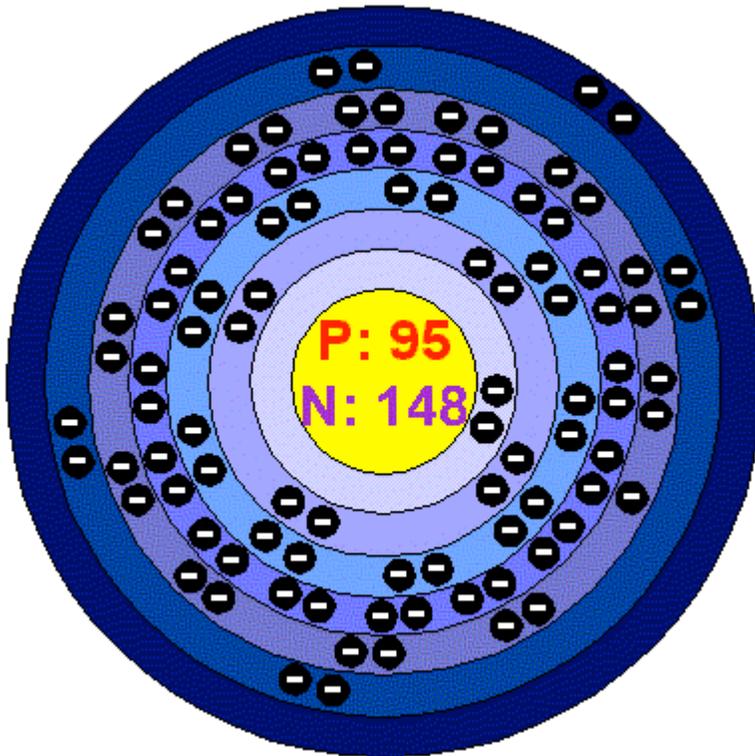


AMERICIUM-NITRICUM

Dedicated to Annette Middleton

Content

Introduction



The proving of Americium Nitricum took place in 1999. This was the first and last time I did a post-postgraduate course with graduates of my Dynamis School. It did not go well, and to this day I am not sure why. Although I had an exciting new program, the students were not happy and there were constant complaints. Those with more experience complained about there being new students in the group. The room wasn't right. Everyone wanted to do different things, there were social issues and the group seemed diversified.

I had previously proved Plutonium Nitricum and was eager to carry on proving radioactive materials, which I believe are necessary to match the advanced pathology we witness in the world today. Radioactivity can cause a wide range of severe disease. Furthermore, today's culture, science, military, media, internet and personal psychology belong to a radioactive era of uncontrolled growth and decomposition, a breaking down of old concepts into a not-so-brave new world, in which America leads the way. Hence I chose to move on to the next element in the row: element 95, Americium. This radioactive element is unique in that it is present in most households as a part of smoke alarms. At the time I was not aware of just how radioactive this element is. Certainly it seemed to develop some severe pathology. Foremost in my mind is the heavy metrorrhagia of some provers, which continued for months. Another prover developed hypothyroidism and hypertension about six months later. Although we cannot be sure that this is connected to the proving, there is a likelihood that this might be the case. As a result of all this I became very anxious. I developed a fear that people from the group would sue me. I had never had this fear or thought before nor have I had it since, despite experiencing much worse provings. One cannot help but compare this feeling (alongside the other proving symptoms) to the American empire, then at its peak, now decomposing. The name of the remedy itself begs comparison and indeed, like America, Americium embraces future and past, old and new age, dream and reality. One patient who responded well to this remedy was a Russian immigrant living in the USA who was never able to adjust and whose symptoms seemed to belong to the radioactive period. However as in every proving, we should be cautious of mere signature and embrace the unexpected.

I have hardly touched or used this proving since, yet here it is, in the raw state and waiting to be discovered, unravelled and put to good use. It is my hope that the suffering of the provers will be of benefit to sick mankind.

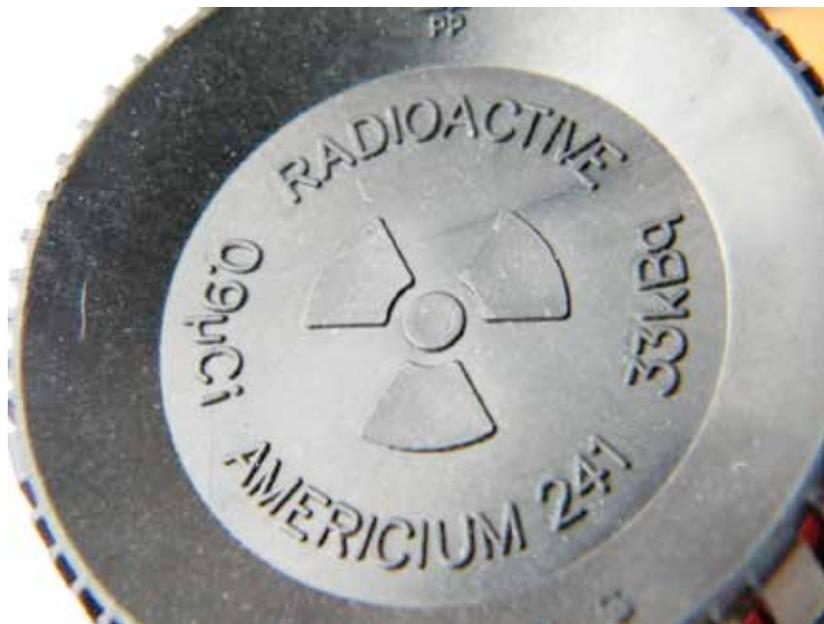


Acknowledgments

Thanks to the Dynamis post-postgraduate group of 1999.

For sourcing the material, editing and contributions to the manuscript my thanks go to: Julie Anne Amos, Anne baker, Ori Barnes, Melanie Grimes, Helios Pharmacy, Madi Levi, Didier Lustig, Tina Quirk, and to anyone I might have forgotten in the sands of time.

Americium – the Substance



Americium, atomic number 95, is a silvery metal that sits between plutonium and curium in the actinides series of the periodic table. It is a highly radioactive element isolated as a byproduct of plutonium in 1944 by the Manhattan Project physicists who produced plutonium for use in the atomic bomb. They named the element after the continent, America, because its characteristics and close placement on the periodic table are analogous to the lanthanide, europium. Its discovery, along with other new radioactive elements, was kept secret until after World War II.

Americium isotopes are obtained from plutonium, either by a complex chemical process that ends in separating americium from curium (^{242}Am , ^{239}Am , ^{238}Am) or directly by bombarding plutonium (^{241}Am , ^{243}Am). There are 13 radioactive isotopes, ranging from short-lived ^{242}Am to the longest, ^{243}Am which has a half-life of 7,370 years. The 432.2 year half-life of ^{241}Am is longer than ^{241}Pu .

Because of it is artificially made from plutonium, most environmental americium is found where plutonium has been exploded or nuclear waste products are stored. Americium is found in the soil in nuclear weapons testing sites in New Mexico and the Pacific atolls, on land that received fallout from the Chernobyl accident and at nuclear manufacturing facilities, such as Hanford. Although it is created constantly in nuclear reactors, it is a relatively scarce and costly element since artificial production is complicated and inefficient. While some americium isotopes have high explosive potential within a small critical mass, its steep price makes americium unsuitable for nuclear weapons or fuel. Scientists are researching its use as an alternative for plutonium in batteries

Because of its radioactive properties, ²⁴¹americium is the primary component of one type of smoke detector. The ionizing decay creates an electrical current, which when interrupted by smoke particles sets off an alarm. Medical imaging and gamma radiography also use americium isotopes, since only a small amount is needed to produce a radioactive tracer. In the past, the gamma rays of americium were used to diagnose thyroid function.

With many people living with americium in their houses and americium building up in landfills from discarded smoke detectors, questions are raised about its safety. Americium emits mostly alpha particles, three times the amount given off by radium. These particles travel only a few inches and are easily stopped by a piece of paper. However, as americium slowly ionizes, longer, more harmful gamma rays of neptunium are emitted.

Similar to plutonium, ingested americium accumulates in the liver and the skeletal bones where it is carcinogenic. Aside from minor hematological changes, external exposure to americium has not shown any harmful effects, even for a worker who was exposed accidentally to extreme amounts. Study animals who inhaled americium suffered pneumonia. A Finnish study of nuclear power plant environs showed that americium transfers more efficiently than plutonium from soil to plants, especially ferns, mushrooms and lichen, but at a low rate. The researchers noted that there was negligible concentration of americium in food and concluded that there are no health risks to humans.



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Pharmacy

This Americium Nitrate solution of a concentration in the order of 5×10^{-11} g/ml was further diluted in the French laboratory 1 in 100 in water to make a solution that was called 6c. The resulting concentration being approximately 5×10^{-13} g/ml. This 6c dilution was sent to Helios in the form of 0.1ml of solution, and was potentised as normal procedure from a 6C.



Prover Information

The majority of provers were female.

90% of the provers took the proving substance in a 6C, 12C, 30C or 200C potency.

The remaining 10% of provers had placebo. Their symptoms are not recorded.

Americium Mind Themes

Sea creatures / Water

Place- Confusion of

Time - Confusion of

Unfocused, Drifting, poor concentration

Disintegration

Anxiety/ fear

Fear of disease/Cancer/aging

Last Journey's and connection to the dead

Real or Dream

Vacuum/void

Common Suffering

Connection with strangers

Sociable

Mellow

Outside observer

Separation

Sad & Lonely, Betrayed

Positive & Content

Efficiency/active

Bold/ assertive/confident

Being in control

Inertia

Anger
Guilty
Cleaning
As if intoxicated
Sexuality
Mistakes writing

PROVING of AMERICIUM-NITRICUM

MIND

Sea creatures / Water

Sea creatures and especially dolphins seemed very appealing. Noticed pictures of dolphins everywhere I went. Bought a key ring with dolphins on it.

17, 30C, 07:03:XX

Watched a program on TV about dolphins - normally I rarely watch nature programs.

17, 30C, 10:11:XX

I think I'm proving whale or dolphin's milk – something watery.

20, 12C, XX:XX:XX

I woke rigid in my body. I was breathing through my nose with my mouth open like a fish. It was like rigor-mortis. I felt like a dead fish, with scales on my skin. My body was holding itself tense, I wasn't relaxed. I was holding my body in tension, it wasn't intentional.

20, 12C, 00:17:29

Felt as if I was looking at my bedroom underwater. Ripples on water surface changed the colour and focus constantly. The colours of the bedroom going dark/light. As I was lying there I noticed a water leak from the balcony above; stained the ceiling dark. Have washed my teeth since getting up and can still taste the ammonia. Thought: There are no watery planets in my astrological chart, but there seems to be a lot of watery stuff happening in this proving.

20, 12C, 03:05:25

Full moon. Felt very watery. Moon slightly behind the cloud. Felt tears, grief, emotions all watery.

20, 12C, XX:XX:XX

Pop song on TV 'Walk like a panther' including the lyrics 'Fly like an eagle' and 'Leap like a salmon home from the sea'! Appropriate or what?!

25, 30C, 00:00:20

Heard myself using words with sea theme, i.e. 'waves sweeps me away' and 'sea storm'

26, 30C, 12:XX:XX

Place- Confusion of

I got lost on the way to my cousin's house. I was driving a new route and found it very confusing to match the map with the roads. I had presumed it would be okay just following the road signs.

19,30C,00:15:00

In the airport, I couldn't find the right gate to board at; I was walking up and down the corridor looking for it, when I eventually found it tucked around the corner. It was placed, numerically, after the gate number, which should have preceded it. I was then told the gate had been changed, so I had to go looking for another gate.

19,30C, 01:18:00

Feeling very disorientated in Johannesburg. My parents moved last year and I haven't been back for two and a half years. The shopping centre, which would have been a landmark, had been half demolished. I have been inviting my friends to visit me because I am nervous to go out and find the way myself.

I didn't know which way was north. I didn't know which way I was facing.

23, 9C, XX:XX:XX

Confusion about where I had put my handbag at friend's house, and became panicky. Fear that another handbag would be stolen, with my sister's car keys. Also fearful that sister's car would be stolen.

23, 9C, 07:00:00

Confusion on trying to get ready to go out; kept losing thing and getting muddled. Knocked a book into the bath - clumsy. Normally careful about where things are put and find them easily. Feeling disoriented when I suddenly discover something is not where I put it or I knock something over.

23, 9C, 10:15:00

Later, went to a party and it appeared no one was there, so assumed I had the wrong day. Then went home, and got a phone call to say they were all there but at the back of the house.

23, 9C, 12:21:00

Confusion. When traveling, took wrong route on motorway, though confident it was the right way, until sister queried. While correcting the route, suddenly realised I left my passport, plane ticket and keys at the hotel. Not completely sure of this and felt miserable at my confusion. Felt bad at wasting two hours of our journey. To save embarrassment, sneaked up the back stairs of the hotel, and bruised my hipbone when I walked into the banister.

23, 9C, 15:08:00

Lost toiletry bag; looked for it then found it.

23, 9C, 18:11:00

Time - Confusion of

I miss an appointment with a patient: the first time in 10 years.

15, 30C, 14:XX:XX

Everything going wrong; I missed 2 appointments in 2 days! Not done this for 10 years. SAI walking through treacle. And yet I feel calm.

15, 30C, 17:XX:XX

Mind: Got a very strange feeling of being in the different century. I was walking down the street in Hampstead, looking at houses, it was dark and seemed almost unreal. For a split second I had a feeling like I was walking through 18th century London. I remember looking at cars parked down the road and thinking “what are those modern cars doing here? They are in a wrong time(century)”. This delusion lasted for a few seconds until my attention was distracted by a man coming towards me. I felt like waking up and acknowledging where I really was.

17, 30C, 00:09:55

Mistake: realised I had written 'Jan' instead of 'Feb' for the date yesterday.

17: 9C, 23:XX:XX

Missed case analysis group. Wasn't in my diary. Never happened before; communication breakdown.

20, 12C, XX:XX:XX

Left in a hurry, was sure I was going to be late for my appointment.

17, 30C, 00:07:20

Looked at my watch and realised it was an hour earlier than I thought it was. (I was sure it was coming to 7pm, it was supposed to be 6:30pm according to me, but it was actually 5:30). Had to look at my watch twice to believe. Felt enormous relief that I have an “extra” hour, felt as if I was given an extra hour added to my life.

17, 30C, 00:07:35

Got my back sunburned by mistake, because I miscalculated the time that I was spending in the sun, and the strength of the sun. Would normally have timed things better. (very unusual to be so careless about the sun.)

23, 9C, 04:00:00

Confusion, went to visit a friend and got day and time wrong for visit, although had written the arrangement down twice.

23, 9C, 12:21:00

Unfocused, Drifting, poor concentration

I felt quite irritable during the day and unable to settle at one task. I said to my colleague that I felt quite scattered in my thinking.

13, 9C, XX:XX:00

Stopped by the police for driving through a red pedestrian light; unaware it was red. Convinced traffic light on green. Police had been following me with lights flashing for 1/2 mile. I didn't stop as I didn't think it was me. They gave me a warning for driving without due care and attention. I was shocked; trembling. Shocked that I hadn't been aware of them. (See earlier dream about crossing red light.)

20, 12C, XX:XX:XX

Communication went haywire; six cancelled appointments at the clinic, including a patient who arrived a week early.

20, 12C, XX:XX:XX

Went to play bridge with bridge partner – there was no bridge.

20, 12C, 04:07:25

Sigh a lot, feel hopeless and lost and unfocused need people around to keep my sanity and act normal clarity of mind towards evening.

26,30C, 08:XX:XX

Realisation that I am having trouble following conversations on the phone and in the flesh. I keep missing whole sentences or chunks of paragraphs. I drift off and then realise that I had missed what was going on.

23, 9C, 01:00:00 - 04:00:00

Not concentrating on what people say. Drifting off and taking a while to realise I have not been concentrating, and I have missed the story or the directions.

23, 9C, XX:XX:XX

Tired but cannot rest, restless, unfocused. Felt incompatible to sister's cheerful mood, irritable by her laughter but forced myself to giggle with her. Guilty feeling for not recording provings.

