

## Proving: Kauri Tree (*Agathis Australis*)

**Date: October 1993**

By The School of Homeopathy



### ***Proving of Agathis Australis (Kauri Tree)***

*By The School of Homeopathy*

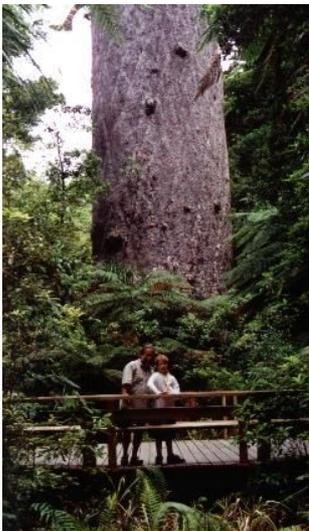
#### **Introduction**

Introductory Paragraphs and Poem by Misha Norland

Prepared from the sap and resin of a magnificent 2000 year old giant Kauri tree of native New Zealand bush. These 'lords of the forest' were almost logged to extinction. Conducted by Misha Norland at the School of Homeopathy. The impulse to prove Kauri was based upon a variety of impressions which included the staggering age, size and splendour of the mature trees and the mythology about the trees which abound in New Zealand. The deciding factor, however, was the

signature: this comprises of the crime of the wholesale destruction of native New Zealand forests within which the Kauri is the giant, and the signature of the unhealing wound: the resinous gum which oozes (in the case of old wounds, for hundreds, even thousands of years) from damaged branches forming stalactites aloft and corresponding stalagmites upon the tree's mighty roots and the forest floor below. Indeed this gum, which in the Victorian era had commercial value as a furniture polish, was 'bled' from the trees in the manner of maple syrup, while solidified deposits were dug up from logged forest sites. Lumps of aged resin used to be a common find, washed up on Northland beaches.

Agathis Australis first appeared about 130 million years ago. Botanically it is a primitive form, as are its relatives, the Norfolk Pine and the Monkey-puzzle tree, yet of the genus it is the giant. A mature Kauri may be upward of 2000 years old and has more wood in it than any other tree in existence. The Waipoua forest in New Zealand's Northlands is the only remaining stronghold of these forest lords, and impressed me with a lasting reverence for that which is ancient, sacred and strong. The site of the tree used in the proving is known as Cathedral Grove and, at the time of collection of the specimen, was reached after a considerable trek upon a tortuous woodland path. It was in the company of Elisha Norrie that I first made the acquaintance of the ancient tree named by the Maori people of the region: Yakas. All ancient trees have individual names, being held in reverence by the Maori. There is a story telling that the two giants of ocean and land, whale and Kauri exchanged 'skins' in an act of mutual admiration. Kauri is also accounted for in the Maori genesis myth. Alistair Gray writes of this in his extensive introduction which follows on. Giant Kauri were used in the construction of ceremonial and war ships, yet prior to logging in the 19th and 20th century, the trees were regarded as sacred forest lords.



*Misha and Sam Norland in front of a Kauri Tree giving some idea of its size.*

Having no alcohol or jar into which to place a specimen of Yakas' sap and gum on the occasion of our visit to the Waipoua forest, we agreed that Elisha would do the deed as soon as she was again in the region.

I had returned to England from my visit to New Zealand in 1992 when Elisha wrote to me, informing that she had obtained a vial of sap and gum from Yakas, "As we had agreed, I bored a small hole through the bark of Yakas, but not before sitting in the stillness of the bush and meditating upon the task, asking that the spirit of trees and forest offer this up willingly, so that the homoeopathic remedy could be made. I was overcome with longing and loneliness as I began to collect the sap, so that I had to take care not to accidentally let a tear fall into the vial." The sap issuing from a small

wound inflicted by knife actually flows as fast as tears, the internal sap pressure being so high. This then was the first proving effect of Kauri. Subsequently this specimen (sap and scrapings of gum in absolute alcohol) was run up to 30c and 200c potencies by Selene Homoeopathics in New Zealand from which medicating tinctures were posted to me. From these the homoeopathic provings were carried out. These potencies are also lodged with Helios Homoeopathic Pharmacy in UK.

While in New Zealand, I wrote this poem:

#### Images out of time

It is simple to know that the grandeur of oceans as they crash upon reefs and beaches are creations of a God in eternal bliss who also casts upon the shifting sands of time skeletons innumerable, bones of whales, Kauri gum and sea-shell dust. The agony before death, chaos of body, like tremors under earth, when the solidity of rock is changed into water's wave, challenges precepts of certainty. Let them go, all impermanent ideas, for the place from which we begin our journey is a no man's land of imponderability where we may wish to dream into being all forests and rivers, fishes and Fauns, dragonflies' wings and the myriad things, for each is a variant upon the theme of the blueprint of the Mistress of forms.

We may wish to slumber beside Her, in the aura of Her warmth, in range of the drumming of Her heart beat, and walk Her path upon life's sands, our smaller steps falling in place within the marks of Her grander feet.

Apprenticed to Gods we may be, inventing the details of our lives, prescribing the remedies for our diseases, finding the panorama, such as nature unfolds, that enlivens our spirit and mirrors an inner view of soul which pleases.

Intention and pattern correspond as in the veining of a leaf, as in the spirals of shells; to know the one is to be drawn into the perfumed garden of the heart where lovers spin their spells. Thus apprenticed to Gods yet being of human kind, we may well steer into the wind of wisdom, and ultimately find that this world of pleasures and pains, does reflect the heavenly realm.

I am indebted to the sterling work of Alastair Gray without which the provings of Kauri would be incomplete. Not only did he conduct further and detailed provings, he also extracted, collated, repertorized and presented the material in its present form and organization.

It is possible that Kauri, that ancient remnant from the distant past, will prove to be as important a polychrest as our other famous tree remedy: Thuja. Its range is different and appropriate for an age yet to come into full expression: the age of the realization of the wound which we are inflicting upon ourselves, our inner and outer nature, through the wholesale destruction of the natural world.

On a positive note, New Zealand set aside is regenerating and Kauri is reappearing. Its juvenile form (rickers) thrust upwards in forests with great vigour reaching a magnificent height in a mere hundred years, then thickening up and loosing all trace of lateral branches. The provers felt a great affinity with childhood and the natural world. We note that in direct proportion to destructive processes and the 'un-grounding' of ourselves we are witnessing a growing interest in activities informed by spiritual values and in previously occult magical and shamanic practices. The awakening of the higher chakras, clairvoyant visioning and focus upon the brow centre in particular, is evident and is seen in the Kauri proving. One of the New Zealand provers imaged a red spider upon the third eye centre, while one of Alastair's provers felt the energy as if the forehead was pulled forward, another as if wearing a medieval jousting helmet with a forward peak.

Alastair gives the key themes in the latter part of his introduction.

Introduction by Alastair Gray

This Proving

Reading a proving document can be at best, an opportunity to glimpse the medical mysteries hidden latent within a substance, or about as enthralling as watching paint dry. It depends on how you look at it. My own initiation into the encyclopedias of Allen and Hering left me with the uncomfortable feeling of being submerged in an entanglement of unrelated and incomprehensible information and very lost. But my experiences over the last few years taking part in the provings of AIDS, Plutonium, Mica, Molybdenum, and the supervision of this proving of Agathis Australis, plus regularly prescribing new remedies in my practise such as Salmon, Scorpion, Hydrogen and Chocolate, has altered that perception greatly.

While so much in Homoeopathy is intangible, unable to be seen, unable to be measured, unable to be repeated, especially to the gaze of medical orthodoxy from outside the profession, it is only the provings that seem to speak a similar language. To the outsider glancing in, the idea of a proving is understandable.

But to those within Homoeopathy the provings have even greater value because it is in the words and experience of the patient or prover that the true centre of a remedy lies. Essences come and go as the fickle winds of fashion direct, but the provings are solid. As long as there is a sound method employed, then the provings remain the most profound testament of the remedy. We must remember that when learning and understanding materia medica, the remedy speaks loudest through the language of the prover, not the presentation of the lecturer. So upon the shoulders of the supervisor and collator of a proving falls the mission of creating a sound document to be used by practitioners of their own and future generations.

This proving is offered with these thoughts in mind; the desire to present something useful, and immediately understandable to my colleagues, and to produce a proving of quality. I feel that to be of value to homoeopaths around the world, the new remedy need not have been proved to the exact degree and precision of the remedies recently produced by the Dynamis School, but nevertheless the standard of the provings of Chocolate, Hydrogen, Diamond, Scorpion and the others set the standard, and this is something that this proving of Agathis Australis has aspired to.

Thanks to the provers, Misha for the opportunity, and Jeremy for the inspiration.

Any clinical information please send to Alastair Gray, 105 Glebe Point Road Glebe Sydney NSW 2037 Australia.

Kauri: An Introduction

No-one is quite sure of its age. Some say 1500 years, others 2300 years depending on the author, but nevertheless we can speculate that when Alexander the Great was chasing Darius through Persia and carving an empire for himself from Macedonia to India, the tree from which this remedy was made, called Yakas, was a robust youth. Its comrades in Cathedral Grove, of which two still stand, were already in their second centuries. And later, when Harold and William of Normandy were slogging it out in the mud at Hastings, Yakas was already a thousand years old. Yakas has been alive to witness two thousand years of human history; Galen, Hippocrates, Paracelcus, Hahnemann, Kent. Even if it turns out that Yakas is younger, and we will only know this when it topples, the point remains that it is incredibly old. All this history; Yakas has been alive for it all.

Yakas is a Kauri tree found in the Waipoua forest in the north of the North Island of New Zealand. Kauri is otherwise known as *Agathis Australis*.

Kauri is the monarch of the New Zealand forest and is a tree of most venerable ancestry - older than history, immemorially older than humans. The kauri forests of New Zealand have stood for thousands of years. And for virtually all of that time they have been limited to northern New Zealand, to a small strip of land only 250 miles in length and forty wide. When the Polynesian voyagers discovered and colonized New Zealand, they gave the forest giants the name it now bears. Millions of acres of kauri were standing when the first Europeans arrived at the end of the eighteenth century; an apparent inexhaustible supply of timber. The story of the kauri since 1800 has been one of gargantuan plunder without regard to economy or conservation.

No two kauri forests are alike. The trees stand and group in infinite variety. There is rich intermingling with other species that is the special nature of the New Zealand bush. But where they do exist in the forest they absolutely dominate it. When mature they are the largest, among the tallest, and in their towering crowns as well as their huge clean trunks (boles), the broadest trees. It has been written that even in their youth they have a clean upward thrust of trunk that distinguishes them 'as a master race'. They really are the Lords of the Forest.

It is not going too far to say there is little in nature that excels that of a vigorous grove of kauri in the prime of life, 600 to 1000 years old. The great untapering columns are like those of the Acropolis or Chartres. And they draw the eye upwards to the enormous spreading heads of the crown.



*Two Towering Columns*

The giants that remain are true wonders of the world and are now protected as such. But it must be remembered however the giants represent only the full growth of the kauri not necessarily its strength and vigor, and certainly not its future. The Kauri giants are not everlasting, however eternal they may seem. Two of the largest have crashed to the ground in recent years. Kopi which was known to be hollow in spite of its solid appearance, and Toronui, the biggest of them all, which was thought to be solid and yet proved to be hollow have both fallen.

The two most striking aspects of kauri are its immense size and age. Kauri is certainly the most famous of the New Zealand native trees and one of the largest trees found anywhere in the world. Those remaining today average 30m high with a columnar trunk up to 3m in diameter. It is free of branches for up to 18m above the ground. The Californian redwood is higher and wider at the base,

but because of its cylindrical trunk the Kauri has more wood. It is much richer in mass. The timber content of the largest measured redwood was less than half that of the kauri giant Kairaru.

The Mercury Bay kauri - the Father of the Forest - and the largest ever recorded was measured in 1850 at 75 feet in circumference, 25 feet through with 80 feet to the branches. It was killed by lightning. Kairaru was 66 feet in circumference, and about 100 to the branches.

Compared to some of the *Pinus Aristata* of California that have been dated at 4000 to 5000 years old, the Kauri also has its veterans. Counting kauri growth rings, trees have been dated at over 2000 years old. The massive kauri felled at Mercury Bay in 1850 could have been 4000 years old.

It is a monoecious tree. In other words both male and female cones are borne on the same tree, and a tree twenty-five to thirty years old may begin to bear fertile seeds. Cones of various ages also occur on the same tree. Male and female cones are produced about the same time, usually annually. Female cones are quite round, and the male finger-like. The female cones open up their scales to receive the winged seeds which are borne away by the wind, or carried off by birds. The kaka especially is a useful carrier. The wind blown pollen from the male cones come from elsewhere on the tree or from neighbouring trees. Seeds remain viable for only a short period, and usually germinate when they settle in an open situation where light can penetrate readily.

Kauri's thick leathery leaves with parallel veins, are sessile and arise on the branches either alternately or opposing one another. Leaves of the young trees are lanceolate, 5-10cm long and 5-12cm wide; adult leaves are blunter and only 2-3.5cm long.

The spreading crown of the kauri is of course relative to the trunk and is immense. It is open as the tree ages and it is supported on huge branches that simply swell out of the upper trunk. Once out of the forest cover the kauri adopts its final form shedding all its side branches and breaking out its wide spreading head.

The bark of the young kauri is very different to that of a mature tree, it is reddish and persists for 40-80 years. The healthy bark of a mature kauri shows thick flakes before peeling, and yellow gum exudes in thin trickles. The bark keeps the tree free of epiphytes by continuously shedding flakes. The bark is relatively thin and smooth, and scaling off in large flakes helps to keep the trunk free of parasitic growth. This flaking leaves spectacular bark patterns, the bark of the kauri is an art form of mottled tracery. It is coloured from ash-grey to brown. It is therefore a beautiful clean trunk with no parasites (the exception may be the forks of branches).

Kauri is very slow growing over its life span. Under good conditions kauri grows at 30cm per year at a young stage. But after reaching a height of about 5 metres slows down considerably and takes hundreds of years to produce its fully developed spreading crown. Life begins as a spindly, twiggy seedling. There is a high mortality of seedlings during their first years due to desiccation and fungal infection. In adolescence it develops a typical conifer shape. Young trees have a very different appearance to their elders. Young specimens of sixty to a hundred years have sharp pointed conical crowns. The trunk runs perfectly straight from the root to the topmost end of the crown. The juvenile tree is pyramidal in shape, with a slender trunk extending from the ground to the apex of the tree, and it persists in this form for fifty years or more before shedding its lower branches and expanding its trunk and crown. Young trees are called 'rickers'. This name derives from an old Anglo-Saxon word applied to a pole used in making hayricks or to the spar of a boat. They persist in this juvenile form for many years and can attain a considerable height with their tall thin trunks and narrow pyramid

shaped crowns. Eventually rickers shed their lower branches, and as their slender trunks and narrow crowns expand they assume the shape of the mature tree. After about forty years they are able to produce viable seed. As it approaches maturity, normally when it breaks the forest cover, it breaks out a huge head, sheds the last of its lateral branches, swells and stretches its columnar trunk, which remains symmetrical like a majestic pillar, and grows on to become one of the longest living and largest things in nature.

Kauri timber is light and very durable, of a yellow-brown colour, straight grained, amazingly free of knots and other defects, and easily worked. Quite simply it is superlative timber. It contains a high proportion of heart wood. It is very stable and durable, does not taint or stain, is resistant to corrosive liquids and stands up to combined heat and moisture without splitting.

