, exposure to sun and salt water seems to help, rash has nearly gone.

P1349 xx:xx RS

Rash under breasts returned. Probably caused by the alcohol drunk at birthday celebrations.

Generals

P100 00:15 NS

Legs seem asymmetrical on opening the eyes after meditation

P100 00:15 NS

Twitching here and there

P120 19:20 OS

Light, 'high' sensation in whole body, like if smoking cannabis.

P121 15:30 NS

Clumsiness- knocked key onto floor.

P121 15:35 NS

Clumsiness- knocked tea over.

P121 14:00 NS

Feeling connected with nature, loving bring out in the wind.

P121 16:01 NS

Wave of energy coming up through body. Need to take deep breaths. Like coming up on ecstasy.

P121 10:30 OS

Overwhelming desire for fresh air.

P121 15:00 NS

Drop in energy levels.

P5 1 9:00-24:00NS

Warm.

P1 2 xx:xx NS

Checked out a chestnut tree as I'd seen some Nepalese women gathering them. Watched by squirrels.

P122 07:12 NS

Ascending energy, in waves.

P132 xx:xx NS

Feel heavy.

P132 xx:xx IOS

Tired.

P132 throughout day IOS

Needed to get outside whether raining or not, feeling ameliorated by the wind and rain. No coat, not cold.

P4 2 xx:xx RS

Exhaustion to the point I fell asleep in my clothes.

P5 2 9:00-16:00 OS

Chilliness.

P5 2 xx:xx NS

Lavender rubbing - I took some lavender from Hawkwood garden and was rubbing on my skin around wrists and neck. I do this with lavender oil from time to time, but for the first time at Hawkwood.

P5 2 9:00-16:00 NS

Stretching - I made a couple of stretches during the class. I usually don't do this. While sitting in the chair, I was stretching my arms and thoracic part of the body.

P7 2 xx:xx NS

Just realised, talking about sea remedies in a lecture, that I have had fish 5 nights in a row now which is quite unusual! (Tue, Wed, Thu, Fri, Sat) and I would probably eat it again tonight too. Doesn't feel like a craving per se - just something I fancy, as a nice light, fresh, healthy, tasty option. Ten minutes later, my friend messaged to invite for supper this evening, and is cooking fish. So I will now have fish 6 nights in a row.

P1 3 xx:xx NS

Major incident with fire engulfing store. Then all water cut off at work. Also some incident at a local car park. Few details known but all emergency services were there including helicopters. All staff and students evacuated from work.

P124 10:45 NS

Very tired, sleepy after reading.

P124 13:45 NS

Sleepy after reading, fell asleep in staff room at work. No headache from having no coffee today. Unusual.

P2 4 ns 10

I feel shaky, my hands are visibly shaking. Inside my body feels shaky.

P5 4 9:00-22:00 OS

Exhaustion.

P135 xx:xx IOS

Energy levels very low.

P135 xx:xx OS

Slept most of the day or watched mindless TV.

P135 xx:xx IOS

Throwing duvet off as felt very hot and 5 minutes after pulling it back on.

P135 7.00 OS

Hot flushes during sleep.

P135 xx:xx NS

Energy levels up a bit. Mentally much more alert, physically not so much.

P4 5 xx:xx NS

I carry on cleaning the house and cooking food with my calmness.

P4 5 xx:xx NS

I feel energised and only now finished cleaning my kitchen and living room and decide to go to bed.

P4 5 xx:xx NS

Very exhausted cant even get up to fill my diary and fall asleep with the kids.

P4 5 xx:xx NS

I call a family meeting to discuss how everyone can contribute to make the house clean.

P9 5 xx:xx OS

Feel hot and there is a background light fever.

P116 08:15 NS

Feeling very exhausted, I usually feel exhausted after returning from school but this time it's intense - eyelids heavy, body weighted, feeling like I just want to sleep

P116 08:15 NS

My knees, ankles and arms are experiencing tension like an arthritic type pain where it's difficult to move. Even after I did some yoga this morning, although it helped, the tightness is still there.

P2 6 07.20 NS

Feel a little slower getting started today.

P4 6 xx:xx NS

I drop a pot with nutritional yeast and that goes all over the bob and my kitchen worktops.

P4 6 xx:xx NS

I woke up not feeling very rested. I had along sleep but doesn't feel it was deep or relaxing.

P9 6 18:xx OS

Very tired.

P117 NS

Exhausted feeling most of the day / better for fresh air.

P2 7 rs xxx

Body feels exhausted I am able to motivate myself mentally to keep going.

P7 7 xx:xx NS

A raw carrot tasted really acidic. Tongue burning sensation, like its covered in chemicals? Slight sore throat again.

P118 20:00 NS

Exhausted feeling in the morning / better for fresh air

P128 17:00 NS

Tired, want to have a bath. Lots of desires for a bath at the moment. Before couldn't be bothered, preferred quick shower. Want to relax in the bath. Love it.

P7 8 xx:xx NS

Things taste smoky tonight. Tofu. And wine. The tofu I buy is available smoked, but not this one. Perhaps it is in the wrong pack. But the wine tastes a bit smokey too.

P129 12:00 NS

Loads of energy, clean house then decide to clean windows, clean and rearrange bookshelves. I'm active from 11 til 5pm. Feel really good.

P3 9 0.23 RS

Feeling hot and then cold.

P1312 ns

Energy levels high (for me) able to concentrate, have been busy all day.

P1313 xx:xx RS

Appetite diminished, but energy levels up, no cravings.

P1314 14.00 NS

Food, no desire, didn't eat until after 2pm.

P4 14 xx:xx NS

I manage to put all the kids to sleep and I fall as sleep as I am very tired.

P1015 15:16 IOS

So very tired, feeling quite dead inside, just want to go home, lie down and read a book, have had this before during autumn season, but not with this intensity

P1315 19.30 NS

Took 2 paracetamol as knee aggravated by working in the cold.

P4 15 xx:xx NS

I put kids to bed and feel very tired

P1016 16:11 RS

Beginning to feel much better from a few hours in the fresh air and some sunshine, mood is brighter and more energy,

P1016 06:30 IOS

I don't want to get up. I wish I could lie here all day and sleep and read, alone. Hands are heavy. I feel very old and tired. I feel lonely, but I am not. Getting up now, want to give kids a kiss and then need to work

P1216 10:00 NS

Someone is biting their nails next to me. I feel disgusted and almost sick. I have never felt this before. It also happened yesterday with a different person. I want to tell him to stop but we are in a meeting.

P1217 13:15 NS

I notice nail-biting again, and again feel disgusted and almost sick.

P1317 xx:xx RS

Appetite diminished, but energy levels up, no cravings.

P9 18 xx:xx AS

Extremely chilly. Struggling to get warm. Feeling tired and weak.

