

Proving: Herring (Clupea Harengus)

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Kingdom	Animalia
Phylum	Chordata
Class	Actinopterygii
Order	Clupeiformes
Family	Clupeidae
Subfamily	Clupeinae
Genus	Clupea
Species	C. harengus

Introduction

The Fish

The earliest vertebrates were primitive fish that had evolved during the Cambrian period from yet more primitive creatures with notochords. The term fish is used to describe any non-tetrapod animal with a skull that has gills throughout life and whose limbs, if any, are in the shape of fins. Fish are generally cold-blooded, breathe underwater through gills, are covered with scales and have fins to

help them move easily through water. Most species live either in fresh water or the sea, while some species are able to live in both, moving from one environment to another at various stages of their life cycle. This group contains the largest number of vertebrates on the planet.

Fish have specialized nerve cells in their skin that allow them to detect subtle electrical currents emanating from other creatures and objects. They also have a 'lateral line', which comprises of a series of organs in a canal running from the head along the sides of the body that allows them to detect vibrations and changes in water pressures and currents. Otherwise they have the usual senses of sight, hearing, touch, taste and smell, although these are somewhat different to those evolved in land creatures. Being surrounded by water the influence of vibrations is of great importance and while fresh water fish often have good eyesight, those that live in the dark depths of the oceans or muddy water have little reliance on vision with some species being entirely without eyes.

Fish generally take no responsibility of their young other than releasing eggs or sperm. Predator fish are often singular hunters, though some team together, however most fish swim in shoals and some are mighty schoolers. A school or shoal of fish can be defined as a group travelling in the same direction, orientated by outside stimulus, for example the presence of predators or other fish in the water. They usually move at the same speed and are equally spaced from their fellow schoolers.

The Symbolism of Fish

In astrology, the sign of Pisces.



Symbol: a pair of Fish, swimming in opposite directions.

Element: Water

Quality: Mutable

Ruling planet: Neptune

Characteristics: Watery, changeable, intuitive, feminine.

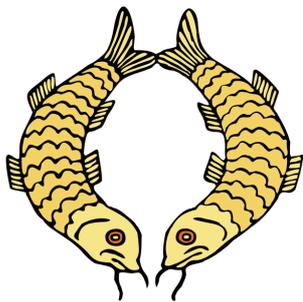
Undesirable personality traits: pessimistic, lethargic, careless, indecisive, submissive, moody, self-pitying. Positive personality traits: selfless, spiritual, kind, compassionate and sympathetic. Pisces individuals often fail to distinguish fact from fantasy mainly because they are easily caught up in their idealistic, and imaginal worlds.

Anatomically Pisces corresponds to: Feet and toes; arteries and veins in the feet and the extremities; the lymphatic system, the duodenum, the cecum.

In world mythology

In Roman mythology, the fish was considered to be sacred and a symbol of variation and development. In Christianity, the fish symbolises great quantity, dating back to the Biblical story of feeding the five thousand with loaves and fishes. In Pagan traditions, it was believed that the fish symbolized fertility and femininity. Within this religion water is considered to be the 'flow of the Divine Mother principal' meaning that all creatures residing in the water are products of this Goddess. The Ancient Celts hailed the fish as a symbol of knowledge, inspiration and wisdom, particularly the salmon. When they ate salmon they believed they would take on this knowledge. The theme of

transformation is reflected in the Eastern Indian mythology of ancient times, where the story is told of how Vishnu changed into a fish in order to escape a great flood and guide others to safety. The creation myths of Ancient Africa tell of a great creator who plants the first seeds of life that emerge from the 'cosmic womb' as fish ready to journey through the 'waters of creation'. In Chinese culture, the fish is seen as a symbol of faithfulness due to the fact that many species (particularly the koi carp) swim together in pairs. For this reason, the fish motif features as a wedding gift for couples in China in the form of jewellery or figurines. In the Buddhist religion, the fish is one of the Buddha's eight sacred symbols. The pair of fishes originated as the pre-Buddhist symbol of the two sacred rivers of India, Ganga and Yamuna. Symbolically, these two rivers represent the lunar and solar channels, which originate in the nostrils and carry the alternating rhythms of breath or prana. In Buddhism, fishes symbolize happiness, as they have complete freedom in water. They represent fertility and abundance as they multiply very rapidly.



Both Jesus Christ and Buddha are known as 'fisher of men,' because they save mortals from the ocean of suffering.

The Fish in Homeopathy

There are as yet no studies of Fish as a group in homeopathy. However, there are characteristics that can be applied to shoaling fish. Here the group identity predominates, to the extent that an individual fish actually is the totality of the shoal, and cannot be viewed (or view itself) as anything other than the collective. Put simply, a patient requiring such a remedy would not think of themselves outside of, or separate from, their family, group or indeed society. For them, personal survival would totally depend upon the survival of the group.



The Herring

The Herring is a fish found through most of the North Atlantic. It has been a major food source in Europe and North America for countless centuries. It is the most numerous of all the fish in the ocean. It is an obligate schooler, which means it can only survive as part of a large school. These schools can be enormous, there are records of schools being 4 cubic kilometres in size and containing several billion individuals. They move at considerable speed, up to 4 km/hour. They feed by capturing plankton in their gill rakers as they swim through the water with their mouth open. They form a major part of the diet of many ocean fish and cetaceans. Herring are considered to be one of the most spectacular 'schoolers' within the fish species. Their rapid and synchronised movements are the subject of countless research projects being carried out by Universities worldwide in an attempt to discover how the herring are so attuned to each other's movements. In his book 'Advances of Marine Biology', Frederick S. Russell states that the behaviour of the herring differs from that of other schoolers for specific reasons. For example, whereas other fish species possess a moveable fin, which sways with the force of the water and allows them to move backwards, the clupea herring has a rigid, immobile pectoral fin that is responsible for their perfectly regimented movements within the school. He also suggests that the shiny scales of the herring allow them to find each other in dim light. This also creates a mirroring effect that reflects the appearance of the herring's surroundings and so helps to camouflage them from predators. More recent research has discovered that once the light intensity drops the fish scatter, then when it rises once more they come to the surface and begin to school again. This information is used by fisherman to plan their large scale capture of herring at the most opportune times.

The Proving

The proving was conducted with the third year students at The School of Homeopathy. It was the last proving at Yondercott in Devon before the School moved.

One of the surprising things about the proving was a lack of group issues. Modern provings, animal remedies and provings conducted by an established group all tend to have important symptoms about being part of the group or being rejected by the group. The Herring however, as an obligate schooler has no choice in the matter. They are part of the school and there is no possibility of

anything else. This is perhaps why the group is never mentioned as an issue in the proving.

The remedy has distortions of space, particularly feeling taller, and especially distortions of time, time tends to stretch into whatever is needed. This is part of the main issue for the remedy of being able to go with the flow of time and circumstance and everything will work out. This results in a feeling of calmness and contentment. There were also feelings of being lucky and happy with concomitant gratitude and benevolence. These feelings become more pathological in a feeling of lethargy and can't be bothered. Physically there is great heaviness, exhaustion and sleepiness. Provers just wanted to curl up and go to sleep. They felt they couldn't move. There was a polarity of being energised and able to do many things at the same time.

There was also considerable confusion. This could be of space and time and of identity and personal boundaries but was most often expressed as confusion in communication. They were unable to connect brain and mouth to speak effectively, but could also not follow conversations and were easily distracted.

Provers got colds that affected the nose, the ears and the eyes with, often severe headaches and an irritating cough. These were the symptoms of a cold rather than a flu.

There were many symptoms of the limbs including heaviness, numbness and pain, which was sometimes severe and prevented walking.

The dreams have not been themed as they did not produce any strong themes or powerful imagery. There were some echoes of the physical symptoms such as the vulnerability, the swelling or the importance of the breasts.

Hans Christian Andersen's fairy tale

The Little Mermaid dwells in an underwater kingdom with her father, the mer-king, her grandmother, and her five sisters. Her five sisters are each born one year apart. When a mermaid turns 15, she is permitted to swim to the surface to watch the world above, and when the sisters become old enough, each of them visits the upper world every year. As each of them returns, the Little Mermaid listens longingly to their various descriptions of the surface and of human beings.

When the Little Mermaid's turn comes, she rises up to the surface, sees a ship with a handsome prince, and falls in love with him from a distance. A great storm hits, and the Little Mermaid saves the prince from nearly drowning. She delivers him unconscious to the shore near a temple. Here she waits until a young girl from the temple finds him. The prince never sees the Little Mermaid.

The Little Mermaid asks her grandmother if humans can live forever if they could breathe under water. The grandmother explains that humans have a much shorter lifespan than merfolks' 300 years, but that when mermaids die they turn to sea foam and cease to exist, while humans have an eternal soul that lives on in Heaven. The Little Mermaid, longing for the prince and an eternal soul, eventually visits the Sea Witch, who sells her a potion that gives her legs in exchange for her tongue (as the Little Mermaid has the most enchanting and beautiful voice in the world). The Sea Witch warns, however, that once she becomes a human, she will never be able to return to the sea. Drinking the potion will make her feel as if a sword is being passed through her, yet when she recovers she will have two beautiful legs, and will be able to dance like no human has ever danced before. However, it will constantly feel like she is walking on glass hard enough to make her feet bleed most terribly. In addition, she will only obtain a soul if she finds true love's kiss and if the prince loves her and marries her, for then a part of his soul will flow into her. Otherwise, at dawn on the first day after he marries another woman, the Little Mermaid will die brokenhearted and disintegrate into sea foam.

The Little Mermaid drinks the potion and meets the prince, who is mesmerised by her beauty and grace even though she is mute. Most of all he likes to see her dance, and she dances for him despite her suffering excruciating pain. When the prince's father orders his son to marry the neighboring king's daughter, the prince tells the Little Mermaid he will not because he does not love the princess. He goes on to say he can only love the young woman from the temple, who he believes, rescued him. It turns out that the princess is the temple girl, who had been sent to the temple to be educated. The prince loves her, and the wedding is announced.

The prince and princess marry, and the Little Mermaid's heart breaks. She thinks of all that she has given up and of all the pain she has suffered. She despairs, thinking of the death that awaits her, but before dawn, her sisters bring her a knife that the Sea Witch has given them in exchange for their long hair. If the Little Mermaid slays the prince with the knife and lets his blood drip on her feet, she will become a mermaid again, all her suffering will end, and she will live out her full life.

However, the Little Mermaid cannot bring herself to kill the sleeping prince lying with his bride, and she throws herself into the sea as dawn breaks. Her body dissolves into foam, but instead of ceasing to exist, she feels the sun; she has turned into a spirit, a daughter of the air. The other daughters tell her she has become like them because she strove with all her heart to obtain an immortal soul. She will earn her own soul by doing good deeds and she will eventually rise up into the kingdom of God.

Materia Medica

Mind Themes of *Clupea harengus*

Distortion of Space & Size

Went to the toilet in the house, didn't notice before but I'm nearly too tall to fit through the door. 01P 01 XX:XX NS

Have a vision that I'm a pigeon sitting on a stone lintel at the top of a building, looking down on everything that's going on below. Feel tall and slightly removed from reality. 01P 01 XX:XX NS

I felt tall and upright again. There was a horse coming towards us. We both started laughing at it, it was one of the ugliest horses I'd ever seen. 01p 02 XX:XX NS

Feeling tall again, even though sitting down I feel I'm higher than everyone else, keep looking at the people around me to see if I really am but can't work it out. I should be smaller, except one they are all considerably taller than me. 01P 11 XX:XX NS

Driving back from the pub in Culmstock, the narrow bridge looks too narrow for me to fit through. 04P 02 XX:XX NS

Feel as if I don't have enough space where I normally sit to work. Want to push everything and everyone far away, further than arms length. Need more space to function, feeling hemmed in, feel I have to expand out, not enough physical space. 05P 05 XX:XX NS

Room looked large on opening eyes when sitting, but small when standing and started walking. When walking around the garden I felt huge, like a giant, ground seemed far away. 08P 01 XX:XX NS

Dad's bedroom seemed much bigger than I remembered and bed seemed small. Later it seems even bigger and size of bed diminished a little more. 09P 04 XX:XX NS

Was shocked when standing in bedroom at B&B as it looks like the bedroom has shrunk. The spare bed

looks like it is sloping more downwards than it does usually. 12P 01 XX:XX NS

Distortion of Time

Noticed that time seemed to be passing very slowly, but in a good way. Just seemed to fit a lot in to a little time. 05P 01 XX:XX NS

Time going very slowly. From arriving home to going to bed seemed like I had done a lot, but not enough time had passed for me to fit it all in, in reality. 05P 03 XX:XX NS

Feel like I have no time reference, no connection to the present, cannot remember what day it is, what time, confusion over daily and weekly events that I repeat continually. Nothing makes sense, although very happy and relaxed. 08P 14 XX:XX NS

I notice I don't have to rush and there is still plenty of time, strange distortion of time. Lessons feel really long, not busy enough, a never mind feeling. 09P 05 XX:XX NS

Feel as though time is going really slowly. Everything is good, it'll be okay, everyone tearing their hair out but not me, no panics at all today. 09P 06 XX:XX NS

Time feels very slow and distorted. I get the feeling that it's very late in the day when it's not. I feel like I should almost worry I should be somewhere else and then realise I have lots of time left. 11P 03 XX:XX NS

I couldn't believe it was only 9 o'clock. It felt as if time had slowed down. 12P 01 21.00 NS

Time seems to pass slower than normal. Had a meeting at 10:05 and it seemed like I had been in there for two hours when in reality I had only been there for one. 12P 04 XX:XX NS

Confusion of Communication

I noticed while talking to my supervisor tonight that I am forgetting what has just been said, it is hard to hold onto what has been said, I feel a lot of brainfog. I am finding it hard to write this and to remember what to write, thinking clearly is too difficult. My supervisor asked me how I have been feeling emotionally. I just felt confused and unable to give a clear answer. 02P 19 XX:XX NS

This morning I found it very difficult to engage in a mental conversation. Its like the computer in my brain is on slow so is not computing well enough to respond to what people are saying, it is a bit disconcerting and I feel odd and tired. I found it hard to answer a man's questions at work, I could hear him talking but the words weren't really registering in a way that I could answer him. I felt a moment of panic that he was going to wait for an answer and I wouldn't be able to formulate one. I feel better when doing something physical than when doing something mental. 02P 19 XX:XX NS

I feel like my brain is a computer but some of the old files are missing at the moment so I can't access the usual store of information as some of the memory is missing. When people ask me a question I feel I am waiting for my brain to throw up the right info but it often doesn't come and I feel a strange gap. 02P 20 XX:XX NS

Very distracted talking to people over lunch, which is very unlike me. My mind and eyes kept wandering to other people's conversations. Everything seemed very loud. 06P 02 XX:XX NS

Met some of the mothers from the children's new school and felt slightly distracted when I was talking to them. It was as if I was half listening to someone else and half in my own head but thinking nothing in particular. I had the impression that I must look a bit vacant or disinterested because this was how I felt. It was as if I was looking over the shoulder of the person I was talking to with my ears. This was markedly worse after I had had a cup of coffee. 06P 05 XX:XX NS

Had a few glasses of wine, but no more than I usually would and I certainly was not drunk but I was having to concentrate really hard when I was talking to people. I found myself tuning into other people's conversations, not because they were more interesting but because I couldn't help myself. The restaurant seemed incredibly loud. This was a different feeling to being drunk, it was as if the physical boundary of my mind was no longer there rather than my inhibition being gone. 06P 08 XX:XX NS

My husband got back from London after a week and he said that I was being rather cool with him, which was an odd thing to say. I found it rather difficult to immediately connect with him after the absence which is unusual for me. 06P 15 XX:XX NS

Went to someone's house for dinner and half way through conversation I realised that I had no idea what they were saying to me. I think that I had been listening to someone else's conversation. This is very unlike me. 06P 36 XX:XX NS

I asked my daughter if she saw anything different about me. She says I was 'not very tactile, or warm'. She also says that in conversation I seem to be saying things in a 'slow and considered' way. She says I used to be more 'engaged'. 07P 11 XX:XX NS

I really struggled to stay in communication with others, just wanted to be alone and float in this happiness. Conversation did not seem to make sense; it was like I could hear what people were saying but did not understand the language. 08P 01 XX:XX NS

People talk to me and I can't think. this is more exaggerated than normal. 10P 06 XX:XX NS

It's hard to connect the brain to the mouth to communicate, have to think really hard and slowly, mustn't feel rushed else can't think. 10P 07 XX:XX NS

I find it hard to take anything in when people are talking, my mind can't absorb what they're saying. It almost feels as if they're talking too fast and sometimes in another language. 11P 02 XX:XX NS

Really spaced out and feel like I can't hold a conversation with any of the girls properly, same feeling throughout the proving. A feeling of paranoia like they know I'm the odd one out. 11P 16 XX:XX NS

Confusion, can't think properly. Having moments of clarity when things make sense and then they don't at all and I feel like I could be talking another language. Felt like this all day. 11P 24 XX:XX NS

Feeling confused, feeling like I can't speak to anyone because it will come out the wrong way, my mind feels very disconnected from my mouth and that I have a slight feeling of paranoia that they will know I'm not right in the head. So I'm therefore inclined not to talk to anybody much, as I'm happy to just space out and disconnect. This is the feeling I've had throughout the whole proving. 11P 30 XX:XX NS

Feeling very confused and disconnected. It takes a lot of effort to engage my mind with my mouth and decide how I want to say things. Feel quite vulnerable and paranoid as a result of this; yet chilled, spaced

out and not bothered by it, but I just know I don't feel right in myself. 11P 31 XX:XX NS

Finding it hard to follow a conversation. Have to concentrate to understand an entire sentence. Easy to misunderstanding the end of sentences. Have to keep asking people to repeat things. 12P 01 XX:XX NS