The other striking aspect of the tree is the bark which exudes gum, which also flows copiously from any wound to the tree as well as cones and even, at times from branchlets and the bases of leaves. Kauri gum is formed by the hardening of resin exuding from injuries to the bark, broken branches, cones and bruised leaves. It has an unhealing wound.

The gum of the kauri was greatly prized as an ingredient for the manufacture of high quality paints, linoleum and varnishes. The first shipment was sent to London in 1830, in an attempt to raise interest in the trade. One report has it that a shipment of twenty tons was pronounced worthless by London experts and thrown overboard into the Thames. It was only later in the century that its value in varnish was recognized. Somewhere in the slime at the bottom of the Thames is an absolute fortune.

The history and mythology, and the relationship between the Kauri and Maori, and the passing of the Kauri forests are also relevant for our purposes in understanding the Homoeopathic action of the remedy *Agathis Australis* and understanding its signature. These will be fully dealt with in upcoming articles rather than in this brief introduction.

#### Kauri - The Signature

From a homoeopathic perspective, if we look at its most striking aspects of Kauri we see that it is huge, of great mass, volume, with such incredible density and girth. The appearance of kauri is extraordinary, straight from the forest floor to up to its first branches, thirty metres above the ground; totally free of branches. It is old, ancient. Next, while vigorous in youth it is incredibly slow growing. It is clean and free of any parasite. It has a chaotic bursting huge crown which towers out of the canopy of the forest. It is bursting and swelling with blood, or gum. When the gum is extracted it bleeds and it does not heal. It has an unhealing wound.



### *The gum bleeding from a Kauri Tree.*

It was the lord of the forest, the king, the biggest and the oldest. For the Maori it was considered a sentient being with soul. When it was needed it was cut with ceremony. In both Maori and Pakeha tradition it is considered male. The language associated with the tree is all about father, monarch, lord, autocrat. Moreover the look of the tree adds to this. It is phallic; the swelling of the trunk; the expanse of crown. Both the Maori and European refer to kauri as 'he', and nowadays the media certainly do.

For the European, the kauri was desired for the heart wood, the timber, and the gum.

So what we see is that the uses of the tree were similar. It was needed for water transport, canoes and ships. Yet there was a blatant disregard for the spirituality that surrounded the tree by the visitors. The Maori used elaborate ceremony, the European waded in and chopped. In exploiting the tree it was felled by the axe and the saw by men without ceremony. It was transported mainly by water, but also by log shutes, bullocks and trains. Thirty per cent of these logs were destroyed and wasted in the process. Over half of the rest was burned.

Vast amounts of the timber went into the building of dams, settlements and furniture.

The collection of gum from the land involved destruction by fire. In collecting the gum the trees were bled to death, and the graves of their ancestors pillaged with spears and spades.

A phenomenon which took thousands of years to develop was destroyed in a hundred. A tree which has experienced a vast amount of human history was plundered in a fraction of that time.

The kauri is impressive because of its size - but its size turns out to be an aspect of its age and exhaustion. These trees are often hollow, and come crashing to the ground, toppled by wind, cyclone, or earth movement. In fact the youth and vitality of the kauri, when it is in this most vigorous stage - we don't see or notice these trees at all. They are there, but we overlook them for their older fathers.

These then are the most striking aspects of kauri. In other words this is its signature that evolves out of an examination of the anatomy, physiology, history, mythology and botany of the tree as a genus and the Yakas tree in particular. Virtually all of these striking aspects have a direct and equally striking parallel in the proving symptoms of the remedy *Agathis Australis*.

### The Remedy

Unsurprisingly from the nature of the tree, the focus of the remedy is very much in the Mind, Head, Back and Dreams.

One of the most striking features of the proving was the strange, rare and peculiar symptom; the sensation of the head being pulled to a point. The point was out in front of the eyes and nose, with concomitant frowning, pressure, fuzzy, muzzy and foggy sensations. It took the form of either a pain or a sensation, as if she was wearing a visor or a metal jousting mask. The head was pulled to a peak. There was pain in the third eye, a tightness in the third eye, a scrunchy feeling in the third eye, and in one prover a delusion that there was a ruby spider on the third eye. There was also a collapsed sensation in the head that went down to her nose.

But equally striking in the proving is the champagne quality of the remedy. Virtually all the provers experienced the exhilaration, euphoria, giggling and hysterics, the laughing, bubbling, effervescent, light, floaty drunkenness of kauri. And of course came its antithesis - the secondary reaction of sadness, subduedness, lifelessness and lassitude. Provers felt woozy, muzzy, fuzzy, and a heavy drunkenness. The up was champagne, the down was woozy. It seems that the great age of the trees manifested in exhaustion, lassitude and lifelessness of the provers. Provers complained of their body being heavy, of a tremendous lack of energy, lassitude, washed out, fuzzy, groggy, flat, exhausted feelings. But the vitality and strength and vigor of the young trees was matched by the champagne exuberance and euphoria of the provers. (This is highlighted strongly by a glance at the rubrics; see the Rubrics section of the proving, especially the Mind section).

Furthermore there was tremendous forsakenness. In more than one prover their long lasting feelings of deep rejection and anger were completely cured. One of the provers said of her forsakenness that she realized that her life had changed after her parents began doing battle. She was never going to be completely healed until her parents reconciled. So there is strong forsakenness, but the quality of it was a yearning, and loss, and longing. It was a longing for what has gone. A sense of being cheated, a feeling of darkness and sadness. A yearning for the innocence of childhood, the innocence of dancing, the simplicity of everything. It was a longing for that which was last innocently expressed. It is usually as a child that we have our last expression of pure uninhibited vitality, pristine and lush and unadulterated. And it was this last experience of the pure joy of vitality was expressed over and over in the provings.

It was described as a grasping for, and yearning for something which has slipped away. For example one prover manifested this with a monomaniac obsession to dance. She danced obsessively all the time, felt happy, euphoric, just as she had as a child before she was made to give it all up. It was this vitality and euphoria that was behind the champagne quality of the provers. But the reverse of this phenomenon was also seen. The reverting to memories deeply painful, the betrayals, the old hurts. Either way it was those events and memories of the last time of youthful pure unbounded energy that the provers were taken to. The remedy seems to be about the reconnection to the past, especially to what is gone, wasted, destroyed - the betrayals, the old teachers - and the feelings that arise from that, yearning, longing. There was homesickness and longing, lostness and childhood.

There is a lot of guilt in the remedy. In one dream a dead body is to be disposed of. They throw it in a playground. Then they try and dispose of it in water. There is a lack of concern, a lack of feeling. There was something about self responsibility and the abdication of responsibility. There is a terrible disaster, and everyone is pretending that nothing has happened, there is a murder yet there is no guilt, there is no accountability. One prover said that the usual social constraints were all washed away. During the proving she had no tact, was stropic, had or wanted to use no diplomacy, and looked after herself badly especially with regard to food. There was the loss of all social skills. There was a tendency to blurt out or explode, not caring what people thought or said. In this abdication of responsibility it is as if there is painlessness where there should be pain.

Kauri revealed a strong aspect of self love with both its faces, love of self and self hatred. It revealed or healed a lack of self love, especially around the issue of food. One woman with an eating disorder was absolutely cured of the insidious need to stuff herself with food, and more importantly the underlying current of self hatred. She fell in love with herself, felt sexual, and ate only when she was hungry. "I feel like I'm seeing the world with different eyes now, older wiser, calmer." The desire for sweet food was cured. It took away her compulsion to eat. Another woman began to eat terribly, she just didn't care what or when she ate. In both cases the despair of recovery was completely cured

while on the remedy.

In a direct parallel to the nature of the tree with regard to its appearance, girth and height, there is a lot of reference to great height in the proving. There were dreams of chimneys, of climbing, of being a long way up. Moreover, there were dreams of smoke and fire; of cliffs overlooking the sea; of up and down; of giants stepping off boats and across the sea.

Virtually all of the dreams are about outside things and water, cliffs sea, shingle beaches, cliff faces, sunlit lawns, monasteries, climbing, streams, water.

There is an incredible amount of water in the remedy. There are dreams of walking on water, of people being in boats, of swimming pools being iced over, of clipper ships, of swimming, beaches, of wasps drowning, dreams of waterfalls, sensations of her uterus being grasped, of trickling sensations running down the legs, of incredible thirst, the smell of water, of everlasting urination, the longest urination people had ever had, of running noses. This is a direct parallel to the nature of the remedy. The tree was used for canoes and war, the masts and spars by both Maori and European, the logs were transported by water.

Other striking things that emerged from the remedy were an idea of helplessness, a feeling of being at the mercy of the remedy. There was the sensation of being a wolf, the nose elongated, the sense of smell altered. There were dreams of being chased by mythical creatures. Furthermore there were dreams of numbness or painlessness where usually there would be pain. An example was being attacked without any fear. Another was a drowning but everyone pretends that nothing is wrong. There were dreams of trees burning - paralleled by the burning of the forests.

There are lots of mistakes in the mind of the provers, wrong words, things said backwards, etc.. There was fuzzyness and lack of clarity; loss of memory and great lassitude. So many provers became very focused, just like the head symptoms of coming to a point while others lost all focus. Kauri contained this quality of things slipping away; memory, dreams; grasping for something and it slipping away.

Quite striking is that different provers dreamt of balloons, square ones, or in cucumber shapes, or ones with billowing sides, and Aladdin on his carpet.

As the shape of the tree indicates there were a plethora of Head and Back symptoms. Generally there were sensations of shooting, of waves of pins and needles, prickling, and twitching. In the Head there was the sensation as if drunk, woozy, marshmallowy, muzzy, foggy. There were head pains that were seething, throbbing, pulsating; pressure headaches especially on the crown.

In the Eyes the vision was sharp but the body and the head was woozy like two eyes in a marshmallow.

The Back was characterized by aching and twitching. Characteristic was the symptom in the back of being poked, there was a strong pain in the scapular, a boring, pushing pain. This is very close to the actual digging for gum, and the bleeding of the trees. One of the provers, had the very strong image of being scratched by a rose and being covered in insects. There were explosive discharges, anger, sneezes. Always of interest in a proving in addition to what is there, is what isn't there. There are no Stool, Male, Expectoration, Chill, or Fever symptoms, and amazingly, virtually no Skin symptoms.

#### Rubrics

In this proving there are 192 Mind rubrics. I have made the addition of 10 new single remedy Mind rubrics as well as further new rubrics in the other sections where indicated. There are 56 Generalities,

145 Head, and 183 Back rubrics.

### The Methodology

The methodology adopted for this homoeopathic proving of Agathis Australis was as follows. During 1993 twenty-three students at the School of Homoeopathy were administered Kauri 30c by Misha in a single dose. For the purposes of this proving document they are called the English Dream Provers. They reported their findings over the next two days and then three weeks later. In addition, during 1994-5 four other provers were administered the remedy in the 200th potency and supervised very closely by Alastair over a period of six to ten weeks. The instructions these provers were given were to take up to six doses until there was an action. Furthermore, there was another prover who was supervised by Misha during 1993-94 in the 30th potency. And in the summer of 1995 Misha conducted a further seminar proving in New Zealand to expand the understanding of the remedy using the 200th potency; the New Zealand Dream Provers.

The methodology for the extraction and the conversion into a schema along Kentian lines is in keeping with that of the Dynamis School. The conversion to rubrics was done using the Combined Repertory from the CARA programme (Kent plus additions, and the Synthetic) and the Synthesis Repertory. In addition a few rubrics have been adopted from Phatak and Murphy. Perhaps a valuable fourth year thesis for a student could be to convert the proving to the Complete Repertory and Murphy.

The time reference for the provers 2-10 was that adopted for the Hydrogen proving.

I have deliberately left a number of the provers symptoms in chronological order, as they appeared. This is to give an idea of the development of different symptoms (for example prover 10's dreams). I decided that for the purposes of this proving document to present the Dreams and Generalities section after the Mind to provide some continuity in looking at the major themes of the remedy. It reads with much more movement. Had I put the Dreams section under Sleep after Extremities, and the Generalities at the end, I feel the flow of the proving would have been lost. However readers will note that the conventional Kentian schema has been adopted for the rubric schema.

Number	Gender	Potency									
2	f	200	24	f	30	66	f	200	108	m	200
4	f	200	26	f	30	68	m	200	110	f	200
6	f	200	44	f	30	70	f	200	112	f	200
8	f	200	46	f	200	72	f	200	114	f	200
10	f	30	32	f	200	74	m	200	116	f	200
12	m	30	34	m	200	76	f	200	118	f	200
14	f	30	36	f	200	78	f	200	120	f	200
16	m	30	38	f	200	80	f	200	122	f	200
18	f	30	40	f	200	82	f	200	124	f	200
20	f	30	42	f	200	84	m	200	126	m	200
22	f	30	44	m	200	86	f	200	128	f	200
24	f	30	46	f	200	88	f	200			
26	f	30	48	m	200	90	f	200			
28	f	30	50	f	200	92	f	200			

30	f	30		52	f	200		94	f	200			
32	f	30		54	f	200		96	m	200			
34	m	30		56	f	200		98	f	200			
36	f	30		58	f	200		100	f	200			
38	f	30		60	f	200		102	f	200			
40	f	30		62	f	200		104	f	200			
42	f	30		64	f	200		106	f	200			

The Provers

### **Materia Medica**

Mind

Contents and Themes

Peak

Champagne/Elation

Sadness/Detachment

Forsakenness

Euphoria/Yearning/Childhood

Old memories

Vagueness

Mistakes

Food and Love

Dislike of self

Despair of recovery

Self confidence

Death

Walking

Total lack of diplomacy

Floating

Compassion

Emotions

- anxiety
- irritability
- worry
- guilt
- weepy
- anger
- 

I couldn't remember the name; I had to draw it. My forehead was pulled forward to a peak like a joust. 04:30C:00:00:01

I made a joke, it was the funniest thing ever heard. I was the funniest person in the world.