P5 19 9:00-22:00 OS

Exhaustion

P5 20 9:00-22:00 OS

Exhaustion

P9 20 xx:xx OS

Chilly before going to bed and can't get warm. Then wake overheated.

P1221 19:00 NS

Desire to smoke. I am enjoying smoking hash very much at the moment.

P1223 21:00 NS

I want to drink alcohol a lot at the moment. I make myself a new drink with what we have and I have already had 2 glasses of wine. I would normally worry that I will feel bad in the morning for work, but I feel no worry about that.

P1323 10.08 NS

Given up all sugar, no desire for.

P1323 xx:xx RS

Tired, generally but keep moving. More guests arriving so house has to be sorted. Can't stop with that. Do everything except my bedroom. - feelings of frustration, tiredness, being invaded. Not having any personal time or space.

P1224 07:00 NS

I wake feeling fine despite drinking tequila.

P1224 08:30 NS

Feel a bit worse for wear after little sleep, but still much better than I would used to have felt. I leave to drive to Stroud, feeling happy.

P1326 xx:xx NS

Haven't eaten gluten, grains, dairy, soy, for nearly 2 weeks. Lost some weight, Remaining mildly optimistic

P1227 18:00 RS

Desire for beer. I call my ex husband who is coming round to see our daughter and ask him to buy beer. I am drinking every day at the moment. This is unusual, I would normally drink roughly 3 times a week. I know it is not good but again, I feel blasé about it, like it's a phase and will pass so I am indulging it. Like the smoking. I talk with my ex about money and he hands me £900 in cash! He needs it back in January he says. Amazing!

P5 28 9:00-22:00 NS

Reduced craving for chocolate - I usually crave chocolate just before my period or on the first day of my period. With this proving, I've noticed that the chocolate craving is reduced.

P5 28 9:00-22:00 NS

Reduced craving for coffee - I usually have a cup of coffee in the morning (1/3 coffee, 2/3 milk) which gives me the boost for the day. However, since the proving started, I didn't feel I need this cup for the day, although I wasn't bursting with energy.

P5 28 9:00-22:00 NS

Craving for milk in the evening - I've noticed that since the proving started I was drinking more milk than usual. I would have some milk with my coffee in the morning (1/3 coffee, 2/3 milk). In the evening, when I come home from work, I would make myself a cup of cacao drink (1/3 cacao powder mixed with a bit of hot chocolate, 2/3 milk). I found this drink very calming.

P1329 21:00 NS

Able to carry very heavy bag up 3 flights of stairs, usually I struggle with this.

P1030 18:15 RS

Sudden tiredness, want to lie down and sleep.

P1031 10:00 RS

Very tired, going back to sleep.

P5 31 9:00-22:00 NS

Good communication in the relationship

P1 31 08:00 NS

I felt so good all day. So much energy and able to get things done. I felt that the weekend gave me an extra boost.

P1232 17:00 NS

I still can't stop myself from having a beer or a gin and tonic, a new drink for me. I am still drinking every day.

P3 32 14.03 RS

I could go to sleep right now I'm so tired.

P3 32 13.50 RS

Been feeling so tired in fact exhausted these past few days, though its physical it feels more due to being emotionally drained.

P5 34 9:00-22:00 OS
Exhaustion

P1 35 xx:xx IOS
Feeling quite agoraphobic. Want to stay in one spot inside. Weird! Got to force myself to move.
Otherwise would hibernate in bed all day and not feel bad at all about it!

P1035 05:30 OS
Woke up too early feeling awful, pains everywhere, head feverish, cramping stomach, etc., like full-on flu....went back to bed.

P1335 xx:xx RS
Trying to readjust body to time zone. Tired, needed sleep.

P1036 08:30 RS
Feeling much better, heat and pain gone, feeling weak and dizzy, better for resting in bed.

P1336 xx:xx RS
Body feels tired and heavy.

P1336 13:30 RS
Wedged into the back of a small car for 12 hours. Can't move while in there, feel like I need to be unwedged with a crow bar. Amazingly calm about it. Fell quite secure and safe if not exactly comfortable.

P1336 03:30 RS
Relief at finally being released from the back seat of the car.

P1237 18:30 NS
I open a bottle of red wine but pour the glass back into the bottle as I don't like it. That is very strange for me - I have a beer instead and enjoy that.

P1337 xx:xx RS
slept on and off all day. Feeling exhausted

P1338 xx:xx RS
Slept most of day, feeling better in afternoon.

P4 40 xx:xx NS
I just get home and straight to bed. I stay in bed till the next morning. Once I get up to go to the toilet I feel dizzy. too dizzy to walk too much.

P4 40 xx:xx NS
I arrive with the kids to the soft play and it is so cold there that I can not stop shaking. I am dressed not very warm and I feel incredibly cold. I am shaking so badly that I can hardly hold the cup of tea in my hand.

P1043 15:50 NS

I am still very smelly from under my armpits!

P1344 xx:xx RS

Energy levels low.

P7 47 xx:xx NS

Bite itching often incl right now.

P7 47 xx:xx NS

Woke 0425 too warm and need pee. I'm away for the Weeknd in a B&B. I'm too hot - this house is warm and duvet synthetic and too warm.

P1351 17.30 RS

Hot, sweaty, in need of a swim.

P1 53 17:00 NS

Realise that I have not really been into coffee for the last two months. I have instead been very keen on alcohol and cigarettes although they don't necessarily feel so good for me. They affect my levels of anxiety. I hadn't smoked for at least 2 years but this proving brought that need to the fore again. I'm hoping to stop again as easily as I started!

P1 55 22:49 CS

My back ache that had been fairly constant and nagging has disappeared. This is wonderful and feels like a huge improvement. What a gift! Overall this has really made a difference to my life. I feel much calmer now. I feel like the journey has been worth it despite being quite a rollercoaster.

P2 xx:xx xx:xx

Able to do physical work without any ill effects consistently.

P2 xx:xx xx:xx

Consistent energy, able to complete all tasks asked of me, in my own time - I just keep going like a Duracell battery although not with the speed. once the time constraint of moving out of rental house had been removed, I just kept going quite happily. up at 6.00 went to work returned home, painted etc as long as I was on my own I was happy to keep going. this is unusual for my normal pace of life, I think nothing of having a nap in the afternoon or on a Sunday if I'm feeling tired, I am generally quite a slow person, getting my jobs done but not rushed. I eat the slowest in my family (until I had my son, he eats even slower than I do) its a family/friend joke.

P2 xx:xx xx:xx

Want to be quiet, not share personal details with family/ close friends - I am not generally a sharer of personal thoughts/ feelings, usually I am more interested in others, how they are if they need my help. maybe because I had a lot going on, I was even less inclined to share personal stuff, including speaking to supervisor.

P2 xx:xx xx:xx

Time constraints caused problems- stressed my mind, tears. want own company. snappy at others.

Food desires / aversions

P4 0 xx:xx NS

Desire for chocolate (I am not in to sweet things usually).