Confusion of Boundaries

The thrust of the proving for me was a soporific sensation that was 'spacey' in nature. The episodes that I had over the course of about a month were similar in nature but varying in intensity. The feeling was of being outside my own head in terms of what was going on around me. It was as if the boundaries of my mind had disappeared and were diffusing into the immediate vicinity. The sensation was of detachment and looking at the situation from the outside rather than experiencing it with involvement. This manifested itself as having a very acute sense of hearing and often a slightly undulating feeling within my mind and body. I did not in any way feel off balance it was more like the sensation one feels after being on a boat for a few days and then stepping out onto dry land. Your body still feels the sense of movement. In my experience this often happened in places where there were a lot of people. Supermarkets, swimming pools, restaurants and schools were the most common location for this 'spacey' sensation. In the public places my hearing would become very acute; knives and forks would sound very loud, background noise and chatter would become deafening and I found it very difficult to focus on the person I was talking to. It was almost as if my ears were scanning the surrounding noise and picking up on everything rather than the particular conversation I was having. Rather like the boundaries of my mind (above) everything was diffused and not focused on the matter in hand. In its most extreme state I became completely disorientated and could not work out the lay out of a room. This feeling was in no way unpleasant or 'anxious making'. 06P 00 XX:XX NS

As the remedy was being prepared I felt a spacey disconnected feeling and was acutely aware of peripheral noise. The sensation was as if the boundary of my head had disappeared and my mind was floating around in the immediate vicinity. There was also a sensation of movement within that resembled a rocking or undulating sensation. It was as if I had been on a boat for 3 days and still had the feeling of movement. I, in no way felt unstable. This came in waves until I went to bed. The feeling was pleasant but I felt slow. It was a bit like being drunk. 06P 01 XX:XX NS

Took the children swimming and as soon as I walked into the swimming pool building had marked spacey sensation that lasted quite a short amount of time. 06P 41 XX:XX NS

Confusion of Reality

Feel in daze all day, as if not really awake. Spent afternoon on sofa watching DVD's with daughter, which haven't done for ages, very rarely sit down and do nothing. Felt very dozy, and a bit dizzy and not quite with it. Feel as if I am in a bit of a cloud, and that I could fall asleep straight away if I let myself. 05P 17 XX:XX NS

Went to parent's evening in a big sport's hall and had to come back in after a break, through a different door. Became momentarily completely disorientated. The room looked completely wrong and everyone was in the wrong place. I wondered if everyone had moved. It appeared as if the room was spinning and it took me about 30 seconds to re-orientate myself. 06P 07 XX:XX NS

Looking back, I see I spoke of a 'detached' feeling that I would now describe overall as a feeling of being at a huge distance from everything and everyone around me, that had begun as a feeling of calm. My daughter said of some time we spent together early on, 'It was as if you weren't really there', and I can now see that that was how I felt. 07P 00 XX:XX NS

Feeling very far away and dreamy. 09P 02 XX:XX NS

Standing outside in woods, heart pounding and thumping a bit, every thing still looking surreal, my heart pounding, the light and shadows all a bit dream like. 10P 06 16.00 NS

Felt like in a dream, especially in the first half of the day. Like a slight vertigo that made me feel like the world around me isn't completely real. 13P 05 XX:XX NS

Vertigo in the middle of the day, about 2 pm. Feeling like the world wasn't the same, it was a bit different. It's like you're looking at the world and then you realise its just a picture, like you are separate, not a part of it, like a movie, like a 3D picture. It happened again later. Just for a split moment just a glimpse of something, of other consciousness. 13P 12 14.00 NS

While in the supermarket, felt myself unreal, like walking in a dream or under water. 13P 16 13.30 NS

Confusion of Identity

Had a strange experience when I got back to my room. I was sitting in bed and noticed there was a hair dryer on the wall, I hadn't noticed it before because there was one in the drawer that I'd been using. Suddenly thought I wasn't the right person and I was in another room, that I was someone else and had to look at a birthmark to check it was me! 01P 10 23.00 NS

A couple of times I have been standing in a queue and an individual has just not seen me and barged in front of me to the counter, much to my quiet amusement. It is as though I am invisible! which is ok! 10P 07 XX:XX NS

General Confusion

I feel unclear in my thinking; I feel a bit dopey. I am confused as to how I am, am finding it difficult to decide whether my symptoms are old, new or recent. 02P 18 XX:XX NS

Difficulty deciding on shopping and feeling very spaced out in the shop. It took me ages, and time felt slowed down. Almost wanted assistance just to help me get out the door. 03P 05 XX:XX NS

Also very unlike me I completely forgot that we were having some friends for lunch. It was a real shock when she phoned up and asked if we were still expecting them. I managed to stretch lunch for 6 to lunch for 11 so I wasn't particularly phased by it just very unlike me to forget. 06P 37 XX:XX NS

A couple stop and ask for directions and I feel very vague and although I know exactly where they want to go, I seem to answer quite slowly and have to think. I feel slightly surprised that they are speaking to me. 07P 05 XX:XX NS

I can't make my mind up about anything. Where shall I park? What shall I buy? What shall I do first? 07P 05 XX:XX NS

I struggled to do simple tasks for preparing supper, felt as if high and simple movements like chopping, took tremendous concentration to carry out. 08P 01 XX:XX NS

Shouted out "dirty " very loudly when answering the front door instead of saying " Kevin" who was standing 10P 04 XX:XX NS

I'm looking at my work, having trouble focusing and making sense of anything. computer playing up but it doesn't seem to matter. Everything about me is so slow. Sitting, mouth open, ajar, staring blankly, unable to work out the simplest of things. 10P 04 XX:XX NS

In a daze, drove off to watch a horse show, had looked at address, looked at map, went to wrong place, drove about, went home in a daze. 10P 10 XX:XX NS

Feeling very confused over boyfriends; thought I knew how I felt. Spent all day with one and then the other asked me back and all of a sudden I wanted to be with both of them and can't make my mind up. This is unlike me. 11P 15 XX:XX NS

Feel tipsy as if had too much alcohol. Have to concentrate really hard on peeling carrots. 12P 01 XX:XX NS

During the day, it was significantly more difficult than usual to concentrate on the lecture although the tutor was one of my favourite ones. 13P 02 XX:XX NS

When working, it was difficult to concentrate. The brain was sluggish. 13P 11 XX:XX NS

Calm and Flowing

Even though I am very pressed for time I feel quite calm about it. I don't have the "rush" that I normally have and yet I am still managing to do everything that needs to be done in a slightly calmer and less irritable way than normal. I haven't started packing yet for Ireland and I have to leave at 10.15 am in the morning. I'll do it tomorrow. I'm less irritable and much more understanding of my husband. 01P 05 XX:XX NS

Can't believe how laid back I am, yet very clear headed, I'm getting everything done but without the mental panic and without any memory loss. 01P 06 XX:XX NS

Made myself slow down again this morning, unusual for me. What is the hurry, got back into bed with a cup of tea to watch the news. 01P 08 08.00 NS

I noticed that I felt more relaxed than usual driving on the motorway. 02P 02 XX:XX NS

Flightiness has gone, I feel relaxed, in flow, playful and fun. 03P 04 XX:XX NS

Knew partner was due to arrive after working away two weeks. Not anxious about it, not cross when he arrived with bags of food and kids didn't take any notice of me. Just feel very relaxed and as if not a lot is going to rock my boat. 05P 14 XX:XX NS

I feel quite chilled about everything. Even though there is a lot to do, it all seems quite manageable and achievable which is in stark contrast to how I usually see things. This feeling lasted on and off for about 3 weeks. There seemed to be masses of time to do everything and nothing seemed to matter terribly. 06P 04 XX:XX NS

I really take my time getting ready to go to Homeopathy School. I usually have to hurry in the end, but have feeling of time to spare. Relaxed. 07P 03 XX:XX NS

Feeling of not being concerned about anything, everything will work out. 08P 02 XX:XX NS

No urgency, loads of time, mind not hurried. 09P 02 XX:XX NS

Still feeling relaxed, nothing seems as major as it normally does, this is in spite of what is happening, which normally would have me 'stuck to the ceiling with stress'. I am just thinking to myself, well if it doesn't work out, what can I do. I am just going with the flow and taking problems day by day or even hour by hour. 09P 10 XX:XX NS

Feeling relaxed even though I have so much to do, it feels as though everything will just work out and I shouldn't be bothered to get stressed about it. 09P 18 XX:XX NS

Driving home I was all over the place, very spacey, took the wrong roads but it didn't seem to matter, I just plodded along. 10P 03 XX:XX NS

Much steadier today, feeling calm. writing takes time, everything is taking time, I cannot rush. I could push myself but would make mistakes. Feeling quite simple, accepting. I'm normal quite fiery and I'm not easily roused at the moment. 10P 05 XX:XX NS

Husband commented about how much easier it was to dance with me as there was no resistance (usually I try to lead, I've been dancing since the age of 6 and can remember the steps more easily). He commented that I seemed more feminine! Gentler. 12P 05 XX:XX NS

Calm and Confident

Noticing a calm relaxation in me which is more pronounced than normal and it makes me feel more at ease in certain situations where I may normally feel a bit self-conscious or shy. 02P 05 XX:XX NS

Noticed that I do not feel as anxious about going to the workshop as I normally would. I'm not panicky about what to wear or that the house has to be left in a certain way before I go. Definite lack of anxiety. 05P 08 XX:XX NS

Performed on my own, a song, to everyone else, which is something that I haven't done for a long time, felt very good. I felt that I had a lot of confidence just to be myself. 05P 09 XX:XX NS

I have a long chat with year head at school about some stuff that has happened with school team member. I am very confident in what I am saying, and happy that I am not making a fuss for no reason. This is good as in past this type of situation has made me feel a little paranoid. I am definitely feeling certain about what I am doing, and feel very positive about everything that is happening in my life right now. I feel sure of myself, and that what I have to say is valid. 05P 19 XX:XX NS

I can see how thoroughly single-minded I had become. 07P 00 XX:XX NS

Feeling annoyed with my husband when he tries to explain about the p.c. Agitated and wanted to be rude to him but held back. I am much calmer than I would normally be when I feel like this. 09P 22 XX:XX NS

Calm and Content

Even though I feel unwell I am enjoying giving myself time and space to do nothing very much. It feels lovely to just let go and hibernate a bit. 02P 07 XX:XX NS

One part of me is enjoying the kind of don't worry be happy relaxed attitude that seems to be a

background to how I am feeling, while another part of me does not enjoy the fact I don't feel completely healthy and clear 02P 20 XX:XX NS

I feel really refreshed today as if I have just had a holiday, I am relaxed and contented with a trace of tiredness from the travelling! This is strange as I have not had a holiday for ages and have been feeling like I needed one. 02P 23 XX:XX NS

I feel as if I am allowed to give myself some time and space just to be, rather than feeling as if this is wrong or self indulgent. I feel that it is the right thing, that it is necessary and I realise that in fact this will make things better for everyone as I will not be so stressed and that it is a valuable use of time. I feel much more relaxed, that I have time to do things anyway, there is no need to be anxious about getting everything done. 05P 13 XX:XX NS

I am finding that I am happy to spend time not doing a whole lot, and am not feeling bad about this at all, in fact I am enjoying it, even though I am not putting in the time studying that I do usually. 05P 15 XX:XX NS

A very relaxed, floaty, distant feeling after taking the remedy and I still have it. As though you could just stay sitting where you are and not do anything. A feeling as though if you get up you may not be able to trust your legs to carry you. I felt as though speech was lagging too much behind what I intended to say. Very, very calm, but a bit spacey. 07P 01 XX:XX NS

I feel calm and still a bit detached, kind of observing what is going on. 07P 09 XX:XX NS

Head felt nobby and it was hard to pull oneself back to the attention of the room. Very quiet, very safe, very 10P 01 XX:XX NS

I feel unflappable, nice to have the calmness and security back. I feel I can commit to things, a steady secure feeling, a feeling of something being right. I feel safe and secure, I don't feel vulnerable, not something I am 10P 05 XX:XX NS

It's as though I have slowed down enough to look around me and I'm noticing things I hadn't seen before whilst driving a well known route. 10P 05 XX:XX NS

Feeling content. Not bothered about going to work. I usually hate Mondays. 12P 04 XX:XX NS

Went bowling with friends. I was not competitive (as I would normally have been). I didn't have the strength to really throw the ball down the lane. I seemed to be much more feminine. I came last out of 8. I would have usually done much better. 12P 11 XX:XX NS

Was still less competitive than I would normally be, played tennis and was fine about not winning. 12P 17 XX:XX NS

During the proving I had been surprised that I had lost all grudges towards people that had previously upset me and who I had been avoiding. Prior to taking the remedy I had been trying to avoid two people at work. At the beginning of the proving, I had not been avoiding them and I found it quite easy to talk to them in a normal 12P 26 XX:XX NS

In spite of being very ill I did not feel bad in myself. 14P XX:XX NS

Calm and Can't Be Bothered

Flying back from Glasgow, but I can take it or leave it, in the past I was euphoric/excited/anxious when flying. 04P 38 XX:XX NS

Couldn't be bothered to have a shower or bother about what to wear. Starting to feel so laid back that I am lazy. I am realising just how much I usually rush around and am stressy about stuff that really doesn't matter even though I consider myself to be quite laid back about stuff. 05P 15 XX:XX NS

I was not very bothered by things that would normally be a source of stress. Time pressures particularly somehow seemed achievable and the impossible became possible. I genuinely could not be bothered to do a lot of the things that seem usually so important and the interesting thing was that, not doing them, did not unduly worry me. There was general feeling of torpor with no underlying sense of guilt or urgency. 06P 00 XX:XX NS

Couldn't be bothered to do anything, not even clean my teeth. Felt overwhelmingly tired. 06P 01 21.25 NS

I speak in my diary of a loss of maternal, nurturing feelings and in me this was very marked, from my husband's well-being, through the children and grandchildren to the hens. I also lost enthusiasm for enjoyable things that make up one's life, like the garden, making up my autumn/winter pots, contacting friends, planning social things, making things, and for cooking which I love. It was the enthusiasm that was lost, being engaged. 07P 00 XX:XX NS

Feel really dull, as if brain stuffed with cotton wool, thoughts take really long and a lot of effort to come into consciousness. Just want to sit and stare with mind completely blank. 08P 14 14.00 NS

Can't be bothered to stand up, feeling totally relaxed and out of it. 09P 01 XX:XX NS

I feel as though I can't be bothered with anything and I can't be bothered to even put my make-up on. Things don't seem to matter as much as before. 09P 23 XX:XX NS

Feel like curling up into a ball. 10P 07 XX:XX NS

I can't be bothered to speak, move or write. Everything seems like an effort. When I was told lunch was ready, I actually thought 'oh no, can't I just sleep, I'll stay here, I thought it was the end of the day, not lunch time'. It felt as though it made perfect sense for it to be time to sleep. 11P 02 XX:XX NS

Energized

I feel like watching a movie is a waste of time. Like I need to be utilising all my time. Even sleeping seems like it takes up too much time. 03P 16 XX:XX NS

Enjoy doing things like watching movies if I feel like I am doing something productive at the same time, otherwise I feel self-indulgent and like I have wasted some time. 03P 21 XX:XX NS

I feel energised. 07P 02 XX:XX NS

Feel very hungry and desire to get up, but too early. Unable to go back to sleep, feel energetic. 07P 03 05.00 NS

During lesson felt extreme hyperactivity; want to run and jump, very happy and uplifted. 08P 03 10:10 NS

Aware that clothes are colour co-ordinated, more so than usual, I'm in red and black, red shoes, black socks, black jeans, red t-shirt, red jumper, quite striking. I'm not normally so bold. 10P 06 XX:XX NS

Hectic mental activity in the evening, sluggishness in the morning. 13P 13 XX:XX NS

In the evening, hectic mental activity. Found myself doing four or five things on three different computers with much excitement for the whole evening, trying this and that, not willing to stop. 13P 15 XX:XX NS

Torn apart by the burning desire to do several things at once – everything looks extremely interesting. 13P 16 XX:XX NS

No physical pain, but the hectic mental energy reached the level where it became almost painful. Too much energy, a feeling like it can explode any minute. 13P 17 XX:XX NS

Sex

Disorientated, go back into room to lie down. Beautiful Indian music playing, desire to dance, desire movement, but body so serene and calm, can't move. Very relaxed, feel slightly aroused by the calmness and 10P 01 XX:XX NS

Sexual heat, sexual desires. 10P 15 XX:XX NS

Wearing red strappy shoes and tight jeans, feel sexy, felt powerful, passion is there, fire in belly, temptress. Feel like my eyes are flashing green. A man in the pub was very taken by my red shoes, he sat very appreciatively and observed. He brought me and the girls a drink and mentioned sex to me as a passing comment in conversation. Feeling attention from men, feels powerful, feel the energy, sexual. 10P 16 XX:XX NS

Strong sexual imagination. 10P 17 XX:XX NS

Wearing leather mini and stompy boots today, unusual dress for me as here in the country side its normally jeans and jumpers, feel a certain amount of healthy devilment, attitude and fun, sensuality. A kind of, this is me, and that's the way it is. 10P 20 XX:XX NS

Had sex, felt nothing emotionally, felt detached. It felt like we were going through the motions, but I couldn't connect with him emotionally. There was no lust, passion or wanting like I expect to feel with sex, it just felt quite empty for me. 11P 04 XX:XX NS

Had sex with my husband. It was on a physical level for me, I could not get in touch with my emotions to really get much pleasure out of it. Allowed myself to drift to sleep afterwards but kept waking him and myself up by making a "Huh!" noise now and again. I apologised to him for not allowing him to sleep but I couldn't even feel that on an emotional level. 12P 06 XX:XX NS

Hysteria

Slightly hysterical at lunchtime, finding lots of thing hysterically funny, a little bit like being drunk. 06P 03 XX:XX NS