04:30C:00:01:15

I feel exhilarated. 04:30C:00:01:30

After a while I was thirsty. I was having a dripping nose slightly and I was quite giggly, there is a side

of me that is a bit silly and giggly, but I hadn't really shown it much in the last of ten years. 26

Three of us got into hysterics about nothing, and there was laughing tears coming out. 18

As soon as I took the remedy, I had this sort of grin come up on my face, I really wanted to laugh. 42

There was a lot of hilarity, giggling, kind of high. It was like a pain to the throat, like bubbles and it was sort of bubbling over, and people were effervescing and spinning round. 32

It was a high sensation. I felt very detached and light. 20

Last night it was a feeling that I was very detached from the situation and kind of observing it and feeling that it was extremely absurd and feeling very funny about that. It was a really good feeling. I couldn't help it. 16

We have this feeling that it's like walking in champagne. 12

Yes it's lovely and light. 32

I had a lot of sensations yesterday. I was very tired all day, I know one can snooze off after lunch, but from ten in the morning it was a fight all day to stay awake despite the exciting lectures and things. I wanted to be awake, but the sensation was like you weren't quite here, you were vague, and just very slightly tiddly. 34

Very floaty, and preparing lunch I wasn't here at all. 34

I've had a strange sense of mild euphoria all evening. 10

I was the same as this, rather vague, but I also felt rather sad. 12

I didn't have the hilarity, but the sadness. And I had some coffee at lunchtime which perked me up, and then I took another dose because I realized I shouldn't have had coffee, it was silly, and went straight back into that feeling again, vague and spacey and sad. 12

Yes, slightly subdued. 30

Subdued, the opposite of hilarity. 12

When all the hilarity was going on I wanted to keep touching, but I'm not quite sure about that because I always want to touch when I get giggly anyway, but it was very strong, I sort of had to keep touching everyone. 32

I was slightly woozy drunk. 18

Yes I think I did feel slightly drunk or something approaching that, I noticed that last night in the pub that I got less drunk than I would normally get for the amount of beer I drank, and I felt considerably less than I know I would have expected. 24

I haven't had anything physical but mentally I couldn't concentrate on my work this month and I felt

very low in self confidence, I was actually reading things and thinking this isn't actually going in, I was just reading and it wasn't actually reaching anywhere in my head. I felt a bit sort of scrambled. 20

When we were here I felt really high, it was like a sense of exhilaration, when I got back home I felt very detached, and I actually felt like I didn't want to be there, I felt like I wanted to be back here, and that's very unusual, usually I'm really glad to be back home, but it was a very detached feeling. 16

I felt detached here after taking the remedy and I wanted to go off by myself, but when I got home it was fine, there were lots of people when I got home to see, and I felt fine. 22

Passing sadness that all my friends are so far away. 04:30C:02:02:XX

I remembered being 21 and working in Glasgow for this horrible woman and the fear I had of her. I haven't thought of her for years. 04:30C:02:12:XX

I listened to the radio. I was very much alert and anxious today. I was thinking of my best friends who betrayed me in the past. It flashes back and forth, but I was able to control it. 02:30C:00:10:XX

What am I going to do in the future? What will I do? Maybe the proving is doing something to me I wondered. It was a very strange feeling. 02:30C:00:16:XX

For the first two days I have a lot of memories of unfaithful friends. 02:30C:03:XX:XX

Previously in my relationship, if there have been any sexual problems, I have felt deeply rejected, unloved and angry, and threatened about my sexuality. I would sometimes feel spiteful and violently angry. This has totally gone. We managed to work through and talk through it all together in a way that we have never managed before. This is great. The symptom of forsakenness from 21 years of marriage seems to be cured. 10

The response to the remedy has been that my mortification and forsakenness has totally gone. 10

I felt very elated, happy. I felt I am young. I started to do some dancing steps of Indian classical dance. It was like a dance to the gods. I switched on some Indian music and was recollecting the steps. I was a good dancer when I was quite young. My grandmother stopped my dancing. She told me I was unable to go to dance classes when I was fifteen years. I can remember I was in tears for a few days because I was neglecting my studies, but I felt something is happening to me. Maybe I am trying to express myself in the house without anybody. Buddha is my only witness. 02:30C:01:12:XX

I danced until very late. I felt very euphoric. Happy and young and lively. 02:30C:01:15:XX

I chanted my prayers and I danced to the chanting for a few minutes. I'm very surprised. Have I lost my respect for Buddha? It's very strange. 02.30C:03:XX:XX

I am trying to wear all my summer clothes. 02:30C:04:XX:XX

I applied some oil on my body and lay on the patio which is something new to me. I feel very young now. I don't know but something is different. A different feeling of myself. 02:30C:04:XX:XX

While I was in bed I was thinking of joining a dancing class. Is it real. I am a mature woman now, but I

wanted to dance. It's like something has come upon me. Maybe tomorrow I will think about this again. 02:30C:04:XX:XX

Today I suddenly made the decision to see some Hindi books in a nearby shop. I wanted to study the language again after twenty years. I had forgotten my Hindi. 02:30C:04:XX:XX

I bought some books and I browsed through the place. I found that the same premises does dance classes. I was overjoyed. I rushed to the office to enquire. The man told me that the dancing teacher would be there in a few minutes. I met the teacher who was a young man. I told him I did dancing when I was very young, and whether I could join the classes. I was very happy, delighted and felt elated. 02:30C:04:XX:XX

I went to bed around 11.30 p.m., but my soul and my mind are now totally working with dancing. 02:30C:04:XX:XX

I called my supervisor and told her about my dancing. It was like opening up. I felt young again. As I don't take part in any other activities, dancing was an outlet for me and I enjoy it very much. 02:30C:05:XX:XX

My mind is only worrying for dancing and nothing else. I've become scared too, but I am very happy thinking about it. I am twenty-five years old now 02:30C:05:XX:XX

I was praying for the pain (in her legs) to disappear. 02:30C:06:XX:XX

I have been very excited thinking about how the dance will go after so many years. 02:30C:06:XX:XX  
I went to sleep looking forward to tomorrow's class. I was dreaming about my childhood, dancing and music. 02:30C:06:XX:XX

Classical dancing makes me elated. My concentration deepens and I enjoy every bit of it. This was my first experience after seventeen years of my healing profession. I felt there is no age gap as long as you can do it. It gave enormous surge of energy and emotional contentment to be there to start my footsteps again. I am feeling very fine. 02:30C:08:XX:XX

My best friend was very surprised to hear about my dancing craze. It was like an obsession. I wanted to dance only, nothing else. I have not opened a single book on homoeopathy in the last week. It's very strange. 02:30C:09:XX:XX

I feel very happy, euphoric. I feel very young now. 02:30C:09:XX:XX

I've been very happy. I only want to dance these days. I am very happy, lively. 02:30C:11:XX:XX

I am only anxious about dancing and nothing else. I am over anxious. I feel very frightened now, but physically and emotionally I feel much better. 02:30C:15:XX:XX

At least twice a day I dance, morning and evening. 02:30C:16:XX:XX

The whole week has passed as usual. Still my thoughts are to continue dancing. I am worried that I have no other motivation for anything else these days. 02:30C:24:XX:XX

My preference is for dancing. I do enjoy every moment of being a dancer, at least even for a little while. There is something new. I am aware, and feel my life has changed to something different. But because it's a harmless technique I was happy rather than indulging myself to some other activity. It gives me enormous pleasure. 02:30C:30:XX:XX

Dance makes me feel happy, calm, serene. I aware that there is a sudden change in my emotions and behaviour. 02:30C:60:XX:XX

I hope and pray that the proving effect will fade away soon, as I am doing nothing with my studies. But on the whole I feel happy for the euphoric obsessive period which enabled me to see myself as a different person. It opened my mind as how to feel happy with myself and I was able to do what I like in my life. Emotional happiness is a most treasured thing in this world. 02:30C:68:XX:XX

The desire to dance. It is like going back to my roots. I am alive right now. This is something in my roots. It is my childhood. Something inside me tells me I want to be young again. 02:30C:03:XX:XX

I used to be reserved. But then I danced. I held myself in. Suddenly I was praying and dancing. I could do what a young person does. It is a real obsession. I had no limitations, I felt so happy. With the dancing I stopped suddenly. On the proving money was no problem. I spent \$150 on books and classes and recitals. And I think about it now, I didn't have that money to spend. I wish I could continue now, but I don't have the money. 02:30C:03:XX:XX

My head feels like a marshmallow but I can see very clearly. 04:30C:00:00:20

This feels like my last LSD trip over 4 years ago. I feel hot dry heat like a rush, while not quite present, I feel really involved in the TV. I feel not as energetic as LSD made me. Imagine if this is placebo, what a major thing because this is really happening. So what is reality? I am able to create it all, I know I've believed this for a while that is I create my own reality but this is astounding if I created this - it's been a great evening. 04:30C:00:01:30

I finally remembered the word 'jousting'. (This in relation to the sensation she had in her head.) 04:30C00:01:30

It's 11 p.m. and I'm starting to come down. My head feels woozy, my head still feels intoxicated. 04:30C:00:02:XX

I feel very woozy, not quite here. 04:30C:01:XX:XX

My memory is totally gone. 04:30C:01:XX:XX

I didn't recognize this form at work, I drew a total blank. What the hell is this, what is this? This was very unusual for me. 04:30C:01:12:XX

As if I can see really clearly but my body is all marshmallow and woozy. 04:30C:01:XX:XX

I'm not here at all, I feel and look dumb - lifeless. I can feel the me inside feeling normal and the proving over me leaves me feeling stupid. This is 4 p.m.. 04:30C:02:20:XX

I am knackered - 5 p.m. - I walk home and it feels much better. I am in bed by 6.30 and am so tired,

could sleep until 8.15. I feel drugged - can't move, my body is so sluggish. 04:30C:02:24:XX

At 8.30 there was a sudden lifting of the clouds over my mind and my eyes can suddenly see brightly and lucidly again. No change to the physical feeling, head pain is still there but I can at least see out again. 04:30C:02:24:XX

My head seems a lot lighter and clearer. I really needed that sleep. I feel I don't think it's all gone yet but I'm a bit better. 04:30C:03:10:XX

Close eyes and see wolf and me running through the woods, close to the ground, dark but sun bright above trees. Came into a clearing so bright and sunny, shade under the tree, loads of flowers, trees, butterflies, bees, summertime. I played patience at a card table all set up. Now I'm in but play anyway and do. Then I curl up next to the wolf and become part of him, merge into him. Then off and running, becomes moonlit, still bright and we go to find other wolves. One boss one asks who I am and wolf tells him. 04:30C:60:XX:XX

I've been using the wrong words - 'a bar of garlic; he's a lesbian'. 04:30C:02:XX:XX

For the last 2 days I have been writing things backwards and getting all mixed up instead of writing 52 I would write 25. 04:30C:04:XX:XX

I am confusing my left and right sides. I was describing the pain in my eye cavity and said that it was my left. 10

By the time I was driving to the osteopath I was treating my right arm as if it didn't belong to me, holding it as if it were dead, though I had the sensations in it as normal. 10

I never drive without my glasses. I feel naked without them. Today I managed to drive a good mile or so before realizing I didn't have them on. 10

I mixed up words. We have a yoghurt with crises. 10

I went out with my sister. I got really irritable, guilty and I felt tremendously rushed. 06:30C:01:XX:XX

I felt wimpy. It mainly showed on Thursday. I couldn't bear for the secretary to see my finances. I didn't want to face up to anything. 06:30C:01:XX:XX

I woke up late. I felt and looked absolutely worn out. I look ugly. The skin on my face is very flushed. Some whiteheads have appeared. I've been feeling bad all morning. I woke with a puffy face. I definitely feel less attractive, ugly. I have whiteheads. I definitely feel premenstrual. But it's not my time, I'm only halfway through my cycle. I'm bingeing on biscuits and bread and carbs. My breasts are swollen and heavy. All my timing is out. 06:30C:03:XX:XX

I'm still very low. All of my old worries are resurfacing. I don't feel like I took a very good case today. I feel guilty and tearful, I cried over the TV (Neighbours). 06:30C:07:XX:XX

I confess I thought the proving would have finished now, I realize that initially there was only the aggravation, the real changes have yet to come and are harder to perceive. One change I really have felt is not wanting a bedtime companion. When I imagined my dream boy fest - it was lovely up to a

point and then I thought 'then what'. I felt like my freedom and excitement could go if I was tied to a person - weird. Maybe my food habits have changed a bit in that I am not eating all the time but it is so transient these food phases that it is hard to tell. Overall it feels quite gentle and easy right now.

04:30C:05:XX:XX

Feel like I'm seeing the world with different eyes. I feel older, wiser. The quality is perhaps calmer, more myself. More my world. I feel confident and self-assured, happy to be single as if I can choose where I'm going and I like myself. 04:30C:07:XX:XX

I skipped lunch and was not bothered. I find I am eating a lot in the morning which sets me up for the day and then I'm not bothered till the afternoon although I'll eat chocolate if it is there.

04:30C:07:XX:XX

It feels good, like potentization. It feels as if for 24 years I've been succussed and now I'm cruising - doing the garden, making a compost heap, collecting leaf mould from the wood. All this is so gentle and easy, it feels weird. Almost as if I am making peace with myself and I am to die. Strange I know, maybe this is true growth it feels so nice and I know I have so far to go, so much to learn yet and much love to give. Yet at the same time if I were to die now it could feel complete enough. Of course I still feel fear at dying but this process in the garden feeling my bare feet on the earth, smiling at neighbours and passers-by feels just so wonderful. Words can't express it. I feel as if I'm on the brink of understanding what it is all about. I drank water for the first time in years and it felt purifying and clean. I made a huge salad and felt about food like I remember that a beautiful month about 16 months ago, I have not guzzled all night now and had pecan nuts for a snack! I feel I know what it means to have everything right here right now! Bliss. Is this the remedy, will it wear off? Is it my simillimum? I certainly feel better than I ever have, deep down. I feel like I'm starting a love affair in myself. 04:30C:07:XX:XX

All day I've had a desire to come home and go to bed and feel warm and cosy. Admittedly it's the first cold and wet day for weeks. It's 9.40 and I'm in bed! I'd rather be awake and doing it but I must sleep. I spoke to F on the phone who said I sounded really mellow. It feels still nice, life is gentle.

04:30C:09:XX:XX

I don't know where to start, the underlying state with me was that all the time I was in an absolutely total need to eat and to eat sweet things. This has totally disappeared since taking the remedy. Before I felt so helpless at it, I was at the mercy of it. It was a very subtle change but now I realize, hey, I'm only eating when I want to. 04:30C:XX:XX:XX

The proving has taken away my compulsion to fill myself and it did it insidiously. 04:30C:XX:XX:XX

I don't know why I used to eat so much. I don't know why. 04:30C:XX:XX:XX

I feel at the mercy of the remedy. I don't know why. 04:30C:XX:XX:XX

So this is what's changed. Before it felt like filling up to go out and face the world so that I could be boisterous and marvellous and everyone would think that I would be brilliant but then I would go home and feel like shit. Absolute self-hatred. You shite, you are a wanker! Hatred and wanting to die. But this has changed very deeply, I feel like being nice to myself before I would have gone straight in and lynched myself. I used to put on a total face to the world and then I would feel so guilty at the lie because people might find out that I was a total fraud. I don't know what it is. I am the one with the humorous face, the one who jokes in consultation. I am there to entertain. It's so sad.