26,30C, 07:XX:XX

Disintegration

During flight, I was given a set of earphones that did not work in the right ear, so I changed them for another set. The next set was okay when I switched them on but then they stopped working in the left ear.

13, 9C, 10:XX:XX

My digital watch crashed this a.m. Several of its functions disappeared and would not reset. Got it going again around 1p.m.

21, 30C, 02:XX:XX

At some stage after the first week the washing machine flooded twice with no apparent cause – it happened twice within a few days and hasn't happened since, I've since broken the catch / handle for opening it!

25, 30C, XX:XX:XX

My central heating broke down. No heating or hot water for 15 days through the coldest time of the whole winter with snow.

19, 30C, 01:20:00

Around this time something strange happened with my MOT: I had to get a new tax disc, and I couldn't find the MOT anywhere. I knew I'd got it done last September. I rang the garage and they could find no record of issuing an MOT to me last year. However, when I actually went to the garage, and asked them to look through their computer files of last year's business, they were amazed to find that I'd been billed for an MOT certificate, but they'd not actually issued it. They were quite embarrassed, and said it'd never happened before. At this point everything seems to go wrong. Work seems to have gone down the drain; the phone never rings, and if it did I'd be totally unprepared for work. I feel dirty, especially my hair and anus; I can't get clean.

15, 30C, 34:XX:XX

I've just taken the car for a MOT. I was annoyed as they would have collected it; I was really irritated but I couldn't show it as I want them to do the work. He said the garage is closed all weekend; I didn't know so I have to collect the car at 9pm. They charge 72.50 an hour. They're paid more than I am. (Started speaking fast and angrily). They can't deliver it back, I have to collect it at 9pm and arrange a taxi. It all feels impossible to organise. I have a 12-hour day today with no breaks. 9.30am until 9pm. Feel I am I'm working for the garage today – and all this month.

20, 12C, 00:22:25

I went to collect the car – there was a lack of communication with the garage. I was busy with patients. The car failed it's MOT; leaking oil in 10 places. Got a £2000.00 bill; shock. I wasn't upset about this amount and felt I should be as I don't have that much and also have a large tax bill to pay this month. Phoned a friend was meant to meet tomorrow,

he said was meant to phone him to confirm. I was looking forward to it – muddled communication. Very angry and disappointed. It was booked pre-Christmas.
20, 12C, 02:09:55

My handbag was stolen while I was drunk. This contained money, credit card, and keys to my father's car and house.
23, 9C, 05:05:00

Kitchen light bulb flashed/explored off (over next weeks, six light bulbs went out.)
29, 30C, XX.XX.XX

During the proving six light bulbs needed replacing.
29, 30C, XX:XX:XX

Tumble dryer stopped working.
29, 30C, XX.XX.XX

The proving class was full of tensions, disagreement, and difficult atmosphere. No sense of unity. I had three letters of complaints which has never happened before or since.
JS

Anxiety/ fear

Awoke with a feeling of slight anguish.
15, 30C, 03:XX:XX

Fearful of telling father about lost car keys. I realised that in my family one is told off for one's misfortune. I tried to maintain some feeling of dignity and strength though I apologised profusely. I realised that in the past I would allow the telling off and insult to take me over, to go all the way inside. It was hard to not let that happen.
13, 9C, XX:XX:XX

Feel anxious, a bit "freaked out." "I'm making this up." "Perhaps I'm making it up."
25, 30C, 00:00:05

3.30pm Anxiety in stomach doing exercises at Psychotherapy course. Felt upset when the teacher said that she thought that there was discomfort with a relationship, that my cheeks went red when I was anxious and that I was licking my lips nervously. She said I had nervous questioning look in my eyes, laughed at serious matters, that I had surface peace and inner anxiety.
20, 12C, 04:22:20

Confusion about where I had put my handbag at friend's house, and became panicky. Fear that another handbag would be stolen, with my sister's car keys. Also fearful that sister's car would be stolen.
23, 9C, 07:00:00

Anxiety – money and work, very negative want to give up. Worried in general, concentration for work very difficult.
25, 30C, 04:00:00

Fear and anxiety about being sued.
JS

Fear of disease/Cancer/aging

Decided to go away with my son to to camp. This is unusual behaviour, (it's February, 5 degrees below freezing). The feeling is "I've got to do this before the cancer gets me."
15, 30C, 07:XX:XX

A definite ache of the right hip joint. I thought , "Oh God I'm getting old."
15, 30C, XX:XX:XX

After three months I can think of one symptom of my own, which looks to have been cured: I generally have a melancholic fear that I've got cancer of the liver; I've had it for two years. Since this ghastly remedy it has gone entirely. This is reinforced by an aggravation of this symptom in the first days of the proving. (Cured Symptom)
15, 30C, 90:XX:XX

As I walk I become convinced of the death of an aged, lifelong friend, and shed tears. I phone her and find my fears are mistaken.
15, 30C, 07:XX:XX

I had been reading 'Anatomy of the Spirit' by Caroline Myss. I read about the throat chakra, to find out why I was ill. Went through all my recent bad choices, as the throat chakra has to do with choices. I also meditated, and wrote a letter to my mother, which I did not intend to send, to try and work out what was wrong with my throat. I was looking for spiritual/karmic reasons for my illness. I wondered if the reason for my illness was to experience allopathy again, and to trust handing my body over to 'the enemy', and realizing that antibiotics do not touch the soul.
23, 9C, XX:XX:XX

Last Journey's and connection to the dead

Did an exercise of cards; Angel Cards. I picked Birth and Communication . Birth – rebirth after all the endings. Communication – the need to keep talking about it and not holding it in. Also did a visualization exercise; I drew a blue angel for sadness.
20, 12C, XX:XX:XX

I feel this proving had to be done alone, as in death it is the only thing we have to do alone.
29, 30C, XX:XX:XX

This was the start of a very difficult time for me as my father had been sent out of hospital last evening and I had stayed with him on the floor of his room as I was very worried about him. I thought he was going to die. Next night I stayed again, and he said. "Am I dying?" I thought he was. Feeling very emotional as I was told he only had a few days to live.29, 30C, 03,XX:XX

Crying and feeling very sad, have just left my dad slowly dying, its hard not knowing whether to talk and bring him out of his slipping away or to just sit and stroke his brow and hold his hand, just being there when he opens his eyes and gives a smile seems enough, though as he seems to rally other thoughts come and there is animated talk for a few moments. He is a man of pure human kindness.

29, 30C, 07:XX:XX

I have written down - The salmon is just a mirror of our own lives, the struggle, the joys, the dangers and ultimately starting new life to continue the cycle.

29, 30C, 15:10:45

My Dad died tonight. I was with him all the time. Had been reading a lot of The Prophet, Kahil Gibran to him over last few weeks. And ever has it been that love knows not its own depth until the hour of separation and Speak to us of Joy and Sorrow.....

I had asked my Dad to give me a sign that he was ok and that he had met up with my mother and they were together. On getting home I took a Medicine card and received the Hummingbird in reverse -*If contrary Hummingbird is in your cards it speaks to you of matters of the heart. How or why has your heart center closed? . The contrary Hummingbird may presage sorrow and the inability to see the many blessings we two-leggeds have been given and the primordial beauty that surrounds us. If contrary Hummingbird sings its forlorn song, perhaps you should journey into your personal pain and know that your sorrow is your joy in another reflection.*

29, 30C, 99:XX:XX

This morning on opening the kitchen blind I saw two ring-necked doves sitting on the cherry tree in front of my window. They sat there for a long time just looking in at me, and they followed me when I went up the road to get the pony from the stable and sat in the apple tree next to the stable, then they disappeared. I realised this was the sign that they were together. Throughout the previous week I had seen one dove about the garden, and I had been asking my mother in my prayers to be ready to meet Dad when he came over, I think this one dove was my mother letting me know she was around.

29, 30C, 99:20:02:

Thought - at least now I am experiencing a really deep feeling, I am in reality, I am living, I had begun to think I was immune to anything, that I had smoothed out all the feelings, thanks Dad.

29, 30C, 26:XX:XX

Pulled out the Buffalo card from the Medicine cards - Prayer and Abundance -it is a sign that prayers are being heard.. that the promises of prophecy are being fulfilled... To honor

another's pathway, even if it brings you sadness, is a part of the message that Buffalo brings. *This may be a time of reconnection to the meaning of life and the value of peace. Most assuredly this time will bring serenity amidst chaos if you pray in earnest for enlightenment and the power of calmness and give praise for the gifts you already have. you must be humble enough to ask for that assistance and then be grateful for what you receive.*

29, 30C, 26:XX:XX

I feel it was a journey I had to take with my Father. I had been visiting him regularly since he went into hospital on 1st January, and then every day for nearly 3 weeks after he went into the Hospice. It was not a straightforward journey because when he went into the Hospice initially it was expected he would die within days, but after a few days he seemed to get better, and was bright and happy, and we were able to talk about many many things. I was able to tell him that he was dying. I was heartbroken as I realised his breath was changing and his breathing missed a breath, then another and another until he was still. I wanted to pull him back to me, just for a little longer, but this was not possible and I had to accept he was gone from me for ever on this life plane, he was such a lovely lovely man, full of human kindness and I will miss him, not just because he was my Dad but because he was my best friend.

29, 30C, XX:XX:XX

At this time two very unusual things happened to me: the first was a trip of 300 miles to plant a tree in a cemetery for my grandparents, who died 6 years ago. It'd bothered me for years that there was no memorial to their existence at all. It was a sudden decision to travel down and meet my brother; we bought the tree, and then planted it; the priest said a very short prayer, and all at once there was a very still, powerful silence.

15, 30C, 28:XX:XX

Real or Dream

I got quite frightened, because of the heavy bleeding, thought I would need professional help and at that moment remembered my dream: the moment I woke up from the bursting sensation in my uterus, I was dreaming about my friend gynaecologist, she would be the one I would go to get help. In my dream I was actually going to see her. It was as if my dream came before my conscious realisation that I might need help from her.

17, 30C, 09:18:40

Almost forgot to put on blemish stick to cover spots on face. (Corresponds with dream where there is a feeling of embarrassment when spots are not covered.)

19, 30C, 00:12:00

Reality check, confusion, what's the problem?

26,30C, 16:XX:XX

Am I dreaming within the dream or is the dream reality and this the dream? Am I the dreamer or the dream? Collective unconscious — feel as if guided by an unseen self behind me, with hands on my shoulders.

22,30C, 03.08.30

Vacuum/void

I feel as if I have been in a vacuum this week.

29, 30C, 05:XX:XX

Picked a medicine card to help both my Dad and myself. Raven - Magic. I asked the Raven to help me and felt an overwhelming surge upwards from my chest area to my throat, and I felt the raven sitting on my right shoulder. The words that resonated with me on reading the Raven were -

Raven magic is powerful medicine that can give you the courage to enter the darkness of the void, which is the home of all that is not yet in form. The void is called the Great Mystery. Great Mystery existed before all other things came into being. Great Spirit lives inside the void and emerged from the Great Mystery. Raven is the messenger of the void. If Raven appears in your spread you are about to experience a change in consciousness. This may involve walking inside the Great Mystery on another path at the edge of time. It would portend a signal brought by the Raven that says: You have earned the right to see and experience a little more of life's magic. Raven's color is the color of the void - the black hole in space that holds all the energy of the creative source..... Raven guides the magic of healing and the change in consciousness that will bring about a new reality and dispel dis-ease" or illness. Raven brings in the new state of wellness" from the Void of Great Mystery and the field of plenty.

If you have chosen Raven, magic is in the air. Do not try to figure it out, you cannot. It is the power of the unknown at work, and something special is about to happen. The deeper mystery, however, is how you will respond to the sparkling synchronicity of this alchemical moment. Will you recognise it and use it to further enhance your growth? Can you accept it as a gift from the Great Spirit? Or will you limit the power of the Great Mystery by explaining it away? Remember this magic moment came from the void of darkness, and the challenge is to bring it to light.

The next day Silvie came to visit and she said on seeing me that there was an iridescence about my shoulders.

29, 30C, 07:XX:XX

Common Suffering

I say the Lord's Prayer to myself, and at every phrase I feel a quiet internal anguish at all the immense sufferings of humanity, and am quite racked with this emotion (NS). A feeling of great, common suffering. On the trip I buy, on impulse, sausage and pork belly, unusual as I'm a pseudo-vegetarian (i.e., I never cook meat).

15, 30C, 07:XX:XX

Thinking: "How can all the people in the world survive?" The world is so chaotic and indifferent, it seems a miracle that we keep afloat amidst all the possibilities of suffering.
15, 30C, 08:XX:XX

I don't want to give out my energy (to patients, etc.) but can take it in –the physical misery gets in the way.
21, 30C, XX:XX:04

Connection with strangers

I was driving through busy streets where the traffic was fairly slow. I kept seeing people I thought I knew. This lasted for about one hour.
13, 9C, 01:XX:XX

The second thing happened as I travelled home through London; I was at King's Cross, and a shaven-headed girl came up to me and begged for some money; having just given most of my change to some beggars, I declined. The girl turned as I passed by, saying, "Come on! get your hands in your pocket and get your money out!" So I put my hands in my pocket and gave her my last 50p. At once we both burst out laughing, and there was an amazing feeling of connection and joy. I then realized that I'd seen this girl on a TV documentary a couple of years previously. At that point she was a 16 year-old homeless heroin addict, and a lesbian; at the end of the film she'd disappeared, and there were fears for her safety. And suddenly, there she was. To me she was a giver of grace, and suddenly I realized that everything was turned on its head, and that, as Scorsese said, Jesus would come back and live amongst the prostitutes and the junkies.
15, 30C, 28:XX:XX

I was in the city at midnight and a man came towards me in a wheelchair. I stopped and said, "Hello", and he said, in a very palsied voice, "I'm fucking pissed!". I said, "So am I". He reached out and gave me a tremendously firm handshake (the latter term fails to convey the power of his grip), and scooted off. I felt a sense of grace and connection.
15, 30C, 50:XX:XX:

I was in a local pub, and a "local character" turned to me and said "You're OK, but you're so scared. Why the hell are you frightened?" I said, "Yes I am." He then spoke about everybody being frightened of the truth, then he turned to me and kissed me on the lips, a definite "event" to the normally inhibited person I consider myself to be!
15, 30C, 29:XX:XX

Generally, I seem to have more connection with earthlings. Also, I have less sexual desire, and it means I am more able to see women as people than I could before.
15, 30C, 70:XX:XX

Sociable

Sociable day.
21, 30C, 12:XX:XX

Phoned an old friend I haven't seen them for 10 years. I have been near to where they live for three years without contacting them. Also will phone an old colleague today to arrange a meeting or game of golf. Playing bridge on Sunday afternoon. Trying to get more social.

20, 12C, 03:18:55

On the way to work four different cars gave way to me in the narrow streets &/or waved me on. This was fairly unusual as normally people are not so polite.

13, 9C, XX:XX:00

Mellow

Feel very mellow, relaxed.

25, 30C, XX:XX:XX

Woke feeling very mellow (8am), unusual as I'll often be fretting about something.

25, 30C, 01:12:30

Whole day felt calm, no busy mind or worrying 'I don't mind'.

25, 30C, 01:XX:XX

Mentally woke feeling mellow and it continued throughout the day – I'm not minding again, less angst than usually calm mind

25, 30C, 02:XX:XX

Waking mellow, a work day and less worried / anxious feel mellow – 'minding' less

25, 30C, 03:00:00

Alert mentally much less tired than the last two days – mellow again. Partner says I'm 'much easier to live with.'

25, 30C, 05:XX:XX

Mellow feeling, occasional optimism and lightness in mood, an uncluttered head 'not minding' again.

25, 30C, 06:XX:XX

Nothing marked. Feel lighter in mood, uncluttered head still.

25, 30C, 07: XX:XX

Nothing marked, still mellow. All physical symptoms gone.

25, 30C, 09:XX:XX

Very busy day and usual worries of workload and phone calls, but generally 'unworried' and mellow towards others / surroundings.

25, 30C,12:XX:XX

Still mellow. Was irritated by partner's change of shifts but quickly accepting despite inconvenience – therefore less irritated – more tolerant. Phoned and said I couldn't go to study group tomorrow and I didn't feel guilty or worried – I always go even when I don't want to!