Got into bed exhausted and suddenly was in hysterics, laughing, everything seemed so funny. Thinking of ordinary day to day things seemed hysterical and could not stop laughing. 08P 05 XX:XX NS

Had hysterical laughter to myself over a situation that wasn't really all that funny. 09P 06 XX:XX NS

New & Refreshed

I feel like I am emerging out of hibernation like a caterpillar that's been hiding and is now feeling refreshed and ready to face a new world. It feels like a new dawn. I am feeling creative and have worked on my website which I haven't done for a long time. 02P 08 XX:XX NS

It feels strange that it is autumn and we are heading towards winter because it feels like spring to me, I feel like I am being spring cleaned and getting ready for something new and fresh. 02P 20 XX:XX NS

Had an urgent impulse to cut my hair and did in the bathroom at the B and B. Felt like a new beginning cleansing. 03P 01 XX:XX NS

Still feeling very positive about life in general. I feel as if I am entering a new phase, where I am ready to accept a lot of issues from my past. 05P 12 XX:XX NS

Loving, Lucky, Happy

Feeling so good today, so lovely to feel well again and that all is well with the world. Happy to be out of the darkness of yesterday, It was a dark place I was in then, I felt very ill, 01P 03 XX:XX NS

I felt a sense of calm relaxation come into me and felt in a space of 'non doing' which felt nice. When I went home I felt a sweetness in me which made me feel especially affectionate towards my partner. This feeling of relaxation continues until the proving ends for me and is a background to how I feel throughout the whole proving. I don't feel worried about things. 02P 01 XX:XX NS

I am getting occasional waves of love towards friends where I feel like giving them an outpouring of love. Today I emailed a friend and told her how important she was in my life. The feelings are more strong and clear than usual. 02P 22 XX:XX NS

I feel really lucky. The day I need to move out of the house, I looked at a flat in the morning, moved in in the evening. Got offered house-sitting for December, and my girlfriend is coming in Jan, so all falls into place again, so quickly too! 03P 14 XX:XX NS

I just feel so lucky! I often feel lucky and in flow, but this feels incredible. 03P 18 XX:XX NS

As we pass Birmingham, I have a feeling of love for all the people who live in all the various parts of it: Redditch, Solihull, etc. 04P 03 XX:XX NS

I feel good, and I notice I'm much more benevolent towards everyone. For example, when guiding friends round Cambridge, bumped into several people I knew, and immediately hugged and kissed them (at least the French ones!) which is not really my usual way. But maybe a whole new side of me is coming out! I usually think people (authority) are out to get me, but now I find that if I assume they are only doing their best, that's OK, and it works out all right. Just go with the flow! 04P 25 XX:XX NS

I felt very chilled out and happy. Everybody was smiling at me and being happy and kind to me. I felt in very good humour. 05P 02 XX:XX NS

Feeling particularly grateful to partner today, as I have realised that he works very hard, but is happy for me to do what I feel I need to in terms of homeopathy and voluntary work, even though it does not bring in any income. Fell very appreciative, which is the opposite of how I have felt about him in past, i.e. that I am taken for granted. 05P 21 XX:XX NS

Spaced out as if I had taken a substance, but intense inner warmth and happiness. 08P 01 XX:XX NS

Since the proving I feel much more in tune with my daughter (she is also doing the proving) In fact we seem to have a calmness between, a sort of unspoken link. 09P 26 XX:XX NS

Feeling of comfort, security, love, warmth, tenderness, connection, softness, gentle, very tender. 10P 05 XX:XX NS

Order

Felt compelled to arrange stuff on bedside table in parallel lines! 04P 02 XX:XX NS

I set about vigorously cleaning and tidying the house, perhaps it will banish the weak feeling in legs that I am so very fed up with, washing floors, polishing, cleaning windows, getting it how I like it. 07P 06 XX:XX NS

Tired but cannot take mess in house and have to get things done. Suddenly started on cleaning frenzy at 10pm and getting things organised. 08P 13 23.00 NS

Sensitive & Irritable

Big aversion to shopping, the noise, the amount of shoppers, clothes, consumerism was just overwhelming. I need a pair of jeans but I couldn't stay in the shop for long, and I couldn't look or focus on anything. Spaced out. I wanted to get out into the air, even if it was the centre of town, it was better than in the shop! 03P 11 XX:XX NS

Ten minutes after I turned off the light in the hall, the landlady got up and turned it on again! Felt annoyed and helpless, had to hold the covers over my head to get back to sleep. The smoke detector was flashing at intervals which was also annoying. 04P 02 XX:XX NS

Feeling a little snappy and impatient with kids all day. Do they think I exist just to clear up after them. Feeling of serving, and no notice taken. 05P 05 XX:XX NS

Still feeling really irritable, particularly with the children. I do have this pre menstrual irritability quite a lot but not every month and this month I would say it was worse than usual. This extreme irritability and intolerance of everything lasted until day 24 when my period started. 06P 18 XX:XX NS

Extreme frustration and irritability, had to walk friends dog, body was so sore and such exhaustion, started to feel resentful, just wanted to sleep. 08P 08 17.35 NS

Moved by beautiful music, very emotional. 10P 05 XX:XX NS

Irritation towards partner, hard to show him love, trying hard to be open and cuddly but finding it hard to show love back, tightness, hardness there. 10P 07 XX:XX NS

Explosive to children this morning. I blew. Short fuse. Things are feeling chaotic. 10P 17 XX:XX NS

Alone

I am finding I want my own space, happy to be alone for a while. Want time to think about what I'm learning. 01P 08 XX:XX NS

Surrounded by lots of people, but feel alone. 03P 13 XX:XX NS

Feeling detached, as though looking in from the outside. Want to be alone in own space relaxing or sleeping. 09P 02 XX:XX NS

Vulnerable

I feel completely and utterly vulnerable and open, everything comes into me I have no defences. This is quite familiar to me but feels magnified by having my period. I feel the need for lots of gentleness and feel I can't withstand any kind of harshness. Underneath all this I do feel a calm sense of relaxation, my partner says my face looks relaxed. 02P 14 XX:XX NS

I feel transient, floating, with a lack of security. This running with the wind with regards to work really appeals to me, but I am frightened of it at the same time. 03P 13 XX:XX NS

I'm scared to do things on my own, to support myself. I either feel trapped in a situation, at the whim of others, or freaked out and alone. It all centres around a fear of not being able to provide security for myself, doing what I love. 03P 14 XX:XX NS

Usually during the time of my periods, I feel a bit emotional and depressed. Not a deep depression, just a bit down and emotional thinking about anything, this time I don't feel down but feel quite vulnerable, I want to be stroked and held and told that everything will be ok, needing a bit of reassurance. 08P 09 XX:XX NS

Had restless night with strange dreams but none that I remembered on waking. Sense of anxiety and in half sleep kept telling my husband that I loved him. 08P 10 XX:XX NS

I felt completely devastated when my husband shouted at me in irritation. He was very apologetic after but I could not let go of the feeling of being deeply hurt and shocked. I stayed quiet usually I would respond. 08P 24 XX:XX NS

Feel as though there is someone walking across the landing there is nothing to see but I feel a presence in general I have been a little more scared of the dark and the dark seems darker. I feel I need lights on to make 09P 19 XX:XX NS

Felt tearful when talking about every day things, but hid my tears. 10P 07 XX:XX NS

Happy stories make me feel weepy; softness vulnerability, I feel someone else's circumstances. 10P 08 XX:XX NS

Dark

I feel aware of the darkness of evening and it seems darker than usual. I felt I needed to get a light on urgently, it bothered me. Later I woke for a wee and the darkness bothered me I felt a little uncomfortable with it and a little nervous/edgy. 09P 04 XX:XX NS

Have been noticing shadow vs light strongly. 10P 02 XX:XX NS

Everything felt really slowed down, the whole energy in the room was very relaxed and this feeling stayed. The room felt very dark. 11P 01 XX:XX NS

Exhausted, Can't Move

Feel really exhausted today. Really just holding it together. I feel speedy inside, flightly, isolated and tired. There is a lot of internal movement which translates into my feeling in the world. 03P 03 XX:XX NS

Put feet up on bed with cat & cup of tea, feet feel warm and heavy, as though I might not be able to move them. A nice feeling though. 04P 06 XX:XX NS

Woke up feeling really tired, didn't want to get up at all, but forced myself to. Again, didn't feel like having shower this morning, but did get in a bath that had been run. 05P 17 XX:XX NS

All consuming tiredness. I am always exhausted by the end of the day but mentally quite sharp. This is quite different it is a sort of dull, dead tiredness that has no vitality in it all, with a desire not to bother doing anything. 06P 03 22.15 NS

Incredible lethargy the whole day. 08P 13 XX:XX NS

The weight of my body felt too much, my body felt like liquid, as though I had no strength, it felt heavy but not heavy like stone and as though I couldn't be bothered to move. My inner strength felt like it had gone; my mind felt like I wanted to do things, but my body didn't want to respond. 11P 01 XX:XX NS

Other Symptoms

Even though I am in the middle of the countryside it sounds like the sea outside, Echoey and waves. 03P 02 XX:XX NS

A black and white photo of my late partner appears to be in colour, as though he is real, which is a nice feeling. 04P 06 XX:XX NS

Went home and had a discussion with my husband about moving house. This is very peculiar for me and he commented on this. We built our current house and have always said it would be a house for life. In that discussion it seemed like a perfectly logical thing to do to be nearer the children's school and reduce our financial commitments. It didn't seem to matter that this had not been the plan. This clarity in relation to something so alien to both of us had gone by the morning. 06P 03 XX:XX NS

I was on my way to bed and I suddenly felt incredibly sad when thinking of my mother. I thought of her at my age and the sacrifices that she made. It was as if I was suddenly her and living her life in my mind. I could picture and feel every moment so vividly and clearly that I really felt as if I was her. I felt really sad at how mothers sacrifice so much and suddenly the child ups and leaves, independence gained and to move on. 08P 23 XX:XX NS

Daughter said I look like a fish! fish eyes. 10P 08 XX:XX NS

Have been feeling really subdued as if under a cloud or a blanket, as though the mist has settled or the snow has muffled everything. A muffled, subdued feeling. 10P 14 XX:XX NS

Dreams

About a group of people with bikes they were all wearing white space age helmets, really hard white plastic. Then there was a group of Japanese girls in yellow racing cars, same shape as the white plastic helmets and all in a group. 01P 02 XX:XX NS

A neighbour took us round to see someone who very fat, she was sitting in a chair and was so fat that she died. 01P 02 XX:XX NS

There was lots of water, great waves crashing down, had to move through them and judge the distances to get through them without getting wet. 01P 03 XX:XX NS

Woke with a start and think that I cried out. I was dreaming that someone came and stabbed me in the chest. 01P 04 XX:XX NS

borrowed my husbands' high vis jacket to stop me burning in the hot sun but wasn't happy because it was sleeveless and I thought my arms would get burnt. 01P 05 XX:XX NS

Dreamed of someone preparing fish. They were gigantic prawns, bigger than lobsters, absolutely massive. 01P 06 XX:XX NS

I dreamed of a lovely country road on the hillside around a lake. I met a friend at a junction. We went up to a country pub for a meal there was a group of us. I'd brought presents of chocolates for everyone, like it was Christmas, but she didn't have any because it wasn't. 01P 06 XX:XX NS

Dreaming that I had been asked to babysit for an old friend. They were poor and had a girl and boy around 8 and 11. They had asked me to stay for an hour and then send the children alone on a 3 mile walk to meet them at a local pub. One of the children had roller boots on. We were in the country it was 8.30 and getting dark and I decided that it wasn't the right thing to do. I was really uncomfortable with it, so I took the children back into the house and told them to get ready for bed. I was looking for a phone so I could call the parents but I couldn't find one and I kept getting interrupted. A district nurse came round with a food pack for a new baby that had been born down the lane and she left us some stewed apples and potatoes and things. The next door neighbours house opened onto ours and I kept encroaching on his house by mistake. His name was Richard (I have no idea who he was!!!!) He disapproved of me doing this. But after the nurse had left the apples he and someone else burst into song, and like a Barbers Shop quartet his wife and I joined in. Such a beautiful song! I still couldn't find the number and I was getting very worried that the children's parents would be worried and I couldn't let them know. Met another friend who just happened to be in the field outside but lived a few doors down. Explained the situation to him but he was no help. Was still looking when I woke up. 01P 09 XX:XX NS

I was giving birth to twins. The first baby came and sort of melted away, someone was helping me with that birth and then the second baby started to come and I was delivering it myself. I didn't need any help I could feel the head and it came out so very easily like it could birth itself and I lifted it towards me. After I had given it a hug it (I don't know if it was a girl or a boy) it spoke to me, it wanted to go somewhere on its own and then it slid down from my arms, Feet first off the side of the bed and stood up and walked off. I was amazed. "How can you talk" I said, "did you learn whilst you were in the womb". "Yes" it said. It was telling me that it made full use of its time in the womb and that it learnt lots of things. Then the baby was sitting in a fire, I was frightened "Your going to burn" I cried and went to pick it out but he just sat there, cross legged and very serene, smiling at me through the flames. I realised that this baby was truly very special, it had special powers and it wouldn't burn, it was quite safe. 01P 12 XX:XX NS

Dreamt I was at a college, driving my car in and out, there were certain roads that had to be followed and students had to have mobile phones. We had to record details on two types of graphs. I could draw them they were so clear, one like a glass jar, the other a 90 degree graph. I was missing from one of the lectures, watching it from a distance, bit scary. 01P 13 XX:XX NS

Dreamt I was in a pool area. There were demons in the pool that were after me. They kept changing form and I couldn't get away from them. Brains were turning inside peoples skulls to let more blood out through the eye sockets. One of the demons was chasing me I kept getting away from him, hiding behind curtains until he trapped me against a wall. He had been a big black bull with horns whilst he was in the pool but now he was a scary man with black hair, staring eyes and he was stabbing his finger into my chest telling me I'd had it, he was going to get me, woke up. 01P 14 XX:XX NS

In a race against a girl friend, she was holding onto me to stop me from running ahead of her. Eventually I got away. 01P 14 XX:XX NS

There was a man who said that if you misbehave he will throw something out of the window-this felt scary. 02P 02 XX:XX NS

Dreamt that my left leg felt sore and then I looked down at it and it had swollen up to a massive size, it looked like the leg was going to burst. I thought 'oh my God that is not normal' it was worrying. 02P 06 XX:XX NS

Dream: I was doing a dance routine with some friends but I felt I didn't know what I was doing and felt very unconfident. 02P 07 XX:XX NS

I am not remembering my dreams at the moment although I know that I am dreaming but they are too vague to remember properly, maybe its because I am sleeping so deeply at the moment. 02P 13 XX:XX NS

I know that I have been dreaming but I can't quite hold onto the memory of it. 02P 20 XX:XX NS

Today I suddenly remembered a dream I had a few days ago. It was about an infestation of frogs/small toads in Goa. It was on the news and you could see thousands of the frogs covering the ground and there was too many they didn't know what to do and it was a big problem. When I remembered the dream I wasn't sure if I had really seen it on the telly or it was just a dream. 02P 25 XX:XX NS

Dream: I went into a room that was a deep yellow colour, there was a young woman in a wheelchair amongst the people, she looked healthy and happy which I was surprised about. 02P 27 XX:XX NS

Dreamt about a baby that had been left in a room on its own but it was propped up in a special healing way with its back raised up that made me feel it was ok even though it was alone, there was an aura of peace around the baby as if you didn't need to worry about it, it was a sweet feeling. 02P 31 XX:XX NS

There was this beautiful old garden/chalice well. Developers were coming in everywhere unless there were trees. We had to plant trees everywhere or the land would be lost. The land got sold to some old guy that didn't like gardening so much. He liked all the hedges, hedges that my father would have chopped out and replanted with natives. 03P 02 XX:XX NS

A very sexual dream, without all the amorous bit, just very animal, physical. I wasn't really involved with the person, only so much as to make them want to have sex. 03P 02 XX:XX NS

I look in the mirror and there are these hairs coming out of my face. Three hairs, like ten cm long coming out of my cheek and nose area. I pull on the main one coming out of my cheek slowly, like a long piece of string, and at the end they are like aquatic plants, roots a bit like seaweed. The sensation of pulling them out is like something being sucked out of a vacuum pack. I get so distracted pulling these hairs out that someone ends up coming in to use the computer. 03P 03 XX:XX NS

I'm in a room, flying high up into the hotel foyer thing. It was kind of naughty to be up there like I was a secret agent looking for the key to the puzzle. Up the top there was this opening thing get like a key. I opened it up thinking it might be a secret passage, but it was just a box, within a box, within a box. I had to climb down a bit to get started flying. I was afraid that at the beginning I would just drop, but I gained height and flew out the door/window up to the hills. I was aware of beating my arms like a bird. 03P 04 XX:XX NS

Under the hospital there is this small corridor of a museum. Wooden stuff, tools, photos. Up the top, the beams are black with glowing embers, like the whole thing has been smouldering away for a while. They are glowing still and it could become a fire again any moment. I go and get the two girls nearby, I have to go but I tell them about the fire potential and show them water and the bucket, but they don't seem that keen or even interested. 03P 06 XX:XX NS

The hostel is full and people are forlorn that can't find a bed. I find some people to stay with no problem. 03P 06 XX:XX NS

In some ocean side community. One house from another dream that had been underwater or something. I went down to the waters edge and there was this house, swamped by a wave and sand, totally underwater/sand. The sea has risen. This massive whale came up to me. I was a bit scared but said hello. When I had gone back into this protected rock area the whale swam off and I was able to see that it was a baby. There were other sea creatures and I was a bit scared. 03P 08 XX:XX NS

I'm on a ski slope and the pylons are moving over the snow almost like they are riding an avalanche. I ski through this movement and end up quite lost. 03P 25 XX:XX NS

I was working in a Library for a bit, doing an old school friends job and chatting to another old school friend who was there as well. It was boring work and I was already looking at the clock. I was going to study engineering, something solid. 03P 32 XX:XX NS