04:30C:XX:XX:XX

Before the proving I used to have to eat sweets. After the proving I ate when I was hungry, I could stop when I wanted. My awareness of enough was there. 04:30C:XX:XX:XX

Although I feel OK I'm still eating very badly now, I can't figure out why - all chocolate and snacks - I can't remember when I last cooked a meal. I feel like shit and I'm still eating chocolate. 04:30C:60:XX:XX

Feel fine but eating loads of chocolate - 7 bars a day again -why - still don't know. Mind feels OK, quite calm etc. is this an aggravation, do I need chocolate! 04:30C:62:XX:XX

Bad, I'm eating so much chocolate I'm fucked off. It's just awful not knowing, being aware of that changes when I eat like this and then I feel terrible. I don't want to rely on chocolate anymore, I am so angry with myself. I cannot go on like this, it feels like years ago and I'm totally at the mercy of food. Today I just feel sad that I am abusing myself so badly. 04:30C:65:XX:XX

Before the proving I had this total despair of recovery. There was no medicine there, I couldn't understand it. I would be crying and crying - resignation. There is no remedy for me, no power. I would lie there and be passively suffering. The act of eating was destroying, I was totally overpowered. I ate all the food to fill that hole but it wasn't filling me, it was destroying me. Every mouthful was an example of hatred. 04:30C:XX:XX:XX

I feel a lot of resignation, it always comes back. It always does. 04:30C:XX:XX:XX

The pain makes me feel depressed. Despair of recovery. 10

The remedy has made me almost connect with so many men. I am out there again, I feel sexy again, I have been flirting with gorgeous men, dancing with gorgeous men but in fact I never quite clinched the deal. 04:30C:XX:XX:XX

I've never felt so desirous, I've never felt so desired. I've felt great. I've felt like a teenager out on the razzle. I can flirt. I feel like a fourteen year old looking at every man, totally ace. 04:30C:XX:XX:XX

There is a general feeling of gentleness, everything has been slipping into place. It's wearing now, it's the nearest to the simillimum I've ever had. I've developed a social life. 04:30C:40:XX:XX

I see life differently, the remedy did me this summer. Also having nice vibes from men. Two on Friday and the one from the bus stop, there was almost a connection. 04:30C:60:XX:XX

I was aware of sexual desire soon after. It passed quickly. 10

I feel like the gentleness and the beauty have gone or at least are in the background. I feel like the death thing may be retribution for something awful I did, am I blowing it out of proportion I don't know. It feels like there are two of me - one the shadow of death and one the giver of light. It's worrying. I tried to meditate to see why. 04:30C:15:XX:XX

I used to have a fear of dying and then I had a fear of living. This has gone. 04:30C:XX:XX:XX

I walked five miles today. 02:30C:03:XX:XX

I felt like walking. 02:30C:05:XX:XX

D. made a hole in the wall of the workshop yesterday for a cat-flap. I was worried about stray cats, rats, squirrels coming in. I suspect it is connected with the frightening dream. 10

I've been thinking a lot about how lunatic our society is. The illness is very deep and the potential for self-destruction is great. It bothers me that there is a drought, that there are so few who are prepared to accept how the situation is deteriorating. I balance my concerns with the thought that whatever disasters happen, need to happen in order for the system to re-balance itself, and whatever part we have to play in it, so be it. 10

I have been more explosive since the proving, fits of temper. I shout a lot. I storm off. I realize that I have been in a very touchy mood. Everything is getting in my way or in my space. Usually I suppress this behaviour but it's coming out more. 10

Last week or so constantly feeling as if insects are crawling around the back of my neck and shoulders, whether they're there or not. A feeling of being got at, or a hair falling on to skin. 10

A lot of anxiety around, waiting to attach itself to something. 10

I felt B. was being too evasive this morning. It makes me very irritable. 10

A.'s prattling has irritated me this time round. It normally never does. 10

I had a confrontation with a colleague. I sat in the schoolroom fuming, had a little cry, and then continued to study the case. A. followed me in and tried to do a sort-out. I became aware that I was slightly playing a game, but became angry again when I was told I had a problem. I told him to fuck off again, and that in this heated atmosphere it was not appropriate to do any sorting out. Normally I would be feeling mortified by my outburst but I didn't care. I imagined how everyone was talking about me, condemning me, ganging up against me. But this time I felt confident that everything was OK and I was able to apologize later. I suspect this was connected with the lack of concern in my dream. I realize that these outbursts had been occurring since the proving and also exemplified by the explosive sneezing. It is also childish behaviour. There is definitely an element of histrionics about it. 10

The anxiety has physically expressed itself as a stiffness and tension in the neck, moving down to a specific spot just behind the right shoulder blade. 10

R. was getting physically in the way of my reaching the sofa and lying down to relieve the pain from my arm. I shouted at her. The emotional outbursts are very short-lived. 10

Since I've been on the proving I've fallen out with everybody, especially at home. 10

During a confrontation I felt angry and manipulated. Somebody had set the terms of a game, but hadn't revealed all the rules. Normally I'm very open about my feelings, but something about this whole set up made me feel angry and I said so. It ended up in a big row between me and S. The bottom line is I felt that she was imposing her view of the world on me and I wasn't having it. Normally I would have kept quiet in this situation and then go off home and be very angry about it,

or I would have played ball and let myself be demolished by other people's stuff because of my preparedness to be self-critical and lose myself a sense of who I am. It nearly happened but I was much clearer about the boundaries between myself and others this time. The problem is that when I operate in my feelings alone, I can't access my intellect. I know that something doesn't feel right but at that moment I don't necessarily know why. I usually feel extremely vulnerable in that situation because I have no defences. I nearly stormed out in tears and in anger, but went to the loo, came back and shared in a meditation, ended up laughing at it all. There is a real preparedness to share my feelings. 10

If anyone actually pokes me with their finger like that, I get violently angry it's an invasion of my space. 10

I feel a bit weepy. I have spent the whole of the proving weeping. 10

Weepy and tearful. 08:30C:04:XX:XX

I had a row with A. on the way to college. I said something silly, which hurt him, and he got angry with me, shouted a lot. I suddenly realized that I didn't have to take abuse and got angry and shouted back. Normally it would all have gone straight in and I would have given myself a hard time all day. Guilt going over and over the scenario, asking myself how I could have avoided it another thing to feel guilty about. 10

I spent a lot of time on my own in the evening. I felt slightly lonely and frightened, but nothing like I normally can do. I keep testing out those familiar feelings that 'nobody loves me', 'everyone is against me', 'they're all talking about me', but none of them hold true any more, as if they do not bother me any more. It is very odd to be free of them. It is very odd for me not to feel mortified or defensive when fellow students criticize me for speaking on their behalf, or being wrong in my contributions to discussion. It is a real liberation. 10

I felt like a kid, I was in a big treat. 04:30C:00:00:20

I thought I saw a white mouse running across the floor but it was a tissue. 04:30C:00:01:15

I did something this month which I'd put off for 20 years, which really surprised me, and I suddenly wondered whether it was the remedy, which was to throw out all of my university notes, so three boxes of stuff just went, and they've been around for a long time through several moves, through all sorts of things, and I haven't actually thrown them away and this month I actually took them to the recycle skip and chucked them. 28

I felt the prickly pain on the left side of the stomach, but I thought something new has reached my interior. It only lasted for a few minutes. 02:30C:00:00:30

I was startled by sudden noises in the afternoon. I was frightened. I stopped playing the piano to listen. It was only the central heating boiler. 10

I was very jumpy throughout the whole proving. 10

Feeling of sadness but not distinctly sad, but feeling of serenity or calmness, but sad as well. 46

Floaty feeling, quite spaced. 46

Sensation as if in a watercolour painting (earthy colours). 46

Floaty feeling, not really with it. 46

Feeling of anxiousness and restlessness. 46

Sighing a few times. 46

Emotionally: stillness. 46

Spaced as if I have been smoking. 46

When I first took it, I felt depressed and thought I hope this remedy isn't going to make me angry, initially felt that is where the remedy was going, but now I don't feel this. A little bit of calmness. 46

I felt the pattern on the floor. It seemed to come up and stand out. Felt calmer. 46

Feeling quite heavy and emotionally heavy, not good or bad, just heavy. 46

Felt like crying before, now gone. 46

Felt like crying without being overly sad, a welling up, really heavy. 46

Feel pretty good. 46

Feeling like Alladin on his carpet. 46

Felt like I was floating on Aladdin's carpet. 90

More aware of the surface of my body, where there was heat, it lasted for most of the evening. 48

The next day, I had a feeling of compassion. Concern for the children, I had to look in, and see how happy they were. 48

People looked really stoned: they're eyes were glassy, pupils quite dilated, spaced out looking and feeling. 48

I am more aware of the surface of my body. 48

When I took the remedy, I felt really good. 50

Went to dinner with my eldest son who usually grates on me, but had a really nice evening, it went really smoothly. Felt more understanding and compassionate, how are you, how are feeling, are you OK, I was listening instead of saying what are you doing, what are you up to, where are you going? 50

My emotions swung from more positive to the more negative side of the remedy. I felt impatient and angry and was wanting to get things done. What am I doing here, I should be somewhere else, all this has to be done. 50

I felt a lot of love with children and partner. Felt like my heart was a lot more open, a lot more giving, a lot calmer. 52

Felt really stoned, ever since taking the remedy. 52

I have had a feeling of being little, feel like a young child. I feel vulnerable, more emotional, feel like crying. Really sensitive (quite normal anyway), but I have a feeling of being open bit scary. I had a feeling like I was wanting to be acknowledged and noticed because I felt so small. 52

After the remedy, I was on a real high, felt good about everything. 54

The day after I felt like I had come down from the high and felt quite detached from people quite happy not to talk to people and be on my own, quiet. I felt vulnerable. More sensitive than normal. 54

I felt more restlessness and claustrophobic being in the room (not normal). Afterwards felt really good (more than normal). Still feeling really good. 56

After the proving, I had a stoned feeling and tingling. 58

Felt peaceful, calm, quite open. 58

All I wanted to do was to be at home, miserable feeling that I didn't want to be out, I wanted to be home. I felt vulnerable, needed to be home. 60

I wanted to go for a walk at lunch time with a friend who didn't want to go, but I persisted and asserted myself and went for the walk anyway (which is something she normally would not have done). 64

But, I did wake feeling very clear in the morning, which is not usual of late, lately waking with a lot of heaviness and very hard to move and no feeling of life until 10.00 a.m. or 11.00 a.m.. I did feel clarity and desire to get moving, felt good. The day before, I felt tired but not in same way. Went to my sisters and picked a huge bunch of flowers because I wanted a connection with nature. I slept very deeply and woke again early feeling really good and then while having breakfast, started to write and this enormous grief came up, which had been there a lot. I related it to the AIDS nosode trying to understand why there is so much grief what is it in me that it touches. Love and beauty has always struck me. I have been isolated and working with these people, it was like there was an opening of love and compassion and a safety that I've never felt in my life. It was a place where I was totally accepted and like it was a place where I could feel love, and grief that I hadn't had that before in my life, like that was a loss that I had to find it in this way, that I'd had such a long time without. I felt love. Physically more active. I had a lot of heaviness, felt like moving more. 66

Feels incredibly emotional. All heart stuff. Sensitivity and can not stop crying, no reason. 68

When the left group, felt stoned. Felt like laughing, quite happy. 126

A deep compassion. Started to love partner a lot more, wanted to go home and love him a bit more. The night before, I had an understanding about a sister I had hurt and wouldn't forgive her for it. Started to really love her and crying and crying. Compassion. 70

When I got home, I was very tired and my eyelids were very heavy. Couldn't talk properly, saying all the wrong words, could not think of the right words to say. Felt incredibly exhausted. 72

Had been feeling a lot more open than normal and had been approaching people more often and talking to them. (Normally hangs back). Feeling okay, a happiness, a clarity in the understanding of my writing and learning, but normally makes mistakes in this. More clarity, yet at same time a spacey sensation but with clarity like I can feel more, but I understand it. 76

Felt like laughing after taking the remedy. Feeling a bit lower that day. 76

Headache and a floaty feeling like being stoned has felt this way since the proving. 78

Woke the next morning feeling very vulnerable and insecure and not really wanting to socialize or talk to anyone. Didn't even want to go out last night. 78

Felt that my head was quite light, like there was a big air bubble in my head and I was toppling forward and go over and over. 80

Felt really good and incredibly lucky. Convinced that I had won Lotto. Felt really positive and energized, had an earthy feeling, wanted to create something. Always wanted to be a painter and had this thing that I needed to paint. I wanted to create something with earth colour or earth tones. Wanting to be with the earth. During the day before, I felt really alert and alive, even though I was almost nodding off (which was normal), but felt as though she wasn't missing anything. 82

I have felt quite restless. 88

Noticed that I was extra talkative, repeated myself on certain subjects (4 times at one point!). Lost my thought, tried to go back to my thought, but couldn't pick it back up. Felt really lovable. Couldn't wait to get home, wanted to hug my husband who doesn't like being hugged. Felt very affectionate. Open and earthy and centred within myself. Earthy. Was home with family, quite passive with them, started listening to them and was pleased to be with them, but looking forward to going to other home to recharge batteries. Wanting to go home and be with people. Quite open to being with other people, normally have boundaries. I noticed that on first night I was quite nervous but not as intense as normal, not as nervous as normal in general. Upon rising, felt quite refreshed. Giggling a lot. Time seems to be slow, thinks its early but it is actually late. Thinking of flowers would like to see flowers. 90

Took the remedy and immediately afterwards felt as if I was stoned. Had a tingling rising up the back, the stomach was still, so it was as if I was doing a slow forward roll over myself. 94

After taking the remedy, when walking away, experienced a light headedness felt quite calm and comfortable. 96

Peacefulness, more easy. Restless night. 100

I felt a lot more peaceful. 102

I felt really relaxed and a sensation of stillness, really strong. Later in the evening I felt very relaxed and then really tired but before going to bed, was conscious of a slight humming in my eyes (like

distant cicadas). I had a restlessness sleep that night, mind was quite busy. 104

I had a mild giddiness in the head. Overwhelming sensation of calmness. 106

Generally feels a quiet sensation, almost like a pressure sometimes almost a bit claustrophobic but also a bit like feeling high. 108

Before that, had the sensation that someone had gone past the door, but when I looked, there was no-one there. 112

Today, much more aware of the energy auras around people and energy beyond. Sixth sense is clearer much more aware of the senses. Quite peaceful. 112

With the remedy I felt it was very strange and made me very restless and anxious. When I left I felt quite spacey and quite floaty and driving home I had sore knees and kept making a lot of mistakes when I was speaking getting the words all mixed up. When I walked in the door when I got home, I felt like I wasn't really there. I felt very detached and spaced out quite a stoned feeling. I just laid down quite happily. Very tired, but when I got to bed, I couldn't go to sleep for quite a while. No dream. The next day, still quite spacey and quite a bit of that vulnerable feeling, very open feeling and feeling very cuddly like I could have hugged anybody. 114

Also had slurred speech. 116

I have been very patient towards my children. I have two nine year olds who fight a lot and it hasn't been bothering me. Loves going home to them, cuddling them and feels really relaxed. 116

I felt the same compassion and concern for my family. 120

My concentration was quite weak and felt quite spaced out. 122

I felt really sad and felt like crying and I couldn't explain that feeling and that night, I awoke in the night and had that same sensation of feeling like crying and it was such a strong emotion that I almost had to weep to let it go and it was very intense and it has stayed with me, felt so strong and centred. Yesterday felt as though I was completely connected to the divine or the truth, by closing my eyes I felt part of the universe and felt very open to everybody as well as receiving a lot of love as well as feeling as if I was giving love to everybody. Felt like I was speaking the Truth. I would say things and just know that that was the way of the universe and that it was the Truth. Felt exhilarated. 124

Friday night definitely felt stoned and floaty for a couple of hours. Felt very attracted to the colour green. Today starting to feel a bit more vulnerable. 124

#### Dreams

The dream I had was obviously quite a vivid dream but I couldn't catch it, and I felt as though I was grasping, reaching for something that was slipping away out of my grasp. So my sense was that it was slipping away and I couldn't reach it, and the feeling that accompanied that was not only regret, but also some sort of longing, but I couldn't catch my dream. On Saturday I felt a little bit ungrounded, a little bit not quite here, and rather, there's a sort of shadowiness about me. 12