P9 0 7:30 NS

At restaurant chose to eat seafood.

P121 08:30 NS

Less desire for coffee than usual.

P3 1 20.26 NS

Can't stop thinking about food, want more to eat and craving sweet foods which I don't normally eat very much of at all.

P4 1 xx:xx NS

Craving for sweets.

P9 1 19:xx NS

Ate seafood takeaway.

P3 2 xx:xx NS

Craving sugar and sweet foods which I don't usually eat very much of.

P4 2 xx:xx NS

Craving sweets.

P124 07:30 NS

No desire for coffee.

P125 07:30 NS

No desire for coffee again, have tea.

P125 11:15 NS

No desire for coffee again, have it but not bothered. No real effect.

P7 8 xx:xx NS

Things taste smoky tonight. Tofu. And wine. The tofu I buy is available smoked, but not this one. Perhaps it is in the wrong pack. But the wine tastes a bit smokey too.

P6 11 5.30pm NS

Hungry all day today, and a craving for coffee, I could have drunk about 5 cups which is unusual for me. Hungry for green vegetables and chocolate.

P1016 16:18:00 OS

Suddenly craving carbs, which I normally have very little off, because it causes me joint aches - eating a lot of bread for dinner, very unusual now, stopped eating gluten over 5yrs ago.

P1028 28:10:00 IOS

Keep drinking lots of coffee to avoid getting a headache, which I can constantly feel is coming on on the right side.

P5 28 9:00-22:00 NS

Reduced craving for chocolate - I usually crave chocolate just before my period or on the first day of my period. With this proving, I've noticed that the chocolate craving is reduced.

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Craving for milk in the evening - I've noticed that since the proving started I was drinking more milk than usual. I would have some milk with my coffee in the morning (1/3 coffee, 2/3 milk). In the evening, when I come home from work, I would make myself a cup of cacao drink (1/3 cacao powder mixed with a bit of hot chocolate, 2/3 milk). I found this drink very calming.

P1237 18:30 NS

I open a bottle of red wine but pour the glass back into the bottle as I don't like it. That is very strange for me - I have a beer instead and enjoy that.

P3 38 22.24 RS

Still crave fish every few days. And had my nails done tonight, the nail technician asked what I wanted and I said whatever you think, she did blue teal "Mermaid Nails" with pictures of a seahorse and shells and waves and fish scales on.

P3 38 13.32 NS

My appetite has been very very small, alternating with sweet cravings.

P3 48 22.3 NS

Not caring as much about my nutrition as much as I usually do.

Repertory additions (to existing symptoms in Synthesis)

MIND - ABRUPT
MIND - ABSTRACTION OF MIND
MIND - ACCEPTANCE
MIND - ACCIDENT-PRONE
MIND - ACCIDENT-PRONE - car
MIND - ACTIVITY - desires activity
MIND - ADDICTED; TENDENCY TO BECOME
MIND - AGILITY, MENTAL
MIND - AILMENTS FROM - anxiety
MIND - AILMENTS FROM - discords
MIND - AILMENTS FROM - domination
MIND - AILMENTS FROM - fear
MIND - AILMENTS FROM - fright
MIND - AILMENTS FROM - mental shock; from
MIND - AILMENTS FROM - mortification
MIND - AILMENTS FROM - reproaches
MIND - AILMENTS FROM - rudeness of others
MIND - AIR; IN OPEN - amel.
MIND - AIR; IN OPEN - desire
MIND - ALCOHOLISM
MIND - ALERT - waking; on
MIND - AMOROUS
MIND - ANGER
MIND - ANGER - beside oneself; being
MIND - ANIMAL CONSCIOUSNESS
MIND - ANXIETY - beside oneself from anxiety; being
MIND - ANXIETY - conscience; anxiety of
MIND - AWKWARD - drops things
MIND - AWKWARD - strikes against things
MIND - BATHING - desire to bathe
MIND - BED - remain in bed; desire to
MIND - CARING
MIND - CHANGE - desire for - life; in
MIND - CHEERFUL - morning
MIND - CLARITY OF MIND
MIND - COLORS - red - desire for
MIND - COMPANY - aversion to - desire for solitude
MIND - COMPANY - aversion to - sight of people; avoids the
MIND - CONCENTRATION - active
MIND - CONCENTRATION - difficult
MIND - CONFIDENCE - want of self-confidence - self-depreciation

MIND - CONFIDENCE - want of self-confidence - support; desires - family and friends; from