25, 30C, 15:XX:XX

More accepting of my own failings in this, more light-hearted and willing to let it go, easier / mellow than usual.

25, 30C, 16:XX:XX

Feeling very relaxed.

29, 30C, 00:00.05

Feeling really relaxed today, not wanting to concentrate and get things done (unusual).

29, 30C, 00:XX:XX

Felt very relaxed, fell asleep on couch in front of party of eight friends (would never usually do this).

29, 30C, 00:09:30

Feeling totally rested

29, 30C, 01:09:30

Several people today remarked that I looked as if I had been on holiday. I still had the sensation that my face felt sunburned.

29, 30C, 02:XX:XX

Outside observer

I had a strange experience as if seeing myself from outside, feeling like somebody who was sick was in bed with me. That person felt so horrible, sick and I didn't want it to be me, I didn't want to be sick. I could not stand being ill any longer. This felt almost like out of body experience.

17, 30C, 10:14:XX

Outside observer: detached, forcing myself to do the right thing it takes efforts to laugh with people or be civilized. (outside observer feeling)

26, 30C, 11:XX:XX

More clarity during therapy session (outside observer)

26, 30C, 48:XX:XX

Separation

I was sad and very lonely. Felt somewhere in space, like floating , and not belonging anywhere.

17, 30C, 11:02:XX

Still think that separation is the only way out of this mess, feel more in my body today
26, 30C, 45:XX:XX

Prison visit - sniffing dog singled me out and I had to go through rub-search. Still see no way out but moving out of home (separation).
26, 30C, 49:XX:XX

Held tears back all day, burst in tears in evening very sad, sobbing with grief, can't stand the set-up in my house, waste of life ==> realisation: the only way out is to move out. Last night woke up - felt hot, couldn't breath wanted to jump out of my skin.
26, 30C, 42:XX:XX

Sad & Lonely, Betrayed

I felt very lonely. I was sick and there was nobody taking care of me
17, 30C, 10:13:XX

I was sad and very lonely. Never felt that lonely in my life. Absolute loneliness, feeling of not belonging anywhere in the world. There was no place in the world I belonged to. Felt very, very sad, wanted someone to relate to, relate on a personal level, maybe family. Felt somewhere in space, like floating , and not belonging anywhere.
17, 30C, 11:02:XX

Still have a sense of not belonging. Usually I adapt very quickly, but not this time (moved to another town). I feel lonely, I need my family. I would rather be at home with them, than here. What's the point of being without those you love, it only makes one miserable. Lonely, lonely, lonely. Want to be loved.
17, 30C, 20:08:XX

On retreat; Did some work with the group leader. Pattern of betrayal, Dream about friend's husband was also betrayal so was probably about me. Spent four days in tears; Grieving for all the endings (boyfriend and friend). I felt vulnerable and open. If anyone asked me how I was, I would burst into tears. Felt like I was in 'melt down' as the barriers came down.
20, 12C, 05:XX:XX

Met an old friend for lunch who has lung cancer. He asked me to treat him and I said no. Boundaries. He had told another friend that we were having lunch, she turned up and he denied telling her. Annoyed about him lying and gobsmacked that she arrived. I said hello and then ignored her. We fell out years ago; I don't want to get back in that crowd. In the evening saw ex-boyfriend. I was able to say that I was angry with him and that I didn't ever want to see him again.
20, 12C, XX:XX:XX

Held tears back all day, burst in tears in evening very sad, sobbing with grief.
26, 30C, 42:XX:XX

Positive & Content

Good mood, bright. I seem to be very positive today
21, 30C, 00:XX:XX

Emotionally quite buoyant despite the physical symptoms.
21, 30C, 01:XX:XX

Generally feel positive and hopeful, easy going; thirsty. Good energy in the evening
26, 30C, 01:03:30

I feel good, at the moment. Feel positive.
20, 12C, 04:14:40

Efficiency/active

Active - doing things that normally would put off evening - tidy up shelves after putting off for long, >keeping busy.
26, 30C, 10:XX:XX

'Just do it' energy - cleared cupboard after four years, effortlessly head feels clearer despite undesired family situation.
26, 30C, 13:XX:XX

Taking action and focusing more on what I want.
26, 30C, 17:XX:XX

I've had a fantastic day, I saw new patients and knew the remedy within their first few sentences; I had a third sight with patients. I've billed a patient for missing the appointment.
20, 12C, 02:XX:XX

Went to cinema instead of bridge. Came home and worked on three cases; found the remedy easily. They were obvious. I was annoyed at myself for not seeing the remedy while the patient was there. Really into work.
20, 12C, 04:10:00

Hectic frantic day, no time to draw breath or eat. A good day. No time to think, about the proving or symptoms. I made contact with someone I'd been trying to call for four days. I have booked a patient to see me on Saturday (SRP). It's for a child. I never make appointments for Saturday but I told her to come. It's been a nice day
20, 12C, 02:XX:XX

Bold/ assertive/confident

Had so many things to do, usually would have been very anxious, this time was very relaxed, kept telling myself, “it is not that important, put yourself first, get your priorities right.”

17, 30C, 03:05:XX

Very bold with people today.

21, 30C, 03:XX:XX

Realised that while I was ill I had every confidence in getting better either that day or the next. Usually when I am ill I cannot think that I will ever get better.

23, 9C, 20:XX:XX

Therapy session - fluent expression, no holding back. Using expression like Took direct approach with therapist - realisation/insight about my past behaviour; more clarity during therapy session (outside observer)

26, 30C, 48:XX:XX

I have to go out tomorrow without my car. Have managed to work it out and not stressed by it. Trying a new route, feel OK about it, brave and adventurous. Not panicky about journey, no anxiety or anticipation Couldn't care less (SRP). Not worried about waking up early either Usually start worrying about it and get panicky the night before.

(Travelling by train and tub on a new route to a familiar place, goes there on Mondays. Sees it as an adventure rather than an ordeal.

20, 12C, 04:15:10

Considering how poorly I have felt over the past few days, my mind has been remarkably unaffected – the physical misery has been all pervading but has not seemed to affect my mental processes or mood much at all.

21, 30C, 06:XX:XX

Feeling mellow. Was irritated by partner's change of shifts but quickly accepting despite inconvenience – therefore less irritated – more tolerant. Phoned and said I couldn't go to study group tomorrow and I didn't feel guilty or worried – I always go even when I don't want to!

25, 30C, 15:XX:XX

Late eve, worked on cases, felt decisive about selecting remedies;

26, 30C, 02:22:XX

More level-headed. I step back more aware of what works in managing situations.

26,30C, 38:XX:XX

More focused and active, mobilised by anger (alive feeling), in group therapy people noticed that I made a big step in having my way in relationship.

26,30C, 30:XX:XX

Being in control

Read article about 'prison survival' with special interest about being controlled.
26, 30C, 02:04:00

Good energy, taking firm definite stand (less indecisive). Preoccupied with 'being controlled' issues.
26, 30C, 03:XX:XX

Took direct approach with therapist - realisation/insight about my past behaviour; more clarity during therapy session (outside observer) heard myself using words with sea theme, i.e. 'waves sweeps me away.'
26, 30C, 12:XX:XX

Morning row associating with 'sea storm' (image came in Hebrew, mother-tongue - unusual). Following row - reality check, life revisit, need to face the truth: found husband controlling, inconsiderate and impossible to live with.
26, 30C, 14:XX:XX

Inertia

Can't be bothered to do things, as moving is too painful. Comfortable doing nothing.
21, 30C, 04:XX:XX

Want to be indoors in the warm. Work seems a burden – only one patient but wish she wasn't coming – just want to veg out by the fire and do nothing to ease the aches and pains.
21, 30C, 03:XX:XX

Napped after lunch – did not want to get going again.
21, 30C, 04:XX:XX

Keen to get on with jobs (gardening) but soon ran out of steam – no stamina
21, 30C, 12:XX:XX

Feel more negative uncertain and tired in relation to work.
25, 30C, 03:00:00

Anger

Depressing thought creeping in (morning) depression > occupation awaiting 'explosion' re: family dynamic but feel I can handle whatever comes; when happened - reacted with a lot of anger.
,26,30C, 09:XX:XX

Decided to put my prices up; angry.
20, 12C, 02:22:55

Beating myself up – I’m not good enough. Vulnerable state. Am saying I “should”/“ought to” do this or that. I worked on recognizing anger signals:- I feel numb, but my voice changes as if I’m growling .Throat constricted. Recognized it’s how I normally am and that I am an angry person most of the time but keep it hidden.
20, 12C, XX:XX:XX

Anger with husband - our years together is ‘time spent’; it doesn’t matter what he wants.
26, 30C, 10:XX:XX

Morning row, very angry, need to face reality.
26,30C, 21:XX:XX

Deep sadness after anger, crying, desires consolation but not > from husband.
Domination permeated deeply.
26,30C, 34:XX:XX

Guilty

Guilty feeling for not recording provings.
26,30C, 07:XX:XX

Phoned and said I couldn’t go to study group tomorrow and I didn’t feel guilty or worried – I always go even when I don’t want to!
25, 30C,15:XX:XX

Cleaning

Cleaned ghastly stains off office carpet; they'd been there for months. (Highly unusual.)
15, 30C, 02:XX:XX

Felt disgusted by how untidy my notes have been.
26, 30C, 02:22:XX

Active - doing things that normally would put off evening - tidy up shelves after putting off for long, >keeping busy.
26, 30C, 10:XX:XX

As if intoxicated

Jesting, pretending to drink wine, felt intoxicated
29, 30C, 00:08:05

Feel happy and light, desire to dance, bopping to the beat on Top of the Pops. Alert, senses seem acute especially hearing music, sounds / feels really good even songs I'd think were crap, 'Like being stoned.'

25, 30C, 00:00:25

Drank eight glasses of red wine, on an empty stomach, and became very drunk. Hangover lasted four days.

23, 9C, 05:00:00 - 09:00:00

Sexuality

Felt very sexual. Felt the need to masturbate.

20, 12C, 00:13:15

As I went to sleep I had a visual impression of the lapping of clear blue water. After an hour I awoke feeling unusually amorous. In sleep I had an emission (unusual).

15, 30C, XX:XX:00

I have less sexual desire, and it means I am more able to see women as people than I could before.

15, 30C, XX:XX:70

Mistakes writing

Writing difficult. Left out letters: 'l' in 'lights', 'p' in 'upper'; could not think how to spell 'were'.

19,30C, 00:10:00

My writing is poor, perhaps my co-ordination is affected slightly?

12, 30C, XX:XX:04

Admiring the wings on a picture of angels. I would love to have wings and can imagine stretching them upwards and stroking them.

29, 30C, 02:07.30

Miscellaneous

Noticed the car ahead of me had two small parallel white lights on the rear of the car, as I had seen when I took the remedy. Then I noticed similar two parallel white lights on the back of a motorbike that overtook me. I noticed the bike had two small round exhausts. I noticed that more of the design of the car in front of me matched the pattern; I wondered if this was a logical design and I thought that it looked like a human face.(the pattern is a circle with two smaller circles inside, like two eyes in a face.)

23, 9C,00:15:00

Mind Prover no 22

Potency 30C

Pushing scapulae together to pop my back. Pain outer side of right nostril. I was writing the second thing before the first, e.g. with letters and numbers. Yawning and chilly.
00.00.00

I wrote: “worm hole to be in” instead of “warm hole”.
00.00.15

Extreme thirst. Desire for diluted pineapple juice. Put it towards lips but did not drink. Sensation in back as if shape shifting.
00.00.20

I was looking at everything with my mouth open. Thirsty but not drinking. Why? My head was pulled back to the right as I was looking at things, with the question: “Does DNA regenerate and how long does it take?” Felt like the left side of my neck was corded.
I saw 8-sided shapes of light.
Had thought about: “Would one clone try to kill the other?”
00.00.22

Pain above nose that radiated up and out in a V shape. I called February “November” and I was finding letters difficult to find in the alphabet, particularly ‘h’.
00.01.40

Enormous sneeze, after which I felt better. I have started laughing a lot. On talking on the phone, intense pain coming from outside into the abdomen, in inverted V shapes. Much gazing out with mouth open. On closing my eyes, I felt I was in a slow spin with a strong magnetic field. It felt like my heart moved up with my breath. With each phone call I made, another message was left on the tape from a new caller. Pain felt in back, behind my heart under the scapula.
00.02.00

To my left side, there was a sound in my head like a wild cry in the wilderness. When sitting in bed, had delusion that my back was very short with an increasing curve and I almost fell asleep sitting up. Numbness in left wrist when I was woken after half an hour. This happened again after another half hour. I was really noticing my breathing and I lay on my right, which is unusual for me. Pain left centre of top of foot and underneath.
00.04.40

I woke extremely hot. Still lying on the right side and hot water bottle still as hot as when I went to bed six hours ago. I woke up and realised how white I was — I usually feel quite pink.
00.11.15

Delusion that perhaps my tongue was reversing on itself and going down my throat. On hearing the birds singing, I couldn't believe that people eat their tongues.

00.11.30

Vision — felt nervous at the thought of ascending a newly built stairway. I saw a whole pile of plates stacked — when finished eating off the top one, put it aside and eat off the next one.

Why is ten invisible? 0 increases by x 10. $12 \times 10 = 120$. Where is the 1? Does it make it less or greater than? 0 before 0.

Strong desire to remember the future, not just the past. That would be really creative?!

00.11.30

In bed, extreme sense of weight, thirst and heat. I remembered somebody saying: "Has the cat got your tongue?"

The word "pect" came up as in aspect, respect, expect, pectoral (meaning bird and muscles). Felt stable in contrast to daughter's fluctuating extremes.

00.13.30

Pain in left ear — transient. Extreme heat when angry. So hot, felt I was about to faint. I felt tired of being the bad guy twice — it felt like I was being the bad guy for me but somebody else was also expecting me to do it for them. I felt un-everything.

00.14.45

On two occasions, cars pulled up and I have said: "Are you lost?" They say: "Yes, I'm looking for Dera?" I say "North or South?" and they say: "I didn't realise there were two." I direct them to the South.

Wondering about understanding and what are we standing under? In my inner vision, I get a slight revolving and then I stop — at a V angle. Felt like I was an upside-down T. Upside down, downside up, chaos, reverse chaos. Desire to be like a female seahorse. Sensation as if after numbing. It felt like my circulation was slow and yet my breathing function had increased. This feels more like an experiment than an adventure. Life could be so much simpler — it's humans who complicate it.

Intense pain in right ear and sharp pain in right ovary. Feel out of touch. Spinning sixes and nines. Sighing a lot.

00.16.20

Thoughts over differing shapes of balls — rugby balls and footballs. People are still asking the way, but now it's to the Winter Gardens.

00.21.00

You don't have to be born in a stable to be born stable.

00.21.00

Fascination over the number 60 — second in a minute, minutes in an hour. The fact that it could be divided by both 10s and 12s.

00.21.00

Why am I wary of nickel?

00.21.00

The uniformity of pentagons and hexagons. Somebody asked me how it feels and I said it does nothing in particular but it does it very well. Can you have no dimension?

00.21.00

Left side of neck feels double. It feels like I'm joined at the neck.

00.23.48

Pain in face, right sided, plus moderate headache and nausea. It feels like I'm becoming symmetrical.

01.00.20

Wonder at all of nature, created with such beauty. Beautiful design of snails.

01.18.30

Under the hairline on my head the bone was thickened and ridged, as if plates doubled at this point.

Icosahedra symmetry, 60 equivalent vertices truncated icosahedrons, hexagons and pentagons. Angle 11.6

Sensation I was doing less but accomplishing more, though nothing in particular very well. What was my purpose?

Superconductivity — pairing of electrons.

We will gain from pain in the brain!

Canaan — the promised land?

Sensation of internal rotation — upward spiraling.

Thought that Nick Berry has balls like berries.

Pect, pent (agon), repent. How many times>

Hexagon, not sex a gone. The 5 here gives flexibility and curvature.

Why are there 60 seconds in a minute, 60 minutes in an hour, and then 24 hours? 60 is divisible by 10 and 12.