I am with a lot of others including our leader on an edge of an island. There is a huge thunderstorm and lightening flash and we are asking if everyone is there... the leader is gone. He has been lightened. His entire body has vanished, melted, whatever, and only his hand remains, in an outstretched position. 03P 39 XX:XX NS

Dream: a butterfly landed on my right hand, but I brushed it off before I realised it was a butterfly. That was a nice feeling though I was sorry I had brushed it off. 04P 07 XX:XX NS

Dream: Half of the upper floor of a house had been blocked off as a secret room for us to hide in. But my half sister, who was born later did not know about it. Was trying to get her to guess it was there by working out measurements etc, but she couldn't, so took her and showed her, and stepmother was angry

when she found out. 04P 07 XX:XX NS

Cat stood on my chest, all his weight on one leg, a searing pain (left side). Sweating on head. Thinking about 'searing', had a sort of 'waking dream' which I then couldn't get out of my head – I actually felt what it would be like to be burned at the stake, with the fire consuming my feet and lower legs, and getting higher all the time, and no escape because I was tied to the stake. This made me feel not physical pain so much as unspeakable horror, that people could do such things to other people. Also it reminded me of something I read or heard recently where the woman being burned at the stake gave birth, and the baby was thrown back into the fire to burn with her by the guards or soldiers, Fox's book of martyrs perhaps. 04P 07 XX:XX NS

Was staying somewhere on the course, decided to be down there 2 weeks and home 1 week, friendly landlady making roast pork. Here, I have a holographic TV that I'm watching standing up and walking about – there is no actual TV box, the picture is a hologram of coloured lights in the middle of the space in the room. 04P 08 XX:XX NS

Dream: A penguin which had bonded with another animal, had to get them into the car together and take home, or maybe to school. At school, all the people in my Homeopathy Class there being taught to levitate like balloons in the garden, then we have weird things to do like collecting our stool for testing, with 9 being the winner. Note: this was a precognitive dream, since a few days later was at a friend's house when her son and his friends from school were all bouncing on a trampoline, could see through the window and they appeared to be levitating in the same way as in the dream! 04P 12 XX:XX NS

Dream: selected to be killed by a Nazi woman, standing with others condemned, in a row, each on a hot water outlet, will be killed by boiling water from the feet up. Using lots of flattery to woman in hope of reprieve. Manage to escape, throw self under a parked car in front of door, to avoid being seen. Then manage to run off down the road, stop at a café and ask how to get out of town past the town walls. Feeling is quite detached, almost like watching a film. 04P 13 XX:XX NS

Dream: In Waitrose, empty shelves, it is Xmas, but a few cheese biscuits left. 04P 16 XX:XX NS

Dream: A large public room, when it closes I'm still there, and looking for somewhere to sleep and there's a bed all made up with dark blue duvet etc, I can just slip between the sheets. But guards come by and move me on, I want to sleep but they aren't going to let me. 04P 18 XX:XX NS

Running water has made the carpet wet and inches of water, we are trying to dam it by taking up a round drain cover and turning it upside down because it has a wide steel rim, which becomes like a wall, but it doesn't stop the water, it must have a hole in it! 04P 25 XX:XX NS

I'm in an unfamiliar room, polishing a work surface, so highly it shines, like French polishing. A woman comes in but doesn't notice the work I've done, puts her jacket (a rather shabby one) on the surface, and accidentally gets paint on it, there's a big pool of very vivid turquoise paint on it that I've been working with. 04P 27 XX:XX NS

Dreamt my mother was looking after my daughter, they were moving and staying in different hotels. I didn't know where they were. She had reorganised all of my daughter's room and all her clothes were in new cupboards. I took my daughter back from her. I felt I was a Russian heiress fugitive, bribing mine and my daughters way across Europe on trains. My mum had gone through all my stuff and the only things there were clothes I had got rid of years ago. Nothing was where it was before. I felt as if I was being

ignored, that my feelings were not being considered in others actions, as if I did not exist. 05P 02 XX:XX NS

Dreamt had killed someone in gangland style east end pub. Indifferent to killing, just trying to work out alibi. Others were involved, it was a group thing. 05P 02 XX:XX NS

Dreamt I was trying to explain myself to someone and my whole face was really wet with cold sweat, as if someone had thrown water on my face. I was looking for my belongings that I thought I had left safely and couldn't find them with any of my friends, they were all moody with me. 05P 06 XX:XX NS

I dreamt I was in an aeroplane but the door was open while we were flying. My step brother and step sister were the stewards. 05P 06 XX:XX NS

I dreamt that I had returned to a home I had owned while at university (I had in dream, not real life). When I knocked on the door, I realised that it had been taken from me in my absence. It was as if I had left and gone somewhere and was not expected back, like hospital or prison or something. It was as if I had signed the house over when I didn't know what I was doing, it felt as if I had been deceived. Everyone seemed a little shocked to see me. I did not know where I had been, it was as if I had some sort of amnesia. Everything was as I remembered but slightly different, everything had altered in my absence slightly. I was wearing a black woollen hat which everyone kept saying they liked it. I knew when I left the house that it would be mine again now that I had fully returned and was not capable of being tricked. The familiar young man in the dream was working in a shoe shop, we knew each other straight away and loved each other. The girl had taken the place of me with my friends in some ways, she had stepped into my shoes. She knew when she saw me she couldn't be in my place anymore. It was as if everyone in the dream had become stuck at a place in time, and I had gone away and changed and so didn't fit anymore. I felt I had to integrate back in with everybody to help unstick them. 05P 12 XX:XX NS

Really weird dream thing, didn't seem long after I had gone to bed. Was in a place doing some sort of meditation with eyes closed, but when I opened them I couldn't see. I had gone blind. When I actually opened my eyes there were strange lights in the room. I felt very different than in usual dreams, as if I was physically something and somewhere different, I was disoriented and very hot, I felt like I had had some sort of out of body experience. 05P 14 XX:XX NS

I was by a lake or the sea with middle son and his friend and his friend's mother. The boys dipped under the water, and my son remained submerged and somebody had to dive down to get him up. Was strange that I didn't worry that he was drowned, it was just as if he had decided to stay down there for a bit. I felt confident that he was fine, as if he could breathe under the water, and I felt sure that he would come up when he wanted to, I felt that he was chilling out under the water, as if it was a natural place for him to be. 05P 16 XX:XX NS

I saw a woman at school and was surprised at her hair, I realised I had also dreamt that I had driven past her in my car and she had cut it all off. I really thought she had! 05P 18 XX:XX NS

A night full of very intense dreaming, much more than can remember for a long time. Dream 1; I dreamt that I was going back to some sort of university; there was a task that I had to train to complete. There was a halls of residence and I was given a bed in a dormitory type thing. There were other women there. My mum, sister and stepdad had taken me there. It was like a big institution, I was my true age in the dream. I was not allowed a key, I had to ask to get in and out. I didn't have enough clothes with me, I felt I was there to do something important and this was fine, but I also felt that I had lost my freedom, that I wasn't

allowed to come and go as I liked, and that I didn't have the choice to leave if I wanted to, and I didn't like that, but at the same time I knew that I had something to do and was happy to do it. I was quite nice not having to be responsible for anyone else. When I woke up I felt as if this might be something that could happen in the future, that I might be called to go somewhere to do a job, and have to stay away from my normal life and live in a controlled way while I was doing it. 05P 18 XX:XX NS

I dreamt that I was at the wedding of a male friend. The whole gang of us were there. At the wedding, there was an order of service that included some sort of weird prayer. All the people at the wedding except me and my friends started singing this song and doing really weird arm motions, a bit like front crawl swimming, or when people pretend to surf. It was as if it was a really well known popular song that none of us knew, as if it were some weird cult, or animal thing (like a reptilian conspiracy theory). We all kind of politely tried to join in. I said to all my friends, "this is all really weird, they're all in some weird cult, or their aliens or something" and my friends told me not to overreact, that it was all cool, and people were just different. But I knew it was much more than that. I felt as if I had seen something which should have been kept a secret and that now I knew about it nothing would stay the same. This dream has stayed with me all day, it has made me feel a little suspicious about some very kind friends I have made as if they somehow are enticing me into a weird thing that I shouldn't be involved in. I know that this is paranoia, but still feeling of slight alien unworldliness is with me. 05P 22 XX:XX NS

I dreamt that I was sharing a very intimate moment with my first client. It did not feel sexual at all, but very safe and nurturing, in both directions. We were lying down next to each other, however it felt as if it was something that other people shouldn't know about because they would think it was sexual, as that is how male/female intimacy is understood. This dream felt very meaningful and comforting. 05P 23 XX:XX NS

I dreamt that I was on a school trip with my son's class. We had to queue to go on a model train but it didn't come. I was caught by my son's teacher hanging out and drinking in a bar with some people I had met, and he told me off. I was quite indignant, I said "I'm 36 years old, I'm not a kid, you can't tell me what to do" I felt like a chastised teenager. I went to a model village where I was supposed to follow a train line along, but I got stuck when it went up into a cupboard and I couldn't get out, I was too heavy because I wasn't a child and the only way out wouldn't take my weight. I felt trapped, I did not feel panicky though, only that to get out I was going to have to break the tourist attraction, and this would be very naughty, I wanted to avoid this as I had already been in trouble with the teacher. 05P 24 XX:XX NS

Dreamt that I was trying to make smoothies and frothy coffee for someone and everything kept spilling out over the liquidiser. My husband and I had decided to build a swimming pool near to the house. We had had to dig up some of the vegetable garden and the men who were building it had tools that looked like giant metal detectors. I was worried that it was going to ruin our view and undermine the foundations of the house, the foot print looked very narrow. My husband told me not to worry as he had once had a hairdresser who was blind and had one arm! 06P 02 XX:XX NS

Dreamt that I was flying back from Singapore to England and then out to Jakarta and was trying to work out a way of going directly from Malaysia to Indonesia because it didn't make sense. 06P 03 XX:XX NS
Another rather disjointed dream, which receded very quickly when I woke up but I do remember being at an event where we had to pair off with a partner and I 'got off with' my first boyfriend (real person). I remember very vividly being up against a wall kissing him. When this happened again, my husband was there and this old boyfriend had to go with someone else. I was really jealous and remember saying to someone else "I don't know what I'll do if he ends up with her". 06P 05 XX:XX NS

Had a dream that I was on holiday in the South of France and I was stuck on a balcony with a whole load of

people that I did not want to be with and who I didn't know. Beyond the beach below was a huge rock in the middle of the sea that you could walk out to when the tide was low. I really wanted to get off the balcony and go to the rock. Nobody else wanted to go because they said that it was dangerous because the tide was about to turn. I could vividly see people in the water and I was quite happy to take the risk and swim back, but I didn't do it. There was a feeling of shortness of time as if the holiday was about to end and we had to do things before it did. 06P 09 XX:XX NS

Had a dream about being on holiday again somewhere in South East Asia. There was a beach that had the reputation of being really built up but when we got there it was really nice and undeveloped. There were steep cliffs behind and a white sandy beach below. At the end of the beach were some steps with cafes along the side. My husband ended up shouting at and having a fight with the proprietor who was a friend of a friend and I was really embarrassed. I suggested that we went and had pudding elsewhere. We ended up on the rooftop of another restaurant but it was windy and rainy and we had to go inside. 06P 10 XX:XX NS

Had a very vivid dream about being at college and I had bought my own car which was a 2CV. I managed to park it outside my house and go into my room that I was sharing with someone and the room seemed to be dominated by the washing machine. Our friends who live in Dubai, hot wired my new car and took it off on a joy ride. I was livid, this was my new car and it was the subject of a stupid practical joke. They had then abandoned the car and couldn't get it re-started and I knew that they wouldn't have been able to re-start it once the engine stopped. I came downstairs and everyone was there including my husband and a mechanic. I was really cross and I was shouting and screaming "Fuck You" very loudly. Nobody could understand why I was so cross and when I started to explain my voice was so full of emotion it was cracking. I was trying to explain that this was my new car, to try and put themselves in my shoes where everyone else had had a car for years and I had saved the money to buy it and they had had no respect for it or for the effort involved in saving for it and buying it. The overriding feeling was one of extreme anger and raw emotion. 06P 15 XX:XX NS

Had a dream about a friend of mine telling me that she did not like me being so honest with her. I felt really humiliated and hurt. 06P 21 XX:XX NS

Had extremely disturbing dream about going to the beach where we used to go as children on holiday and leaving my youngest 2 children there to play, telling them I would pick them up later. I then went to meet my first boyfriend and forgot them. I was always aware that there was something that I needed to do. I kept delaying even though I knew that it was important to retrieve them. I knew that they would be cold and that the tide might come in. When I woke up in the morning in my dream, it took me ages to get dressed and find the right clothes. I got a lift to the coast in a camper van and as soon as I saw the sea I became really panicky and upset because I knew that they might not have survived the night. The overall feeling of the dream was knowledge with powerlessness to do anything about it and then an overwhelming sense of guilt and regret. 06P 31 XX:XX NS

Had a very vivid dream about a beach with white sand and really blue sea. This then turned into a scene from the Wizard of Oz but there were no characters from it in the dream. I just had to follow a road and the colours were very vivid. 06P 34 XX:XX NS

Had very vivid dream that one of the homeopathy group had murdered someone because they were annoyed. They were very matter of fact about it and when his wife came to the door there was pressure to find both the murderer and the victim. 06P 45 XX:XX NS

I dreamed that I had quadruplets and 2 of them died, 1 of them from smoke inhalation. I was not sad, my main concern was that I had to buy some shoes to go somewhere and my sisters were helping me pack some other shoes in case I could not find any. 06P 55 XX:XX NS

About breastfeeding. I am breastfeeding my husband. Milk is everywhere. Recalled this dream with sense of disgust and considered not writing it down (although in the dream it was not disgusting). 07P 02 XX:XX NS

Dream involved sliding down a hill of very fine soil. People were saying there was no way out, but I said, Yes there is, we can do this, and launched myself lying on my front down this hill. I was surprised at the softness and fineness of the soil. 07P 05 XX:XX NS

I am breastfeeding twins. I have dressed them differently so that I will be able to tell one from the other, but still I can't work out whose turn it is to be fed and I'm thinking, Oh no, now I'll be feeding one of them twice. 07P 11 XX:XX NS

A vague dream, there are twin boys. I say, The boys are doing well. My son says, So are the girls. 07P 12 XX:XX NS

I am going to catch a train and realise I have bare feet, but there isn't time to go back. Dense hair has grown on the instep of each foot. I set about shaving it off, balancing each foot on a handy bench whilst standing in a queue at a station. 07P 12 XX:XX NS

I was to get married to my husband (although already married) as a formality for all the people that could not attend our original wedding. I arrived late at this big hall with a few people milling around, my husband had just arrived from work in his work clothes and I was desperately trying to put on a wedding dress. He said to me, 'Don't worry; only one of us has to go up as it's not the real thing'. He went up to get married and I did not. After that we rushed off to the next one after briefly greeting the few guests. It was like watching a film and I was not aware of emotions during dream although woke up and felt quite down. On waking, I felt very low and depressed and almost wanted to fight with my husband as to how our wedding did not mean anything to him. 08P 13 XX:XX NS

Dream: I was in hospital had lump on middle joint of left hand index finger. Later on I had smaller one on right hand index finger middle joint and third finger middle joint but these lumps had a pinprick red dot in the middle of the lump and they looked a little like the middle of a mosquito bite but I didn't think that's what they were. 09P 06 XX:XX NS

Dream that I was climbing stairs in theatre and had really short skirt on and realized that people could see up my skirt. I was wearing an incontinence pad that belonged to my Dad and fishnet big knickers! Felt horrified about what people might think, embarrassed. 09P 09 XX:XX NS

Dream about going to a restaurant with friends and my daughter and my cousin were there without me secretly. I felt tearful and upset, weird because they had not said anything. We all went on to the theatre and it was painted bright shocking pink. Inside it was really tiny. My husband and I went to the same theatre on another occasion with other friends, queuing for tickets and my husband held back so we could sit together on our own away from our friends. I felt annoyed with him, wanted to be with friends, but we were all sitting together in the same row because they saved us a space, relieved that they saved the places. 09P 09 XX:XX NS

Woke up crying from dream. I was at college and had turned up late for English lecture and at the end of the session was trying to catch up on the notes and work from the person sitting next to me. The tutor came over and said how she was furious with me for being late and nearly reported me by phone, there and then, when I crept in, so as not to disturb the lecture and because I was so embarrassed, I didn't have time to apologize for being late and she was annoyed about that too, so I explained why and she just huffed as though she didn't believe me. I felt upset. 09P 14 XX:XX NS

Woken from a dream. I was driving my car and all of a sudden all the electrics went, no lights, pitch dark and I jammed the brakes on and woke up with a jolt. 09P 28 XX:XX NS

Dreaming of lots of babies, babies, babies. 10P 02 XX:XX NS

Dream: At a house with partner (not sure who he was!) I always seemed to be a bit sullen and outside of the group. The other people in the house were given costumes and slowly a fun and lively play began to unfold, impromptu. But the main lady had not included me, I felt threatened, I had to find my own glitzy clothes to be apart of it, to be attractive to my partner, I did eventually become a part of it. Sexual threat in dream, threat from other women. 10P 04 XX:XX NS

Dream; intimate and passionate, kissing, with submission. 10P 05 XX:XX NS

I had to drive somewhere and for some reason I took some else's car, which I could not explain to them when I met them, I could not understand my reason. 10P 06 XX:XX NS

Dream: my 19 year old walking into a room and saying, god, what is that awful smell, and I said, its ok darling, its just my breath. 10P 06 XX:XX NS