MIND - CONFIDENT

MIND - CONFUSION OF MIND

MIND - CONFUSION OF MIND - concentrate the mind, on attempting to

MIND - CONFUSION OF MIND - feelings; about one's

MIND - CONFUSION OF MIND - identity, as to his

MIND - CONFUSION OF MIND - identity, as to his - boundaries; and personal

MIND - CONFUSION OF MIND - identity, as to his - own, as if not his

MIND - CONFUSION OF MIND - intoxicated - as if

MIND - CONFUSION OF MIND - unfocused, fuzzy

MIND - CONFUSION OF MIND - waking, on

MIND - CONTENT

MIND - COURAGEOUS

MIND - DANGER - lack of reaction to danger

MIND - DELUSIONS - above it all, she is

MIND - DELUSIONS - alone, being - always alone; she is

MIND - DELUSIONS - appreciated, she is not

MIND - DELUSIONS - attacked; being

MIND - DELUSIONS - bubble - surrounded by; she is

MIND - DELUSIONS - body - out of the body

MIND - DELUSIONS - clear, everything is too

MIND - DELUSIONS - criticized, she is

MIND - DELUSIONS - danger, impression of

MIND - DELUSIONS - dark

MIND - DELUSIONS - division between himself and others

MIND - DELUSIONS - floating

MIND - DELUSIONS - fog

MIND - DELUSIONS - fog - wet mist hanging over everything

MIND - DELUSIONS - forsaken; is

MIND - DELUSIONS - glass - behind a glass; as if

MIND - DELUSIONS - influence; one is under a powerful

MIND - DELUSIONS - invisible; she is

MIND - DELUSIONS - light = low weight - - is light; he

MIND - DELUSIONS - neglected - duty; he has neglected his

MIND - DELUSIONS - old - feels old

MIND - DELUSIONS - outsider; being an

MIND - DELUSIONS - possessed; being

MIND - DELUSIONS - possessed; being - evil forces; by

MIND - DELUSIONS - separated - world; from the - he is separated

MIND - DELUSIONS - specters, ghosts, spirits

MIND - DELUSIONS - superhuman; is - control; is under superhuman

MIND - DELUSIONS - trapped; he is

MIND - DELUSIONS - victim; she is a

MIND - DELUSIONS - world - she has her own little
MIND - DESIRES - nothing; desires
MIND - DESPAIR
MIND - DETACHED
MIND - DISGUST
MIND - DISGUST - oneself
MIND - DRINKING - more than she should
MIND - DRIVING - desire for driving - fast
MIND - DRUGS - taken drugs; as if one had
MIND - DRUGS - taken drugs; as if one had - marijuana
MIND - DULLNESS
MIND - DULLNESS - eating, after - amel.
MIND - EFFICIENT, ORGANIZED
MIND - EMOTIONS - strong; too
MIND - ENNUI
MIND - ENNUI - laziness; with
MIND - ESTRANGED
MIND - ESTRANGED - cut-off; feels
MIND - EXERTION - physical - amel.
MIND - FEAR
MIND - FEAR - attacked; fear of being
MIND - FEAR - going out, of
MIND - FEAR - insanity
MIND - FEAR - reproaches; of
MIND - FIGHT, WANTS TO - helpless people; for
MIND - FORSAKEN FEELING
MIND - FORSAKEN FEELING - beloved by his parents, wife, friends; feeling of not being
MIND - FORSAKEN FEELING - isolation; sensation of
MIND - GOING OUT; AVERSION TO
MIND - HATRED - revengeful; hatred and
MIND - HEEDLESS
MIND - HELPLESSNESS; FEELING OF
MIND - HELPLESSNESS; FEELING OF - emotional level; on
MIND - HOME - desires to go
MIND - HORRIBLE THINGS, SAD STORIES AFFECT HER PROFOUNDLY
MIND - HUMILIATED; FEELING
MIND - HURRY
MIND - IMPATIENCE
MIND - IMPATIENCE - slowly; everything goes too
MIND - IMPERVIOUS
MIND - IMPRESSIONABLE
MIND - INACTIVITY
MIND - INACTIVITY - unmotivated; and

MIND - INDIFFERENCE

MIND - INDIFFERENCE - conscience, to the dictates of

MIND - INDIFFERENCE - desire, nor action of the will; has no

MIND - INDIFFERENCE - duties; to - domestic, to

MIND - INDIFFERENCE - everything, to

MIND - INDIFFERENCE - feel almost nothing, seems to

MIND - INDIFFERENCE - surroundings, to the

MIND - INDUSTRIOUS

MIND - INJUSTICE, CANNOT SUPPORT

MIND - INSECURITY; MENTAL - hiding it; but is

MIND - INSIGHTFUL

MIND - INTOLERANCE

MIND - INTROSPECTION

MIND - INTUITIVE

MIND - INVOLVEMENT - reduced

MIND - IRRITABILITY

MIND - IRRITABILITY - loved ones, to

MIND - LAZINESS

MIND - LAZINESS - postponing the work

MIND - LOATHING - oneself

MIND - LOOKED AT; TO BE - cannot bear to be looked at

MIND - LOOKED AT; TO BE - evading the look of other persons

MIND - LOVE - exalted love

MIND - LOVE - exalted love - family; for her

MIND - LOVE - family; for

MIND - LOVE - openness; and

MIND - MILDNESS - masking violence

MIND - MISTAKES; MAKING - speaking, in

MIND - MONOMANIA

MIND - NATURE - loves

MIND - OBSERVER - being an

MIND - OBSERVER - being an - oneself; of

MIND - OCCUPATION - amel.

MIND - ORIENTATION; SENSE OF - decreased

MIND - PEACE - heavenly peace; sensation of

MIND - POSITIVENESS

MIND - POSTPONING EVERYTHING TO NEXT DAY

MIND - PROSTRATION OF MIND

MIND - QUARRELLING - aversion to

MIND - QUARRELSOME

MIND - QUIET DISPOSITION

MIND - RESERVED

MIND - RESPONSIBILITY - taking responsibility too seriously

MIND - RESTLESSNESS
MIND - SADNESS - alone - when
MIND - SADNESS - overwhelming
MIND - SECRETIVE
MIND - SELF-INDULGENT
MIND - SENSES - acute
MIND - SENSITIVE
MIND - SENSITIVE - cruelties, when hearing of
MIND - SENSITIVE - noise, to
MIND - SENSITIVE - noise, to - voices, to
MIND - SENSITIVE - pain, to - emotional - others; of
MIND - SHRIEKING - anger, in
MIND - SHRIEKING - rage; during
MIND - SHRIEKING - waking - on
MIND - SIGHING
MIND - SLOWNESS
MIND - SNAPPISH
MIND - SPACED-OUT FEELING - fog between self and other; sensation as if
MIND - SPEECH - loud
MIND - STUPEFACTION - debauchery; as after
MIND - SUSPICIOUS
MIND - SYMPATHETIC
MIND - TACITURN
MIND - THOUGHTS - intrude and crowd around each other
MIND - THOUGHTS - rush
MIND - TIME - slowly, appears longer; passes too
MIND - TIMIDITY
MIND - TRANQUILLITY
MIND - TRANQUILLITY - settled, centred and grounded
MIND - UNGRATEFUL
MIND - UNIFICATION - desire for
MIND - UNSYMPATHETIC
MIND - VIOLENCE - aversion to
MIND - WEEPING
MIND - WEEPING - amel.
MIND - WEEPING - humiliation; after
MIND - WEEPING - joy, from
MIND - WEEPING - sobbing; weeping with
MIND - WEEPING - suddenly
MIND - WEEPING - waking, on
MIND - WILL - loss of will power
MIND - YAWNING
VERTIGO - VERTIGO

VERTIGO - ACCOMPANIED BY - Head - heaviness in head

VERTIGO - AIR; IN OPEN - amel.

VERTIGO - EATING - after - amel.

VERTIGO - FLOATING, AS IF

VERTIGO - INTOXICATED; AS IF

VERTIGO - NAUSEA - with

VERTIGO - TURNED ABOUT; AS IF BED

HEAD - CONFUSION IN HEAD

HEAD - CONSTRICTION - band or hoop

HEAD - CONSTRICTION - hat - tight hat; as from a

HEAD - CONSTRICTION - pressure - amel.

HEAD - CONSTRICTION - Temples

HEAD - FULLNESS - burst, as if would

HEAD - HAIR - dryness

HEAD - HAIR - falling

HEAD - HAIR - falling - handfuls, in

HEAD - HAT - sensation of a hat

HEAD - HEAT

HEAD - HEAVINESS

HEAD - HEAVINESS - air; in open - amel.

HEAD - INTOXICATION - as from

HEAD - ITCHING OF SCALP

HEAD - LIGHTNESS; SENSATION OF

HEAD - LIGHTNESS; SENSATION OF - lying down - amel.

HEAD - MOTIONS OF HEAD - sideways

HEAD - PAIN - daytime

HEAD - PAIN - morning - waking - on

HEAD - PAIN - afternoon

HEAD - PAIN - bursting pain

HEAD - PAIN - heat - before

HEAD - PAIN - perspiration - after - agg.