Purpose is linked to time.

Thought that I would like a partner to bounce ideas off.
02.07.00

Methane (from the pits) is more dangerous than CO₂.

When in bed, I feel like a lizard sunning itself.
02.10.00

Feeling of abundance — Manna from Cana (Heaven).
03.06.00

Went to right instead of left for the light.
03.07.55

Am I dreaming within the dream or is the dream reality and this the dream? Am I the dreamer or the dream? Collective unconscious — feel as if guided by an unseen self behind me, with hands on my shoulders.
03.08.30

Joy at crossing two sets of lights diagonally.
03.11.00

Image of molecules travelling fast into a central hole.
04.17.00

Thought of a book for babies — 3 in 1 for 3 play sessions, plus a 5 in 1 book for adults, to remind them of the 5 prayer sessions.
04.18.00

Thought that air doesn't have to be breathed this way. Prana, or manna from heaven. Feel God's love, attracts to beneficial energies in different way. Appreciation of beauty. This, 4 folded 8. Krypton folded 9.
04.19.00

Delusion I saw a friend walking along the top common on her way to work. She was wearing the same colour jumper and a fur-collared coat, but she was twice her age. I waved but she didn't recognise me.

Visions and dreams of blue herons and other birds with long legs.
XX.XX.XX

This is the best proving I've ever done — I don't want to finish!
XX.XX.XX

Connecting with people I don't usually connect with. Relationships feel easier. I almost started a new relationship.
XX.XX.XX

Remembering times when I was in America during the 60s and 70s. Remembered building a geodesic dome in the garden at that time.
XX.XX.XX

A newspaper article about black holes that go pink seemed relevant.
XX.XX.XX

Seem to have lots of symptoms returning from the Eagle proving.
XX.XX.XX

Thoughts of Sooty and Sweep — yellow and black puppets. Why was the yellow one called Sooty?
XX.XX.XX

Hexagons. Hex or Sex?
XX.XX.XX

Internal hum — every cell in my body feels totally alive with energy. It feels like it's Carbon 90. No, it can't be radioactive because he would have told the group so it must be Carbon 60 because I keep getting 6s and 9s confused.
XX.XX.XX

Feel like I'm shielding the Universe from negativity that's coming from the Earth, trying to transform it into something positive before it gets out there.
XX.XX.XX

DREAMS

Some themes: Houses, children, sex, anus, schools, prisons, water, inside out, the way home.

USA

Dream: I met a girl, my first lover from my teens. She gave me a present, a beautiful silvery lighter from New York (where she'd just returned from)

15, 30C, 22:XX:XX:

In USA was going to visit old friends who had moved but I hadn't got their new address so didn't know where to look for them, but felt convinced I would find them and while walking along in the countryside they appeared on a golf course.

29, 30C, XX.XX.XX

Sexual dreams with an American male I know.

22, 30C, XX.XX.XX

Remembering times when I was in America during the 60s and 70s. Remembered building a geodesic dome in the garden at that time.

XX.XX.XX

Dream I was sitting in bed with Clinton, who said he wanted me to treat his back. He didn't turn around. He took off layers of trousers then stuck his rear in the air. His cheeks divided and there was a gaping anus and vagina. The cavities became so enlarged that I was looking down into a dark cavern. Before this, he farted and I felt a tremendous blast so turned my face. I thought he wanted me to massage his sacral areas — would I hear from the Pentagon?

22, 30C, 04.00.00

Dreamt that Bill Clinton was minute in comparison (not second then!) His rear below looked like a hydraulic system — space age looking. He pivoted forward.

22, 30C, 02.02.00

Worthless, poverty

Dream: Of going to school (I left in July 1974) to see the careers officer. I thought, "I'm 41, and yet I'm still going to school; what a failure!" I passed a small factory, which had also been there when I was a schoolboy; it seemed very busy, and I thought, "There they are, still working away", feeling myself worthless in comparison.

XX:XX:, 30C 16,15

Dream of sleeping rough in a ruined cottage:- my friend came and helped life he is me into a van. He gave me £15. to keep myself. In reality he is very poor, and lives on £100 per-week.

15, 30C, 16:XX:XX

Dream I was in a derelict poor hostel type place where there were orphan children with problems.

29, 30C, 14:XX:XX

Dream: I meet our Japanese student's father, and realize I'm covered in dirt and mud; I feel ashamed and useless.

15, 30C, 16:XX:XX

Dream: My wife saying, "We've been persevering with our marriage for so long- is it really worth it when it's such hard work?" She meant, "You can't polish a turd!"
15, 30C, 20:XX:XX

Cant reach destination/get in

Dream Ex-boyfriend was not doing the garden and didn't turn up when he said he would. A neighbor refused to let me in her garden as she said she was going on holiday for five weeks (can't remember why I wanted to go in her garden). More about being let down and disappointed.
20, 12C, XX:XX:XX

I was going to a party, dressed as a man. My partner was wearing a duvet as a surprise. He has a moustache. A house is being done up from a wreck in a very haphazard way. I can only partially see as something is in the way (? a blind). I can't go inside – don't know why.
20, 12C, 02:22:55

I moved on to catch the plane (I don't think I went through the hatch). I was racing in a big machine, like a combine harvester, through a warehouse stacked with goods. I ended up in a dark dead end.
23, 9C, 00:XX:XX

Somewhere on holiday skiing or swimming, I was working out what to do, then I was trying to find where my roommate had left the room key, I was looking where she said she had and I couldn't find the key. (In real life, my cousin had left her house key out, but someone had moved it so I could not find it.)
23, 9C, 20:09:00

I was creeping in the front door of a country house in the dark.
13, 9C, XX:XX:00

Going to get into a house with silvery front door.
I had a child of approximately 10 - 12 years with me. We ran to the door and I opened a spring lock from the outside and realised I should not do that and the room inside had some retribution for me, as I shouldn't have done it like this as there was a certain way and there were strict rules for doing things.
29, 30C, 05:XX:XX

Loosing the way home / can' t reach destination

Dream that I was trying to get and show others the way home. Where I was born was palatial now. I said "I walked along there" and then said: "No, I must have rode along as

it was canals, not roads.” Everything was on a huge scale. I wanted to show them the swimming pool and the river.

22, 30C, 00.11.15

Dream I was with daughters and talking with friends. I was going to go ahead to push the button on the video and record what? We decided to stay together and return, as they didn't know the way.

22, 30C, 01.10.00

Dream I was walking with someone a long way through a city. We passed by 3 huge yellow buildings. I said “Follow the yellow brick road”. It would have been impossible with a guide — we would never have got there if we had to keep asking the way, even if we had a map.

22, 30C, 05.08.30

Long complicated dream about a dynasty and a country that was long and thin (shape of country), the south of the country ended on a shoreline. Possibly an in-land country with a lake. I was on the outside of the castle but kept bumping into them. I was making a film, a documentary about them. The castle I was filming in was the same shape as the map of the country, built in 3-D over an underground lake. Everything was the same shape as the map, the buildings etc I felt I was in the dream but never part of it. I knew where I was by looking at the map.

20, 12C, 03:XX:XX

In USA was going to visit old friends who had moved but I hadn't got their new address so didn't know where to look for them, but felt convinced I would find them and while walking along in the countryside they appeared on a golf course.

29, 30C, XX.XX.XX

I was creeping in the front door of a country house in the dark.

13, 9C, 00:XX:XX

I was driving with my sister, and we came to a nice place in Wicklow island, so I suggested a walk. My sister did not have the right shoes, but when I was looking at her selection of sandals, we would both be all right wearing sandals. I pointed out the route up to a tumbledown castle on the cliff top. Then I worried that the weather might change and the walk would not be as risk-free as I originally thought.

Walking along country road when suddenly caught sight of a beautiful view of the ocean far below. We stepped into the gateway and down steps to look and were invited into the house for tea by very friendly ladies. We left down stone steps and then went up the steps to the road again. Later in the dream I was trying to find somewhere to sleep and walked across a grandstand without a roof and looked down to the meadow thinking I would sleep there. I had to make a telephone call to my GP about my Dad but my voice was double- Dutch and the nurse thought I was mad and needed drugs.

29, 30C, 11:XX:XX

Dream about driving a coach. Something dropped off the bottom of it and I got out to look . Couldn't see anything wrong, but then realised I could not reach to get back into the cab as it was too high up. Passengers quite happy to go along with me. No brakes / couldn't reach them but coach stopped short of drama.
21, 30C, 11:XX:XX

Lines / rows/ angles

In a changing room, sitting on a long bench with a group of people. Across the room is another group, sitting in silence, to our left. Slowly, the other group starts to softly pray or chant. I tell my group to "shhhhhh", and then a girl starts to play a strange kind of instrument, creating a magical, celestial tone; our group sits in silence, spellbound.
15, 30C, XX:XX: 34

Dream there was a row of small, foreign blond children sitting on the kerb with pastel-coloured backpacks on their backs. Friends said Hello in Finnish. They went along the line saying Hello. The teacher looked miffed and the friend said, "I teach in Jerusalem".
22, 30C, 01.10.00

Vivid dream but with so many angles I'm unsure how to record it. It was about a therapist returning somewhere. Making aborted journey.
22, 30C, 03.XX.XX

At an airport/ferry port lots of people in one hall, noticed my GP and her daughter but then we went into another large area and sat on the floor in lines. I noticed we were about 6th in the line and my GP and daughter were still on the other side. I thought it was because we had got there before them so we were in order of arrival.
29, 30C, 25:XX:XX

Something to do with taking a homeopathy exam or attending a lecture with D.Mundy. Jeremy and Camilla were there. There was confusion about layout of desks: they were in rows of separate chairs and tables.
23, 9C,13:07:00

Dream the backs of the houses had symmetrical windows of perfectly interlocking structures and shapes. The garden path was level on the way forward, but on the way back it transformed into lots of different levels.
22, 30C, 01.10.00

DREAM - Of large square cut letters in the snow.
29, 30C, 05:XX:XX

Rules/ instructions

Dream: of trying to close-down the computer, and not being able to because it wouldn't obey instructions to exit.

15, 30C, 02:XX:XX

Dream- party at on old country house with psychotherapy group. Did an exercise; Angel carwash, where people line up on each side and do whatever you tell them to do when you walk through the line. They were singing the 'Beautiful Song'. –“How could anyone ever tell you, you were less than beautiful,

How could anyone ever tell you, you are less than whole

How could anyone fail to notice your loving is a miracle,

How deeply I'm connected to your soul”

This actually happened on the winter retreat.

20, 12C, XX:XX:XX

Inside out

Theme of dreams was a feeling of 'it's not impossible'; There was a photo of a family. I drove them with some food to a house. Everything got stolen. We were cooking meat. It got burnt on the outside and was raw inside. The family said it had to be thrown away but I said give it to the dog. There was an argument between the couple. I got aggressive with my friend's husband.

I told him what to do; it was verbal aggression not physical, more dictatorial.

20, 12C, 00:XX:XX

Dream that I was to give my pink wedding dress to someone else. It was very soft material and it was being made for me. I took off the pink dress and it was open at the back. It was like giving them my outer skin or shell.

22, 30C, 00.11:XX

Image of two cats curled up together with the kitten. Then image of the kitten's skin inside out.

29, 30C, 18:XX:XX

Dream I was on an airplane and they turned the seats around so that people were back to back. A man said: "Find somewhere else to sit," and then went up to the captain's seat.

The seats were back-to-back.

22, 30C, 01.18.30

Change of form

I was in traffic jam, roads full of cars and in front of me two children fell out of their car and were run over. I jumped out and picked up the boy who looked all arms and legs and a bit deformed. I put him in my car, wondering if I should have moved him.

29, 30C, 18:XX:XX

I was in a derelict poor hostel type place where there were orphan children with problems. I had to go along a corridor in the dark, trying to find my way to a room without falling over things. I then had to try and park my car in a very busy office carpark though the office was closed. I managed to find a space and my ex-husband came into the carpark but his face had changed to black. At first I thought he must have been on holiday in the sun, but realised it was a complete change of colour, not just that he was brown.
29, 30C, 14:XX:XX

Dreams of serpents after seeing the TV. Egg – worm – bird, transformation into a serpent with wings. Dust fashioned from the dirt beneath nails. It's the early bird who catches the worm!
22, 30C, 06.00.00

Healing

Dreamt of a good remedy for the course leader from today.
20, 12C, 05:XX:XX

Dream I had left remedies out and my friend's daughter had messed them up, tipped them out and eaten many. My friend phoned a homoeopath for advice as to what to do; I was waking up in the dream and was upset about the mess and surprised that my friend was not asking my advice. I was preparing to console her that her child would be okay.
23, 9C, 16:09:00

Dreamed of a friend with a cyst growing in the palm of his left hand – needing an operation to have it removed.
21, 30C, 05:XX:XX

Embracing an old friend who had criticised me a few months ago, and felt surprised that all was forgotten.
29, 30C, 03,XX:XX

Roundabout

I was speeding across junctions with red lights. Roundabouts, driving dangerously, not stopping. I woke up with a feeling of fear, like I was a single cell and the world was out there.
20, 12C, 02:22:55

My family and I were in a large unmodern house. I was with my sister and I think I was trying to teach her something. Then I was sitting in a long large bathroom and I thought there was room to do yoga. I went off on my bicycle to find out from a friend what was happening tonight. I was concerned that I hadn't covered my spots with blemish stick. I cycled round a big roundabout with many cars and bikes. My friend was working in a

hostel and it was difficult to talk to her because she was. Jeremy and Camilla were also in the dream; Jeremy was teaching working. People were gathering there for a christening. I had the feeling of sun, sea and holiday course, and he and Camilla were walking on the beach.

23, 9C, 00:08:00

Swimming in a large rectangular swimming pool with other people. Then swam around the outside really fast, and it turned out that I was rolling skating around a track. There were homoeopathy students sitting at desks, facing the track/pool, and I skated past Jane. Both the swimming and the skating felt very strong, fast and smooth.

23, 9C, 19:16:00

Sitting with friends around a table but also with a bed in the room and large window overlooking the sea.

29, 30C, 11:XX:XX

Back / spine/ rear

I was in the mountains, a lot of snow, everything was white, I saw a man skiing, he flipped in the air and fell on his back. I thought he had broken his spine. A little later there was another accident, this time a child fell and broke his spine. People were gathering around, intending to lift him. I yelled at them not to touch the child, then came down myself and showed them how to handle somebody with a spine injury.

Note: the night before I had was talking to somebody about spine injuries.

17, 30C, 00:XX:XX

Dream I was on an airplane and they turned the seats around so that people were back to back. A man said: "Find somewhere else to sit," and then went up to the captain's seat.

The seats were back-to-back.

22, 30C, 01.18.30

Dream I was at a gas station filling up the car. There was a competition to match numbers. I opened the boot at the rear to find the engine. I checked two cars together — they would have matched if we used some from each. I had trouble closing the rear again.

22, 30C, 05.07.20

Dream: My wife saying, "We've been persevering with our marriage for so long- is it really worth it when it's such hard work?" She meant, "You can't polish a turd!"

15, 30C, XX:XX: 20

Down and up

I was going into the Underground but was going up several flights of stairs to get there.

13, 9C, XX:XX:00

Dream I was driving along the beach to get to the home of architect of houses. My sister said she'd like one high up. I thought of selling up and buying an exquisitely beautiful building.

22, 30C, 01.22.00

Dream that, underneath the children's schoolwork, I found a passage from Revelations. I felt I was above, looking down at the geometry of things, seeing wonder as a child.

22, 30C, 01.18.30

White sheets

Dream that from inside the house, I noticed a neighbour at the junction of our two houses — in the V shape between windows — with a Walkman on, trying to rescue something. I tried to keep our cat in — I shut the door but she followed me out to the front of the house, the upper part of which was grander and curved and needed the rendering painted. The lower part of the house was angular. The neighbour released two young blackbirds, who flew to the top of the tall tree beside me. Our cat spoke in a human voice and the neighbour said: "That's why I didn't reply to her, she's a talkative cat." There was a long washing line in the front garden, with huge white sheets on plus a man's striped shirt.