I had a similar thing of dreaming and not being able to catch it, and my feelings were frustration

because I thought it was a worthwhile dream but couldn't get it. 14

I had many dreams on Friday night and I can't remember them all, only snippets, but I do remember one. I was sitting in a pub with a very old school friend of mine who I haven't seen for years. We were sitting up at the bar, and I was feeling very physically disgusting, and I couldn't see clearly out of my right eye because there was an opaque white spot in it, and my friend turned round to me and said, 'You look really bad'. 16

I had another dream where I was being chased by a helicopter, but there was a lot more to that dream that I couldn't catch. 16

I got some dreams but they tended to slip away also, and so I only had some snippets, but they seemed to have a shape about them like a sort of billowy square. 26

On Friday night my dreams were non-existent, or I couldn't remember them anyway, and usually I can recollect something of them and when I woke up I was really surprised that I could remember nothing. On the Saturday night I know I had quite a few but I could remember hardly anything, I do remember that I had some, and there was one where I went into the woods in a car, and that was all I could remember. 42

I don't recall anything, I did dream, but I don't have a dream I recall. I did wake up yesterday morning, and wrote something down frantically, and I can't find it. But it didn't really make a great deal of sense. I could see that it was recollections of the day and nothing big otherwise. 34

Yes, and I've had several dreams, you know this dream that you couldn't actually get hold of the first night, that you had a dream, I've had several dreams that a tiny little sniff of it has come the day after and I haven't been able to get hold of it and I've thought, gosh I've dreamt something and I can't get hold of it. 20

I had a chasing dream, I don't know if it's similar, I had a very vivid Indiana Jones type dream where I was chased by a minotaur and climbed up the inside of a chimney to escape it and then grew into a giant and stepped off across the sea on boats. Stepping on boats, and the feeling of the dream was, it wasn't fear, I was supported by people who were diverting this thing which was quite slow, and it was adventure rather than fear, but before that dream I'd had a load of other dreams which I had lost. I woke up about 6 o'clock and thought, I've lost them and went back to sleep and dreamt that one. 18

I had two dreams that I remember little bits of, the first one was standing on clifftops looking out at the sea, that's all I remember of that dream. And the other one was being, sitting in a canteen with everyone here, and it was a big rectangular table, and we were all sitting round this table and somebody had cooked some food, and I filled up my plate and took a mouthful and it was so disgusting, I thought I can't eat this, but I didn't want to insult the person who had cooked it, so I was like trying to throw it in the bin without them seeing. 16

Well I dreamed that I was on a cliff face, and climbing, and the climb was incredibly difficult and dangerous, and I developed a great fear to continue, that I might fall. And I said to the person who was as it were the instructor on this cliff face climb, who was a woman, I said to her I've been told that it's not alright to hang with just two parts, you have to have at least three, like one hand and two feet or two hands and one foot, and she said, Well sometimes you just have to live a bit dangerously and have one hand and one foot. In my dream I was scared and it might be the finish of me. 12

My chimney was like a climbing exercise, like a climbing chimney, like you see people on the television going up and pushing their back, except that where I was pushing my feet there were shelves with pot plants on, but there was enormous vertigo looking down. I wasn't scared exactly, but I had vertigo, and I was aware that it was a long way down. 18

I dreamed that my father was dying of tuberculosis. When I told him about my dream (in my dream) he felt that this sealed his fate. We got involved in a group which is involved in the rituals of the process of death. Everybody was very accepting, including myself. It was idyllic. There was a lovable, frisky puppy-dog, black. It was being kept in a plastic growing 'tunnel' because it wasn't fully grown yet. It had been produced by vegetative reproduction, like a geranium. I felt quite relieved he wasn't ready yet because he seemed to have too much energy to cope with. 10

I was living with some sort of ecologically-orientated community. The house was ultra-modern. I had to burn an enamel stove in the fireplace. The fireplace was ultra-modern with some kind of glass screen. The burning of the stove had some ecological significance, but it went wrong. There was smoke billowing everywhere except up the chimney. I had to press the button to shut the glass screen in front of it. The smoke was billowing. 10

I had a dream which woke me in the night about a swimming pool that had iced over, and the people that were going on it were people from this group but I don't know who they were, the individual characters, and these people were just larking around, it was rather like this sort of exuberant feeling that was last night, and they were larking around and I was saying, You're mad, you're mad, the ice might break. But they just sort of skated across and that was it. 20

I had no dreams but I had sensations. I had a sensation down on my left side on my left leg, a trickling sensation half way down. I had a sense of my uterus being grasped, that was the only way I could describe it. I had cold knees. All those things were unusual. The trickling sensation came within half an hour of taking the remedy. 22

One dream was full of wonderment and sunny sea, it was clipper ships and that I was involved in, but I can't remember how. 26

But the next dream, more I was an observer and there were lots of children playing on trampolines, the feeling was a very pleasant sensation, physically I had some sensations from the time I took the remedy, a sensation of taking LSD kind of feeling. 26

And a very thirsty feeling, and it was interesting because there was quite a lot of water in the dreams. 26

I had a smell of water throughout the whole of my dream, like a waterfall dream. 18

I had a strange sensation last night when we went swimming that I was a piece of polystyrene, that I was a polystyrene float, I felt very very buoyant on top of the water and very relaxed as I was swimming, it didn't feel as if it was any effort at all to swim. 20

I felt the same sort of sensation to begin when I went swimming, it was very easy to swim and I was very relaxed, it was a bit noticeable. 28

I had a dream about the sea on the Saturday and on the Sunday, I mean it was a snippet. I know the dream was far more involved and I couldn't remember a lot about it, but all I remember on the Saturday I was standing on a pebbly beach and a bus appeared and sort of drove onto the beach, an empty bus, and then drove back into the sea again, that's all I can remember. And last night I just had this picture there was a sort of a symbol or a mascot of some sort, which I remembered the name very clearly of in the dream, but I couldn't recall it when I woke up, that was just being washed up backwards again on a pebbly, shingly beach and I was the only one there, it was a sort of cylindrical green and red, and I don't know if it was a bird or what it was, but it was a very clear picture, but again it slipped away when I tried to remember the name. 30

I had a very peculiar dream about drowning a wasp. A big wasp like this, holding it down in the water with a glass, you know the edge of the glass kind of trapping it under the water. And it was the sort of thing, I mean it was a big wasp, it was like this, that must be about 3 long, and that's the sort of thing I normally dream, but normally it's like pow, there's about six or seven mythological characters running around and the whole thing is very florid, but it wasn't like that at all, there was just this big wasp, and there was this slight panicky feeling that this enormous wasp would be in a very bad mood if it got out the water alive, so was slightly anxious to make sure it did die. But for me it was totally unemotional and I woke up and thought I must remember that for tomorrow and went back to sleep and had the first decent dream I've ever had, all the way through I knew I was lying in bed and dreaming, very unlike me. 24

I had one dream that was a bit vague, but I can see this man walking across a stream, he was able to walk on top of the water. And I had another dream that it was today and I announced to you all that the remedy was dandelion and that was it. I haven't really felt any of the other things, but it may have been being with other people close. 36

There was a smell of water throughout the dreams, there was also a fresh breeze, noticeable because it was a warm summer breeze, for me I didn't feel the cold at all, but there was always a fresh breeze in all the dreams that I had. I also had another water one which had a triangular symbol, there was a triangular wet cave, and another one about wet carvings, I had a lot of dreams, I do have a lot of dreams anyway. And that was to do with a lady who was carving and I was going to help her carve a horse's head, I don't know what this means. 18

I dreamed about horses, and my dreams also had friezes, and also it was always sunny. 26  
It was sunny in my my dreams too. 24

In my dream with the swimming pool of ice, it was actually a sunny day, and it was only this pool that was icy and everything was all spring flowers around it, that was strange, and also this dream about the college, there was this sort of igloo in the college where I met a friend, and I think I was looking after her children in this igloo as well, I don't know if that's sort of connected, but we were sleeping in an igloo type tent, so it could be connected with that. 20

A breeze; a short blasting sensation of a cool breeze in my right ear, I don't remember having things like that. 32

I had dreams on the Friday night that weren't anxious, which is very unusual for me. I tend to have nightmares or anxious dreams or I don't remember them at all, but this was just like not intense, nothing in particular, which is notable for not being charged at all. 24

I too had a dream last night where I was actually attacked, but it wasn't frightening, it didn't seem to matter and I was hurt, and yet there was no sense of danger or anxiety even with that. When I woke I actually felt a pain in the right tibia which is where I had been hit in the dream, but again no feeling of it sort of touching me emotionally. 14

We were on an outing with children and friends. There was a hotel above a lake. My family had already been on a treasure trove on a boat one of those artificially constructed tours, like Universal Studios. The daughter of a friend wanted to do it; ended up alone because no-one else wanted to. We watched a disaster as the boat's engine failed, raced too fast and the boat capsized. Nobody mentioned the girl's disappearance and pretended nothing was wrong. I was horrified, and rushed to find the girl's parents. In the meantime the girl appeared, somewhat wet. Everyone else was prepared to forget it, but I wanted some accountability for the whole thing. I felt alone, wondering whether I had the strength to pursue it alone. 10

Yes the meditation I did yesterday morning, I've never been able to do that, never, at all, and I did it, and I had such a pain here, such an enormous pain and it was like it really felt that there was an enormous red spider with a ruby abdomen and the ruby abdomen was there and it was throbbing and I could feel the legs down my face, and it was quite good, it was quite a nice feeling and I was thinking hey, you're doing this, I can meditate. The spider was over my third eye. 44

The setting was in my last school in Islington. Split site amalgamated. There was a dead body to be disposed of, which we chucked in the playground. I am somehow party to a murder. I feel slight guilt, but then complete lack of concern about it, especially as it is obvious we are not going to get caught. We're very casual about disposing of the body. It was in water. I thought about it rotting and the smell. The atmosphere was dark and sinister surreal. I had reappeared at the school after a long break. I felt sadness because the site was closing faster than had been planned, as if part of the cover-up. It was the better of the two schools. I was a law unto myself. I could come and go as I pleased. I was an authority figure. I had to mark some work and the Head of Year disapproved of my marking. I had to write some more constructive comments. I felt a complete lack of concern. There was such chaos with the closure, nobody noticed my comings and goings. I felt I was wheeling & dealing in some way. At the school there was a feeling of being squeezed into a smaller and smaller space. I was being stripped of my identity. There was a group of unsavoury people who lived in D. in a squat. We went there to retrieve our things. I felt like an era that was post-Thatcherite holocaust. Nobody had any emotional connection with each other. I was aware of noticing this and participating in it. Lack of concern. There was a dog, which was mine and it wasn't. It was very frisky and kept pulling at the leash. I felt pissed off at the prospect of having to look after it. The darkness and sinisterness were everywhere. Pictures of the depressing parts of London bleakness. Normally it would depress me, but I felt no concern at all. 10

I dreamt about photocopying the exam papers. I dreamt about work, I never dream about work; for 2 days running. I was woken by thunder and lightening - scary. I'm in a car, me and A were in a shop. Me and Ma are trying to work out how to make money really cheaply and she says we should steal this popcorn. We were stealing the joint when we came downstairs to find cars in the above mentioned shop. The man is very beautiful and young. I have a really guilty conscience because me and Ma had just called out when we go back and steal their stock of popcorn to sell, then I'm home in bed and I hear someone calling but I'm too asleep to answer. When I wake up I realize Ma is being arrested and it's my boy from the shop and a policeman. She gets taken. Then I phone her in prison and she's just telling me how she fell down so I can send a remedy once she gets out. I phone back but I get her doctor, I'm telling him that I want to give a remedy but he gets pissed off and won't let me

give her my remedy. He gives her a sea-shore. The next day I get in to see her and give Aconite. She seems very happy in prison. 04:30C:02:XX:XX

I have been dreaming a lot recently. Lots of revisited dreams from the past. I can't tell whether I've dreamed them before, but the landscapes and feelings are very familiar. Traversing across moorland, challenging, frightening, but oh so beautiful. 10

Meditation is a theme for me too. This morning again after losing dreams in the night, I went back to sleep and had a half sleep vision of a sunlit lawn with a castle and also of a monastery, but what was the most amazing thing apart from it being very beautiful, was the kind of hum of meditation, it was just beautiful, really beautiful. 18

I had a dream last night that I went back to a previous college that I was at, and it was as if I should have been teaching there ever since I left, I left about three years ago, and it was as if I should have been teaching there all the time and in fact I sort of had, but I didn't know that I had. And so I caught up with the group of students that I should have been teaching and I just said Oh well what have you been doing? and it was all very hazy and very up in the air, I hadn't any plan of what to do with them. And the college was all new, there was nothing familiar about it at all. 20

The feeling that went with this dream was confusion really, gosh I didn't realize I was still teaching here, and I hadn't been, but I had. It was just confusion. 20

I had another dream with children in it for the second time, and they were all playing with this sort of papier mache type of balloon, a squarish balloon, again that square shape, and all of a sudden it exploded, or rather it burst, and in it there was this sort of chocolate moussy stuff and everyone set to, licking up all the pieces, it was very funny. And I wrote it down and it's all very vague here. 20

I had another dream with squares in it, and I sort of perked up after that because that square image was very strong on both nights. The dream was of a fence like at some airport, like Burbank Airport or something, and there was people on horseback around and the thing that was unusual was that they were black and white people in the dream, again chocolate and you know the box was white in the first dream. And I knew one of the black people who was an old friend but it was striking the colours in the dream, the shapes.

Yes and I did have a flying dream, a dream, I think it was the Monday night when we got back or possibly the Sunday night, of flying an aeroplane through a hangar, that was it, it was quite a good fun thing. And there was something else about clearing the decks, I finally wrote to the place where I was employed, I actually wrote to them and said look we need to sort out what's happening next year, which again I'd been putting off for many months. 28

I had weird dreams which I can't remember. This is new for me. They were quite jumbled. My dreams are usually mild. 06:30C:01:XX:XX

I had a very bad night's sleep. I continually woke up. I had some thoughts going round and round in my head. All my dreams were really uncomfortable, though not frightening. 06:30C:02:XX:XX

I woke up while I was in the midst of a dream. In the dream I was on a bicycle with some men on the front. We were all cycling along an edge of a small hill. To our surprise the road ended up near a beach where waves came towards us almost wetting us. The men in front and behind got down from their

bikes and started to wade across to the other side. The hill on the right side and the sea on the left side. I stopped near the beach, puzzled which way to go. I didn't know which way to go. I felt I was lost in this journey. I was rather stunned thinking about what happened after I woke up.