HEAD - PAIN - pressing pain

HEAD - PAIN - pressing pain - band; as from a

HEAD - PAIN - pressing pain - outward

HEAD - PAIN - pressure - amel. - pressing

HEAD - PAIN - smarting

HEAD - PAIN - stool - after - amel.

HEAD - PAIN - sudden

HEAD - PAIN - urination - after - amel.

HEAD - PAIN - waking - on

HEAD - PAIN - extending to - Whole head; over

HEAD - PAIN - Forehead - left - pressing pain

HEAD - PAIN - Forehead - burning

HEAD - PAIN - Forehead - extending to - Backward
HEAD - PAIN - Forehead - extending to - Occiput
HEAD - PAIN - Forehead - Eyebrows; above
HEAD - PAIN - Forehead - Eyes - Above - right
HEAD - PAIN - Forehead - Eyes - Above - left
HEAD - PAIN - Forehead - Eyes - Above - cutting pain
HEAD - PAIN - Forehead - Eyes - Between
HEAD - PAIN - Forehead - Eyes - Between - pressing pain
HEAD - PAIN - Sides - left
HEAD - PAIN - Temples - left - pulsating pain
HEAD - PAIN - Temples - daytime
HEAD - PAIN - Temples - pressing pain
HEAD - PAIN - Temples - pulsating pain
HEAD - TURNING AND TWISTING SENSATION
EYE - AGGLUTINATED - waking; on
EYE - AIR; IN OPEN - amel.
EYE - COLD - applications - amel.
EYE - DISCOLORATION - red
EYE - DISCOLORATION - red - right
EYE - DRYNESS
EYE - DRYNESS - sensation of
EYE - ECCHYMOSIS
EYE - HEAVINESS
EYE - ITCHING
EYE - LACHRYMATION
EYE - LACHRYMATION - right
EYE - PAIN - morning - burning
EYE - PAIN - morning - waking - on
EYE - PAIN - aching
EYE - PAIN - bathing the eyes - agg. - burning
EYE - PAIN - burning
EYE - PAIN - cold - applications - amel.
EYE - PAIN - cutting pain
EYE - PAIN - foreign body; as from a
EYE - PAIN - foreign body; as from a - grains; as from little
EYE - PAIN - foreign body; as from a - penetrating the eye
EYE - PAIN - sand; as from
EYE - PAIN - scratching pain
EYE - PAIN - sore
EYE - PAIN - winking
EYE - PAIN - Lids - Upper - right - pulsating pain
EYE - PAIN - Lids - Upper - cutting pain
EYE - PHOTOPHOBIA

EYE - PHOTOPHOBIA - light; from - artificial light - agg.
EYE - STYES
EYE - STYES - right eye
EYE - STYES - Lid - Upper
EYE - STYES - Lid - Upper - right
EYE - SWELLING
EYE - SWELLING - sensation of
EYE - TENSION
EYE - TIRED SENSATION
VISION - BLURRED
VISION - COLORS BEFORE THE EYES - white
VISION - COLORS BEFORE THE EYES - white - lines
VISION - DIM - left
VISION - FOGGY
EAR - EQUALIZING OF PRESSURE IS DIFFICULT
EAR - ERUPTIONS - Behind the ears
EAR - ERUPTIONS - Behind the ears - right
EAR - ITCHING - Meatus
EAR - PAIN - right - pulsating pain
EAR - PAIN - left - cutting pain
EAR - PAIN - left - lancinating
EAR - PAIN - cutting pain
EAR - PAIN - lancinating
EAR - PAIN - paroxysmal
EAR - PAIN - pulsating pain
EAR - PULSATION - left
EAR - WARM - applications - amel.
EAR - WAX - increased
EAR - WAX - red - dark red
HEARING - ACUTE - voices and talking
HEARING - ACUTE - voices and talking - her own - loud; seems very
NOSE - CATARRH - watery
NOSE - CATARRH - Postnasal
NOSE - DISCHARGE - cold
NOSE - DISCHARGE - copious
NOSE - DISCHARGE - hard, dry
NOSE - DISCHARGE - thick - Posterior nares; from
NOSE - DISCHARGE - watery
NOSE - ITCHING - Tip
NOSE - OBSTRUCTION
NOSE - OBSTRUCTION - blowing - amel.
NOSE - ODORS; IMAGINARY AND REAL - cabbage, of
NOSE - ODORS; IMAGINARY AND REAL - offensive

NOSE - RUBBING - amel.
NOSE - SMELL - acute - unpleasant odors
NOSE - SNEEZING
NOSE - TINGLING - Inside
FACE - COMPLAINTS OF FACE - Maxillary sinuses
FACE - CRACKED - Lips - Lower
FACE - DRYNESS - Lips - Lower
FACE - DRYNESS - Lips - Upper
FACE - ERUPTIONS - acne
FACE - ERUPTIONS - acne - painful
FACE - ERUPTIONS - acne - Chin
FACE - ERUPTIONS - boils - Nose
FACE - ERUPTIONS - pimples - Nose - Septum
FACE - ERUPTIONS - Mouth - Corners of
FACE - ERUPTIONS - Nose - Septum
FACE - ERUPTIONS - Nose - Wings, on
FACE - ERUPTIONS - Nose - Wings, on - left
FACE - HEAT
FACE - ITCHING - Lips - Upper
FACE - OBSTRUCTION - Sinuses
FACE - PAIN - right - extending to - left
FACE - PAIN - blow; pain as from a
FACE - PAIN - pulsating pain
FACE - PAIN - Jaws - Joints - right
FACE - PAIN - Jaws - Lower - right
FACE - PAIN - Jaws - Lower - left
FACE - PAIN - Jaws - Lower - extending to - Temples
FACE - PAIN - Jaws - Upper
FACE - PAIN - Jaws - Upper - extending to - Temples
FACE - PAIN - Lips - burning
FACE - PAIN - Lips - Lower - sore
FACE - PAIN - Lips - Upper
FACE - PAIN - Lips - Upper - right
FACE - SWELLING - Submaxillary glands
FACE - SWELLING - Submaxillary glands - left
FACE - TENSION OF SKIN - Lips - Upper
FACE - TINGLING - Lips - Upper
FACE - TINGLING - Mouth - Above
MOUTH - ABSCESS - Gums; of
MOUTH - COLD AGG.; BECOMING
MOUTH - DRYNESS
MOUTH - MOTION - agg.
MOUTH - ODOR - offensive