Dream ; In some kind of Tour de France. I had the intention of travelling light but seem to have so much stuff piling up and up on the bike, plastic bags full of stuff, have to keep stopping and sorting stuff and re tying it to the bike, It's a real hindrance. There were three bikes, one guy then over took me, I lagged behind, so much clobber on the bike, a kid's tricycle has fallen off, I have to get it and tie it on, bags and bags of stuff I'm tying to together. its getting more and more one of the guys waits for me, he is frustrated at all my stuff, which is also very untidy, but he still waits. 10P 14 XX:XX NS

Dream; struggling with bags and bags of stuff, packing it all away into travel cases, to get a flight at 13.30, it seemed so much more than it really was. Partner sat with back to me and smoked whilst I packed and packed (he was travelling light). Mother's bag broke and I ended up with a tatty bag of hers full of stuff. Irritated in dream at people giving me their stuff to carry. There seemed to be so much stuff. It wasn't tidy, it was tatty. 10P 16 XX:XX NS

Dream: I go somewhere to discuss the possibility of keeping my horse there. A friend is there, as some point I'm in bed and she climbs in and we kiss, as things progress it transpires that she has both sets of genitalia, we play around there is lots of sexual play, we say we want more and will continue our relationship, but I have to go, I have to go across the sea, abroad. 10P 19 XX:XX NS

Cycling along motorway, working very hard to reach destination, at house of four brothers, music, people, lots of people, I am looking for stuff which I now realize was packed away. 10P 24 XX:XX NS

Dream; A friend was in a mental hospital, it was a tall building 70`s style, there was a tree by the entrance, I put myself into the hospital partly to keep her company and partly because I could learn a lot whilst I was

there. But, the reality is, once you are there you are observed, and I felt, that, despite there being nothing wrong with me that I should be careful what I said so as not to be denied freedom when I wanted it. A young male carer climbed into the tree where an older carer sat, I was attracted to the young man, who would not look at me, despite being aware of my presence. I began to desire to leave but the process of getting out was going to be tricky. We went for food, I am aware of cameras watching our every move, I therefore consider my every move. Yet I am sane and this should not be a problem. 10P 25 XX:XX NS

I was pregnant, but kept forgetting I was. My pregnancy went from 0-6 months overnight! But when I looked down, I could almost see my baby. I had a lunch-box in my 'hoodie pouch-pocket', I pulled out the lunch box, it was clear and there was a kitten/cat inside. It was quite happy in there and breathing wasn't a problem for him. This seemed slightly odd to me but at the same time perfectly normal! The size of it kept changing, and it wasn't very heavy at all. When I told people I was pregnant, I kept holding my stomach as normal and felt like I was carrying my friend's little boy, she's pregnant at the moment. 11P 04 XX:XX NS

Dream: Koala bear/ green alien/ cactus man, he'd had sex with a woman and everybody felt very upset about this, saying he's not human, how could this happen; but he kind of was human. 11P 06 XX:XX NS

Dreamt we had booked tickets for the cinema, but when we got there to watch the film, the film had already been on and when we tried to sit down in the 'wrong seats', we were told we'd booked the wrong tickets. I then took it upon myself to talk to one of the staff and was really shouting at them and really angry about this, I was swearing my head off and in front of my family and other people too. The person I was shouting at started to smirk and laugh and this made me even more angry. 11P 10 XX:XX NS

Aliens were landing and appearing in the house and on the land. We were staying in my Granddad's house. The aliens were in big sticky pods, and we had to wait for them to hatch before we could kill them. I think they were sensitive to noise as I think they screamed if anything loud was near them. The sticky eggs/pods the aliens were in, would glow different colours like LED lights and they were full of slime and goo inside. We were all really scared and mum & dad/ the adults weren't around. We were all children on our own defending the land and house from the aliens. It was a bit like a scene from War of the Worlds with lots of darkness mixed with lights, fires, people upset and in disarray; people screaming, hiding and fighting, helicopters flying around with sirens and police; yet complete stillness up on the hill where my Granddad lives, with the noise of the trees quite loud. We only had limited time to come up with plans before the aliens would hatch and it seemed like the hill was the last place to be hit by the aliens as we could see the rest of the city was being destroyed. I felt like I should have been panicking in the dream and everybody else, the whole city was in panic, destruction and complete disharmony, but I felt oddly detached, I knew I should be panicking, which made me feel worried, but I couldn't actually put things into action. I had fleeting moments of panic and then as soon as I'd feel it, it would disappear again and I'd be very relaxed considering we were getting attacked by aliens! 11P 20 XX:XX NS

Dream: The proving had made my hands swell, my face swell and my feet swell. Down the side of my left foot looked like patches of mould. The really frightening thing was that I had grown an extra little toe on my left foot. I was really scared and sobbing. My landlady tried to phone Misha but all she got was the answer phone. She telephoned another homeopath who said that he would be round in a little while after he had finished watching the television. I showed my husband. He was taken by surprise, but then started laughing. I thought, "I know, I'll phone my proving supervisor." I tried to get into my bedroom to get my phone but I had swelled so much that I couldn't fit through the door. I was still crying at this point, then I woke up. I was very relieved to find that it was only a dream. 12P 02 XX:XX NS

Parading up and down a long room in a black and white wedding dress. I thought I looked fantastic and

every one was looking at me and admiring my dress. 12P 12 XX:XX NS

Dream of trying to find where my father's ashes were buried. Was searching for them, having to ask people as I went from place to place. (They are buried in Warsaw, Poland.) Woke up upset. 12P 13 XX:XX NS

Dream: walking slowly when my knees gave way and I collapsed on the floor, banging my forehead hard on the way down. 12P 14 XX:XX NS

Me and my wife decided to go somewhere on one bicycle, me driving, she was sitting behind (which we never did in real life). We were driving through a large city with plenty of traffic and felt quite stressed, especially after wife told me that I've missed a traffic light. Then we used a tram and there was some problem with not being able to buy proper tickets. Finally, (after driving the bicycle up the hill for a while), we came to some green area outside of the city, on the sea shore, and there were some tall beautiful building which we knew was a sanatorium. We decided to stay here but we had to wait in a huge queue to get a room. In the end we were told that there are no rooms available, but we insisted, reminded that we were waiting for so long, and finally got a room. There was a feeling of relief and satisfaction that we solved the problem. The day was sunny and we liked that place. 13P 02 XX:XX NS

I was programming, solving some problem, and felt satisfied because I was able to solve it. 13P 02 XX:XX NS

Me and my wife are coming out of a large luxurious apartment building to walk our dog (we never lived in such a building and never had such a dog – a Doberman). Downstairs we see a concierge and some authorities who are checking the order in the building. At that very moment the dog urinated against the wall in the vestibule. The authorities were shocked and we were naturally embarrassed. But then I told the guys that all right, we'll take care of this, and the situation has settled down. 13P 03 XX:XX NS

Some technical solution that I was looking for for a long time, perhaps for many years. And I managed to find a clue to that puzzle in the dream. 13P 03 XX:XX NS

A dream: I was doing some work with papers and drawings, it was quite challenging. Then I found that my sister is sulky because she believes that I was trying too hard and somehow crossed her path in something and as a result she lost some opportunity. I was trying to prove to my parents that this is all completely wrong. I felt myself accused for nothing. 13P 05 XX:XX NS

Dream: we live in a small flat where we have many pets. Some of those are pups or kittens, but there is also a significant number of snakes (non-poisonous, anacondas and pythons, but quite big). Snakes are creeping around and I am stroking them like they are beloved pets. There are also two huge lizards that look exactly like snakes with legs. I am worried whether my pets are treated properly, whether they will survive. I know that a few of my snakes went astray some time ago and I wonder if they will come back home. I am full of care of my pets in this dream. 13P 09 XX:XX NS

Dream: I was selling hot pies in the street. The pies were very good and I ate them myself when had time, although I didn't have much time as they were quite popular. Felt happily busy. 13P 17 XX:XX NS

I woke up at 1.40 am from a strange dream. I was in a transport vehicle, a train full of people and I was sitting at the back of it, the man sitting to the left of me looked like he was going to hijack the vehicle, he pointed a gun at me, and told me to stand up. I hit him with my elbow at this point I woke up feeling

same danger, acute danger and desire to counteract it. It was quite colourful like 3D dimensional, not something black and white, quite colourful. When I was waking the dream it was 13P 20 XX:XX NS

I was having to drive a bus because a gun man had seized control of it and was holding the passengers, including my partner, hostage. I couldn't really reach any of the pedals or controls and was only just able to keep it under control. I don't know how it worked out. 14P 30 XX:XX NS

Physicals

Sensorium

Vertigo – Restless want to move about feel dizzy. Symptoms feel like when I had altitude sickness once. Want to drink water. 01P 02 15.15 NS

Feel quite light headed and dizzy. Feel as if swaying slightly from side to side. Feel slightly nauseous. 05P 07 XX:XX NS

Felt suddenly very nauseous, a little faint as if blood rushing to head. Cannot relate to anything. Feel as if seasick, so stay sitting still until passed, 15 minutes or so. Feel unsafe. 05P 34 XX:XX NS

On lying down with eyes closed, felt rocking sensation, as if on boat on water. 08P 19 XX:XX NS

A motion going through my whole body, a trembling energy, a pushing and pulling motion. This is like when you lie down after drinking a lot of alcohol and your body feels like it's throbbing and pulsing and nothing feels still. 11P 01 XX:XX NS

Felt light headed as though if it got much worse I could have fainted. Sat quietly. It lasted about an hour and a half. 12P 09 XX:XX NS

Head

Headache, muzzy over the eye. Feel I need to get outside. Feel oppressed. It's dark in here 01P XX:XX NS

My temples feel under pressure, pain spread around to the back of the head 01P 02 12.30 NS

Sharp pain behind right ear in occiput. 01P 08 14.40 NS

Sharp pain over left eye. 01P 08 XX:XX NS

I got a pain like a mild headache over my right eye as if my eyeball was aching slightly, this spread to whole eye area and above. Then it was a general feeling of being headachy which lasted into the evening and made me go to bed early. 02P 12 XX:XX NS

Developed headache that turned into migraine type headache. Whole head compressed and small pounds, great pressure. Had to be in dark quiet space or I felt like throwing up. Sound was irritating and painful. 03P 12 XX:XX NS

Hot, sweat on head. 04P 05 XX:XX NS

Woke with head sweating though window open. Woke with head sweating though window open. 04P 08 XX:XX NS

Headache, starting back of neck and rising over top of head, becoming worse until splitting, 04P 09 XX:XX NS

Dull headache on right side of head. Better for pressure, pushing on the temples and above the ear with my fingers, kneading my head a bit. 05P 10 20.00 NS

Woke up feeling very hot and sweaty on my face and neck. The sensation was of wetness on face neck and shoulders. The rest of my body did not feel hot. 06P 02 02.00 NS

Dull frontal headache in forehead above my eyes. 06P 02 XX:XX NS

Sharp headache in the right temple and behind the right eye. 06P 20 19.00 NS

Pressure, tender pain around left eye. Headache felt like originating from base of neck and from eye, rubbing neck and eye gives relief. 08P 02 XX:XX NS

Pain on left side of head when rubbing, very sore, feels like intense pressure that will push my back teeth out. When rubbing there is a feeling of fluids moving over skull and running down sinuses, under my eyes and to the back of the throat. Sensation of my nose opening and relief of congestion. Exact spot is two fingers above top of left ear. Hard pressure very painful in that specific spot but gives a lot of relief as if relieving pressure throughout skull. 08P 12 23.00 NS

Dull, throbbing headache started a bit earlier, front of head, throbbing pain but not intense. Eyes very sensitive to light and makes headache throb harder. Coffee causes headache to throb harder, water relieves this to dull throbbing headache. Throbbing headache worsened at 16.00, felt like my brain was loose, every time I moved my head, excruciating pain. I don't know how I drove home from work, was a complete blank. Got home and lay down completely still for a few hours. Every movement caused intense pain, especially intense at right eye, feels like stabbing pain into right eye socket on movement. Feels like brain is throbbing and being squashed by skull. I smoked a cigarette, throbbing intensified to a point of unbearable, could not smoke rest of cigarette, intense nausea from cigarette and pain. Very new symptom as I am quite a heavy smoker and whether sick or well, never feel ill from cigarettes. Can't move, feeling of guilt as I have to take dog for a walk but body does not want to move. Starting to feel really frustrated even a bit angry at headache, being in pain, lethargy. I have so much to do, I cannot afford to just lie around. Headache intense on right side at back of skull, neck pain intense on right side, top vertebrae, back pain, stabbing, slightest movement causes intense stab of pain in head. I feel like I am going to go crazy, I can't take this pain anymore. Just want it to stop and to return to normality. Feel very nauseous, can only drink cold water, anything else makes me feel worse. Feel feverish all over, where skin covered, burning hot sensation. Where skin exposed, icy cold. 08P 14 14.00 NS

Dull, throbbing headache returned when I had coffee and cigarette. Very strange as these were the two things that have always made me feel better in the past, now I can't handle them, cause headache and nausea. 08P 15 XX:XX NS

Woke up and left hand side back of head at the top near the crown feels as though I have banged it on something hard, but doesn't hurt if I press it, it feels like that when I lie on it. it feels as though bruised from inside, turned over onto side. I had been sleeping on back which is unusual. 09P 10 XX:XX NS

Woke up with headache, top of head, throbbing and pressing. 09P 12 XX:XX NS

A crusty sore is over my left ear, it does not itch, but was covered with yellow crusts' and a bit of coagulated blood. 10P 19 XX:XX NS

Sharp and stabbing, at the back of my head and neck. They go almost as soon as they've happened. 11P 01 XX:XX NS

I'm very aware that my headache, which is throughout my whole head, is still here, since I started the proving and it feels slightly more intense than it has been. 11P 03 XX:XX NS

Headache still there, really bad. On a scale of 1-10, I'd say this is about an 8. Taken x2 paracetamol and they did nothing, when they would usually help, at least a bit. Not really felt like eating today, just want to sleep with sunglasses, curled up in bed. Normally I would eat and carry on normally with a headache, but all I could think about was getting into bed. 11P 06 XX:XX NS

Headache's a lot worse today. Feel like I've been 'shot in the head', through the temples, from one side of the head through to the other. The headache's very intense and like a band going round my head too. 11P 06 XX:XX NS

Shooting pain in the back left side of my head. The pain stayed in the same place but was sharp and kept 'stabbing' a few times, then stopped. 11P 19 XX:XX NS

Had a strong headache at night in an unusual place, the back of my head. The feeling like blood vessels were squeezed there. 13P 11 XX:XX NS

Sight and eyes

Can see more light when I close my eyes than I can when they are open. It's a sort of turquoise glow. 01P 03 XX:XX NS

Woke with really sore eyes (more than usual) in addition they felt "sticky" like I had cold coming through them. 01P 08 XX:XX NS

Feel like the room just got lighter, but checked with colleagues and nobody had switched the lights up, weird. 01P 08 XX:XX NS

Eyes appear very bloodshot. 01P 09 08.00 NS

My vision went funny . I got a flickering thing in my left eye vision that made it impossible to see properly. Then it got worse and my vision was completely weird like when you see on the movies, a wavy vision from a hot desert. I had to lie down and close my eyes. After one hour it was better. 02P 12 XX:XX NS

While outside walking I noticed things looked a bit out of focus. 02P 15 XX:XX NS

Eczema above right eyelid. Flaky skin, red patch, upper eyelid. Swells up and droops over eyelid a bit, can feel heavy to open and is sometimes itchy. Eczema and swelling worse for being around cats and dogs. 03P 03 XX:XX NS

Still have eczema over right eyelid, very flaky today. 03P 20 XX:XX NS

Twitching, right eyelid. 04P 07 19.45 NS

Had dark swirling tubes in vision when I closed my eyes. Had patterns and colours like peacock feathers. 05P 01 XX:XX NS

Eyes feel really itchy inside. Feel as if eyeball where it touches inner eyelids is itchy. Towards the inner eye, not outer. 05P 06 XX:XX NS

Pain in right eye socket, going upwards from back of right nostril. Dull ache to start with, with sharper twinges. 05P 07 XX:XX NS

Eyes felt really itchy. When I rubbed them it got worse, as if I had chilli on my fingers. Made my eyes water but felt burning and didn't relieve. 05P 31 XX:XX NS

Eyes sensitive to light, feels like they can't focus, keep slipping out of focus. 08P 07 XX:XX NS

Eyes dry and burning, hard to focus. Everything looks blurred and feels difficult to focus. Just want to sit and stare at nothing with vision not focused. 08P 13 XX:XX NS

Woke from itchy right eye. I woke rubbing my eye. It felt as if I had pulled off / ripped conjunctiva. It was burning and I went to look at eye in mirror. Eye was very red and weeping, thick, oily 'tears'/discharge. It really stung as if I had soap in my eye. Could not keep eye open as reflexively stayed shut. 08P 24 03.30 NS

Sharp little stabbing pains around my left eye socket outer edge, went to tingling later. 09P 01 XX:XX NS

The back of my eyes hurt when I move them a little, a bruised feeling. 09P 12 XX:XX NS

Notice my eyes felt dry and quite sore, feel as though I want to shut them to relieve them, they feel tired. 09P 15 14.35 NS

Eye sight tricky, little blurred, slightly double vision, shaken vision. Sharp pain over right eye. 10P 02 XX:XX NS

Vision in right eye is blurry, as if there is film over the eye, but there is nothing there, prickly. 10P 17 XX:XX NS

Vision has felt distorted, with things looking bigger and smaller than normal. Can't focus my mind or eyes on anything. 11P 06 XX:XX NS

Hearing & Ears

High pitched ringing in both ears. 01p 02 11.00 NS

Noise sensitivity. At lunch the sound of knives and forks on plates was so intense it was hard to focus on anyone else. 03P 02 XX:XX NS

Sensitive to sounds. 03P 17 XX:XX NS

Earache, right ear. 04P 07 XX:XX NS

Had an intense ringing in my ears, almost unbearable. 05P 08 17.00 NS

High pitched ringing in right ear shortly after taking the remedy. 07P 01 XX:XX NS