02:30C:01:01:XX

I woke at 5.30 with an excited dream, something very strange. I was very surprised at this dream. I saw an air balloon in the shape of an inverted tulip with black dots moving on top, underneath another air balloon, green in colour in the shape of a cucumber. It was high up in the sky, and it opened into a blue platform where in the centre dancers with blue drapes were performing very beautifully. I was on top of a hill, or maybe up in the clouds having someone on my shoulders trying to watch carefully. The blue platform was sky blue and it blends with the drapes of the dancers. Silken, long blue dresses more graceful with their movements. It was an absolutely breathtaking moment, and it was a very fascinating dream. The tulip had black, dark dots and the cucumber-shaped green balloon was coming down like an inverted tulip. They join together and meet and join and open into a blue platform. I am carrying somebody on my shoulders. A man is on my shoulders trying to see this dance. I am dancing, I have to see. I was on a hill, or in the clouds or on a rock. Or high on top of somewhere. 02:30C:11:XX:XX

All I remember about my dreams was limestone. 10

I was at Jeremy's (Sherr). We were each given a patient from a party gathering. Mine was a young girl. We spent a long time together and she was telling, giving me nothing, just pleasant chatter. Suddenly she broke out into an epileptic fit but it seems she was faking it because I remember thinking to myself 'This isn't the way it's supposed to be'. There seemed nothing involuntary about it. She was violent towards me. I left the room and found Misha and told him of my predicament. He said 'Great. Look in the repertory at convulsions now you know what the picture is'. He behaved as if I had been really privileged because no-one else had been lucky enough to get any symptoms out of her. 10

I relived the shame of apologizing to the conductor at choir. Suddenly I found myself locked in an embrace sitting on his knee at a party, and appalled to find myself holding his penis, which I quickly tried to let go of, but somehow my hand was entangled. I kept thinking how awful it must be to be his wife. I then felt him roughly embracing my breast and felt his contempt for me. It was all a ghastly misunderstanding. 10

I woke twice in the night because of two very frightening dreams. I thought I heard a note on the piano sound. I spent ages trying to decide whether it was real or just dreaming. Fear that there was someone prowling around. I imagined them coming in to our bedroom and murdering us. I got pursued by a strange man, captured and locked in his room. He was about to be violent, rape me? I awoke just as I was about to scream. 10

I was on some residential course. I took an intense dislike to one of the contributors, a woman young, lefty, Communist, who behaved as if she was at the cutting edge of knowledge in relation to poverty, women, etc.. I pointed out that what she was talking about, what may be new to her, but we had been involved in these exact same activities 20-odd years ago. Somehow the atmosphere warmed up and improved. Then I spent ages wanting to go to the toilet, tempted to just squat and do it there and then, but I was aware that people were watching me. Eventually I found a loo, which was near the refectory, so I went in for breakfast. The person serving up was very clumsy and dropped the eggs from my plate to the floor. They seemed to think it unreasonable that I should demand they dish me out another plate. Then I suddenly had a baby with me for whom I had to search out a high-chair. The

thought of the two fried eggs I was going to eat makes me feel sick now. 10

My sister was showing us round her new house. The sort of place you'd expect newlyweds to have, a stone cottage, 2-up, 2-down, Victorian, renovated, dark inside. There was something evil inside; spooky. I went upstairs to have a look at the bedrooms. Open staircase; I knew it was at the top of the stairs, daring me to look at it. I shut my eyes and verbally renounced it as I went up the stairs. I felt terrified but put on a front of firmness and strength. A bit like 'Be gone, Satan!' 10

Feeling of being got at. I was back in Bradford and trying to get to school but they had altered all the bus routes and there was no information available. People and bus-conductors were being completely unhelpful. I felt angry and indignant. I was ready to write letters to the local newspaper. I ended up having to walk a great distance for my bus connection. I felt lost. I asked a boy the way back. I found a bus-stop. The next bus was just a huge sleeping-bag into which we were just expected to crawl in. It was difficult to breathe and couldn't see anything. The fares were extremely expensive. No-one around was prepared to do anything about it. Everyone was just accepting the whole situation. I found myself in Sheffield. Someone leant their cello in a case by the door. When I opened the door, it knocked their cello over. It's owner started threatening me about the possibility it had been broken. I knew it had already been broken and that he was using the slight knock on it as an excuse to pin it on me, so his mother wouldn't blame him. 10

I had a sexual dream. Embraced a woman, a known lesbian, who succumbed to my embraces. I seduced her and professed my love. It felt wonderful, but afterwards I felt guilty because I knew I couldn't remain with her and be faithful to her, because I had equal devotion to my husband and children. I felt guilty because I had led her on. I told her all this. she was not at all upset or fazed; completely accepting. Then I got defensive and started saying that she didn't exactly discourage me. It felt like very male behaviour. She'd just started to resort to some kind of ritual drumming, dancing, singing like a witch doctor. I trusted her as she danced and hummed around me with a knife and scissors, ritualistically pretending to cut things off around me. There was just a little fear that she might stab me. I struggled a little between acceptance and trust versus fear and distrust. Trust won. She got dressed and went about her normal work. I rushed around putting out her washing on the line, which I had interrupted and had promised to do. I then found that her premises were adjoining my father's bakery and people had seen me in her house. I felt worried anxious about how to deal with it. 10

All I can remember of my dreams is that the trees outside our house on the pavement were accidentally set on fire by a blow-lamp that some workmen had left at the base. I felt sad, but also enjoyed seeing the flames licking up the tree. It was a spectacular sight, and for that reason I wasn't inclined to do anything about it. Our new neighbours said that they were going to plant a birch in the corner of their garden, overlooking the corner of ours, but they planted it already grown, oversized, encroaching into our garden. 10

Dreams of work. 04:30C:00:04:XX

They're building a copy of the Sphinx under some cliffs in Paris - an old karate teacher is in the dream. I can't remember exactly but maybe the remedy took me back to being 15 or 16. 04:30C:03:10:XX  
I can't remember most of my dreams but like the end of the world I've been trained for it. It takes place in a mall or under a dome or a tent thing and there are two baddies after me. I have seized a gun and there is some violence. 04:30C:05:XX:XX

My dreams have been vivid but I didn't write them down. One was G and me falling out, it felt horrible. 04:30C:06:XX:XX

Me and friends are in a horse-drawn cart going on holidays and it reaches a steep hill. We go up and continue the trip but I can't recall what happens. We go and get drunk, then we are making the same trip up that hill and I say we should get out and push it up while I take the pony up to the top. We were all flirting and we were worse because we were drunk. Tim falls on me at one point and kisses me saying 'what's happening?' I lift him up and tell him he's drunk. He says I get that message loud and clear. I feel a bit upset in case I did the wrong thing just say he was shy and that he needed to approach me but at the time I just didn't think that. All I thought was that he was a drunken slob. Was I wrong? 04:30C:07:XX:XX

Transplanting and weeding my garden, putting plants into it with pots and keeping them tidy. People slagging off my garden. I'm in Glasgow now buying bread and milk. I'm moving beautiful plants into my garden. 04:30C:14:XX:XX

Dreamed about an argument with the Deputy Principal at school and took it far further than I would have normally. Took a child out of the class without telling her and she came in and had a piece of me and so I had a piece of her back. I did stand up to her, whereas normally I would have said, sorry I won't do it again. I felt that I couldn't stop myself from saying what I felt like. I felt that unreasonable but still did it, too bad, this is just the way it is. I'm going to do this. Felt very good and strong about it. 46

A group of us were living in a space rocket, like Star Trek, big and round. We were up in space, looking down on earth and there was something that came over the Earth, like a shadow and was quite threatening to all of us and got quite worried and didn't know what to do. Everyone felt anxious. 52

Dreamed about being in the bottom of a museum, at a control panel trying to communicate with different people but each time I pressed the button to reach another department, it would be the wrong department. Eventually went out of the building to somewhere where there were a lot of people. Had two rocks in the hands. The smaller rock was rougher than the larger stone thought what the hell am I carrying these rocks around with me for. They were light, not heavy. 58

A lot of dreams lately but couldn't remember them. 64

Slept really well had two dreams: playing sport like cricket where I had to run really fast to get the run; and a sexual dream just before rising: in house with two people and talking to them very big obese people saying that they couldn't have sex any longer because of their size so I suggested that maybe they should masturbate and they had never heard of masturbation, they'd never heard what it was, so I offered to show them. Felt really good in the morning, felt stimulated, quite. 64

I had a dream about exposing someone, a group of people were going to do something which I found out about and had to expose them. The group were my tenants, and I was going to get rent and they weren't going to pay me and so I stood up to them and felt okay about that. I had a bit of anxiety in that when I went to stand up to them, I would be confronted, but I overcame this in the dream. 76

First night sleep was really restless woke up a lot of times by people in distress even woke up because a mouse had screamed, it was being caught by a cat. Had a dream of being on top of a rollercoaster with a lot of people, and I was at the front and although I knew it would be scary, I felt

confident to take the plunge and that it was going to be alright and that you do come out alive and that it can be quite exhilarating and so I took the plunge and woke up then. 128

Last night had a couple of dreams: firstly, I was at an airport, going to Sydney on a business trip and had forgotten my luggage I had none with me and the flight had been overbooked and I was unable to go. They said there were too many people and I was okay about that and said that I would drive back home and come back the next day. At the same time, I wanted to report them (expose them) to management because they had been incompetent. 78

Dream of having my period and dripping all over the floor. 78

Dreamed that there had been a great landslide in the Ngaranga Gorge (in Wellington), like a big mud slide and mud had come all the way over and there was only a gap that a cycle could go through. I was determined to go through, but my friends said that I was not allowed to go through. I remember feeling a bit agitated about this. 82

Another dream about fire. In between the dreams I woke with incredible wind and didn't know if it was stool or wind. 82

Dream about death; that we had created in our world a place and the word comes to mind as the snew, and when people die if they have AIDS or if it is a child or whatever, they are taken to this place and it is like a paradise and a lot of greenery and a lot of warmth and sun and on this particular part of the world there are all these little areas where you could take your person who you love and the family will nurse that person and care for that person and there is not any kind of technology or drugs or anything like that, only love and flowers and stuff like that; and every family takes responsibility for that person in this area called the snew and the person dies peacefully. Then more wind, and another dream: I dreamed that I had to go back to work for a day and was needed there because something urgent had happened which I had to take part in and found a book or material that was dated back to 1990 that I had thought that I had taken with me. I was distressed that I had not taken it with me so I took it with me to take back. I was then quite concerned about how I was getting paid for this day because I was no longer on the payroll and felt that the manager would not be very pleased. Woke up in the morning with a lot of energy. 82

I had a dream the first night: went down the wrong road and had to do a U turn and as I was backing the car up it went over a grass verge and went down a bank and so had to find B. to get car back on the road. There was a village with a lot of children playing and it looked very friendly and so I thought I could leave my nephew there J. while I went to get somebody to come and help with the car and somehow I found out that the village was full of homosexuals and drug abusers, heroin addicts and a lot of quite heavy type people. I tried to find J. and was looking for hours and hours. Someone told me a persons name and said that if I found this person I would be able to find J. and eventually I found him behind a fence, beside a well, lying on the ground with a wet sleeping bag on top of him and he had shrunken. He had this bear (a bull dog bear), the whole stomach had been blown, above it were these shreds that were holding the legs and the head together. I picked him up and was jumping over fences and running across paddocks to get him away to a safer place. 92

I had two unusual dreams about knights in chain mail and issuing of challenges. Both knights challenged but they weren't aggressive; strong in character and at one point, I became a knight and wanted to fall down over a precipice and was challenged by a pair hands at my throat chakra, which was trying to bring me into awareness of what I was doing which seemed to me to bring the polarity

of the strength of character. After the first dream I had an image upon waking: green/gold leaves leaves were in the shape of chain mail these flowed into the knight and then became scales on reptiles and scales on fish. 98

Had some strong images: a huge pile of junk, cardboard boxes, bits of wood with a big long quartz crystal sitting on top; and a slope, felt as though I had been tipped to the side. Bloating and wind late afternoon and evening. 102

A friend gave me a bag of (harsh coloured) green wool and was meant to change it for something and when I asked her about it later, she had not only not changed it but she had lost the bag somewhere. 106

A friend of mine is a little woman, and she had an enormous brassiere and she was wearing it over top of her clothes and it was all hollow, it started out as a joke but then she continued to wear it. 106

There is a group of people in a house, and I got a sense that there were a lot of people buried underground beneath them. One of the people said something that I felt was disrespectful and that disrespect created a really powerful feeling of something taking me over. I felt it going into my body and it was very scary and I picked the people up beside me like they were as light as feathers. I woke up making a sound and was awake for two hours after that. Finally felt asleep again and then had another dream. The dream was about an old lady and me in the room of a house. She had come to visit me and had white hair. She was chuckling all the time, sort of a bubbly gaiety, she walking around the room. And underneath was the most profound grief and that's why she was coming in to see me. It was so intense it brought tears to my eyes. Then I was writing down the symptoms and then someone came up behind me and put his hands on both of my shoulders and one of the hands (on his right shoulder) went like a vice and was so painful that I woke up from the pain. 108

There were boundaries around the sea and then I was drawn into it and the beach with the sea. There were a few people there and there was someone else with me, and it was very warm and all the senses were much more alive than normal and all the colours were quite surreal it was as if I was really there feeling the warmth, smelling the smells and looking out to see when this huge angel just came up out of the water and it was actually the water and manifested. It was magnificent and huge and towered above anyone who was there and then someone said it's the angel of death which caused a whole lot of panic and then the dream stopped. 110

I was working in gardens like a commercial gardener with some others and it was a really happy place to be. 112

I was in a bed in a park and there were people around but it was as if it were perfectly normal and when I closed my eyes, my boyfriend was with me, but when I opened my eyes, he wasn't. I got up and went to University and went into this room which was really brightly coloured (all primary colours) and there was a radio station up some stairs and there were all these people standing in a cue and my friend was there wearing a short floral dress. Then I was in my bedroom but it was on the road (like in a truck). I was on a side road and looking back to the intersection beforehand and all these people were coming down in cars and if they went straight onto the main road, they went to one ski field and if they came the way I had gone, they went to another ski field. There was a competition on at the ski fields that day and I felt surprised that hardly anyone was coming down my road. There are lots of people in this room (the truck room) and one guy was wearing a striped T shirt and he was dressed up as Ernie in Sesame St. There was Ernie and Bert and someone else who were

the ski patrol on the mountain. 118

I had a really busy dream: I was skating or skiing down the street in shoes on a snowy icy path and was skiing away from all of the business behind me. 120

I had very hectic dreams. There was lots going on, I couldn't grasp enough about them to write them down. It was like I was travelling along a road moving through this gauzy, bluish colour and I saw these skulls and they were heads but not very definite and they weren't scary, and they were appearing on the road in front of me. Then a big truck just came right into my vision, right there in my path, sideways in the traffic it was suddenly there and later there was another big truck with the potential for crashing into it. Lots of sense of movement and progress. 122

Generalities

My body feels really, really heavy. 08:30C:08:XX:XX

I've had a distinct lack of energy. I can't be bothered to do anything. 06:30C:03:XX:XX

I woke up feeling washed out. 06:30C:04:XX:XX

Again I felt fuzzy and tired all day. 06:30C:04:XX:XX

I feel fuzzy again. 04:30C:00:00:20

I felt groggy in the morning. I just didn't want to get out of bed. 06:30C:05:XX:XX

I'm still feeling very flat. I had a friend to stay, but I'm very unenthusiastic. 06:30C:05:XX:XX

I am knackered - 5 p.m. - I walk home and it feels much better. I am in bed by 6.30 and am so tired, could sleep until 8.15. I feel drugged - can't move, my body is so sluggish. 04:30C:02:24:XX

I feel tired physically as if I had exercised all day. 04:30C:06:XX:XX

I feel fine, I'm not tired at work at all. 04:30C:07:XX:XX

Stabbing sharp aching pain in the left inside joint of my knee. Stabbing and sharp but it's not bad. 04:30c:00:00:05

Sharp throbbing sensation in my right heel but it's not sore. 04:30c:00:00:15

Stabbing, stitching under the ball of my foot but it's not painful 04:30c:00:00:25

I had this sticking pain on the outside of my right ear, throbbing over the whole ear but it's not bad. 04:30c:00:01:30