22, 30C, 00.13.30

DREAM - I was teaching a young girl who had a reputation for promiscuity and she ran off. I went after her and found her in bed under white sheets with my Dad who was only a few days away from his death. I was so shocked when I awoke because he was the most moral man I know and I didn't want to write this down.

29, 30C, 21:XX:XX

Disgust & horror

Dream: I met a girl, my first lover from my teens. She gave me a present, a beautiful silvery lighter from New York (where she'd just returned from) I said I'd give her some money for it! Then we kissed, but I kept having to stop in order to remove big globs of chewing gum that were filling my mouth. It was disgusting, coming out in lurid colours (brilliant yellow and pink); we had to stop kissing. I'd been waiting for a bus, but it left with my luggage on, without me. I felt such a prat. I chased it, but I didn't have a chance. I found myself alone on a wide plain, in bright moonlight. In the far distance I could see some tiny moving figures; I thought "how magical", but this turned to a feeling of fear, as I saw that the figures were two white stallions, galloping towards me; I dived out of the way, and thought I'd evaded them, but I watched in horror as one of the horses turned around and raced back at me again. There was nowhere to run to, and I simply cowered, as the horse towered over me, rearing and shrieking. I awoke in considerable unease.

15, 30C, XX:XX: 22

I was playing on a lawn, with a kind of anteater/womble creature; suddenly, it ejaculated gallons of semen all over me, some of which went in my mouth! Yuck! Awoke with a feeling of disgust.

15, 30C, XX:XX: 28

Dream: I was in the National Gallery, and was hauling round a cadaver, in a kind of sack. As I went from room to room, bits of blood and flesh and fat dripped onto the floor. I had to pick some of it up, and it ended up in my mouth, it was disgusting. I burst into a room to get rid of the body, but there was a seminar going on, with lots of academics sitting around a table, so I left the room. A feeling of hilarity and disgust.

15, 30C, XX:XX: 29

Distress

Dream It was as if I had asthma and I couldn't breathe, as if I was on my very last breath.

29, 30C, 02:XX:XX

Awoke with a feeling of slight anguish. Troubled dreams as I awoke, of thousands of mouths wailing, as if in mourning for victims of the holocaust

15, 30C, 03:XX:XX

College

Dreamed I was in a classroom/course situation, and a friend turned up unexpectedly, because she knew someone else there. Jeremy was also there and came over to teach me something, as the class had not yet started. A woman came around, handing out cake, and I took two slices for my friend and myself. It was soft, delicious looking cake.

23, 9C, 04:09:00

Dream I was spring-cleaning a prison cell of old possession from college where I went in 60's.

20, 12C, XX:XX:X

Child/ baby

I had left my daughter as a child waiting for her food whilst I went off doing other things, but aware I had to get back to her but couldn't get away

29, 30C, XX:XX:XX

Dreamed about dressing a baby – lovely soft vest but covered with big wooden beads making it uncomfortable for the baby- felt concerned about it as it shouldn't have to endure that – anxiety for it's welfare.

21, 30C, 12:XX:XX

Dream about having a baby but it was unusual baby, when I held it to me to suckle it would only take a few sucks and then would be off away from me. Although a tiny baby it could move about freely.

29, 30C, 00:05:00

I was given a tiny baby or a kitten to look after. I was also given a bottle with powder in it to make up into a bottle feed, but later realised I hadn't fed the baby/kitten and tried to find out from the mother (a woman) how much water to add.

29, 30C, 18:XX:XX

(pairs of) young men

Dream that I was trying to get up a ladder but young men were coming down in pairs, one behind another and facing forwards. With the third or fourth pair, I grabbed one of the man's (the harbour master's) testicles, which felt very firm and said "You are the last two. We must descend."

22, 30C, 00.11.15

Dream of two guys preparing a meal. Had they used a tampon or soft white cheese to fill the celery? I was given a garment to wear with the colours merging together. It was on the ground beside us while they prepared the food.

22, 30C, 05.09.00

By the sea running along the beach meeting two young men, one more handsome than the other but it was the less attractive one I felt a real closeness to and we kissed.

29, 30C, 08:11:30

In 500-year-old cottage used to live in - a very happy time of my life. Had first daughter there before travelling to USA. Really happy in dream to be in cottage, very aware of lots of the old beams. Remember locking the large front door. Then the lower floor of the cottage was flying in the air and we were on it. There was another flying area and we were trying to keep together so that we could land in the clearing on the same ground. Whilst we were flying on our home we were passed by a flying carpet with about 12 ebony, shiny, beautiful, handsome men who were kneeling on the carpet looking straight ahead. Then I was in a large house and had the radio on but suddenly I heard large round pebbles being hurled at the front door. I ran to lock it with an old key and ran upstairs to turn off the radio so they wouldn't know I was there. There were lots of people we met on our flight. One man was sad because he said no one cared about him. I said I would stay with him a while. He told me he was a refuse collector and I thought I wanted to just be his friend. 29, 30C, XX:XX:XX

Betrayal

Dream about a friend and her husband (who I was seeing the next day); the husband was having an affair with another women and they split up.

20, 12C, 05:XX:XX

Did some work with the group leader. Pattern of betrayal, Dream about friends husband was also betrayal so was probably about me

20, 05:XX:XX

Water

Dream about my Salmon soul mate, not being very attentive when I wanted him to be, and seeing him walking off up a hill to the right. I felt OK about it and walked straight on. Cats in my dream also.

29, 30C, 14:XX:XX

Dreamed I was a salmon bird, looked like an eagle. There were other eagles around me and we perched on some jagged rocks in the sea. Then a real eagle, looking a bit worse for wear, a bit raggedy on the right wing with messy feathers, came swooping over the sea to try and catch something. I knew that because I was on the rocks it would not be able to get me, I was safe. But if I had been in the sea, it would have caught me, to eat, possibly.

23, 9C, 04:09:00

Naked

Dream: very happy from a very happy dream. Dream; running naked across Poldhu Beach with Bessie (dog), the beach was empty and the sun was shining – felt totally free.

25, 30C, 18: XX: XX

Dream at a party at Chelsea Flower Show. Getting dressed for it. Using up old food. Put a crystal in water and it grew very big, too big for the container. I took ages to get ready but went to party naked as not enough clothes to go round.

20, 12C, XX:XX:XX

Female

I was going to see my best friend, who is a gynecologist.

17, 30C, 09:18:30

Had a dream that I was pregnant, working for a car sales company. The manager began to make my life difficult as he did not like women ("I can't stand Pulsatilla," he said.)

21, 30C, 06:XX:XX

Human- animal

There was a trip to a conference centre. It was high tide so it was dangerous to get there. There were polar bears there. I'd never been so close to a polar bear before but they didn't attack me. The waves were huge and were breaking the defences. The scenery was

Southend, where I come from (my home town), in the distant views. The close views were like a Polar Bear enclosure in London Zoo. There were grey rocks. I felt human even though I was in an animal enclosure.

20, 12C, 00:XX:XX

Dream: A large gorilla was chasing me in a kind of underground chamber. I felt totally doomed to being killed. As the monster got hold of me, however, I grabbed one its paws, and tickled it, saying "tickly tickly!", as you would to a baby; miraculously, the ape decided not to kill me, and instead it started grinning and laughing. We continued this game, until a guard appeared; he wondered what all the alarm had been about!

15, 30C, XX:XX:26

Dream that I was with a designer person (like designer baby). There were lots of different sizes and species of snails, which were really beautiful. I was to let two dogs out for a walk and as I was walking with them, I looked out at the landscape full of wonder at the beauty. When I turned around, there were a lion and a deer lying down together. Some drunk people came and fell on them and I was really angry with the woman. I started waving many-coloured scarves. There was a long driveway in order to get home. We were going to the architect of the buildings and my sister said she would like one

22, 30C, 01:22:00

Birds

Dreams of serpents after seeing the TV. Egg – worm – bird, transformation into a serpent with wings. Dust fashioned from the dirt beneath nails. It's the early bird who catches the worm!

22, 30C, 06:00:00

Dreamed I was a salmon bird, looked like an eagle. There were other eagles around me and we perched on some jagged rocks in the sea. Then a real eagle, looking a bit worse for wear, a bit raggedy on the right wing with messy feathers, came swooping over the sea to try and catch something. I knew that because I was on the rocks it would not be able to get me, I was safe. But if I had been in the sea, it would have caught me, to eat, possibly.

23, 9C, 04:09:00

Visions and dreams of blue herons and other birds with long legs.

22, 30C, XX:XX:XX

Dreamed I was a salmon bird, looked like an eagle. There were other eagles around me and we perched on some jagged rocks in the sea. Then a real eagle, looking a bit worse for wear, a bit raggedy on the right wing with messy feathers, came swooping over the sea to try and catch something. I knew that because I was on the rocks it would not be able to get me, I was safe. But if I had been in the sea, it would have caught me, to eat, possibly.

23, 9C, 04:09:00

Toad

DREAM – last night of a toad. That next door’s toad (they don’t have one) had escaped and I could see it crawling along their fence under the hedge – I had ‘zoom’ vision – I detected its movements and ‘zoomed’ in that was all – I didn’t go and tell them though I intended to, nor did I catch the toad.

25, 30C, 02: XX: XX

Dream I just had pants and a bra on, I was much thinner than now and beautiful in shape. I put on a towel and walked around — I was most beautiful of form. I walked down a road towards a nanny who was wearing a green wool suit and was moving into a house that was already full of things. I went down a cul-de-sac into the backs of gardens. Everywhere was more affluent, with huge gardens, which were in layers — layer upon layer of garden, like floating plates. I went to the fishpond on a layer and it was muddy so I leaped onto grassy platforms. Huge frogs emerged from the mud as I walked past. The backs of the houses had symmetrical windows of perfectly interlocking structures and shapes. The garden path was level on the way forward, but on the way back it transformed into lots of different levels.

22, 30C, 01:10:00

GENERALITIES

Time

Worse

Morning:

Eye, Nose, Throat, Cough, Abdomen, Extremities.

(Compiled)

Waking:

Head, Ear, Nose, Mouth, Throat, Stomach, Abdomen, Female, Cough.

(Compiled)

Midday:

Stomach, Cough, Extremities.

(Compiled)

Afternoon:

Nose, Throat, Chest.

(Compiled)

Night:

Nose, Throat, Cough, Female, Extremities, Skin, Fever.

(Compiled)

Amelioration

Better night, more sleep and no fever.

21, 30C, XX:XX:04

Symptoms > afternoon.

07:XX:XX 30C,,21

Food

Desire

6.30pm

Had a cup of very strong coffee; desired coffee and forgot about proving.

20, 12C, 05:01:20

Desire for ordinary tea (very rare, usually have herb tea), it feels more comforting.

29, 30C, 00:01:00

Had cod for lunch, fish not aggravating as usual. Desired fish.

20, 12C, 04:07:55

Desired soup.

26, 30C, 00:01:00

Desire for treacle tart. > Liquorices sweet.

21, 30C, XX: XX:01

Craving for honey in comb — would keep taking a little every time I wanted something sweet, instead of chocolate.

22, 30C, XX.XX.XX

Desire savory, didn't want chocolate.

29, 30C, 01:16:50

Aversion

Aversion to tea and coffee

21, 30C, XX: XX:03

Aversion tea.

21, 30C, XX: XX:03

Desire savory, didn't want chocolate.

29, 30C, 01:16:50

Milk does not appeal today.

21, 30C, XX: XX:04

Intense aversion to drinking – even trying to drink even a few sips made me shudder from distaste – this was true even of water.

21, 30C, XX: XX: 13

Even until now, seven months later, I cannot look at or touch liquorice – a complete aversion that I never had before.

Drinking much less alcohol; usually I drink 2 or 3 pints of beer each evening.

15, 30C, 07:XX:XX

Weakness

Very weary today

21, 30C, 08:XX:XX

Feel weak, faint and nauseous all day, starting with diarrhea.

Weakness with talking difficult. Shaky (trembling), increased weakness after any effort (symptoms with diarrhea)

23, 30C, 19:09:00 - 20:00:00

Felt weak at 2.00pm, went to bed and woke up at 5pm;

20, 12C, 03:02:25

Feel very tired – a very relaxed tired like I'd done a lot of physical work. Tired yet itchy.

25, 30C, XX: 03:30

Tired after waking mellow

25, 30C, 03:00:00

Very tired, mellow with people / family.

25, 30C, 04:00:00

Sensations

Sensation as if after numbing. It felt like my circulation was slow and yet my breathing function had increased.

22, 30C, 00:14:45

A slight bruised sensation remains following the diarrhea; < touch or hard prodding.

23, 9C, 20:XX:XX

Prickling / Itching

(Itching in Throat. Female, hands, palms, feet, skin, thighs.)

BODY / SKIN GENERAL – lots of prickling sensations, some sharp prickling.

Desire to scratch ++

25, 30C, 00:02:30

Skin still itching / prickling in various places < on face.

25, 30C, XX: 04:30

Some itching prickling in various places, anywhere

25, 30C, 01:xx:xx

General itching worse towards night.

25, 30C, 01:12:30

Itching and prickling continue – anywhere but < hands and fingers

25, 30C, 02: XX: XX

Still itching in various places, prickly itch < forearms and hands. Rubbing hands a lot and scratching them

25, 30C, 03:00:00

Pain

12 noon. Problems all morning with all joints aching as if 'flu, especially the lower back (sacral region), hips and shoulder blades, < jar, < cold, > pressure. I want to sit in a warm place and not move, and then it is not too bad.

21, 30C, 02:XX:XX

Very achy all morning, hugging the fire.

21, 30C, 03:XX:XX

Want to be indoors in the warm.

Work seems a burden – only one patient but wish she wasn't coming – just want to veg out by the fire and do nothing to ease the aches and pains.

21, 30C, 03:XX:XX

Everything aches and movement is not to be desired.

21, 30C, XX:XX:04

Everything physical aches or hurts < movement.

I don't want to give out my energy (patients etc) but can take it in –the physical misery gets in the way.

21, 30C, XX:XX:04

Can't be bothered to do things as moving is too painful. Comfortable doing nothing.

21, 30C, XX:XX:04

Yesterday - too ill to write (coryza, backache, watery eyes and thirst for cold water) couldn't sleep last night but slept till midday woke up from a bad dream (tormenting family situation), vivid colors pain in chest on breathing in ears and sore throat ==>cough, runny nose and HA sweating heavily, cold sweat, no fever, want to be covered.

26, 30C, 47:XX:XX

Heat

I woke extremely hot and needed the loo. Still lying on the right side and hot water bottle still as hot as when I went to bed six hours ago. I woke up and realised how white I was — I usually feel quite pink.

22, 30C, 00.11.15

In bed, extreme sense of weight, thirst and heat.

22, 30C, 00.13.30

Extreme heat when angry. So hot, felt I was about to faint.

22, 30C, 00.14.45

The internal heat feels like combustion, not explosion.

22, 30C, 00.21.00

Tremendous internal heat, as if about to spontaneously combust, with nausea and pain in the head. My palms were extremely hot but my outer face felt cool.

22, 30C, 01.18.30

Feel hot and nauseous.

22, 30C, 05.09.00

Desire and better for very hot shower.

29, 30C, 02:07:50

Want to be indoors in the warm.

Work seems a burden – only one patient but wish she wasn't coming – just want to veg out by the fire and do nothing to ease the aches and pains.

21, 30C, 03:XX:XX

Misc.

In general I feel very positive about the proving, mentally and emotionally I am mellower in some ways – a less busy mind rather than emotions.

25, 30C, XX:XX:XX

I am more flexible — less stiffness and cracking.

22, 30C, 02.10.00

Headache, nauseous, old and tired.

22, 30C, 00.20.00

I feel dirty, especially my hair and anus; I can't get clean.

15, 30C, XX:XX: 34

Looked at photo of face and thought their nose looked like Pinocchio

Noticed friend looked as if she had dark circles under her eyes.

29, 30C, 00:07:00

VERTIGO

Slight vertigo once or twice while talking– glad I was sitting down

21, 30C, 07:XX:XX

Some vertigo on looking directly.

21, 30C, 08:XX:XX

Feeling exhausted and very dizzy, my eyes didn't seem to focus properly, >eyes closed, <moving eyes.

29, 30C, XX:XX:XX

HEAD

Head feels tired on waking, got > as I got going.