Stabbing pain, really sharp pain in right ear, where the ear curls in, not internally. 08P 02 XX:XX NS

Slight dull earache, in the morning it was in the left ear and late afternoon in the right. Aware of pain but very on/off. 08P 12 XX:XX NS

I have had slightly itchy ears for past few days and feel that I always want to clean them. I usually have absolutely no ear wax if using ear bud but lately there has been a slight yellowy wax on ear bud. 08P 33 XX:XX NS

Pain in right ear, fleeting, sharp then gone. 10P 02 XX:XX NS

Overly sensitive to noise. 10P 03 XX:XX NS

Ringing in ears. 10P 09 XX:XX NS

Hearing very acute, hearing amplified. Noise is an invasion. 10P 12 XX:XX NS

Easily irritated by certain pitch, my hearing is too sharp. 10P 14 XX:XX NS

Noises seem very acute, loud, sharp, clear. For example, eating – the knives & forks on plates seemed very loud, louder than everybody talking and people shouting and laughing seem to hurt my ears. 11P 01 XX:XX NS

Someone came into room to open a packet of something and the rustling noise was so irritating, it felt like it was going straight through me. It was something I couldn't ignore the noise was so loud to me. I was very close to snatching the thing out of her hand and throwing it across the room. 11P 02 XX:XX NS

Hearing has become more acute. Have a high pitch sound in my right ear which comes and goes. 12P 01 XX:XX NS

Sharp pain in left ear. 12P 03 XX:XX NS

Sensation of a big drop of something like olive oil in my ear which suddenly ran from the inside of my ear to the outside. Nothing was there. 12P 06 XX:XX NS

Cotton wool feeling in ears, they are blocked. 12P 06 XX:XX NS

Ears closed up suddenly and ringing in both ears for a couple of seconds, which then stopped. Ears remained closed. 12P 10 XX:XX NS

Smell & Nose

I got a tickle in my nose on waking. Sneezing and nose running. 01P 05 XX:XX NS

Slight runny nose, sneezing. 01P 12 XX:XX NS

Walked into a room where someone had sprayed a perfume, I swallowed a mouthful and it tasted horrible. I felt more sensitive than normal to the taste and smell. 02P 03 XX:XX NS
Feel as if a lot of catarrh is going down from my nose, down the back of my throat, feel the need to swallow a lot. 05P 04 XX:XX NS

Highly sensitive to smell, walking into shops, perfume, dog shit and flower bushes as I walk past. 05P 04 XX:XX NS

Felt a bit bunged up and blew nose hard to clear. 05P 04 XX:XX NS

Nose is aching inside right side, feel very sniffy, not blocked up but nose feels very wet at the end. Slight watery clear discharge, just at end of nose, not running, just felt need to wipe end. 05P 04 XX:XX NS

Nose sore inside all day and feels cold. Especially aching in right nostril. 05P 06 XX:XX NS

Aching of nose more intense today. Seem to be very aware of my nose, especially when outside, but is aching all day. Feels raw and as if hairs had been burnt out and air is going in and out harshly. All inner nose sore, worse when squeezed. 05P 07 XX:XX NS

Feel as though I have a drop of cold water splashed on the right tip of my nose by my right nostril. I then think my nose is going to drip. I feel it but there is nothing there. 09P 12 XX:XX NS

Very odd smell of filthy oven, something burnt, odd, person I'm sat with can't smell it. 10P 04 XX:XX NS

I've noticed I've had a really strong smell up my nose the past few days and I'm annoying people by smelling myself. It's been there since before I started the proving, but I'm more aware of it today. I've had a metallic smell or frozen fish smell (not rotting fish, or can of tuna, but cold, iced fish). And I also noticed that my sweat smelt to me, but not to everyone else. 11P 03 XX:XX NS

Left nostril starting to run again. 12P 04 XX:XX NS

Had a sort of tender feeling in the nose, could feel that I am breathing out hot air and breathing in cold air. 13P 01 XX:XX NS

The whole evening the left nostril was running so that I had to use a tissue. Later the right nostril started leaking as well. Tickling in the left nostril as if going to sneeze, but actually sneezed only a couple of times. 13P 01 XX:XX NS

The nose was slightly sore inside and tickling as if I was going to sneeze, but I didn't sneeze and it wasn't running until the evening. In the evening, around 19:30 the nose started running more and more, by 21:00 I was using lots of tissue and sometimes sneezing violently. 13P 02 XX:XX NS

Feeling in the nose like there is some pepper in it, with desire to sneeze, more on the right side. 13P 08 XX:XX NS

There was again that funny feeling in the nose, right after waking up, a sort of prickling or irritation, but now I think that the sensation is more similar to strong horse radish, not pepper. 13P 09 XX:XX NS

Face

Cheeks and face felt as if it were undulating in and out. Kind of throbbing but gentle. 05P 01 XX:XX NS

Have an enormous spot developing on my chin which is below the surface, really red, sore and looks hideous. 06P 18 XX:XX NS

Had marked jaw pain whilst eating a piece of French bread. It was almost as if the jaw needed to click on the left hand side and couldn't cope with eating something so chewy. 06P 24 13.00 NS

5 minutes after taking remedy left hand side of face feels larger than right hand side, felt swollen as if in the shape of an apple. It feels hot as though sunburnt. Feels as though it would be numb to touch but isn't. Had to touch to see if I could feel fingers. Nothing looked different. 09P 01 XX:XX NS

Cheeks tingling as though I have been outside in the wind. 09P 01 XX:XX NS

Lips slightly tingly and a little hot. 09P 06 XX:XX NS

Sore around inner area of nose by eye, feels bruised, dry and scratchy, raw. 10P 24 XX:XX NS

Face and head feel hot, like my face should be pink, but colleague said it was grey! 11P 06 XX:XX NS

My jaw hurts to eat, from my back teeth all the way up my jaw bone into my temples and head. 11P 07 XX:XX NS

Flushed cheeks. They look red and they feel very hot. The skin on my cheeks feels dry. They have remained hot and dry all evening. 12P 05 XX:XX NS

Felt like a cold sore coming on the left side of my mouth, tingling sensation. 12P 14 XX:XX NS

Teeth and Gums

Woke in the night with gums feeling sore, raw, dry. 10P 07 XX:XX NS

Teeth hurt, gums hurt, feel as though too many teeth in mouth. 10P 09 XX:XX NS

Restless night. both sides back teeth feel raised and swollen, very difficult to eat. can't put pressure on without feeling pain. worse on right. 10P 21 XX:XX NS

Glands up on right of jaw, abscess forming, tooth wobbly, pain coming in pulsating waves, mouth watery, feeling of fury with pain. 10P 22 XX:XX NS

Teeth feel sensitive when I bite. 12P 01 XX:XX NS

Taste and Tongue

Funny salty taste in my mouth, could I be perspiring inside as well as out! 01P 14 XX:XX NS

Funny taste in my mouth that I cant describe lasts all day. 02P 24 XX:XX NS

Bad taste in mouth, of nothing in particular, it's not metallic, just a stale 'morning breath' taste. 11P 04 XX:XX NS

Slight metallic taste in my mouth. 12P 20 XX:XX NS

Inner Mouth

There seemed to be more water coming into my mouth that made me swallow more. Lasted about five minutes. 02P 04 15.00 NS

Developing an ulcer on lower left gum. Sore upper right gum too, is swollen, red. 03P 22 XX:XX NS

Had excess saliva; mouth kept filling up, like when going to be sick. 05P 01 XX:XX NS

Mouth really watering. 05P 04 XX:XX NS

Jaw feels really aching and tired as if have been chewing loads of food nonstop for hours. Upper jaw is aching. Feels better when I press my top teeth. 05P 17 XX:XX NS

I have a mouth ulcer on lower inside lip which is bigger and more painful this morning. 06P 02 XX:XX RS

I woke up dribbling on my pillow which I have done before but not for a long time. 06P 03 XX:XX NS

Lots of saliva rapidly filling mouth. 10P 01 XX:XX NS

Have a blister on top of palate, and one just behind teeth, they are raised, spongy and sore. 10P 03 XX:XX NS

Tongue feels swollen and a metallic taste in mouth. 10P 05 XX:XX NS

My mouth and lips feel very dry. 11P 05 XX:XX NS

More saliva than usual. 13P 01 XX:XX NS

Throat

I got a sore aching throat which varies in prominence but doesn't affect me too much this lasts until day 26. The sensation is hot and peppery. Someone at college described theirs as like hot radish and I agree that is a better description. At times it feels like I have been in a room of hot smoke. 02P 01 XX:XX NS

I woke up with a sore throat, dry, sore to swallow better for hot drink. 03P 23 XX:XX NS

Throat felt burned at the back as though I had just inhaled some CS gas. 04P 01 XX:XX NS

Back of throat feels slightly seared. 04P 05 XX:XX NS

Woke with sore throat at top where throat meets nose, left side. 04P 46 XX:XX NS

Had slight sticking pain on the left hand side of my throat inside, which is worse when swallowing. 06P 29 XX:XX NS

On waking had hoarse and burning throat. 08P 03 XX:XX NS

Burning sore throat the whole day, feels like pepper in the back of throat, keep clearing but dry burning

feeling. Hard to swallow as painful to do so. Very thirsty and want ice water to relieve the 08P 05 XX:XX NS

Cough on waking with lots of phlegm at back of throat - almost like a plug that cannot come out, struggle to breath. 08P 06 XX:XX NS

Lots of catarrh, glands feel sensitive, area around eyes very sensitive. 08P 08 XX:XX NS

Feels like water is in my throat, does not clear when cough or try clear throat. 08P 09 XX:XX NS

Woke unable to breathe, lots of thick, sticky phlegm that I cannot cough up, yellowy brown in colour. 08P 10 XX:XX NS

Lots of catarrh, couldn't clear it at all! It's clear but stringy. When I try and swallow it (as it's more at the back of my throat, than in my nose) it won't go, it's just stuck there at the back of my throat and won't clear. Sometimes I can't talk as it's so thick and there. I feel like I could cough it up but I don't want to, I'd rather swallow it, because I don't like the idea of spitting it out. 11P 04 XX:XX NS

Had a sore throat all day. Feels very dry and rough at the back, on the top of my throat. It is an effort to swallow and when I do, there is the sensation of a small lump there. 12P 05 XX:XX NS

The back of my throat is getting itchy. I am beginning to scratch it with my tongue. 12P 10 XX:XX NS

Appetite, Thirst & Desires

Ate a good breakfast although didn't feel that hungry. 01P 03 XX:XX NS

I took my mother out for lunch, had a small glass of white wine with it. It made me feel very hot, both cheeks burning, I do get this a little but its much more than usual, I also felt more drunk than usual. Tripped when I was walking up to the post office, feeling a bit disconnected. 01P 04 XX:XX NS

Ate a starter and a main course Feel far to full but it didn't look that much. Feel ridiculously full. Feel like making myself sick I am so uncomfortable but whilst I was eating it it didn't seem too much. Walk home to walk it off, around 1 and ½ miles. Still feel bloated. 01P 06 19.30 NS

I drank four glasses of water during the night, ridiculous. I feel like I'd had a whole bottle of wine. My head is feeling a bit thick and the water doesn't seem to ameliorate. I think its one glass of wine max for me from now on. 01P 07 XX:XX NS

I think this remedy makes me intolerant of alcohol I had a very restless night. 01P 10 XX:XX NS

Felt Really hungry and often, and this desire to keep eating, even when full. 03P 02 XX:XX NS

Food, must eat LOTS, especially sweet hot dessert! Its like if the food wasn't there I wouldn't miss it, but its there and its very presence makes me want to eat it. 03P 03 XX:XX NS

Thinking about food all the time. Always what I can eat next. It's so ridiculous that I feel almost sneaky about it. Eating until I can't eat any more and then I still think about it. 03P 09 XX:XX NS

When I started drinking some Stones Green Ginger Wine I got a tingling all over where my eczema is on

right eyelid, and up into my temple. The sensation was like fireworks. It was so vibrant I thought the whole area must be red, but it wasn't. 03P 22 XX:XX NS

Although I had Weetabix earlier, feel I need another and so have second breakfast! 04P 04 XX:XX NS
Really wanted to keep eating even though I wasn't hungry. Food tasted delicious and I felt I had to eat as much as I could. 05P 03 XX:XX NS

Had intense craving for sugar and ate a huge bowl of blackberry and apple sponge pudding. 05P 13 XX:XX NS

Don't want to eat anything unless it contains huge amounts of sugar and fat. Do not want fruit or vegetables, which is unusual. With menses. 05P 15 XX:XX NS

Suddenly felt very hungry. 06P 01 XX:XX NS

Ravenously hungry at random times, it is like a pregnancy hunger where there is a strong need to eat. It is high up in the stomach and has a gnawing sensation. 06P 02 XX:XX NS

Really hungry but couldn't eat much even though I felt like I wanted to force it down; still feeling hungry but physically quite full. 06P 03 20.30 NS

So hungry had to have some crackers. Couldn't wait until lunch. I had to eat, my stomach felt very empty. 06P 05 XX:XX NS

Gnawing hunger but didn't have time to eat. Lasted about half an hour. Hunger wore off even though I didn't eat anything until 13.30. 06P 07 XX:XX NS

Starvingly hungry when I went out to eat with some girlfriends even though I had picked at food at children's teatime. Ordered a huge home made burger and felt compelled to eat it even though I was really full about half way through. Drank too much and felt very bloated by the time I went to bed. 06P 10 XX:XX NS

Despite substantial supper earlier, feel rather hungry, which is unusual for me at this hour. 07P 01 22.00 NS

I am hungry and not hungry and it takes me a long time in supermarket to decide what to buy for supper. 07P 04 XX:XX NS

Woke up, extreme restlessness and anxious and ravenous hunger. Could not sleep from hunger, strange as don't normally eat breakfast. Very thirsty but could not drink much, throat felt sensitive. 08P 03 05.30 NS

Woke with extreme hunger; has occurred on most mornings since proving regardless of supper night before. 08P 07 XX:XX NS

Appetite less during day and when meal in front of me lose appetite although wake ravenous and in evenings ravenous. Late at night very hungry, stomach burning. At lunch ate a lot less than usual although not much for breakfast. 08P 11 XX:XX NS

Incredible sensitivity to coffee and cigarettes, both make me feel nauseous. In past I could drink a lot of

coffee (up to 20 cups a day) and smoke on average 15 – 20 cigarettes. Now approximately 3 cups of coffee and 3 cigarettes. 08P 18 XX:XX NS

Food tastes much more flavoursome than normal but too full too quickly. 09P 01 XX:XX NS

Toast tastes very good, feel hungry but feel full after two pieces. 09P 02 XX:XX NS

Woke up feeling really nauseous as though hungry gnawing feeling in my solar plexus. 09P 05 XX:XX NS

Eat chicken salad and feel really full ¾ way through, feeling bloated but it tastes so good so I eat it all. 09P 17 XX:XX NS

Halfway through my cup of tea I had a strong taste of coffee and actually thought that I was sipping coffee, I could even smell coffee and after a few more sips I had to convince myself it was tea that I was drinking. 09P 23 XX:XX NS

Cravings for anchovies. 10P 00 XX:XX NS

Thirsty. 10P 12 XX:XX NS

I can't eat a lot, or drink a lot, which is odd for me because I love food and hardly ever give up the option to eat. I get a sudden hunger and thirst, but then can't actually have much when I have it. Feel sick quickly. 11P 02 XX:XX NS

Suddenly feeling hungry, despite only eating an hour ago, but not eating much when I then try and eat something. 11P 02 XX:XX NS

I only had 1 glass of wine tonight, but feel quite tipsy and sleepy. 11P 21 XX:XX NS

Not interested in having anything sweet to eat and I usually have a very sweet tooth. 12P 02 XX:XX NS

Normally I love chocolate but I have no desire for it. 12P 05 XX:XX NS

Feel really hungry. Want to get out of bed to eat something but can't be bothered. 12P 26 03.00 NS

Noticed that I am not eating pickled gherkins since taking the remedy. I used to eat them regularly before. 13P 05 XX:XX NS

Noticed that I am less hungry than usual and I am eating less. 13P 19 XX:XX NS

Hiccough, Belching, Nausea & Vomiting

Vomited which made me feel better but exhausted. 02P 28 09.30 NS

Felt slightly nauseous while driving. 06P 05 XX:XX NS

I am getting ready for bed and suddenly feel extremely nauseous. I just have to stay very still. 07P 08 XX:XX NS

I kept getting hiccups throughout day, they stopped quite quickly as soon as drinking cold water. I hardly

ever get hiccups but when I did it usually took lots of fancy manoeuvres like drinking from back of glass to make them stop and took quite a long time. Hiccups seemed to start especially when drinking sip of coffee. 08P 18 XX:XX NS

Woke up suddenly, started vomiting, went on for about ten minutes. Vomit really bitter, like bile, very acidic, yellow in colour. For rest of day vomiting but nothing to bring up so very horrible feeling. All my muscles felt really sore and cramping, very sensitive to touch anywhere on my body. I could not get up for longer than 5 minutes and go back to sleep for an hour, get sick, go back to sleep etc. I felt very dizzy and feeling like my body would collapse. Eyes felt very sensitive to light. I do not have proper recollection of day or night, just in and out of sleep, being sick and tenderness of whole body. Later in the afternoon I had splitting headache on right hand side of head, it felt like the pain was originating from top vertebrae, right side and right eye. 08P 45 05.45 NS

Feel nauseous as though I am hungry but halfway through the meal felt bloated and full up. 09P 03 XX:XX NS

Severe nausea as though hungry. 09P 04 XX:XX NS

Feel very sick and feel as though I may have an attack of diarrhoea It was just wind. Half an hour later sickness was much worse and feel as though I may actually be sick. Sickness subsided after piece of toast but feel really full up after eating it. 09P 05 08.00 NS

Feel so nauseous and hungry. Nausea almost overwhelming, momentarily feel that if it gets any more intense I may be sick. 09P 18 XX:XX NS

Suddenly felt really sick for a few minutes, sick in area of stomach. 10P 01 XX:XX NS

Nausea , worse for motion, drinking coffee. 10P 06 XX:XX NS

I keep burping suddenly and I have wind, there isn't any taste to the burps and no smell to the wind. The burping is sudden and catches me by surprise. The wind tends to stay for a long period of time and doesn't relieve easily. 11P 02 XX:XX NS

Feeling very unwell and sick as well as persistent headache. Not sure if I can make it home without stopping at the side of the road to vomit. 12P 20 XX:XX NS

Scrobiculum & Stomach
Stomach churning. 01P 02 12.30 NS

Feel nauseous. 01P 02 13.15 NS

Woke with slight stomach cramp, went on rising. 01P 11 07.30 NS

Indigestion in chest, feels slightly uncomfortable . Feels as if acid in throat and air trapped in chest. Not actually burping. 05P 20 XX:XX NS

I had a bad stomach, wind, bubbling, very bloated and felt sick. 11P 01 XX:XX NS

Bad stomach again, bubbling wind moving around with a feeling like I might have an upset stomach.