MOUTH - PAIN - sore
MOUTH - PAIN - Gums
MOUTH - PAIN - Gums - pulsating
MOUTH - PAIN - Gums - sore
MOUTH - PAIN - Gums - ulcerative
MOUTH - PAIN - Gums - Lower - sore
MOUTH - PAIN - Tongue - sore
MOUTH - PAIN - Tongue - warm - drinks - agg.
MOUTH - PAIN - Tongue - Tip - sore
MOUTH - SALIVA - oily
MOUTH - SWELLING - Gums - Lower
MOUTH - TASTE - altered
MOUTH - TASTE - cabbage; like boiled
MOUTH - TASTE - metallic
MOUTH - TASTE - offensive
MOUTH - TASTE - smoky - food tastes
MOUTH - TENSION - Gums
MOUTH - ULCERS
MOUTH - ULCERS - painful
MOUTH - ULCERS - painful - sore, smarting
MOUTH - ULCERS - Gums - Lower
MOUTH - ULCERS - Lips; inner side of
MOUTH - ULCERS - Lips; inner side of - Lower
MOUTH - ULCERS - Tongue
MOUTH - ULCERS - Tongue - painful
TEETH - BRUSHING, CLEANING THE TEETH - agg.
TEETH - PAIN - left
TEETH - PAIN - pulsating pain
TEETH - PAIN - Lower teeth - left
TEETH - PAIN - Lower teeth - left - pulsating pain
TEETH - PAIN - Wisdom teeth - Lower - right
TEETH - SENSITIVE, TENDER
THROAT - DRYNESS
THROAT - DRYNESS - drinking - not amel.
THROAT - FOREIGN BODY; SENSATION OF A
THROAT - FOREIGN BODY; SENSATION OF A - swallowing - agg.
THROAT - HAWK; DISPOSITION TO
THROAT - ITCHING
THROAT - LUMP; SENSATION OF A
THROAT - LUMP; SENSATION OF A - left side
THROAT - LUMP; SENSATION OF A - swallowing - agg.
THROAT - MUCUS
THROAT - MUCUS - sensation of

THROAT - PAIN - scratching pain
THROAT - PAIN - sore
THROAT - PAIN - waking; on - sore
THROAT - SWALLOWING - difficult
THROAT - SWELLING - sensation of
EXTERNAL THROAT - HEAT
NECK - MOTION - agg.
NECK - STIFFNESS
STOMACH - APPETITE - diminished
STOMACH - APPETITE - increased
STOMACH - ERUCTATIONS - eating - after - agg.
STOMACH - ERUCTATIONS; TYPE OF - water brash
STOMACH - HICCOUGH
STOMACH - NAUSEA
STOMACH - THIRST
STOMACH - THIRST - extreme
STOMACH - THIRST - unquenchable
STOMACH - VOMITING - sensation of - eructation; during
ABDOMEN - BREATHING - deep - amel.
ABDOMEN - CONSTRICTION - Sides - left
ABDOMEN - DISTENSION
ABDOMEN - DISTENSION - painful
ABDOMEN - FLATULENCE - eating - after - agg.
ABDOMEN - FLATULENCE - flatus; passing - amel.
ABDOMEN - PAIN - burning
ABDOMEN - PAIN - cramping
ABDOMEN - PAIN - diarrhea; as from
ABDOMEN - PAIN - lying - agg.
ABDOMEN - PAIN - lying - agg. - cramping
ABDOMEN - PAIN - pressing pain
ABDOMEN - PAIN - pressure - agg.
ABDOMEN - PAIN - sitting - amel.
ABDOMEN - PAIN - sitting - amel. - cramping
ABDOMEN - PAIN - standing - agg.
ABDOMEN - PAIN - standing - agg. - cramping
ABDOMEN - PAIN - twisting pain
ABDOMEN - PAIN - violent
ABDOMEN - PAIN - Liver - Region of liver
ABDOMEN - PAIN - Sides - left - burning
ABDOMEN - RUMBLING
ABDOMEN - TENSION - Sides - left
RECTUM - CONSTIPATION
RECTUM - DIARRHEA

RECTUM - FLATUS - eating, after
RECTUM - FLATUS - loud
RECTUM - FLATUS - offensive
RECTUM - FLATUS - offensive - eating, after
RECTUM - FLATUS - offensive - eggs; spoiled
RECTUM - INACTIVITY OF RECTUM
RECTUM - URGING
STOOL - BALLS, LIKE - small
STOOL - BLOODY
STOOL - DARK
STOOL - FORCIBLE, SUDDEN, GUSHING
STOOL - HARD
STOOL - SOFT
BLADDER - URINATION - frequent
BLADDER - URINATION - frequent - evening
BLADDER - URINATION - frequent - hour - two hours; every
BLADDER - URINATION - involuntary - cough agg.; during
URINE - BLOODY
URINE - ODOR - strong
FEMALE GENITALIA/SEX - ITCHING - leukorrhea; from
FEMALE GENITALIA/SEX - LEUKORRHEA
FEMALE GENITALIA/SEX - MENSES - copious
FEMALE GENITALIA/SEX - MENSES - early; too
FEMALE GENITALIA/SEX - MENSES - exertion brings on the flow
FEMALE GENITALIA/SEX - MENSES - late, too
FEMALE GENITALIA/SEX - MENSES - return - ceased; after the regular menstrual cycle has
FEMALE GENITALIA/SEX - PAIN - Uterus and region
FEMALE GENITALIA/SEX - SEXUAL DESIRE - increased
RESPIRATION - DIFFICULT
COUGH - COUGH IN GENERAL
COUGH - CONSTANT
COUGH - CONSTANT - night
COUGH - DEEP
COUGH - DEEP-SOUNDING
COUGH - DRY - waking; on
COUGH - IRRITATION; FROM - Bronchi; in
COUGH - LOOSE
COUGH - MUCUS - Chest; in
COUGH - MUCUS - Throat; in
COUGH - PAROXYSMAL
COUGH - PAROXYSMAL - night
COUGH - TICKLING - waking; on
COUGH - TICKLING - Throat-pit; in

COUGH - VIOLENT - night
COUGH - VIOLENT - waking; on
EXPECTORATION - SWALLOW WHAT HAS BEEN LOOSENED; MUST
CHEST - CONSCIOUS OF HEART'S ACTION
CHEST - CONSTRICTION - Lungs
CHEST - ECCHYMOSES - spots
CHEST - ERUPTIONS - acne
CHEST - ERUPTIONS - desquamating
CHEST - ERUPTIONS - rash
CHEST - ERUPTIONS - rash - red
CHEST - ERUPTIONS - scaly
CHEST - ERUPTIONS - Mammae - rash
CHEST - ERUPTIONS - Mammae - Under
CHEST - HEAT
CHEST - HEAT - sensation of
CHEST - ITCHING - Mammae - Nipples
CHEST - PAIN - Clavicles - stitching pain
CHEST - PAIN - Mammae - left
CHEST - PAIN - Sternum - blow; pain as from a
CHEST - PAIN - Sternum - sore
CHEST - PALPITATION OF HEART - audible
CHEST - PERSPIRATION - Axillae - offensive
CHEST - PERSPIRATION - Mammae - Under
CHEST - TINGLING - Mammae in - left
BACK - CRACKING - Cervical region
BACK - PAIN - Lumbar region - constricting pain
BACK - PAIN - Lumbar region - cutting pain
BACK - PAIN - Lumbar region - motion - amel.
BACK - PAIN - Lumbar region - waking; on
BACK - PAIN - Lumbar region - warm - bathing - amel.
BACK - STIFFNESS
BACK - STIFFNESS - Cervical region - left
BACK - STIFFNESS - Cervical region - morning
BACK - STIFFNESS - Cervical region - extending to - Head
BACK - STIFFNESS - Cervical region - extending to - Occiput
BACK - STIFFNESS - Dorsal region - Scapulae - Between
BACK - STIFFNESS - Lumbar region
BACK - TENSION - Lumbar region
BACK - TIGHT FEELING
EXTREMITIES - CONSTRICTION - Fingers
EXTREMITIES - DRYNESS - Fingers
EXTREMITIES - DRYNESS - Hands
EXTREMITIES - ERUPTIONS - Hands - rash