26, 30C, 02:00:00

Head is heavy on top part (1") depth.

21, 30C, 02:XX:XX

Pounding head as of 'flu.
21, 30C, 02:XX:XX

Eruption

Eruption scalp – above ears < Right, thick lumpy and sore, raw feeling, thick scurf, very large flakes and itching.
25, 30C, 17: XX: X

Eruption; very thick scurf above both ears< Right. Large white flakes, lumpy sore area – raw feeling, raw from scratching.
25, 30C,18: XX: XX

Pain

Headache.
22, 30C, 00.20.00

Woke 6.50am (earlier than usual)
Woke anxious with frontal head- ache and nausea
A/S very unusual to wake with anxiety and these symptoms, which can occur, but not at this time usually.
25, 30C, 04:00:00

Headache on and off all day.
29, 30C, 21:XX:XX

Continuous ache in head, not hard and sharp like Diamond but curved and crystalline.
Pain mainly felt in skull and face bones. Left side of neck feels double. It feels like I'm joined at the neck.
22, 30C, 00.23.48

Tremendous internal heat, as if about to spontaneously combust, with nausea and pain in the head. My palms were extremely hot but my outer face felt cool.
22, 30C, 01.18.30

Still have a low-grade headache and right-sided earache.
22, 30C, 02.00.00

Brain

Intense pain as if in the brain on left side.
29, 30C, 05:XX:XX

Pain in left side of the brain.

29, 30C, 08:11:00

Pain through the brain to left side, more upper.

22, 30C, 01.XX.XX

Forehead

Woke with heavy headache left side of forehead and behind left eye, throbbing on movement.

29, 30C, 21:XX:XX

Occiput

Piercing, gnawing pains at occiput, on & off

15, 30C, XX:XX:00

Sides

Headache on left side.

29, 30C, 20:09:15

I awoke suddenly at 12.30am and 3am, with an intense left-sided headache and then felt chilly.

22, 30C, 01.06.00 & 01.09.30

Temples

I woke with an intense pain in my right temple.

22, 30C, 01.10.00

Sharp pain left side of temple, feels like in my brain.

29, 30C, 15:11:00

Intense pain left temple then extending diagonally to right occiput of head.

29, 30C, 16:11:00

Vertex

9p.m. – very slight headache, top portion of head, mild, can't qualify.

21, 30C, 00:XX:XX

Headache LHS top quadrant of head – feels heavy, affecting left eye which feels as if not properly open.

Sensations

Prickling sensation in vertex; became crawling sensation and gradually spread over the scalp.

23, 9C, 00:00:05

Under the hairline on my head the bone was thickened and ridged, as if plates doubled at this point.

22, 30C, 01.22.00

Misc.

Head was pulled back to the right as I was looking at things.

22, 30C, 00.00.22

To my left side, there was a sound in my head like a wild cry in the wilderness.

22, 30C, 00.04.40

EYE

Left inner canthi - red pimple.

26, 30C, 20:XX:XX

Watery eyes.

26, 30C, 47:XX:XX

Pain

Eye sockets hurt if I look sideways (as with viral complaints)

21, 30C, 03:XX:XX

Eyes still very achy <motion of eyes.

21, 30C, XX:XX:04

Stinging

Eyes stinging especially along top margin of right lid.

29, 30C, 00:00:08

Stinging margins of upper eyelids, >rubbing with saliva on fingers.

29, 30C, 02:06:45

Itching

Itching of left eyelid.
29, 30C, 00:08:06

Swelling

Sore swelling of right eyebrow, as if bruised. The spot inflames, but never comes to a head. Just as if I'd been smacked in the eye. Unusual.
15, 30C, XX:XX:43

VISION

I fell asleep at 6 p.m. and woke an hour later feeling exhausted and very dizzy, my eyes didn't seem to focus properly, >eyes closed, <moving eyes. My head didn't seem to belong to me, my eyes were not part of my head. I went to bed and didn't get up until mid-day when I felt better.
29, 30C, 02:06:45

Saw two small bright lights next to each other, then they disappeared, then there was just one bright light. Eyes were closed.
23, 00:00:01

EAR

Left ear blocked, tinnitus - high pitch
26, 30C, 04:XX:XX

To my left side, there was a sound in my head like a wild cry in the wilderness.
22, 30C, 00.04.40

Pain

Earache in right ear.
29, 30C, 21:10:00

I woke with a really high temperature and a right-sided earache.
22, 30C, 01.10.00

Hot pain in right ear plus earache.
22, 30C, 00.14.00

Intense pain in right ear and sharp pain in right ovary.
22, 30C, 00.16.20

Pain in right ear and right kidney.
22, 30C, 01.00.20

Stitches into R ear once or twice from neck up – very painful but mercifully brief.
21, 30C, XX:XX:04

Pain in left ear — transient.
22, 30C, 00.14.45

Earache left ear, <swallowing.
29, 30C, 05:12:00

Sore throat, pain ext. ear, started from L-side to both sides <empty swallowing
>swallowing solid food
26, 30C, 45:XX:XX

HEARING

Acute.
23, 9C, 00:00:05

NOSE

Blocked

Woke in morning with a sore throat and blocked left nose, two white pustules on the right tonsil.
23, 9C, 10:10:00

Blocked on waking. Cleared thick mucous from back of nose by forcibly snorting inward.
23, 9C, 12:00:00

Blocked worse right side, on waking. Yellow sticky mucous discharge. Sweet taste when snorted down back of throat.
23, 9, 13:10:00 23,

Nose blocked, < left side. On blowing, would produce yellow, green blobs of sticky, but nose did not clear.

23, 9C, 14:10:00 23

Very blocked during the night, with mouth breathing; > after rising. Discharge yellow/green sticky mucus.

23, 9C, 16:10:00

Woke with blocked right nostril.

29, 30C, 25:05.00

Blocked, < left side.

19, 30C, 19:09:00

Bleeding

Nose bleed (r-nostril) on slight blow, on waking in the morning,

26, 30C, 02:22:XX

Upon blowing nose yesterday, had specks of blood from left nostril, today from right nostril.

19,30C, 20:XX:XX

Discharge

Blowing nose from teatime on

21, 30C, 03:XX:XX

Nose discharge almost >

21, 30C, 05:XX:XX

Pain

Pain outer side of right nostril.

22, 30C, 00.00.00

Pain above nose, which radiated up and out in a V shape.

22, 30C, 00.01.40

Sharp pin pricks in wing of right side of nose.

29, 30C, 00:05:00

Sneezing

Enormous sneeze, after which I felt better.

22, 30C, 00:02:00

Sneezing.

22, 30C, 02:01:00

Odors

The odor of stools sticks to me, as if I can't get rid of the fecal stain. I have to wash that area a lot. (new).

15, 30C, XX:XX:34

1.00pm went shopping. 5 minutes after leaving house had involuntary stool. Came home; stool was runny, acid, burning, olive green. Stained knickers – had to throw them away. Was like a baby's nappy. Had to throw open all the doors and windows as the whole house smelled of ammonia

20, 12C, 03:01:25

7.30pm My sense of smell impaired; Ammonia smell taken over the house so couldn't smell the bread cooking. I left the bread in the machine and it went soggy.

20, 12C, 03:07:55

FACE

Hot & flashing

Hot flashing face (ext. to ears) while eating, with delusion done wrong

26, 30C, 04:XX:XX

Hot and flashing face during anger

26, 30C, 38:XX:XX

Hot sweaty flush on face

(Cured)

29, 30C, 00:08:00

Feel as if my face has been in the sun.

29, 30C, 01:09:00

Several people today remarked that I looked as if I had been on holiday. I still had the sensation that my face felt sunburned.

29, 30C, 02:XX:XX

Face still feels sunburned.

29, 30C, 05:XX:XX

Woke feeling cheeks are burning but are cool.

29, 30C, 23:XX:XX

Tremendous internal heat, as if about to spontaneously combust, with nausea and pain in the head. My palms were extremely hot but my outer face felt cool.

22, 30C, 01:18:30

Rubbing

Sensation thick-skinned, numb, heavy. Rubbed and rubbed at it – desire to rub / dig at face < L cheek. Unusual.

25, 30C, 00:00:03

Skin feels tight and thick across cheeks “have” to scratch.

25, 30C, 00:00:03

Face still feels unfeeling in a way – keep screwing it up and digging / rubbing at it – I was really digging into my eyes. Unusual.

25, 30C, 00:02:30

Pain

Deep pain lower right jaw.

22, 30C, 00.21.00

Continuous ache in head, not hard and sharp like Diamond but curved and crystalline. Pain mainly felt in skull and face bones. Left side of neck feels double. It feels like I’m joined at the neck.

22, 30C, 00.23.48

Pain in face, right sided, plus moderate headache and nausea. It feels like I’m becoming symmetrical.

22, 30C, 01.00.20

During the proving I had slight neuralgic pains in my cheekbones. I didn’t write them down as they seemed slight but the pain keeps recurring and have not had them before so feel it might be relevant to the proving.

29, 30C, XX:XX:XX

MOUTH

Very aware of my teeth. Momentary little pains in gums

Lower face, right side feels pulled down.

29, 30C, 00:00:05

Bleeding gums.

29, 30C, 14:XX:XX

Tongue feels burnt today.

29, 30C, 02:XX:XX

Internal throat, left side, dark-red/purple. Left tonsil, and uvula swollen, as well as another flap at back of throat. This covered half my throat. Tongue disgusting, yellow/orange/grey coating, which would not brush off. Tongue indented around the sides. Some numbness and tingling from the left side of tongue and jaw.

23, 9C, XX:XX:XX

Sensation of numbness and thickness now onto lips < top lip stretching lips and mouth and biting top lip, feel compelled to stretch lips, scratch / rub face and bite lip. Unusual.

25, 30C, 00:00:03

Tingling middle lower lip.

29, 30C, 00:00:16

Mouth dry sensation despite drinking water.

29, 30C, 00:10:50

Woke with very dry mouth, as if tongue burnt, although plenty of saliva in mouth. Not pleasant taste.

29, 30C, 01:08:30

Increased saliva in mouth as with nausea. (symptoms during diarrhea)

19, 30C, 20:00:00

Open

Much gazing out with mouth open.

22, 30C, 00:02:00

I woke rigid in my body. I was breathing through my nose with my mouth open like a fish. It was like Rigormortis. I felt like a dead fish, with scales on my skin. My body was holding itself tense, I wasn't relaxed. I was holding my body in tension, it wasn't intentional.

20, 12C, 00:17:29

Started a tapestry. Noticed that when I was concentrating I was doing it with my mouth open, like a fish again
20, 12C, 05:16:25

Taste

Elderberry cordial is not too bad but the herb tea I tried tasted foul and I left it.
21, 30C, 04:XX:XX

Everything leaves a disgusting taste.
21, 30C, 05:XX:XX

Water tasted horrible.
29, 30C, 00:10:50

Taste in mouth still awful.
21, 30C, 08:XX:XX

Taste of liquorices in the mouth.
21, 30C, 05:XX:XX-06

Still got horrible sweet taste in mouth so food and drink taste awful.
21, 30C, 07:XX:XX

Still sweet taste in mouth.
Sweet taste is > food, < drink.
21, 30C, 09:XX:XX

I was looking forward to eating fish; a piece of skate (my favorite) with spinach and mushrooms. It had been there for three days. It tasted like ammonia had to throw it away. The taste stayed – it filled up my whole head. I cleaned my teeth and it was still there.
20, 12C, 03:00:55

Food tastes of meat. Disgusting!
15, 30C, 34:XX:XX:

Heightened sense of taste for food and drink.
29, 30C, 00:07:00

Teeth

Left upper molar broke off while eating (same place I had gumboil > Merc sol 30 before.)
26, 30C, 00:07:30

Chunk of filling on right top back tooth fell out (porcelain).
21, 30C, 01:XX:XX

Very aware of my teeth
29, 30C, 00:00:05

Bite of my mouth seems funny. My teeth don't quite fit together;
teeth feel sensitive.
20, 12C, 05:XX:XX

Toothache

Toothache on left upper jaw, where the teeth join the gum
19, 30C, 00:00:05

Left upper gum toothache, ext. ear, tooth feels spongy.
26, 30C, 41:XX:XX

THROAT

Throat constricted.
20, XX:XX:XX

Itchy and tickly back of throat and palate, extending to left ear, wanting to swallow, but
not > swallowing.
23, 9C, 14:03:00

Swallowing difficult, must expectorate saliva.(symptoms during diarrhea)
23, 9C, 20:XX:XX

Swallowing a lot, but it also feels like an inner swallow, like there's something needing
to be swallowed just above the heart.
22, 30C, 00:21:00

Dry

Dryness back of throat on waking, needed cold drink, which amel.
29, 30C, 00:05:30

Dry and tickly during day, causing cough. Constantly clearing throat, hawking. Tickle
and cough < lying down.
23, 9C, 15:XX:XX

Sore, dry, coughing, now productive, > drinks especially hot.
23, 9C, 17:XX:XX

Throat is dry and sore, and still have headache and tenderness of body and joints.
21, 30C, 03:XX:XX

Expectoration

Now ache across back (dorsal area) and have an irritating cough with some phlegm which is creamy white and frothy.
21, 30C, 02:XX:XX

Hawking up small amounts of cream phlegm
21, 30C, 03:XX:XX

Cough very bad today – I sound like a honking seal (barking) and mucous difficult to bring up.
21, 30C, 06:XX:XX

Cough is still troublesome – raising phlegm difficult, have to swallow it.
21, 30C, 08:XX:XX

This morning blowing and coughing out left-over phlegm, thick, yellow
51:XX:XX,26

Pain

Sore throat on waking, on empty swallowing, ameliorated. by hot drink.
17, 30C, 06:22:55

Woke up in the middle of the night with a sore throat, feeling cold and feverish at the same time.
17, 30C, 09:18:40

Woke up in the morning with even worse pain in my throat, pain left side, extending to left ear; worse on empty swallowing. Better solids, warm drinks.
17, 30C, 10:01:00

Woke in morning with a sore throat and blocked left nose, two white pustules on the right tonsil.
23, 9C, 10:10:00

Throat worse left side, extending to left ear canal. Desire cold drinks, which > sore throat.
23, 9C, 10:21:00

On waking, felt better than previous day, not sore.

11:10:00 23, 9C,

Sore and dry on waking.

23, 9C, 13:10:00

Sore on waking, > drinking and eating, generally.

23, 9C, 16:10:00

Sore, raw and burning on coughing; frequent hawking

23, 9C, 18:XX:XX

Sharp pain left side of throat, <swallowing, like a knife sticking in.

29, 30C, 05:11:00

Sore throat improved, only slightly there now.

29, 30C, 11:XX:XX

Noticed sore throat from around 4 p.m. – feels like the start of a cold > liquorice sweet.

12, 30C, 01:XX:XX

Sore throat returned about 10.p.m Mild cough when undressing.

21, 30C, 01:XX:XX

Sore throat, pain ext. ear, started from L-side to both sides <empty swallowing

>swallowing solid food.

26, 30C, 45:XX:XX

Sore throat for a few days after being exposed to a cold wind. Three days later, my head felt pressured and full, and I was flushed in the face. Left side of throat swelled internally and gland at left side of neck swelled to the size of a golf-ball. Neck was so swollen, my jaw line disappeared. Internal throat, left side, dark-red/purple. Left tonsil, and uvula swollen, as well as another flap at back of throat. This covered half my throat. Tongue disgusting, yellow/orange/grey coating, which would not brush off. Tongue indented around the sides. Some numbness and tingling from the left side of tongue and jaw. Foul breath; foul taste on spitting out saliva or other fluid. Pain on swallowing: sharp, stitching lancinating; left side extending to left ear. At first, < empty swallowing or saliva; after a few days worse any swallowing.

Teeth, at root, and gum ache on left side, Pain on opening mouth. Salivation greatly increased. Swallowing as a reflex at first, but so painful, I learned not to; when mouth became full of saliva, either I would spit it out or swallow it. In order to do this, I had to take deep breaths to relax before swallowing, to cope with the pain. I was worried that the spitting out would dehydrate me, as I was unable to take in much fluid. I started to fantasize about all the drinks I would have when I was better - milkshakes, lassis, standing under a waterfall with my mouth open, able to drink my full. No appetite. Eventually my throat felt like two flat surfaces, not far apart, and when I swallowed they squeezed liquid outwards and up into my nose, so that not much went down my throat.