I had shooting sensations all over my body especially in my upper body. My arms, my back, down to my elbows, under my jaw, over my neck. Shooting sensations. 04:30c:00:00:20

A sensation moving along both shoulders to my fingers. Waves of pins and needles, I feel the vibrations up and down both arms and in my forehead as if I am drugged. These were gone in 3

minutes. Or at least they lessened somewhat. 04:30c:00:00:05

I had more waves of heat and numbness again. 04:30c:00:01:15

I came over all hot and hot. Really like hot flushes, hot rushes of LSD. 04:30c:00:00:20

Physically I had some sensations from the time I took the remedy, a sensation of taking LSD kind of feeling. 26

I still feel sore, much worse in the evening. Feels poisoned now. Headaches, earaches, sensitive to noise, arms, biceps feels sore and achy, whole upper arm and back shoulder feels strained. 04:30C:40:XX:XX

I had a strange sensation last night when we went swimming that I was a piece of polystyrene, that I was a polystyrene float, I felt very buoyant on top of the water and very relaxed as I was swimming, it didn't feel as if it was any effort at all to swim. 20

I felt the same sort of sensation to begin when I went swimming, it was very easy to swim and I was very relaxed, it was a bit noticeable. 28

I had prickling sensations on the Friday night as physical sensations, and isolated, sort of specially more on the face, but anywhere in the body, but definite prickling, which I don't normally get. 30

Yes I had that prickling too. 32

I felt a bit itchy last night. 26

Itchy, prickly. 32

Itchy on my left hand. 20

Backs of my knees. 32

Left mouth, cheek. 30

Mine was my face, I wanted to scratch my face. Just everywhere, yes. 20

Neck and shoulders 26

Shortly after we had the remedy I felt fairly itchy. 26

And I also after taking the remedy I also got bumps on my elbow, left side again, and I thought oh it must be the cat, because they were like little bites, and they were itching, but I've never got it there where I'm staying, and it seems to fit in with the remedy. 22

Yes, I also had lumps on the back of my neck which I put down to being mosquito bites, but I didn't think there were mosquito bites around. 14

Me too, I got lumps round my ankles and I scratched them till I bled, I've still got the scabs and they're

very itchy. Two nights in a row. 16

I had a lot of itching as well, I had itchy bumps on my neck, I've still got some there, on the front of the neck and on the inside of the thighs, last night, and I've had what feels like an impending cold sore, you know that kind of tingling, prickling feeling that you get on the lower lip before you get a cold sore, which swelled up a bit, but didn't turn into a cold sore, it went away. And I've had the beginning of hay fever symptoms but I don't usually get an itch, and I've had itchy skin on my face. 18

I've noticed over the last few days a tendency for groups of muscles to strongly twitch. 10

I sometimes have trouble with my sacral area, but this morning I had a similar twitching on the right side, lower abdominal region, front. It only lasts a minute but it is very distinctive. Feels as if something is moving rhythmically in that part of the body. 10

I feel very remote and tired. The bone aching has moved downwards. 10

More twitchings last night. They are like a fluttering of a captured bird. This time it was in my abdomen, just below my navel, very localized. 10

In the night, the Friday night, I woke two or three times feeling very cold, which is something that is rare, I don't think I've ever woken in the night and felt the cold, and I assumed that the landlady had taken the blankets off because it was summer, and then when I looked in the morning there were four blankets on the bed, but I was cold, and last night also I was cold in bed. 14

I was with a few people on the Friday night and I had the same as Angela, my knees were freezing cold, I couldn't get them warm at all all night. I even had a hot water bottle in the bed and that was too hot to put next to my knees, and my knees stayed freezing cold all night. 36

My state is explosive - explosive sneezes, explosive farts, explosive temperament. 10

The remedy tasted sweet 04:30C:00:00:05

I'm clumsy, I knocked over two cups of tea today. 04:30C:01:XX:XX

I spoke to my supervisor, but nothing new has happened. I notice an overall pervading feeling of quality, it's an overall experience. 0 4:30C:05:XX:XX

Feeling of pulling down towards the ground, like a weight, but not a heavy weight, but gentle. 46

Felt as if had more energy now (and yet was quite sleepy this afternoon). 46

Tingling up the body. Started in feet and traveled up 46

Wanted to stretch the legs as felt a pain in the ankle (but not bad). 46

Tingling feeling all through the body. Continuing hadn't stopped. Sensation of tingling by the knees and inside thigh. 46

Very relaxed. 46

Warm feeling and tingling throughout the body. 46

Last night got the itches but couldn't find any bites; started on top of head and top of neck and down arms and spread through the extremities and later onto the body. Wanted to scratch all the time but couldn't see anything on the skin. 46

Heat on the skin on the first day was quite marked. 48

Feeling of tingling and heat in the thighs. 50

Drained feeling but deep feeling. 62

Suddenly felt tired at 10.00 p.m., really tired, couldn't keep eyes open and went to bed. The whole body was relaxed but couldn't shut mind off. 64

Felt very tired and stopped at the Fish n Chip Shop and got some chips because I needed something hot and warm and filling and went home. 66

Went home and really was not with it. Really had to concentrate to drive, but this passed away. 74

This morning, feels as though I had a cold, 78

Felt a wave of energy. It rose up from the ground up through my legs and I was aware of a stabbing sciatic pain in the left hip. 84

Felt a downward energy. 86

Immediately after taking it, had a strong tingling in my feet which spread right up my body and was very intense and felt quite overtaken by it. 114

I was really hot and my whole skin was burning. 118

Yesterday I felt quite tired. 118

All of a sudden felt incredibly tired. 120

I felt exhausted on the way home couldn't stop yawning and yawning and didn't feel fit to drive. 122

Physicals

Vertigo

Floaty feeling, vertigo. 46

Head

Felt like I was drunk, woozy sensation in the front of my head. 04:30C:00:00:05

Seething searing pain in my frontal head. Pulled down like a visor at the front. 04:30C:00:00:05

Like my whole head was pulled together to a peak, like a metal visor, like the knights of the round

table, like a joust. Pulled forward to a peak. Tight sensation. 04:30C:00:00:01

I had a pins and needles sensation in my forehead as if drugged. It lessened within 3 minutes, came on in waves in a rush. It was a rush like LSD. 04:30C:00:00:05

My headache is still there, it is throbbing, this is not my usual headache. 04:30C:00:00:05

My head pain is much better but not totally gone. 04:30C:00:00:15

My head feels like a marshmallow but I can see very clearly. 04:30C:00:00:20

Pain in my third eye, throbbing and pulsating. 04:30C:00:02:XX

I woke at 7 a.m. with pain in my third eye, aching and drawing. It became better by 8 a.m.. 04:30C:01:XX:XX

I still have this cluster pain at the front of my head and a woozy brain. 04:30C:01:XX:XX

The pain has moved to the top of my head as if being crowned. Throbbing pain over the top. 04:30C:02:02:XX

The pain has gone, I feel very clear but still a little bit woozy on top. 04:30C:02:12:XX

A tightness in the third eye. 04:30C:60:XX:XX

My whole head feels closed down, neck even feels swollen. Head feels very heavy when I move it, it feels like slow motion. 04:30C:60:XX:XX

Still feels muzzy. 04:30C:60:XX:XX

Slightly woolly, muzzy as if a needle piercing my third eye. 04:30C:60:XX:XX

I got a headache. It developed into a tension headache in the afternoon. A dull ache. Felt like my face was collapsing in down to my nose. There was a pressure pulling it in or something. It waxed and waned. Eased a bit in the evening, but it was generally uncomfortable. 06:30C:01:XX:XX

The pain went to my forehead from behind my eyes. I was scrunched up as if I was making wrinkles. Pressure from behind my eyes. Pressure down and scrunchy. I was frowning. I made this movement with my hand towards my nose to make sure it was there like a point. 06:30C:01:XX:XX

The headache started in the morning and lasted all day. It never really got very bad but it was there all the time. It was not like a normal headache because of the scrunchy feeling. There were strong modalities. It was better from lying down. It was better from quiet. It was worse from reading. I felt like I was frowning the whole time. 06:30C:02:XX:XX

Heavy, dullish pain. Pressure behind my eyes. Feel like they're screwing themselves up. Makes me frown. My face is scrunched up. Pressure in the forehead. My face is collapsing in. Pressure and pulling. Worse in the evening worse at writing class. 06:30C:01:XX:XX

I felt fuzzy in the head all day and on the verge of a headache. But I didn't get one. I felt vaguely weepy too, almost like a slight case of PMS, along with the spots. 06:30C:03:XX:XX

I have no headaches. I still feel a little bit woolly and fuzzy and I still feel like frowning. But no headache. 06:30C:07:XX:XX

A slight headache started. It was the same thing, pressure down over the forehead and lots of pressure behind the eyes. It's a real effort to talk and relax. 06:30C:08:XX:XX

My head is still bad. Very foggy. 06:30C:08:XX:XX

My head keeps being fuzzy all day. I feel like I'm frowning all night. 06:30C:08:XX:XX

Feelings of pressure around front brain, forehead, eyes. Feels like it is moving around. 10

I have a headache developing. Pain in eyeball sockets and the nose end (root). Deep, penetrating. 10

Feelings of pressure around front brain, forehead, eyes. Feels like it is moving around. 10

Headache which never actually develops. 06:30C:08:XX:XX

Seething pain in my right temple, much worse than on the left side. 04:30C:00:00:05

Pain, as if someone clutching both sides together, pressing in. Pretty sore. 04:30C:02:20:XX

The pain eased off by the afternoon and then came back at 9 p.m. but it was better by 10 p.m.. 04:30C:03:XX:XX

10 p.m. throbbing over cranium. 04:30C:06:XX:XX

I got a load of headaches when I got home, I do get headaches, this is not unusual, but to have so many. It is occipital headaches, three of those in a row, and then a gap and then another two. Pressure, pressure on the back, here, and also for the first one and a half weeks of being home I felt like crawling into cotton wool, almost like you do when you're going to get the flu, but without any flu symptoms or any illness as such, just feeling very tired and wanting to be surrounded by something very soft and crawl in and curl up. 18

I also had dull pressive headaches which are not characteristic for me, but more on the temples. 14

Tension, pain in occiput, sporadically since the afternoon. 10

The migraines which I usually get have been totally cured while on the proving. They start as a congested headache, and last 2-3 days with vomiting, photophobia, etc.. 10

Pain in vertex of head if I cough, so cough ends up being a bit pathetic. 10

Sensation of pressure on top of the head, 46

Pressure on forehead (pressing inwards). 46

Slight headache on right hand side (back of the head). 46

Pulsing feeling inside the head and then stopped (right across). 46

Pressure on the head. 46

Feeling of weight on the top of the head, both sides still there, but decreasing. 46

Faint feeling of giddiness in the head. 46

Pressure on the back of the neck. Pressure and tingling. Sensation of heaviness. A real stillness. 46

Oppression in the occiput tightness, headache. 46

Dullness in the head, from the back of the head. Mild headache. 48

Dullness in back of the head remains. 48

Later in evening, felt pressure coming up the back of the neck, over the top into forehead and in the temples (both sides). The next day as well, back and front. Definite dullness. 58

Headache in the morning; on top of the head, which went in a short time. 64

Headache in the temples (both sides) getting worse not better. 76

My head feels really thick, 78

I had a headache that went from temple to temple, as if there was a piece of string that was tying two points inside my head together. The string went across in an arch, following the line of my skull. 94

Upon rising that morning, felt as though I had a hangover, as though I'd been drinking. A dull aching pain in my head, towards the front and quite high up. Still there. 94

My head felt as though it was in a vacuum. 118

My head felt heavy. 118

Eye

I can see very sharply out of my head, my vision is sharp but my body feels woozy. It's like two eyes in a marshmallow. I can see sharply while my body is in bits or all floppy and woozy as if all out of focus. 04:30C:00:00:05

Sensation under my right eye, stinging, as if a bit of acid just jumped onto it. 04:30C:00:00:20

Pain in my right eye. Better from resting. It is right inside the eye. 02:30C:03:XX:XX

Heavy, dullish pain. Pressure behind my eyes. 06:30C:01:XX:XX

Heaviness above the eyes. 46

Eyes felt really heavy. Yesterday it felt like there was sand in the eye, and irritating to blink. 52

Eyes were heavy from the beginning. 54

My eyes were really heavy. 118

Itching in the corners of my eyes, very pronounced, scratching and rubbing them for relief. 10

Itching in the inner corner of my eyes, unbearable. I keep rubbing them and making them sore. 10

Itching in the inner corner of my eyes, unbearable. 10

Right eye misting up, outside corner while diving. Worse: bright light. The light was making my eyes close up. I felt like my whole face was going to collapse. 10

Eyes couldn't stop moving, eyes were flickering. 46

Sensation of swelling around the right eye. 46

Itch on right eye. 46

Little stabbing pain just above left eye. 46

I got an unusual sensation in my eye, it swam, a visual disturbance, seemed to radiate through my head. 88

The last night, felt as though the right eye was blind, but could still see through it, but it felt like it was shielded in some way. 92

I got a pain behind the right eye and at the root of the nose. 100

My eyes were watery like a film over my eyes like I was getting a cold. 112

My eyes were gritty and still had that film (like a damp watery film) and when I was driving home. 112

Eyes are still quite watery. 112

Vision

My head feels like a marshmallow but I can see very clearly. 04:30c:00:00:20

Vision blurred and very heavy and tight, lasting until Saturday late morning. 54

Ear

I had a pain as if a needle were stuck in my ear, it extended to my triceps, shooting down my shoulder, down to my elbow and down my back. It was throbbing. 04:30C:00:00:20

I had this sticking pain on the outside of my right ear, throbbing over the whole ear but it's not bad.