EXTREMITIES - ERUPTIONS - Knees - rash
EXTREMITIES - ERUPTIONS - Thighs
EXTREMITIES - ERUPTIONS - Thighs - circinate
EXTREMITIES - ERUPTIONS - Thighs - itching
EXTREMITIES - ERUPTIONS - Upper arms
EXTREMITIES - FORMICATION - Legs - right
EXTREMITIES - FORMICATION - Legs - night
EXTREMITIES - HEAT
EXTREMITIES - HEAVINESS - Hands
EXTREMITIES - ITCHING - Feet
EXTREMITIES - ITCHING - Fingers
EXTREMITIES - ITCHING - Fingers - Fourth finger
EXTREMITIES - ITCHING - Hands - Back of hands
EXTREMITIES - ITCHING - Legs - insect bites; as of
EXTREMITIES - ITCHING - Upper arms
EXTREMITIES - MOTION - amel.
EXTREMITIES - MOTION - difficult
EXTREMITIES - NUMBNESS - Fingers - morning - waking; on
EXTREMITIES - NUMBNESS - Fingers - Fourth finger - left
EXTREMITIES - NUMBNESS - Hands - right
EXTREMITIES - NUMBNESS - Hands - left
EXTREMITIES - NUMBNESS - Hands - waking; on
EXTREMITIES - NUMBNESS - Toes - right
EXTREMITIES - PAIN - cold - applications - amel.
EXTREMITIES - PAIN - pressure - agg.
EXTREMITIES - PAIN - rheumatic
EXTREMITIES - PAIN - warm - applications - agg.
EXTREMITIES - PAIN - Feet - right - stitching pain
EXTREMITIES - PAIN - Feet - walking - agg.
EXTREMITIES - PAIN - Feet - Heels - right
EXTREMITIES - PAIN - Fingers - rheumatic
EXTREMITIES - PAIN - Fingers - Fourth - left
EXTREMITIES - PAIN - Fingers - Fourth - sore
EXTREMITIES - PAIN - Fingers - Fourth - stitching pain
EXTREMITIES - PAIN - Fingers - Third - stitching pain
EXTREMITIES - PAIN - Hips - right
EXTREMITIES - PAIN - Joints - rheumatic
EXTREMITIES - PAIN - Joints - waking - after - agg.
EXTREMITIES - PAIN - Knees - right
EXTREMITIES - PAIN - Knees - cutting pain
EXTREMITIES - PAIN - Legs - cutting pain
EXTREMITIES - PAIN - Lower limbs - morning - waking; on
EXTREMITIES - PAIN - Lower limbs - sprained; as if

EXTREMITIES - PAIN - Lower limbs - extending to - Toes; to tips of
 EXTREMITIES - PAIN - Thumbs - aching
 EXTREMITIES - PAIN - Wrists - right - aching
 EXTREMITIES - PAIN - Wrists - left
 EXTREMITIES - PAIN - Wrists - aching
 EXTREMITIES - PAIN - Wrists - burning
 EXTREMITIES - PAIN - Wrists - extending to - Thumb
 EXTREMITIES - STIFFNESS - Shoulders
 EXTREMITIES - SWELLING - Ankles - sensation of
 EXTREMITIES - SWELLING - Fingers - Fourth
 EXTREMITIES - TENSION - Shoulders
 EXTREMITIES - TINGLING - Fingers
 EXTREMITIES - TINGLING - Hands
 SLEEP - FALLING ASLEEP - difficult
 SLEEP - FALLING ASLEEP - difficult - waking agg.; after
 SLEEP - SLEEPINESS
 SLEEP - SLEEPLESSNESS
 SLEEP - SLEEPLESSNESS - anger; after
 SLEEP - SLEEPLESSNESS - anxiety, from
 SLEEP - SLEEPLESSNESS - cares; from
 SLEEP - SLEEPLESSNESS - cough, from
 SLEEP - SLEEPLESSNESS - heat - sensation of; from
 SLEEP - SLEEPLESSNESS - pain; from - Mouth
 SLEEP - SLEEPLESSNESS - thoughts - activity of thoughts; from
 SLEEP - SLEEPLESSNESS - waking agg.; after
 SLEEP - WAKING - cough, from
 SLEEP - WAKING - early; too
 SLEEP - WAKING - thirst, by
 SLEEP - WAKING - urinate; with desire to
 DREAMS - ABUSED SEXUALLY; BEING
 DREAMS - ACCIDENTS - car; with a
 DREAMS - AIDS - child having AIDS; her
 DREAMS - AMOROUS
 DREAMS - ANIMALS
 DREAMS - ANIMALS - attacked by a wild beast; of being
 DREAMS - ANIMALS - killing
 DREAMS - ANIMALS - protecting; he is
 DREAMS - ARMAGEDDON
 DREAMS - ATTACKED, OF BEING
 DREAMS - BATTLES
 DREAMS - BEAUTY
 DREAMS - BICYCLE; RIDING A
 DREAMS - BIRDS

DREAMS - BOYFRIEND - old boyfriend
DREAMS - BUILDINGS - big; seeing
DREAMS - BUSY, BEING
DREAMS - CALLING OUT - help; for
DREAMS - CAMPING
DREAMS - CANNONADING
DREAMS - CATS
DREAMS - CHAOTIC
DREAMS - CHILDREN; ABOUT - responsibility for
DREAMS - CHURCHES
DREAMS - CIRCLE
DREAMS - CLOSET - overflowing
DREAMS - CLOTHES - underwear
DREAMS - COLORED
DREAMS - COLORED - blue
DREAMS - CONTAMINATION
DREAMS - COOKING
DREAMS - COUNTRY - foreign
DREAMS - COWS
DREAMS - DANCING
DREAMS - DANGER
DREAMS - DARKNESS
DREAMS - DEAD BODIES
DREAMS - DEATH - relatives; of
DREAMS - DEATH - relatives; of - brother; of his
DREAMS - DIFFICULTIES - journeys, on
DREAMS - DISEASE - contagious
DREAMS - DRIVING - car; a
DREAMS - DRUGS - marijuana
DREAMS - EATING
DREAMS - EMBARRASSMENT
DREAMS - ESCAPING
DREAMS - FEAR
DREAMS - FIGHTING; ONE IS
DREAMS - FIRE
DREAMS - FLOOD
DREAMS - FLOWERS
DREAMS - FLYING - airplane
DREAMS - FOOD
DREAMS - FOREST
DREAMS - FORGETFULNESS
DREAMS - FORSAKEN; BEING
DREAMS - FRIGHTFUL