The result was that I would become panicky that I would suffocate. My jaw would hardly open, speech became difficult, taking a lot of effort, so I was using hand signals to answer questions, or not bothering.

23, 9C, XX:XX:XX

When I got to the stage when I was unable to swallow, and just spitting into a bowl, I thought I had better go to hospital. it was a tough decision, failing to treat the quinsy homeopathically; also I had my fear of the damage that antibiotics, or whatever else they would give me, could do. But I felt I had to hand myself over to survive. It felt like a test in being able to use allopathy in this instance and made me wonder where homoeopathy and allopathy fitted together

23, 9C, XX:XX:XX

I started taking homeopathic remedies to little or no avail. (Eventually diagnosed as quinsy.)

23, 9C, XX:XX:XX

During these throat symptoms, felt very weak; heart beat irregular and stronger than usual; < walking up stairs. I stood and walked in a bent position, sometimes leaning my head to the right, sometimes to the left, because of the discomfort in my throat

23, 9C, XX:XX:XX

I had been reading 'Anatomy of the Spirit' by Caroline Myss. I read about the throat chakra, to find out why I was ill. Went through all my recent bad choices, as the throat chakra has to do with choices. I also meditated, and wrote a letter to my mother, which I did not intend to send, to try and work out what was wrong with my throat. I was looking for spiritual/karmic reasons for my illness. I wondered if the reason for my illness was to experience allopathy again, and to trust handing my body over to 'the enemy', and realizing that antibiotics do not touch the soul.

23, 9C, XX:XX:XX

Swelling

Internal throat, left side, dark-red/purple. Left tonsil, and uvula swollen, as well as another flap at back of throat. This covered half my throat. Tongue disgusting, yellow/orange/grey coating, which would not brush off. Tongue indented around the sides. Some numbness and tingling from the left side of tongue and jaw.

23, 9C, XX:XX:XX

Several small red swellings at back of throat (not tonsils).

23, 9C, 10:23:00

EXT THROAT

Left front neck tendon is taut – not painful but turning head is restricted.

12 noon. Headache less after mid-morning (around 11am but can't be sure), but still a slight sensation there at this time. Neck >.

21, 30C, 01:XX:XX

Neck stiff in occiput.

21, 30C, 02:XX:XX

Tightness at the back of my neck with heat spreading around the base of skull. (OS)

22, 30C, 00.00.45

5.00pm. Aware of a tightening on Left side of neck; muscles from below ear to throat.

20, 12C, 04:23:50

Felt like the left side of my neck was corded.

22, 30C, 00:00:22

Left side of neck feels double. It feels like I'm joined at the neck.

22, 30C, 00:23:48

STOMACH

Anxiety in stomach doing exercises.

20, 12C, 04:22:20

A deep burning in stomach area more intense than usual.

25, 00:00:25

Hiccoughs. (OS)

22, 30C, 01.XX.XX

Appetite /Thirst

Haven't eaten breakfast – just looked at it. Didn't feel hungry

20, 12C, 03:18:55

No desire for food. Increased thirst as day continued. > hot drinks, averse tepid or cold drinks. Increased saliva in mouth as with nausea. Swallowing difficult, must expectorate saliva. Eructations with nausea. (symptoms with diarrhea),

23, 9C, 19:09:00

Very little appetite, ate only a tiny lunch – wouldn't have mattered what it was as appetite wanting.

21, 30C, 02:XX:XX

Ate a few nibbles (pickles) and cheese but not much because not hungry and hampered by lost filling.

21, 30C, 02:XX:XX

Drank a tin of cider but had to force it down after first few sips. Nothing to eat as couldn't face it.

21, 30C, 03:XX:XX

Still no drink.

21, 30C, 05:XX:XX

Eating normally but still not drinking much.

21, 30C, 06:XX:XX

lack of thirst

21, 30C, 13:XX:XX

Thirsty on waking

26, 30C, 05:XX:XX

Thirst for cold water

26, 30C, 38:XX:XX

Extreme thirst. Desire for diluted pineapple juice. Put it towards lips but did not drink.

22, 30C, 00.00.20

Thirsty but not drinking.

22, 30C, 00.00.22

In bed, extreme sense of weight, thirst and heat.

22, 30C, 00.13.30

Nausea

Had toasted tea-cake and coffee mid-morning – felt nauseous after.

Ate no lunch but not a problem.

21, 30C, 05:XX:XX

Nauseous feeling after liquid noticed.

21, 30C, 06:XX:XX

Slight nausea in abdomen on lying down in bed.
29, 30C, 00:00:15

Headache, nauseous, old and tired.
22, 30C, 00:20:00

Pain in face, right sided, plus moderate headache and nausea. It feels like I'm becoming symmetrical.
22, 30C, 01:00:20

Tremendous internal heat, as if about to spontaneously combust, with nausea and pain in the head.
22, 30C, 01:18:30

Nausea with eyes open as everything moves with each heartbeat.
22, 30C, 04:01:00

Feel hot and nauseous.
22, 30C, 05:09:00

ABDOMEN

Intense pain coming from outside into the abdomen, in inverted V shapes.
22, 30C, 00:02:00

Pain in abdomen.
22, 30C, 00:23:48

Pains in abdomen at waist level.
22, 30C, 04:21:00

In shower uneasy feeling in upper abdomen. Abdomen looks bigger than usual, I look 3 months pregnant. It seems bigger from below the breasts so that it joins the swelling of abdomen.
29, 30C, 02:07:55

Woke with swollen abdomen, sharp pain in region of umbilicus Sharp, cramping sensations in the abdomen, > lying down, < sitting and walking. (symptoms with diarrhea)
23, 9C, 19:09:00 - 20:00:00

Noisy and distended feeling, pain – cramping, dull not severe with almost urging to stool – this continued until 2.00pm – noisy flatus > pain / distension.
25, 30C, 05:XX:XX

Bloated, after evening meal and two glasses of red wine.
23, 9C, 19:00:00

Abdomen in stomach region. A deep burning in like a band across. N/S
25, 30C, 00:00:25

A slight bruised sensation remains following the diarrhea; < touch or hard prodding.
23, 9C, 20:XX:XX

Midnight; took remedy. A few minutes later I felt heat at the navel.
15, 30C, 00:00:05

Trembling sensation within abdomen.
29, 30C, 00:05:45

Wind / Flatus

Trapped wind pain.
29, 30C, 01:15:05

Trapped wind.
29, 30C, 02:05:35

More windy this morning.
29, 30C, 02:08:30 - 11.00

Very rumbly and windy flatus. very intense
25, 30C, 03:00:00

Very rumbly, cramping / burning pain in lower abdomen with flatus (again <2pm for a while)
25, 30C, 04:00:00

Very rumbly abdomen.
25, 30C, 05: XX: XX

Rumbly and flatus again, abdomen and lower region an ache again – flatus > all < 2pm again.
25, 30C, 06: XX: XX

Much wind which makes me feel nauseous, not > burping.
21, 30C, 07:XX:XX

RECTUM

Very itchy hemorrhoids.
29, 30C, 25:22:00

Herpes outbreak around anus.
20, 12C, XX:XX:XX

Unprepared for work. I feel dirty, especially my hair and anus; I can't get clean.
15, 30C, XX:XX:34

STOOL

Have not passed a motion since Wednesday until this evening
21, 30C, 06:XX:XX

Less constipated than usual
22, 30C, 04:09:00

I have had four bowel movements in last 24 hours. I didn't go at all for previous 24 hours.
29, 30C, 02:XX:XX

Spluttering diarrhea with flakes of light brown, small undigested red pieces (not recognizable).
19, 30C, 10:XX:XX

Diarrhea; loose light brown broken stool.
19, 30C, 13:20:00

Solid stool followed by loose brown dark stool - diarrhea, offensive. Feel weak, faint and nauseous all day, starting with diarrhea. Eight episode of diarrhea during the day, becoming more solid over the course of the day. Weakness with talking difficult.
19, 30C, 20:00:00

A slight bruised sensation remains following the diarrhea; < touch or hard prodding.
23, 9C, 20:XX:XX

Went shopping. Five minutes after leaving house had involuntary stool. Came home; stool was runny, acid, burning, olive green. Stained knickers – had to throw them away. Was like a baby's nappy. Had to throw open all the doors and windows as the whole house smelled of ammonia.
20, 12C, 03:01:25

8.00am. Had a huge stool. Olive green again. SRP – not usual colour.
20, 12C, 03:15:10

The odour of stools sticks to me, as if I can't get rid of the fecal stain. I have to wash that area a lot. (NS.)
15, 30C, 34:XX:XX:

BLADDER

Urinating more frequently.
29, 30C, 25:XX:XX

KIDNEYS

Pain in right ear and right kidney.
22, 30C, 01:00:20

MALE

Midnight; took remedy. A few minutes later I felt heat at the navel. As I went to sleep I had a visual impression of the lapping of clear blue water. After an hour I awoke feeling unusually amorous. In sleep I had an emission (unusual).
15,30C, 00:01:XX

In bed with wife, tremendously aroused, irresistible desire to masturbate so I did! Glad to say this is a completely new symptom!
15,30C, 28:XX:XX:

FEMALE

Bleeding

Spotting of vaginal blood (went through menopause years ago)
29, 30C, 20:10:30

Slight vaginal blood.
29, 30C, 21:10:30

Itching

Couldn't sleep until 5 am, vagina (b/w labia) - itchy, red and raw (candida?); lying on floor - fetal position;
26, 30C, 22:XX:XX

Vagina itching b/w labia >> as soon as menstrual flow started
26, 30C, 24:XX:XX

Menses

Menses two weeks early.
17, 30C, 06:06:30

Woke up from a feeling that I was starting my period, felt like something burst inside my uterus. I was bleeding heavily, like from an open tap, bright red blood. It was a first day after my normal period (which this time was 2 weeks early), I had no discharge the day before and now I was started bleeding, which was different from my normal period. Usually, blood is dark, now it was bright red and it was running constantly.
17, 30C, 09:18:32

Still bleeding red bright blood. It was like having my period again, but I just had it. This time I felt soreness down, near vagina, sore like having an open wound. I never have this with my menses.

Bleeding less, blood dark, comes in streaks.
17, 30C, 11:03:XX

Little bloody discharge, dark blood.
17, 30C, 12:03:XX

Very little bloody discharge, (one day after menses), felt a little sore deep down vagina.
17, 30C, 37:XX:XX

Having my period, heavy as usual. Unusually, the blood was leaking and I kept having to clean it up.
19, 30C, 02:00:00 - 03:00:00

Menst. bleeding - heavier than usual, with clots
26, 30C, 25:XX:XX

Period started around 3p.m. – pelvic ache much relieved by this.

21, 30C, 05:XX:XX

Heavy bleeding for months after proving
17, 30C, XX:XX:XX

Pain

Sharp sticking pain right side (ovaries) lasting half hour on and off.
29, 30C, .20:14:45

Intense pain in right ear and sharp pain in right ovary.
22, 30C, 00.16.20

Masturbation

Felt very sexual. Felt the need to masturbate.
20, 12C, 00:13:15

RESPIRATION

Very weary today- short of breath especially noticeable going upstairs.
21, 30C, 08:XX:XX

I noticed the time when I woke up as it was all the fours 4.44. I woke rigid in my body. I was breathing through my nose with my mouth open like a fish. It was like rigormortis. I felt like a dead fish, with scales on my skin. My body was holding itself tense, I wasn't relaxed. I was holding my body in tension, it wasn't intentional.
20, 12C, 00:17:29

I was really noticing my breathing and I lay on my right, which is unusual for me.
22, 30C, 00.04.40

Sensation as if after numbing. It felt like my circulation was slow and yet my breathing function had increased.
22, 30C, 0014:45

My lungs feel like bellows — getting fuller and fuller. Sensation of a vibration up the spine into the head.
22, 30C, 03:06:00

COUGH

Cough -chesty, phlegmy on waking
23, 9C, 19:09:00

Cough < night
26, 30C, 48:XX:XX

This morning blowing and coughing out leftover phlegm, thick, yellow. Ears nearly unblocked. Thirsty for cold water.
26, 30C, 51:XX:XX

Mild cough when undressing.
21, 30C, 01:XX:XX

Have an irritating cough with some phlegm which is creamy white and frothy.
21, 30C, 02:XX:XX

Chest very tight by mid afternoon – painful to cough – want to round shoulders forward when I do as this minimises pain.
21, 30C, 03:XX:XX

Cough on getting up – raising some creamy, jelly like phlegm.
21, 30C, XX:XX:04

Cough very bad today – I sound like a honking seal (barking) and mucous difficult >, 3pm>, to bring up.
21, 30C, 06:XX:XX

Still coughing, mucous still difficult to raise.
21, 30C, 07:XX:XX

Coughing a lot on change from cold to warm room.
21, 30C, 07:XX:XX

Cough is still troublesome – raising phlegm difficult, have to swallow it.
21, 30C, 08:XX:XX

Much the same as yesterday , cough is still a nuisance
Still sweet taste in mouth.
21, 30C, 09:XX:XX

The cough lasted for several weeks before clearing.
21, 30C, 13:XX:XX

CHEST

Pain in chest on breathing in.

26, 30C, 47:XX:XX

Boobs very tender, need support.

21, 30C, XX:XX:04

Very sharp chest pain, behind the breastbone, right in the middle. Gripping, squeezing felling. Lasted for about a minute.

17, 30C, 00:03:10

Ache under right breast.

29, 30C, 01:14:20

Pains under left breast.

29, 30C, 03:XX:XX

Aching left side of left breast on outside, on and off all morning.

29, 30C, 07:XX:XX

Woke 5.30 a.m. sweating top of chest, nightclothes damp.

29, 30C, 02:05:30

Chest very tight by mid afternoon – painful to cough – want to round shoulders forward when I do as this minimizes pain.

21, 30C, 03:XX:XX

HEART

It felt like my heart moved up with my breath.

22, 30C, 00:02:00

Swallowing a lot, but it also feels like an inner swallow, like there's something needing to be swallowed just above the heart.

22, 30C, 00:21:00

Nausea with eyes open as everything moves with each heartbeat.

22, 30C, 04:01:00

Felt as if my heart was trembling in middle of chest.

29, 30C, 00:00:18

During these throat symptoms, felt very weak; heart beat irregular and stronger than usual; < walking up stairs. I stood and walked in a bent position, sometimes leaning my head to the right, sometimes to the left, because of the discomfort in my throat
23, 9C, XX:XX:XX

Palpitations while walking upstairs, lasted for about 30 sec, very unpleasant.
17, 30C, 01:09:30

Palpitations while eating, lasted about 30 sec.
17, 30C, 02:04:45

Pain

Pain through heart area from bottom to top, going upwards.
29, 30C, 00:12:20

Hugged cedar tree and had ache in my heart.
29, 30C, 01:10:30

Pain in heart.
29, 30C, 05:08:55

Pain in heart, like indigestion of the heart, lasted a minute.
29, 30C, 05:17:30

Pain like indigestion but in the heart area.
29, 30C, 08:11:30

Sharp stabbing pain in heart, like a knife.
29, 30C, 17:06:05

BACK

Pushing scapulae together to pop my back.
22, 30C, 00:00:00

Sensation in back as if shape shifting.
22, 30C, 00:00:20

When sitting in bed, had delusion that my back was very short with an increasing curve and I almost fell asleep sitting up.
22, 30C, 00:04:40

Skin on back and other parts feels burnt (OS).
22, 30C, 02:10:00

Pain

Coryza, backache, watery eyes and thirst for cold water.
26, 30C, 47:XX:XX

Pain in back on eating, like two angles coming in.
22, 30C, 00:23:30

Pain felt in back, behind my heart under the scapula.
22, 30C, 00:02:00

A sharp jabbing in the back, on right, as if of liver (7pm); a new symptom.
15, 30C, XX:XX:00

Pain to the right side of sacrum
23, 9C, 00:00:05

Pain, left side of sacrum. Stiffness in back, neck, shoulders. Sore neck and back, stiffness, wanting massage. When sitting wanted head propped up. (Symptoms with diarrhea.)
23, 9C, 19:09:00 - 20:00:00

Very poor night as feverish chills up and down spine, aching in lumbar spine and pounding head all as of flu. Could not get warm.
21, 30C, 02:XX:XX

Ache across back (dorsal area) and have an irritating cough with some phlegm which is creamy white and frothy.
21, 30C, 02:XX:XX

12 noon. Problems all morning with all joints aching as if flu, especially the lower back (sacral region), hips and shoulder blades, < jar, < cold, > pressure. I want to sit in a warm place and not move, then it is not too bad.
21, 30C, 02:XX:XX

Lower sacral area still uncomfortable.
21, 30C, 03:XX:XX

EXTREMITIES

Awkwardness

Somewhat clumsy and uncoordinated getting washed, dressed and ready for work.