Diarrhoea with nausea. Diarrhoea relieved nausea about 20 minutes after upset stomach. 11P 11 XX:XX NS

Stomach still bubbling with wind and uncomfortable. Nothing seems to ameliorate this feeling. I can't get it to move. 11P 13 XX:XX NS

Feel very hungry. Stomach is making gurgling noises. 12P 02 XX:XX NS

Had a normal evening meal, nothing excessive, but later had a feeling like I've eaten too much, the stomach felt overfilled. 13P 01 XX:XX NS

Abdomen

Slight abdominal pain, very hungry, more period pain like . 01P 05 XX:XX NS

Cramping pain left hand side waist and right hip. 01P 11 XX:XX NS

Feeling of tightness in abdomen area, as if there is not enough space in there and it needs more 02P 24 XX:XX NS

Slight stitch in right side. 04P 32 XX:XX NS

Felt two sharp twinges on left side, from abdomen up to chest. 05P 01 XX:XX NS

While I was eating supper, I had an intensified version of the indigestion that I had at lunchtime. It was as if every mouthful was turning to wind. The cramping as it moved through my intestines was really painful. It was immediately relieved by passing wind. 06P 06 19.50 NS

Bloating, stomach felt hard, full and uncomfortable, distended. 08P 19 XX:XX NS

Trapped wind still there, but worse now, feeling of, must lie down flat to try and move it, this has worked in the past, but this time it doesn't move it. Really uncomfortable, feels bloated, distended, bubbling, dull ache, some sharp pain too, in the left-sided wind pocket. 11P 21 XX:XX NS

Rectum & Stool

Bit of flatulence, bowels feel a bit loose. 01P 03 XX:XX NS

I also had a cup of coffee at lunchtime and I think its made my bowels loose. They feel a little unsure of themselves like I could have an accident! (they never usually do even when loose) , bit wobbly and very hot around the anus. Flatulent. 01P 04 XX:XX NS

Painless diarrhoea, very watery. 3 times in an hour. 01P 10 08.00 NS

Constipated morning stool. Very unusual for me, usually opposite. It starts out like deer stool, small dark balls before longer tubes. 03P 10 XX:XX NS

Diarrhoea slightly. 04P 08 XX:XX NS

Mild diarrhoea. 05P 14 XX:XX NS

After passing stool I have an intense aching pain all around my waist. Does not feel like period pain at all. Back is aching and I have to stretch to feel better. 05P 18 XX:XX NS

Passed wind quite a lot, not smelly or loud but frequent. 06P 07 XX:XX NS

Strong bowel movements straight after lunch, very sudden and urgent. 08P 04 XX:XX NS

Bowel movement was sudden, intense, quite runny, dark in colour and lots of stool. Was almost like an explosion. Incredible relief after, bloating and discomfort stopped immediately after. 08P 18 XX:XX NS

Felt as though I needed toilet urgently as though I was going to have an attack of diarrhoea but was only wind, full bowel sensation as if would open any minute, normally constipated. 09P 02 XX:XX NS

Had to rush to the toilet and had diarrhoea. Felt fine. 12P 03 08.10 NS

Urinary Organs

Notice that urine smells really strong. 05P 07 XX:XX NS

Had a strange cramping sensation when I went to wee, as if I had overstretched my bladder. 08P 21 XX:XX NS

I have noticed a strange sensation by my bladder that was present yesterday. It feels like I need to wee urgently and when I do it feels as if my bladder is almost cramping on voiding. The first time it happened I thought it was just because of holding in a wee for too long but it has recurred ever since. 08P 22 XX:XX NS

I have an ache around the back of my left kidney area. 09P 18 XX:XX NS

Sharp jabbing pain in left kidney. 10P 07 XX:XX NS

Sharp aching pain in kidneys. 10P 21 XX:XX NS

Cystitis type feeling, bladder feels sensitive, like I need to urinate and slightly stinging, but after drinking a normal amount of fluids, I can't seem to urinate much at all. 11P 13 XX:XX NS

Hardly urinated at all despite volume of alcohol and fluids drunk the night before. Only urinated about an egg cup full when I woke that morning; this wasn't painful, but just felt extremely strange as I knew I'd consumed quite a bit of fluids, therefore I would usually need to urinate. 11P 17 XX:XX NS

Infection of urinary tract with severe aching and some burning in urethra. Pain started towards the end of urination and continued for some time after urination had finished. 14P 00 XX:XX NS

Female Sexual Organs

Alive aching in left ovary area that seemed to extend into my womb. (I often get similar things but it seemed to be more prominent and extended more) 02P 03 XX:XX AS

Woke up in the night with period pain and had to take a painkiller. I think the proving remedy is antidoting my constitutional remedy which has made me pain free the last few months. 02P 14 XX:XX NS

Sharp cramp again like period. 03P 11 XX:XX NS

Menses stops and starts again. 03P 11 XX:XX NS

Got period today, no period pains at all which is unusual. Also far less PMT than usual. 05P 15 XX:XX NS

Mild jabbing pain in left ovary. Felt like ovulation pain. 06P 37 XX:XX NS

Sudden gush of watery, vaginal discharge, very sudden and strong. 08P 04 XX:XX NS

Periods heavier than usual, bright, lighter blood, less physical symptoms although backache more intense but for shorter duration, skin better than usual during menses. 08P 09 XX:XX AS

Aware of strong smelling vaginal discharge, almost metallic like smell. 08P 14 XX:XX NS

I have noticed that I still have light periods which is really strange as I normally have a three day period from start to finish, this is now the 6th day of my period. I thought this may be why I have been so exhausted. The exhaustion is not only tired as before but I feel really lightheaded, needing to take lots of deep breaths. 08P 40 XX:XX NS

Ovaries aching, a gentle dull ache, bit of a twist and squeeze. 10P 07 XX:XX NS

Incredible sexual desire, heat in sexual organs, a sensation of a ball of heat. 10P 14 XX:XX NS

Voice & Larynx, Trachea & Bronchia

At a friend's house, sore throat and lost voice suddenly. 04P 09 XX:XX NS

Couldn't sleep until about 1:30am. The main reason is the tickling sensation deep in the throat (in the breathing part of it), like something foreign was there, that made me wanting to cough or to somehow expel that stuff. 13P 05 XX:XX NS

Respiration

Felt very aware of my breathing and the fact that I could breathe much easier than normal. All the airways in my nose felt open and clear so the breath was really coming through my nose. I usually don't breathe so well through my nose. It felt amazing and good. This lasted all day but was more prominent in the morning on waking. The feeling of breathing well continues except when I have a cold. 02P 04 XX:XX NS

I am very aware today that my breathing is very clear and easy, feels good. My lungs and airways feel like they have had a spring clean, it gives me a nice calm relaxed feeling when I breathe. 02P 18 XX:XX NS

I keep thinking this morning about the dry ice smoke they used to use in the nightclubs I went to as a teenager, the smoke used to make me cough and it is similar to the ongoing cough I have now, I feel as if I have swallowed some dry ice smoke. I am remembering vividly the feel, smell and taste of the dry ice. 02P 22 XX:XX NS

Chest feels constricted and tight when walking along. Have to concentrate on breathing and feel very aware of air going in and out. Lasted about 5 minutes, a bit worried that would have to keep concentrating on breathing as didn't seem to be able to take enough air unless thinking about it. Felt slightly trapped. 05P 04 10.30 NS

feel short of breath, as if something is around my chest tightly. Feel as if I can only breathe very shallowly. 05P 20 XX:XX NS

I keep sighing a lot. 11P 05 XX:XX NS

Chest is tight. 12P 01 XX:XX NS

Cough

I had a coughing fit. Lots of loose catarrh. 01P 08 XX:XX NS

Dry tickly cough. 01P 12 17.30 NS

Occasional dry tickling cough which lingers through the proving. The cough comes from what feels like a sensation in the throat area as if I have taken some strange air into my windpipe. 02P 04 XX:XX NS

Sensation of water in throat, as if choked, cannot clear it and starting to develop cough that is almost spasmodic. When the cough starts it takes hold of my whole body and I cannot breath or do anything, just hacking cough. 08P 09 XX:XX NS

Have a tickly cough. 12P 01 XX:XX NS

Started coughing; a dry and irritating cough. Made worse by breathing in fully. 12P 06 15.30 NS

Cough became really bad. Was coughing so much that I was nearly sick. Was much better when sitting quietly, but started coughing badly again when I started moving around. Slight wheeze and lungs actually hurt. 12P 19 XX:XX NS

Coughing a deep dry irritating cough. 13P 04 XX:XX NS

When I woke up I was coughing. I was afraid to awake my wife, I was coughing very strongly. 13P 20 01.40 NS

Inner Chest & Lungs

Slight burning in throat and lungs. 04P 07 XX:XX NS

Empty feeling in chest. 05P 04 XX:XX NS

Pain and serious infection very deep in lungs. Sharp pains, needle like. It started there rather than moving down from higher in respiratory tract. Much rattling and crackling deep in lungs, especially when lying down. Terrible cough, spasmodic and long lasting to the point of being unable to breathe. 14P 00 XX:XX NS

Outer Chest

Had a stabbing pain in left breast in the night, a bit later on I had the same milder sensation in the right breast. 02P 30 XX:XX NS

Pricky feelings in chest, various places, that come and go. 04P 21 XX:XX NS

Dull stabbing pain in top left quadrant of left breast. 07P 07 XX:XX NS

Fleeting twinges in both breasts all day, mostly the right side. Vary from tingling sensation to sudden needle-like pain. Better for support – worse when I undress. 07P 15 XX:XX NS

Sharp pain in left breast, feels as if originating behind nipple, sharp, stabbing and deep pain, causing whole body to freeze from the pain and feeling of being winded. I felt a feeling of panic and surprise at intensity of pain. At the time I was at work sitting at my desk, no causation for pain. 08P 11 11.20 NS

I noticed that it is very sore and tender under left armpit, can feel swelling, hard knot. 08P 29 XX:XX NS

Notice that my breasts feel full and bloated. Left breast feels fuller and slightly bruised and heavier than the right breast but both feel heavy. 09P 09 XX:XX NS

Breasts feel full and warm, left more than right and left feels larger than right but both feel generally larger and my bra feels a little uncomfortable. Feel bloated like when pregnant. 09P 11 XX:XX NS

Breasts very swollen and sore. 10P 19 XX:XX NS

I have itchy, hive-like lumps under my armpits, very itchy when I touch them. 11P 04 XX:XX NS

Neck & Back

Keep turning neck, normally my neck is very stiff but it feels good. 01P 01 XX:XX NS

Pain, sharp, right shoulder at the base of the neck. 01P 03 16.30 NS

Cramp all around the bottom of my neck, maybe from being uptight but never had that before! 01P 12 XX:XX NS

I feel achy in my back. 02P 16 XX:XX NS

Aching in middle of back as if I have tensed up against the cold, it feels a bit stiff as if there is glue in the muscles 02P 24 XX:XX NS

Back aching on walking, as if the movement in my back is restricted. 02P 25 XX:XX NS

Got an aching pain over the entire back of my neck. Pain is pressing, tightening. It spread from my shoulders up into the base of occiput. 03P 01 XX:XX NS

Itch back of neck (left). 04P 06 XX:XX NS

Have aching in right shoulder blade, as if muscle strain. Can't think where it happened. 05P 20 XX:XX NS

Feel the need to stretch out neck and right shoulder between neck and shoulder blade. 06P 02 XX:XX NS

Muscular pain in muscle above right shoulder blade. 06P 03 XX:XX NS

Intense neck pain, felt like neck about to click, very intense. 08P 02 14.10 NS

Extreme neck pain, need to massage neck continually, worse at top vertebrae and right side. 08P 03 XX:XX NS

Lower back extremely painful, intense shoulder pain as if sprained right side worse. 08P 07 XX:XX NS

Shoulders painful and stiff the whole day as if neck pain extending to shoulders. Right shoulder pain worse. On rolling shoulders, lots of popping / cracking noises as if bubbles in shoulder popping (crrr, crrr, crrr noise). 08P 11 XX:XX NS

Neck pain worsened, right side especially, intense pain, stiffness and a feeling of pressure as if about to click, deep pain as if bruised, constantly needed to rub and massage to get relief. Better for hard pressure, very painful but relieving at the same time. 08P 11 XX:XX NS

Back aches, a dull ache, can't get comfortable, warmth and pressure helped. 09P 11 XX:XX NS

Sharp pressure pain in front left hand side of neck. I feel I need to press it to make it better. It almost feels as though I have a lump just under the skin or that something is stuck there but I can swallow OK. 09P 13 XX:XX NS

I felt as though my neck on the left side was too stiff and felt as though I had to actually turn my body more so that my neck didn't hurt, was very aware of it hurting and being stiff, wanted to move my head from side to side, sort of rock it in a swaying slow motion, to relax it. 09P 14 XX:XX NS

My neck felt weak as though it couldn't support my head, I became more aware of it and felt like I had no strength, I just kept wanting to put my head down. 11P XX:XX NS

Sharp pain in the back by right shoulder blade on breathing out. 12P 03 XX:XX NS

Lower back beginning to ache. Spent the evening lying on the settee with a hot water bottle behind it, which I found soothing. 12P 08 XX:XX NS

When getting from bed, weak dull pain in the sacrum area. 13P 04 XX:XX NS

Upper Limbs

Sharp pains in palm of right hand around the base of the thumb. 01P 06 XX:XX NS

Wandering pain in left shoulder. 01P 08 14.40 NS

Woke with numb arms had to revert to lying on back, I think the pillow is not quite right. 01P 09 XX:XX OS

Pain left hand middle finger. 01P 11 12.00 NS

I remembered on hearing other probers talking about their experience that I had also experienced waking up first thing in the morning with a dead arm on a couple of occasions. 02P 31 XX:XX NS

Woke up with a numb right hand. Tingly, almost felt not there. 03P 07 XX:XX NS

Wake up with pins and needles in hands. Sleep somehow with hands at full flexion. 03P 14 XX:XX NS

Thumbs hurt at base joint, like RSI or writer's cramp. 04P 02 XX:XX NS

Pain in right shoulder blade after stretching awkwardly. 04P 10 XX:XX NS

Fingers of right hand numb where I've lain on them. 04P 25 XX:XX NS

Very itchy upper arms. 05P 02 XX:XX NS

Hands felt numb, as if I had been leaning on them, and might get pins and needles in them. Didn't get pins and needles, had to wiggle them about to feel them again. 05P 31 XX:XX NS

Immediately after taking the remedy my hands felt hot. 06P 01 XX:XX NS

Noticed muscular pain in the muscles of both upper arms on the inside, near the elbow which was made worse by flexing the arms. 06P 06 XX:XX NS

Woke up with a dead right arm. Haven't had that since I was pregnant. 06P 14 XX:XX NS

Woke up with severely dead right arm. It felt like an enlarged tingling stump and I had to move it with my other arm to try and return the sensation to it. 06P 30 XX:XX NS

Ache above left elbow as though something tight there. Congested feeling in left forearm. Wrist aches and spasmodic stabbing pain in middle of palm of left hand. 07P 03 05.00 NS

Intermittent ache in left hand and stabbing pain in left palm. 07P 03 XX:XX NS

Skin on hands suddenly very bad, dry, itching, cracking and bleeding. 08P 22 XX:XX NS

It felt like there was a tight band around my wrist, an almost numb sensation throughout my left arm, I kept needing to move my arm and wrist to get life back into it and ease the discomfort. 08P 36 XX:XX NS

My left shoulder feels really weak a little like it did when I had a frozen shoulder coming on. It feels as though I had lifted something too heavy for me. The ache feels sharp and cold, better pressing it. 09P 10 XX:XX NS

Sharp prickling stabbing pain down right hand side of right hand outside edge, metacarpal by little finger, it feels as though I need to rub it, it doesn't help. 09P 17 XX:XX NS

Very itchy patch on right arm just over elbow, like something crawling under skin or serious allergy, needed to scratch and scratch, drew blood. It left raised patches. 10P 03 XX:XX NS

Arm itching again, as if something crawling, needed to scratch, burning under the skin, sharp and irritating, worse for scratching, drew blood. Great desire to scratch, rub. Great serenity within me, no real reaction in me, not reacting to the irritation of itch. 10P 05 XX:XX NS

Nails feel hard and strong. 10P 12 XX:XX NS

Hands were swollen throughout the proving. 12P 00 XX:XX NS

Red and itchy on inside of wrist, left hand. Both hands (heel of hands) are a bit puffy. 12P 01 XX:XX NS

Lower Limbs

Sudden sharp pain in left thumb. 01P 02 13.15 NS

I woke up with terrible cramp in my left calf and foot. Had to get out of bed quickly and stretch it. 01P 02 XX:XX NS