DREAMS - GHOSTS
DREAMS - GROUPS
DREAMS - GROUPS - fit in a group; unable to
DREAMS - GUILT
DREAMS - GUNS
DREAMS - HAIR - cut; having hair
DREAMS - HORSES - wild
DREAMS - HOUSE - old
DREAMS - HUGGING
DREAMS - HUNGER
DREAMS - ISOLATED; OF BEING
DREAMS - ISOLATED; OF BEING - feeling isolated while amongst others
DREAMS - JEALOUSY
DREAMS - JEWELRY
DREAMS - JOURNEYS
DREAMS - KILLING
DREAMS - KILLING - idea of; but did not like the
DREAMS - KISSED
DREAMS - LASCIVIOUS
DREAMS - LIONS
DREAMS - LOSING - things
DREAMS - MAKE UP
DREAMS - MEAT
DREAMS - MOTHER
DREAMS - MOTION; OF - fast
DREAMS - MOUNTAINS
DREAMS - MUSICAL INSTRUMENTS
DREAMS - OCEAN
DREAMS - OCEAN - being in an ocean
DREAMS - ORGANIZING
DREAMS - OUTSIDER - being an outsider
DREAMS - PARTIES
DREAMS - PATHS - two
DREAMS - PEACEFUL
DREAMS - PEOPLE - crowds of
DREAMS - PROTECTED; BEING
DREAMS - RAPE
DREAMS - RASH; BODY COVERED WITH
DREAMS - RATS
DREAMS - REJECTED; BEING
DREAMS - RINGS
DREAMS - RUNNING
DREAMS - SCHOOL

DREAMS - SEARCHING
DREAMS - SECRET
DREAMS - SEPARATED; BEING - people
DREAMS - SEXUAL
DREAMS - SHAMEFUL
DREAMS - SHEEP
DREAMS - SHOOTING; ABOUT
DREAMS - SHOT; BEING - going to be shot
DREAMS - SLOWER; COMPANION IS
DREAMS - SNAKES
DREAMS - SNAKES - leaping out at her
DREAMS - SPIDERS
DREAMS - STOOL
DREAMS - SWIMMING - sea; in the
DREAMS - TEACHING
DREAMS - TEAMWORK
DREAMS - TEETH - pulled out; being
DREAMS - THINGS - varied
DREAMS - THREATS
DREAMS - TIME - short of time; he is running
DREAMS - TRAIN
DREAMS - UGLY; BEING
DREAMS - UNPLEASANT
DREAMS - UNREMEMBERED
DREAMS - UNSUCCESSFUL EFFORTS
DREAMS - VICTIM
DREAMS - VIVID
DREAMS - WAR
DREAMS - WATER - swimming in
DREAMS - WEDDING
DREAMS - WILD
DREAMS - WITCHES
DREAMS - WOLVES
FEVER - FEVER, HEAT IN GENERAL
FEVER - MORNING - waking; on - rising amel., shortly after
PERSPIRATION - NIGHT - waking; on
SKIN - ERUPTIONS - elevated
SKIN - ERUPTIONS - red - insect stings; like
SKIN - ITCHING
SKIN - ITCHING - insect; after bite of
SKIN - ITCHING - scratching - amel.
SKIN - ITCHING - scratching - must scratch
SKIN - PAIN - sore

GENERALS - SIDE - right
GENERALS - AIR; IN OPEN - amel.
GENERALS - BREATHING - deep - desire to breath deeply
GENERALS - ENERGY - sensation of
GENERALS - EXERTION; PHYSICAL - amel.
GENERALS - EXERTION; PHYSICAL - amel. - air; in open
GENERALS - FLATUS; PASSING - amel.
GENERALS - FOOD AND DRINKS - alcoholic drinks - agg. - intoxicated; easily
GENERALS - FOOD AND DRINKS - alcoholic drinks - desire
GENERALS - FOOD AND DRINKS - beer - desire
GENERALS - FOOD AND DRINKS - carbonated drinks - desire
GENERALS - FOOD AND DRINKS - chocolate - aversion
GENERALS - FOOD AND DRINKS - chocolate - desire
GENERALS - FOOD AND DRINKS - chocolate milk - desire - warm chocolate milk
GENERALS - FOOD AND DRINKS - coffee - aversion
GENERALS - FOOD AND DRINKS - coffee - desire
GENERALS - FOOD AND DRINKS - cold drink, cold water - desire
GENERALS - FOOD AND DRINKS - farinaceous - desire
GENERALS - FOOD AND DRINKS - fish - desire
GENERALS - FOOD AND DRINKS - milk - desire
GENERALS - FOOD AND DRINKS - seafood - desire
GENERALS - FOOD AND DRINKS - soda pop drinks - desire
GENERALS - FOOD AND DRINKS - spices - agg.
GENERALS - FOOD AND DRINKS - sweets - desire
GENERALS - FOOD AND DRINKS - vegetables - desire - green
GENERALS - FOOD AND DRINKS - wine - aversion
GENERALS - HANGOVER - sensation as if from a hangover
GENERALS - HEAT - lack of vital heat
GENERALS - HEAT - sensation of - waking; on
GENERALS - INFLUENZA - sensation as if
GENERALS - LASSITUDE
GENERALS - LIE DOWN - desire to
GENERALS - LYING - amel.
GENERALS - ODOR OF THE BODY - offensive
GENERALS - PAIN - waves; in
GENERALS - QUIVERING
GENERALS - RELAXATION - physical
GENERALS - SLUGGISHNESS OF THE BODY
GENERALS - STRENGTH, SENSATION OF
GENERALS - STRETCHING OUT
GENERALS - TOBACCO - desire for tobacco
GENERALS - TOBACCO - desire for tobacco - smoking; desire for
GENERALS - TREMBLING - Externally

GENERALS - TREMBLING - Externally - anxiety - from

GENERALS - VOMITING - amel.

GENERALS - WAVELIKE SENSATIONS

GENERALS - WEAKNESS

GENERALS - WEAKNESS - eating - after - agg.

GENERALS - WEAKNESS - sudden

GENERALS - WEAKNESS - waking - on

GENERALS - WOUNDS - reopening of old

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Cured Cases

In order to fully understand this remedy and to make it useful in practice it is vital that cured cases are reported and published. If you have any cured cases please let the homeopathic community know about them.

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