13, 9C, XX:XX:00

Uncoordinated left leg and foot on walking.

22, 30C, 00:20:00

Door of oven fell on right foot twice.

22, 30C, 01:XX:XX

Two pins became stuck in the sole of my right foot.

22, 30C, 04:15:50

I fell over outside the theatre, on the pavement. Twisted my ankle but was able to walk.

Painful. Not bad enough for a remedy.

20, XX:XX:XX

Twisted left ankle again (exactly one week since last time). Fell onto the ground. Came home and took Arnica 200 for five days, Stront mur 1M, Diamond 200. Ankle black and blue. Worried if I twisted it again I'd break my leg. Also grazed right knee as I fell.

Wasn't looking where I was going.

20, 12C, XX:XX:XX

Cold

Cold feet in bed. Cold always from knees down to toes.

29, 30C, 23:XX:XX

Cramp

Woke in night with cramp in right leg.

29, 30C, 05:05:05

Cramp in right calf.

29, 30C, 05:04:45

Discharge

Athlete foot oozing sticky discharge

26, 30C, 53:XX:XX

Eruptions

Dry spots left upper outside arm.

29, 30C, 21:XX:XX

Spots behind knee of left leg.
29, 30C, 02:XX:XX

Heat

Tremendous internal heat, as if about to spontaneously combust, with nausea and pain in the head. My palms were extremely hot but my outer face felt cool.
22, 30C, 01:18:30

Inner heat in right elbow, with intense itching of right ring finger.
22, 30C, 00:20:00

Burning, side of right hand. Itching palms.
22, 30C, 09:09:00

Itching

Both forearms feel itchy / prickly inside, feel compelled to scratch. Scratching hard and leaving red marks but it doesn't change the sensation though I continue to do it. N/S.
25, 30C, 00:00:20

3.35pm Itchy finger; inside index finger on the right side
20, 12C, 05:16:25

'Athlete foot' (r-foot) still itching but drying up.
26, 30C, 02:22:XX

'Athlete foot' itching <, scratch to blood
26, 30C, 20:XX:XX

Athlete foot << scratching to blood, oozing, <2nd toe
26, 30C, 34:XX:XX

Numbness

Left arm felt numb even though laying on right side.
22, 30C, 03:05:00

Numbness in left wrist when I was woken after half an hour. This happened again after another half hour.
22, 30C, 00.04.40

Sensations

Exaggerated sensation of touch in fingers.

23, 9C, 00:00:05

I felt pricking sensation, like small electric shock-like sensations in my fingers, three times.

23, 9C, 03:00:00

Legs – muscle of thigh above knees feel tight and heavy, a pressing feeling.
25, 30C, XX: 03:30,25

Stitching sensation in right hip, in front of the joint (groin).
23, 9C, 00:00:05

Tingling upper left arm (had before, since TIA).
29, 30C, 00:00.05

Swelling

Sore swelling of proximal knuckle of little finger, it goes red, just like gout. It goes down as quickly as it came up.

15, 30C, 44:XX:XX:

athlete foot - mid toe - inflamed swelling, red
26, 30C, 50:XX:XX

Pain

Problems all morning with all joints aching as if 'flu, especially the lower back (sacral region), hips and shoulder blades , < jar, < cold, > pressure.

I want to sit in a warm place and not move, then it is not too bad.

21, 30C, 02:XX:XX

Shoulders very achy and tense .
21, 30C, 03:XX:XX

Arms very, very sore in two spots (level with breasts and below armpits)- clothes. touching there is awful and I'm conscious of the soreness every time I move.

21, 30C, 06:XX:XX

Left armpit - hidden boil pain
26, 30C, 04:XX:XX

Aching drawing of inner angle of elbow (new symptom).
15, 30C, XX:XX:04

Ache in back of wrists. Several aches of arthritic type in wrists and hands.
29, 30C, 15:10:45

Intense pain in hands, arthritic type.
29, 30C, 04:14:00

Aching in hands esp right as if arthritic.
29, 30C, 20:10:30

Arthritic pain at base of right thumb 'deep ache' pain worse than usual and extending across back of hand. A/S.
25, 30C, 01:12:30

Arthritic pain – a deep ache in base of right thumb but now extending into 1st and 2nd fingers.
25, 30C, 02: XX: XX

Sharp pain at base of thumbnail on left side; lasted 1/2 hour and went away.
20, 12C, 05:16:25

Very, very achy in whole of pelvic girdle area (in the bones) – pain quite strong, > menses beginning.
21, 30C, 05:XX:XX

A definite ache of the right hip joint. It really did hurt, especially at night when in bed. For a week it woke me several times in the small hours, making me toss and turn, trying out different positions. When I moved it'd make it feel better for a bit, then the ache would start again. It was a lot > in the day, esp if I walked, although I had to be careful not to raise my leg too high. That made it really hurt. I thought "Oh God, I'm getting old."
15, 30C, XX:XX: 90

Intense penetrating burning pain right outer thigh, alternating with same pain just below left knee outer side.
29, 30C, 18:04.30 to 05.30

Acute pain in joint of left knee.
29, 30C, 15:16:30

Pain left center of top of foot and underneath.
22, 00.04.40

Sharp pain in left heel
29, 30C, 00:11:00

Intense short pain ball of big toe on left, returning pain 5 minutes later.
29, 30C, 22:07:50

Still pain on and off in left big toe, it reminds me of what frostbite might be like, a deep ache.

29, 30C, 23:XX:XX

Athlete foot << raw, sore and painful under middle toe

22:XX:XX,26

Misc.

Realised that since taking the remedy have been wearing support stockings. It was suggested by MLD (manual lymphatic drainage) masseur, in order to stop the water retention in my legs.

20, 12C, 03:XX:XX

The bruise-like mark which is normally on outside of right ankle appeared to have many burst tiny blood vessels on it. Later this reverted back to its normal discoloured appearance.

23, 9C, 12:00:00 - 13:00:00

SLEEP

Position

Taking a long time to get off to sleep. Lying on my stomach (unusual). and wake in the night, easily disturbed.

23, 9C, XX:XX:XX

I almost fell asleep sitting up.

22, 30C, 00:04:40

Sleepiness

Fell asleep for half an hour.

26, 30C, 00:00:30

Felt very relaxed, fell asleep on couch in front of party of eight friends (would never usually do this).

29, 30C, 00:09:30

Sleepy – keep nodding off.

21, 30C, 09:XX:XX

Had lunch at around 1p.m.. Afterwards felt very sleepy so had a nap for 15 mins.

21, 30C, 01:XX:XX

Napped after lunch for 45 mins – did not want to get going again.
21, 30C, XX:XX:04

Slept entire day and night - about 36 hours- felt much better, my “flu” was gone.
17, 30C, 12:00:XX

Feel very sleepy in the morning and sometimes during the day, only really “waking up”
towards 7-8 pm.
17, 30C, 32:XX:XX

Went to bed early and slept till late, even so had to wake up with an alarm , could have
slept indefinitely.
17, 30C, 42:XX:XX

Usually get up and go to toilet at night, although had desire to go I didn’t get up and slept
all night.
29, 30C, 00:XX:XX

Sleeplessness

Couldn’t sleep so finally got up again to quench thirst. How can people sleep?
22, 30C, 03:06:30

Couldn’t sleep last night but slept till midday woke up from a bad dream (tormenting
family situation).
21, 30C, 47:XX:XX

Have not had continuous peaceful night's sleep, taking a long time to get off to sleep.
Lying on my stomach (unusual). and wake in the night, easily disturbed.
23, 9C, XX:XX:XX

Very active / lively mind before sleep, only brief but very noticeable.
25, 30C, 12:XX: XX

Very lively mind before sleep – again preventing sleep but with no concern or worry –
trivial thoughts. As falling asleep asked partner “When is the farmer going to plant the
field with corn again?” – it made her comment in the morning – funny and strange
occurrence.
25, 30C,14:XX: XX

Very active mind before sleep – went off to sleep ok – no worry or concern at not
sleeping just a very lively mind stopping sleep, trivial thoughts.
25, 30C,11:XX:XX

Waking

I awoke suddenly at 12.30 am and 3 am, not remembering dreams but with an intense left-sided headache and then felt chilly.

22, 30C, 01:06:00 & 01:09:30

Woke at 3.30 am very cold and disturbed by a dream – felt uneasy but nothing specific.

25, 30C, 15:XX:XX

Woke at 4.30 am from dreams, very active and anxious dreams, woke feeling unsettled.

25, 30C, 17:XX:XX

Woke 5.30 am from a dream and feel disturbed, anxious and cold.

25, 30C, 16:XX:XX

Woke 5.30 a.m. sweating top of chest, nightclothes damp.

29, c,02:05:30

Woke 6.50 am (earlier than usual)

25, 30C, 04:00:00

2.00 pm. Felt weak; went to bed and woke up at 5pm;

20, 03:02:25

Woke early

21, 30C, 07:XX:XX

Difficulty waking up this morning (unusual for me). Got up at 8.15a.m.

21, 30C, 01:XX:XX

Waking frequently, not deep sleep; waking with cough.

23, 9C, 17:XX:XX

Slept well and although woke a few times in night, went straight back to sleep again (unusual).

29, 30C, 00:XX:XX

CHILL

Yawning and chilly.

22, 30C, 00:00:00

I awoke suddenly at 12.30am and 3am, not remembering dreams but with an intense left-sided headache and then felt chilly.

22, 30C, 01.06.00 & 01.09.30

Very poor night as feverish chills up and down spine, aching in lumbar spine and pounding head all as of 'flu. Could not get warm.

21, 30C, 02:XX:XX

Chilly, want to wrap myself up, sweat heavily. Runny nose >. Ears nearly unblocked.

Cough < night

26, 30C, 48:XX:XX

FEVER

Felt feverish and cold at the same time. No energy, yet tried to do some housework, was tired and irritable.

17, 30 C, 10:02:30

Tired and cold, sore throat, felt unusually hungry and was better for eating, swallowing solids didn't hurt. (Usually don't eat when have fever at all.)

17, 30 C, 10:05:XX

Fever: Temp was 103F; felt very cold, had to have two blankets on. Wanted my head covered and put a scarf on.

17, 30 C, 10:11:XX

Fever: Temp was 103F. Still felt very cold, kept my scarf on my head even in bed. Took Hepar sulph 30 without realising that those symptoms could be proving related.

17, 30 C, 10:13:XX

8a.m. Another disturbed night as feverish, mostly hot but one or two shivers, shoulders very achy and tense .

21, 30C, 03:XX:XX

PERSPIRATION

Perspiration - more than usual

26, 30C, 04:XX:XX

Sweating heavily, cold sweat, no fever, wanted to be covered

26, 30C, 47:XX:XX

Chilly, want to wrap myself up, sweat heavily
26, 30C, 48:XX:XX

Perspiration on axillae: strong odour as of animal.
23, 9C, 00:13:00

SKIN

I woke up and realised how white I was — I usually feel quite pink.
22, 30C, 00.11.15

My legs are very itchy, skin looks like marble.
17, 30 C, 27:XX:XX

Skin, especially on the back trunk, is very sensitive and feels tender.
21, 30C, 02:XX:XX

Eczema

Mother's eczema disappeared (she'd had it since birth and she's 79). I started to get eczema.
22, 30C, XX.XX.XX

Eczema around right wrist, more prominent on the anterior part
27, XX:XX:XX

Eruption- itching

Occasional bouts of internal prickling on the skin.
25, 30C, XX:XX:XX

Itching inner side of both thighs, worse at night, in bed.
17, 30C, 21:14:XX

Little red bumps appeared on both thighs, very itchy. After scratching skin has long red and white discoloration, skin looks like marble when not scratching.
17, 30C, 22:XX:XX

Red rash is spreading down my legs - from inner thighs to knees. Very itchy.
17, 30C, 23:XX:XX

Rash is still spreading down my legs. Little red pimples, intolerable itching; must scratch.
17, 30C, 24:XX:XX

Red rash now is covering most of my legs, starting with the thighs and continuing up to my ankles, intolerable itching, worse from heat of the bed.

17, 30 C, 25:XX:XX

My legs are very itchy, skin looks like marble.

17, 30 C, 27:XX:XX

Itching and rash gradually subsiding. Intolerable itching of my legs lasted about 2 weeks.

17, 30C, 32:XX:XX

Itching

Itching occasional inside hands / fingers.

25, 30C, 04:00:00

Skin on back and neck Prickling / itching

25, 30C, 14:XX:XX

Sunburn

Sunburn.

23, 9C, XX:XX:XX

Bad sunburn again. This time front of body. Stinging pain. Felt as if you could fry an egg on thigh, stomach; burning sensations followed by waves of chilliness with shivers on skin.

23, 9C, 12:19:00

Skin on back and other parts feels burnt (OS).

22, 30C, 02.10.00

Anacdotal

Seem to have lots of symptoms returning from the Eagle proving.

22, 30C, XX.XX.XX

Spoke to my supervisor and we agreed I could take Ignatia 1M x 1 for my grief.

Immediately after remedy, I took two deep sighs. Sharp pain in small area on right hand near thumb. Very itchy hemorrhoids.

29, 30C, 25:22:00

BEFORE TAKING THE RX

After JS gave me the bag of remedies I put it in my lap and almost immediately felt my legs felt lighter/weaker, as if conscious of a space around the bag like an aura. Also at the same time on looking at JS I was aware of an aura around him - pale, white at first then with a tinge of pale transparent green watery.

I had to put the bag of remedies on the floor as it felt too intense to have them on my lap.
29, 30C, XX.XX.XX

Went to the Tube and thought I had left my ticket in a bag at the lecture room, so bought another ticket but next day found I had my ticket in my pocket.
29, 30C, XX.XX.XX

I had left my carpark ticket at the lecture room and had to pay the full lost ticket payment (but only £1 more than I would have paid.)
29, 30C, XX.XX.XX

Knocked over a glass of juice to floor.
29, 30C, XX.XX.XX

In the morning my Answer phone was dead, bought another one that day, but on returning home found it was the electricity on that line that had crashed so I hadn't needed to buy the new answer phone (same as ticket above)
Got free train journey home, but felt extremely guilty and expected someone to come up and ask for my ticket, considered getting off the train half way along to buy a ticket but didn't. Bought cup of hot chocolate at station and put nearly empty one in bag which spilt out onto papers in the bag which were Instructions to Supervisors/Provers.
29, 30C, XX.XX.XX

8.30am

Locked myself out of the house. Set the alarm and closed the door while the keys were still in the back of the door. Wasn't upset about it (SRP). Went home after being out and got the keys from a neighbor.
20, 12C, XX:XX:XX

After the proving

My internet and E-mail connections crashed. The domain servers had gone down – one of which is called AMERICIUM
20, 12C, XX.XX.XX

Three months later: To sum up, for me, the provings were a turmoil of my internal world. I have been to emotionally painful places, which I would normally avoid, mainly about my role in my family and my purpose. I experienced this mobilising energy, 'just do it' energy and really believed that I could solve my family problem in which I felt stuck for years. I feel the provings is finished now but the remedy's curative effect is irreversible (especially feeling more open about personal issues). I miss the intense energy I felt,

maybe the remedy relapsed. I still can't make sense of the sniffing dog ordeal. (Prison visit - sniffing dog singled me out and I had to go through rub-search)
26, 30C, 90:XX:XX