Sole of left foot itching 01P 09 10.00 NS

Soles of feet burning. 01P 15 XX:XX NS

I am having increasing wandering sharp pains, also cramp like pains in feet and restless legs. My feet feel swollen my shoes feel to small. On examination my feet look perfectly normal there is no swelling but my shoes are definitely irritating me and too tight. They are the most comfortable pair I have and never normally bother me. I have a sharp pain on the bottom of my left toe, can't see any reason for it. 01P 28 XX:XX NS

Felt a sensation in right leg/ inside thigh that felt like a pin prick or very mild electric shock. 02P 31 16:30 NS

Sore knee joints. Sort of an ache/throb. Feeling as if they are weak. 03P 08 XX:XX NS

Legs achy to the bone. 03P 08 XX:XX NS

Cramp in right leg. Felt as if something was drawing in. 03P 28 XX:XX NS

Slight cramp in right foot. 04P 02 XX:XX NS

Restless leg (left). 04P 05 19.00 NS

Walking from car park into town, left knee feels wonky. Hoping it won't give way. 04P 05 XX:XX NS

Pain in back of knee. 04P 08 20.45 NS

Woke with slight muscle pains: back of right calf. 04P 09 XX:XX NS

Cramp in left foot and right calf. Left ankle feels odd. As if I might not be able to walk on it, 04P 14 XX:XX NS

While doing a balancing/centering exercise at workshop I found that my right side felt very weak, as if it could not support my weight, and my right calf was aching, and felt almost crampy. 05P 08 XX:XX NS

Sharp pain on right side of knee, where knees would touch if together. Shooting, burning pain inside. Feel as if I cannot put my weight on it. 05P 23 XX:XX NS

Felt sensation as if band around bottom of calves. As if wearing a support bandage. No pain. Both legs. Lasted about an hour. Felt as if being squeezed in. 05P 33 XX:XX NS

Shooting pain down my left thigh from my hip to my knee. This was a symptom that I suffered with badly after childbirth and it always gravitated into my hips which ultimately became quite disabling and was massively helped with homeopathy. 06P 03 17.30 NS

Woke up with dead left leg up to about the knee but mainly in the foot. 06P 32 XX:XX NS

I am woken up by intense stabbing pain on sole of heel of left foot. I have never had this pain before. Move foot around but it does not make it any better. 07P 02 01.30 NS

Slight cramp in calf of left leg, better for moving around. 07P 02 22.30 NS

I become aware of a sensation of weakness in my legs, better for sitting down with legs raised. 07P 05 XX:XX NS

Sharp tingling pain back of left heel. 07P 05 XX:XX NS

In the evening my legs felt heavy on walking as I was a puppet, needing to move body with strings and not coming from within. Tremendous effort to move, body feels heavy, stiff and sore. Legs when walking feel uncoordinated and difficult to move, muscles on thighs and bum feel stiff and as if they do not work / non-existent. 08P 12 XX:XX NS

I noticed fine pin-prick like rash all over front of right thigh, red and very fine. No pain or itching, just a very obvious and surprising rash. I felt alarmed and wondered if I was getting German measles or some other contagious illness. Very itchy spot on back of left leg, tried not to scratch it but was intensely itchy. 08P 14 XX:XX NS

On falling asleep, woke from feeling as if electrical shocks going through legs. Gave me a big fright and felt quite scared to fall asleep again. I have had this two times before during the proving period but never before. 08P 20 XX:XX NS

Toes are very odd. The two next to the baby toes are very red as if there is a boil. The second toe on right foot has huge red swelling on joint as if a boil but not only on top of toe, but right around. When I got in the bath, it was really itchy between toes and the three affected toes especially. The second smallest toe on right foot feels as if top joint is broken, the toe bends right back it feels like I am walking on the top joint of my toe (the farthest from the toe nail) and the top of the toe is bend upward. When I walk, I can feel a bump/ under the toe, feels as if walking on the joint. The three toes are red, hot, swollen sore and itchy. I keep wondering if I've got gout as this has all been very sudden. I feel guilty as I wonder if I have drunk too much coffee over the past few days and thus caused a liver/kidney problem and resulting in gout. 08P 29 XX:XX NS

Ache in my right hip joint, as if sprained it, like muscle sprain. 09P 08 14.30 NS

Knees feel sprained and when kneeling down they really ache especially after kneeling. it feels as though the spring has gone in my knees. 09P 09 XX:XX NS

Shooting pains in shin of right leg and left femur. Feels deep in the bone, gnawing. Right shin much worse than left femur. I feel I need to move my right foot up and down to relieve it but it makes no difference. 09P 11 XX:XX NS

On getting out of bed I have a deep sore spot on the base of my foot at the left hand side of my heel, it hurts to walk and I feel as though I have trodden on a stone and bruised it underneath. 09P 14 XX:XX NS

Have deep gnawing pain down the right hand side of my femur halfway down like a boring pain shooting downwards. 09P 15 16.30 NS

Pain in left thigh whilst sitting, shooting up into my hip, like a nerve pain also radiating to knee, inside edge. 09P 22 XX:XX NS

Sharp jabbing pain over left knee. 10P 01 XX:XX NS

Numbness and heaviness, both my legs feel heavy and tired and weak. 10P 07 XX:XX NS

Sharp jabbing pain left knee. 10P 07 XX:XX NS

Thighs feel tense before exercise, less flexible, the muscle in front, painful to manoeuvre but better for motion. 10P 12 XX:XX NS

When walking to the car, discovered that I've got a pain in my right foot. It appears when I am stepping on the foot or trying to stretch it. The pain is drawing, as if the tendons were short on the lower surface of the foot, and is quite strong. 13P 05 XX:XX NS

The right foot was very bad, very painful, even in the calm state, the pain is somewhere inside the foot, in between small bones of the foot. Drawing pain like if something is pulling my tendons. 13P 06 XX:XX NS

The right foot was red on its top surface, a bright red circle, as if the inflammation came to the surface, and it was slightly burning. There is an impression that that pain from inside the foot came to the surface. 13P 08 XX:XX NS

Had a cramp in the right calf when going up the stairs. The feeling was like some thin string in it became cramped, not the whole calf. After that, the pain in the foot that was present for many days began to subside. 13P 15 XX:XX NS

The pain in the left foot is stronger drawing, pulling pain as if someone was pulling the tendons or as if they were too short. It prevented me from going for a walk as stepping on the foot is quite painful. 13P 24 XX:XX NS

The left foot is painful even when staying in bed. As soon as I put it on the floor, the pain gets worse as the blood rushes into the foot. The pain is strong and sharp, I can hardly move around the house. Resembles a pain from a furuncle, but there are no signs of inflammation. 13P 26 XX:XX NS

Limbs in General

Woke up with a dead arm and leg on my right side. 06P 20 XX:XX NS

Rest, Position & Motion I am often sitting with my upper torso leaning to the left. 03P 09 XX:XX NS

Suddenly sitting and standing with very straight posture, feels as if unable to slouch. Sitting up straight felt very good and energising whereas normally takes a lot of effort to do so. 08P 12 XX:XX NS

Sleep

Feel really tired. I just want to go to sleep and I feel very hot. 01P 12.30 NS

Can't stay awake. I'm feel really miserable it's so dark in here, I just want to go to bed. 01P 02 16.00 NS

So tired and can't get rid of the full feeling. Can't get comfortable. Couldn't sleep so uncomfortable. 01P 06 XX:XX NS

I slept well and very deeply which is a bit unusual for a college weekend. 02P 02 XX:XX NS

I get waves of tiredness which is kind of a relaxed tiredness as if I have taken a strange drug that makes me feel I could just lie down in the middle of doing something and sleep. 02P 19 XX:XX NS

The last three days I have real trouble emerging from sleep into the eye open phase. A real desire to keep drifting. 03P 06 XX:XX NS

I have been going to bed very late the last four days, staying up to at least 12 if not 2, which is very unlike me. 03P 16 XX:XX NS

Felt nauseous, very tired, wanted to sleep. 05P 01 XX:XX NS

Took much longer than usual to get to sleep. Body very relaxed, felt heavy and didn't want to move but mind active; felt anxious that wouldn't be able to sleep. 05P 01 XX:XX NS

Went to bed, slept for 11 hours. 05P 17 XX:XX NS

Wide awake, 4am. 05P 30 04.00 NS

Can't stop yawning and eyes are watering. 06P 02 XX:XX NS

Couldn't stop yawning on the plane even though not particularly tired. 06P 28 XX:XX NS

I go straight back to sleep, which is unusual, as I usually have difficulty getting back to sleep once I have been woken up by something. 07P 02 01.30 NS

Have headache and extreme hunger. Desperate to sleep, using all my will power to stay awake, I really need to sleep. 08P 02 13.00 NS

Extreme exhaustion as during whole day, all I cared about was sleep. 08P 02 XX:XX NS

Woke exhausted, had restless sleep and aware of anxious dreams but nothing remembered. 08P 05 XX:XX NS

My feet were burning and felt swollen as if they would burst from the heat. It felt as if the electrical shocks might start and I was too scared to fall asleep as the sensation is so strong and overwhelming. I got up about an hour later and went to sleep in the lounge. It is a lot cooler in the lounge and I felt a deep relief that I could fall asleep. 08P 21 XX:XX NS

Feeling drugged and super relaxed and woozy want to go to sleep and I am normally a night owl, time distorted, felt very late, unusual to be in bed by 22.00. 09P 01 22.00 NS

Woke up on my back having slept very well, I never sleep on my back and I felt really relaxed like that. 09P 04 XX:XX NS

Want to go to bed, early for me. Feeling really nauseous. 09P 08 21.30 NS

I get the urge to sleep on my stomach which is alien to me. 11P 03 XX:XX NS

Heavy sleep. 12P 13 XX:XX NS

Fell asleep only after 2 am. This is a different pattern. Before the remedy I used to fall asleep easily. 13P 08 XX:XX NS

Generals

Really cold, lost appetite, ate no lunch. Laid on the floor in a blanket. 01P 02 XX:XX NS

Pain, sending shivers down my spine, its in the back of both calves and ankles, feels like the blood won't circulate. Spreading to the right hand, like needles. Tingling in limbs, now in left hand, shooting pains at top of left arm and shoulder. Tingling spreading throughout, all limbs. Restless legs. Very restless want to get up and walk about and move limbs, get exercise but have to sit still in conference. Finger tips red and slightly painful. Toes painful, can't see if they're red or not. Reminds me of the feeling of having chilblains or of when my hands are numb from Raynaud's and the circulation starts to return. 01P 07 XX:XX NS

Want to go to sleep, feel weak, better for eating. 01P 10 12.00 NS

After taking the remedy I felt a strange kind of sleepiness as if I could fall into a deep sleep. My head kept moving forward and down as if it was too difficult to hold it up for a few minutes. Felt a sensation of moving into blackness for a few seconds. My neck and shoulders felt heavy as if the movement was restricted- this lasted half an hour. 02P 01 XX:XX NS

Awoke with a very sore throat which then developed into a cold. Its just over a year since I last had a cold. I have a snuffly nose and sneezing. I feel a little unwell. I don't mind that I have a cold, I feel relaxed and am enjoying being able to rest. 02P 06 XX:XX NS

Had a very busy day and by the end of the day I was feeling a bit headachy across my eyebrows and a bit nauseous. I had to lie down with eyes closed in a quiet room. 02P 27 XX:XX NS

Felt hot right shoulder, then very heavy as though couldn't move, then moving as though I had just come off a boat, everything rocking. 04P 01 XX:XX NS

Bad cold, got worse during day, went to bed in afternoon, fever and aches. 04P 47 XX:XX NS

Felt very spaced out and wanted to lie down and go to sleep. Did not want to be upright at all, a real struggle to rouse myself. 05P 09 XX:XX NS

I am desperate for a walk in the sea air and drive to the cliffs, but when I get there I feel as though my legs will hardly carry me. I walk for only about 20 minutes and have really had enough, I just can't walk any

further, whereas usually I'll walk for 2 or 3 miles. I give in to it and go home and sleep for an hour (very unusual). 07P 05 XX:XX NS

Pain when walking, whole body felt really tender and sore. 08P 06 XX:XX NS

Extreme exhaustion with lots of muscle pain. Whole body feels as if I have done strenuous exercise, lower back, arms, shoulders and neck especially painful. 08P 08 XX:XX NS

Extremely aware of my breasts, they are even more bloated and are visibly larger, bra tight. Bulging over cups of bra like 2 huge balloons. wish they would go down a bit. Lower abdomen round hips at front feels really rounded, bloated as if put weight on but actually lost 5lb since start of proving, feel like roly-poly, like Michelin man. It feels solid as though here to stay. I have lost my waist, like a 09P 12 XX:XX NS

Body feels weak, uncoordinated. Hearing acute, mouth slightly open, tongue touching back of front teeth. feel very simple. 10P 04 XX:XX NS

Want to curl up, close eyes, slight headache on right, extremities slightly numb, feel drained, 10P 07 XX:XX NS

My co-ordination felt out of sync, when I was eating, my hands felt like they didn't know what they were doing. 11P 01 XX:XX NS

I have left sided shooting pains: ovary, leg, hip etc. the pain goes as soon as it comes and is quite quick and sharp. It stays in one place and is a stabbing sensation. 11P 04 XX:XX NS

Body feels really bruised today, especially my ribs, they feel deeply bruised. More so than usual after exercise. 11P 05 XX:XX NS

I have a proper cold today, didn't have it for quite some time. Eyes are reddish, voice is hoarse, nose is leaking, coughing and sneezing at times. The cold was getting worse through the day. Nose and eyes are streaming, the face is swollen. After 16:30 started feeling dull headache in the right temple, first after a minor exertion, like sneezing, but by the end of the day it became permanent and quite strong. 13P 03 XX:XX NS

Painful day. A lot of aching in the whole body, especially in the limbs, especially on the right side. The right foot was quite painful and the general feeling was that I am going to have flu. General tiredness and aching, but almost no cough. Had a feeling like another wave of pain is rising. 13P 14 XX:XX NS

Temperature and Weather

Had a hot bath, fell asleep in the bath. 01P 02 XX:XX NS

I was very hot all night at times I had to take the bedclothes off to cool down. Woke up a couple of times on my back sweating, very wet. These symptoms gradually increased in intensity throughout my proving diary and ended in my having to discontinue the proving. 01P 04 XX:XX NS

Sudden cold shiver running through me, but quite warm. 01P 06 XX:XX NS

Feel really cold, can't get warm. Stand under the hot air dryer to warm up. 01P 10 13.30 NS

Felt unusually cold, had to wrap myself in blankets to get warm even though it wasn't cold. I could feel that my body was warm to touch but I felt cold. 02P 03 XX:XX NS

Feeling unusually cold. 04P 01 21.00 NS

Desire for very hot bath, and hot water bottle. 04P 22 XX:XX NS

Suddenly realise I am very sensitive to heat especially warm rooms, makes my skin itch but more so a feeling as if bugs / fleas crawling all over. In past I would prefer to be too hot and always had heater on and very warm room, now I prefer to be cold a slight warmth causes this crawling / 08P 22 XX:XX NS

Suddenly temperature up, hot. 10P 01 XX:XX NS

Very hot all day. 10P 02 XX:XX NS

Heat and agitation, overheating, uncomfortable, internal radiator, don't like it, inside heat pushing out, must open windows, be free of clothing. 10P 13 XX:XX NS

I have had to take my socks off to let the heat go out of my body from the neck down. The heat of my head is radiating through my cheeks. 12P 05 XX:XX NS

Thought I had a high temperature, but when I measured it, it was normal, 36.6. Still, getting from bed I was shaking from chill. 13P 03 22.00 NS

I felt cold a few times, normally I feel hot. I had to put on something warmer. When I stood up I felt a chill going down the spine. This is unusual for me. 13P 13 XX:XX NS

Skin

My clothes are making me feel itchy, they feel prickly on my skin. I feel I am becoming really sensitive to certain materials on my skin. I don't like the feel of certain clothes on my skin. 02P 13 XX:XX NS

Several friends have commented that my skin was looking nice. 05P 16 XX:XX NS

Caesarean scar was really itching. Had not for a long time. Really wanted to rub it hard, and did until it was quite red, but still really itching, a deep seated itch. I stopped rubbing it because I knew I would make it sore. 05P 31 XX:XX NS

Skin looks more radiant and clear, skin on hands cleared up. 08P 12 XX:XX NS

Itchy legs and shoulder, scratch continuously, not even aware that I am scratching until work colleague looks at me with curious expression and I realise that I am scratching my arm or leg. 08P 14 XX:XX NS

On climbing in bed, felt as if bugs crawling all over me especially between my thighs but all over my body as well. I could not take it, got up and vigorously rubbed my body all over and then climbed back in bed. 08P 20 23.00 NS

In general, my skin is extremely dry, all over. 09P 23 XX:XX NS

Everywhere I scratch on my body and I'm quite itchy, I come up with weals or hives. 10P 14 XX:XX NS

Itchy, hive-like lumps coming up all over body and keep itching like mad, very red and then going. They come and go within an hour or so. 11P 05 XX:XX NS

Skin around face and under chin prickly. Feels like an allergic reaction I would have to wool. 12P 02 XX:XX NS

Sensations

I felt like moving head from side to side in figure of eight motion. Felt comfortable. 05P 01 XX:XX NS

When closing my eyes, my head and neck felt like they were moving in a circular motion, like a spinning top. Was very strong and kept going round and round. 08P 01 XX:XX NS

Feel very bloated and heavy. 08P 02 XX:XX NS

Whole body feels swollen, too full. 10P 13 XX:XX NS

Tiny little prick sensations felt all over body. Suddenly comes and then suddenly goes again. 12P 04 XX:XX NS

Cured Cases

In order to fully understand this remedy and to make it fully useful in practice it is vital that cured cases are reported and published. If you have any cured cases please let the homoeopathic community know about them.

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