04:30C:00:01:30

I usually wake up with an ear ache in my right ear, and this morning I didn't wake up with an earache, I had a stuffed up nose instead, my ear doesn't hurt, my nose is a bit gummy when I breathe. 32

Sharp stabbing pains in right ear. 10

Towards the afternoon I felt my ears are blocked. I cleaned them with swabs. But around 3.30 my left ear became very, very painful. Both ears are really throbbing. 02:30C:05:XX:XX

I went to bed early but was very, very uncomfortable with my ears. 02:30C:05:XX:XX

By morning the pain was less. 02:30C:06:XX:XX

Left ear very hot. Bell sounds for a second. 04:30C:60:XX:XX

Sensation as if something crawling in both ears had to get a pen and scratch it every once in a while. 48

Hearing

Left ear very hot. Bell sounds for a second. 04:30C:60:XX:XX

Ringing in both ears. 04:30C:60:XX:XX

Nose

Feels fuzzy, like snout, all snubbed, twitching - definite focus on my nose. Sense of truffle searching in the undergrowth. Long wolf like feeling. 04:30C:60:XX:XX

Cracks in the nostrils, which came up when I was sneezing so much, like bad hayfever again. 04:30C:07:XX:XX

All week I've had a blocked nose especially noticeable on going to sleep. Needed to really work on breathing. It's a very long time since it was this bad. 04:30C:09:XX:XX

I usually wake up with an ear ache in my right ear, and this morning I didn't wake up with an earache, I had a stuffed up nose instead, my ear doesn't hurt, my nose is a bit gummy when I breathe. 32

After a while I was thirsty I was having a dripping nose. 26

Yes I had a runny nose the night that we took the remedy and the following morning sort of one nostril was blocked. 20

I usually wake up in the night with a painfully dry nose and have to go to the bathroom and sniff water up and last night I didn't do that, last night or the night before so that's, I suppose that's good to have a really runny nose because it's not painfully dry. 24

Nose itching everywhere too. 10

I had a smell of water throughout the whole of my dream. 18

Woken up with a nose bleed (never had before) left side. 60

Smell of burnt leather. 46

Pain at the root of the nose and tingling in the nose, feeling as though she is going to sneeze continual all morning. 76

All day felt like coming down with a cold very dry eyes, burning with lots of mucus in nostrils, but without a flow; very itchy. 82

Rhinitis and sniffles worse during the day. 98

Face

I felt like I was frowning the whole time. 06:30:01:XX:XX

I felt like my whole face was going to collapse. 10

Twingeing sensation in my face, mouth and upper lip as if twingeing. 04:30c:00:00:05

I had a shooting pain in my lower jaw, as if it were in the gland. It was on my right side. 04:30c:00:00:20

I had prickling sensations on the Friday night as physical sensations, and isolated, sort of specially more on the face. 30

Itchy left mouth, cheek. 30

Mine was my face, I wanted to scratch my face. 20

I've had itchy skin on my face 18

Mouth

I had some mouth sensations, on Friday night, which has come back a little bit but mostly on Friday night I had a sensation that the front of my tongue was slightly swollen in a kind of horseshoe shape, which I don't ever remember having had before, it wasn't unpleasant, it was just a little bit. 18

I've had what feels like an impending cold sore, you know that kind of tingling, prickling feeling that you get on the lower lip before you get a cold sore, which swelled up a bit, but didn't turn into a cold sore, it went away. 18

Yes I've had itchy skin and I used to suffer from cold sores and haven't done for a couple of years, and I had a real banger of a cold sore here which is incredibly itchy, and it inflamed the nerve here, really it would come up very itchy and the end of my nose swelled up really big one night, I woke up one morning and my nose was really big, there wasn't an eruption as such, but it was very swollen. Upper lip. 32

And the second two weeks, or merging with that I started to lose sleep, yes. And I've got three enormous mouth ulcers which is very unusual for me, very painful. I occasionally get one, but I've

never in my life had more than one. And like Q I didn't really feel focused at home, very dissipated. 18

Twingeing sensation in my mouth. 04:30C:00:00:05

Itchy left mouth, cheek. 30

Numb tongue completely numb. 6

After taking the remedy, the tip of my tongue went numb and stayed numb until 9 p.m. that night. 116

Itching on roof of my mouth. 116

Mouth ulcer in my throat, it feels quite raw and hot. 124

#### Teeth

Caries feel enlarged. Fangs - am I a wolf this time? 04:30C:60:XX:XX

Pain in roots of teeth. Vague aching; had it early in the proving but failed to record it. 10

#### Throat

Thick swelling, there's something in it. Sore to swallow, feeling nice before. 04:30C:60:XX:XX

I also had a sensation of grasping round the throat, which was very much like the sensation of grasping of my uterus after I'd taken the remedy 22

#### External Throat

Twinging and cramping as if the tendon were shortened. 04:30C:00:00:20

I had a strange sensation that the gap between here and here was much longer, between my ear and shoulder, my right ear and right shoulder, my right ear, yes, was much longer than it should have been, it felt like I was stretching to the left all the time, none of these, it didn't last very long. 32

My neck even feels swollen. 04:30C:60:XX:XX

Yes, I also had lumps on the back of my neck which I put down to being mosquito bites, but I didn't think there were mosquito bites around. 14

I had a lot of itching as well, I had itchy bumps on my neck, I've still got some there, on the front of the neck. 18

Itchy neck and shoulders. 26

I got cramp in the neck. 10

The glands are swollen in my throat, has a dry tickly cough coughing throughout the night and sore throat. 78

#### Stomach

I had a cake. It was like tasting sweet for the first time. It was like being a kid it was so gorgeous, so intense. Isn't sweet amazing. 04:30C:00:00:20

I really want to eat sweet food because it was such an amazing experience. 04:30C:00:01:15

I went and bought some watermelon which I am craving. 02:30C:04:XX:XX

I bought some melons. 02:30C:04:XX:XX

Constant desire to eat watermelon. 2:30C:03 – 11

I have been desiring fruit, melons and tamarinds. I haven't eaten them for fifteen years. 02:30C:03:XX:XX

I've been really desiring meat recently - red meat. 10

Craving for meaty dishes and fried foods like chips. Gone off fresh vegetables. 10

And a very thirsty feeling 26

And I felt thirsty. Much more thirsty than usual. Yes, and peeing loads 20

Woke at 4 a.m. very thirsty. Drank a beer from the fridge. 10

All my stomach symptoms which went away last night came back. They came back at the wrong time, they have never been this early. My gut rot usually arrives at 7 p.m.. 04:30C:01:XX:XX

A pain in my stomach as if clutching, gassy. 04:30C:01:15:XX

Tea lay heavy as if my whole insides had stopped and food just lay stagnant and heavy. 04:30C:02:24:XX

I had some bread and vegetables for dinner. The meal was very heavy and I felt sleepy. 02:30C:00:12:XX

I felt a prickly on the left side of the stomach and I thought something new has reached my interior, it only lasted a few minutes. 04:30C:00:01:XX

I felt a prickly pain on the left side of the stomach. 02:30C:00:00:30

Slight feeling of nausea for a second or so; 46

Nauseous, churned up, like a washing machine. 46

Increased appetite ate all day (anything). 54

Immediately after remedy, I felt nauseous with stirring in the stomach. 62

Had a few wines that evening, but with no effect (unusual). 64

Felt very hungry. There is a gap I needed to fill. 66

On the way home, my stomach blew up and I was really bloated. Felt really windy, crampy and uncomfortable. 78

Nausea on waking which was quite intense. Eructations all day before, worse during the day. 98

#### Abdomen

All of my usual stomach symptoms have gone. I usually have gut rot, a rumbling, gurgling belly, diarrhea sloppy with stinging in the anus. Worse 3, 6 and 9 p.m.. It's like I need to be cleaned out. This has totally disappeared. 04:30C:00:00:15

Cramping and tightening in my ribs on the left side moving down my side as if pulled, twingeing. 04:30C:00:00:15

Twitching, left side, lower abdominal region towards the front, as if something is moving rhythmically in that part of the body. 10

Fluttering in my abdomen, below navel. 10

Intense stitching pain, left abdomen, early evening. 10

Lots of wind. 82

Abdominal cramping worse during the day. 98

#### Rectum

I developed an itchy anus around 3 p.m.. It's still itchy the next day. 04:30C:XX:XX:XX

#### Bladder

Yes, and peeing loads. 20

The longest pee in my life. 24

I also did two most remarkable pees, I just couldn't believe, I was sitting there and sitting there, it just went on and on, I've never done pees like that, and then when you thought they were going to stop they started up again, it was quite blissful, absolute bliss. 32

Yes, did anyone else ever have everlasting pees? I felt that quite strongly, in fact I even thought that might be the remedy. 14

Everlasting pees, they just go on and on and on, time passes. 12

#### Urine

My urine seemed much darker than normal. Much deeper in colour all day. It was almost straw coloured. There was no smell. 06:30C:01:XX:XX

My urine didn't seem darker in any way today. 06:30C:03:XX:XX

Female

I definitely feel premenstrual. But its not my time, I'm only halfway through my cycle. I'm bingeing on biscuits and bread and carbos. My breasts are swollen and heavy. All my timing is out.

06:30C:03:XX:XX

I have been menstruating too early. 04:30C:05:XX:XX

Menses very early, almost black. 10

My first menstruation was gone by day 3, usually it's heavy for 2 days. I couldn't get the tampon up, I had to force the fucker. I refuse to experience this. This time I wasn't having it - you fucker - I felt like a man who couldn't get an erection it was so frustrating. 04:30C:40:XX:XX

I have a vaginal discharge - watery, smells like horse's urine. Amazing. I often get a discharge which I don't like, it smells of ammonia or cheese yeast but this one is very new. 04:30C:07:XX:XX

I had a sense of my uterus being grasped, that was the only way I could describe it. 22

The painful spot on the left side of my vulva has gone. It disappeared during my menstruation. I've had it for four years. The proving has cured it. 10

I'm still feeling physically randy. 10

At 12 p.m. cramping as if menses. Cramping as from wind obstructed immediately after whisky 9 p.m.. 04:30C:08:XX:XX

Slight burning in the ovaries which disappeared. 58

Respiration

I sneezed 9am and it came from deep in my chest, leaving a residue of pain and a dry throat as if dusty. It was better by 11am. 4:30C:03:11:XX

Lifeless feeling. Came on at night. Started at 6.30. Its a nervous thing. I just can't breath in properly. I'm worried about money. I can only manage a good intake of breath every six or eight seconds. Worse from worry. Better from being outside or distracted. 6:30C:XX:XX

I am also unable to breathe easily without having to take deliberate deep breaths, connected with the anxiety in my chest. 10

Since the proving my hay-fever symptoms have changed significantly. Since the return of my back symptoms, my hay-fever symptoms are concomitant. 10

Today started with an explosive sneezing session. 10

Explosive sneezings. Burst a blood-vessel in my nose. Difficult to breathe because breathing exacerbates tickling in my nasal cavity. 10

Bad hay-fever again. A lot of explosive sneezing. Same symptoms as yesterday. Worse: sunlight,

worse: room full of people, better: fresh air. I realize it is the same idea, being aggravated by my physical surroundings, and eventually exploding, similar to being emotionally aggravated and eventually exploding. 10

Sensation of pressure went to my chest, pressuring in and pushing down, with difficulty breathing (still do). 46

Feeling of weight on the sternum no trouble breathing. 46

Cough

Dry tickly persistent cough. 3.30 p.m.. 10

Chest

I got a sharp pain in my right breast before sleeping. 06:30C:03:XX:XX

Piercing persistent pain on left under-ribs. It lasted about 15 minutes. 11.30 p.m. I had to breathe through it. 10

Piercing pain, deep in left breast, started about 8.30. Still there as I write now at 10.15. 10  
Stitching, left breast. 10

Cramping and tightening in my ribs on the left side, moving down my side as if pulled, and twingeing. 04:30C:00:00:15

Yes, I've got lots of catarrh and chest problems, that usually I would have thrown off in a couple of weeks, but I've had it before I took the remedy and really tiredness, ever so, you know really feeling tired, but that would all go with the catarrh and sinuses, it's really difficult to know. 32

Sensation of pressure went to my chest, pressuring in and pushing down, with difficulty breathing (still do). 46

Tightness in the chest. 46

Feeling of weight on the sternum no trouble breathing. 46

Sensation in the heart anxiety about getting a pain in the heart. 46

Oppressed feeling on chest (more left sided). 46

Immediately upon taking remedy, had burning in the sternum really badly. This had recurred at different times especially at midnight the previous night. Actually lower than the sternum, right at the base of the bone, between the ribs. I put pressure on it and it caused a sharp pain, didn't want pressure at all. 76

Felt pulse rate increase. 46

Last night before going to bed, had an increased heart rate. 116

Back

I had a sort of low backache and I don't usually. 26

I've had this incredible pain in the middle of my back as if I'm being stabbed. 08:30C:01:04:XX

Twitching in the right sacrum area. 10

The bone aching has moved from sacrum down to my legs. The sacrum area is particularly stiff and painful; very different from my normal problems in that it is not one-sided. 10

Stiffness and tension in the neck, moving down to a specific spot just behind the right shoulder-blade. It is a burning, boring pain. Better for heat, better for lying flat on my back with my knees up. Worse from studying, writing. It has developed gradually into a kind of sciatica of the arm, extending from the shoulder along the whole arm to the wrist on the right side. It seems connected with the pains radiating from the wrist to the elbow previously. 10

Pain behind shoulder-blade continues. Worse from being upright; better from heat. Worse from fright or sudden noise, like the dog's bark. 10

Stitching pain on my left side under my ribs returned on two separate occasions. The neuralgic pain from shoulder-blade disappeared in the evening. 10

My back feels like someone is permanently digging in with their finger, like being pushed around. 10

Piercing pain around my pubic bone, right side. 10

My back has been really bad, and at the same time I've been weepy and tearful. 08:30C:04:XX:XX

Sensation of pressure on shoulders. 46

Pain in neck for a second or two (right hand side). 46

Pain in back of the neck. 46

Started to get pain in shoulder, going from the neck to the end of my shoulder. It got so bad that I couldn't lift my arm up very high. Had that all the way home driving the car, quite sore. 62

I have had problems with my neck this week which is not unusual for me, but the next morning, my back felt good, neck felt great, but then when I drove back into the car park for the seminar, my back fell apart which it hadn't done for four years. 84

Intense lumbar sacral pain worse in the afternoon. 98

An old symptom, pain in the right shoulder, neck area had become worse. 102

I felt sensation of pressure and heaviness at the back of my neck and shoulders. 104

Got a sharp pain in my neck on left hand side going to my shoulder. I wanted to rub it but it was so sore to even touch, so I just left it. 116

As soon as I took the remedy I got a pain on the right hand side of my neck. 118

I got a bruise in the middle of my spine. 118

Felt a pressure on the back of her neck and right shoulder. 124

Extremities

Sensation moving down both shoulders into my arms and fingers. Waves of pins and needles and vibrations as I bend down. 04:30C:00:00:05

I feel fuzzy again, waves of numbness and tingling in my wrist on my left arm. It's fuzzy.  
04:30C:00:00:20

I have a tendency to develop pins and needles recently. Sitting at the piano, or certain positions in bed, especially from my bottom downwards. 10

I had a burning pain, like needles shooting upwards in my right shoulder blade under. There was burning. 04:30C:01:XX:XX

Prickly feeling on the skin, like something crawling on my arms (like ants). 46

A cramping pain in my left biceps. A muscle pain. 4:30C:00:00:20

A sensation on my right arm as if a nettle rash or a bite. It stings after scratching and there is a white lump. 04:30C:00:01:55

On my left upper arm I've developed a spot as if bitten, or some sort of heat spot. White lump with red surrounding it, itching. 04:30C:01:12:30

Itchy on my left hand. 20

And I also after taking the remedy I also got bumps on my elbow, left side again, and I thought oh it must be the cat, because they were like little bites. 22

Right shoulder pain, cutting, drawing sensation. 04:30C:02:15:XX

My right wrist is aching as if sprained, shooting up my forearm, especially the back of my forearm.  
04:30C:00:01:15

My arms ache. They feel really nervous. They keep twitching so that I want to scream.  
08:30C:08:XX:XX

Right arm along the direction from wrist to elbow. Bones aching. 10

Pain along radius or ulna again. Aching. 10

I have achy bones, arms, tired feeling. The slight threat of a headache. 10

Just before bed, pain in right wrist, rheumatic ache. 10

Rheumatic ache, right elbow to the wrist. It is better from heat and better from lying. 10

Pain in the right arm. Concomitant to this is that I want to lie down. I feel tired. 10

Also aching in right elbow, started again at 6 o'clock p.m. 10

The 'sciatica' pain is piercing, electrical, like someone knocking on your funny-bone. 10

The pain in my right arm is non-stop. It's lasted for six weeks. Excruciating agony I have never experienced. It hurt but it felt numb, as if it didn't belong to me. 10

Pain in back and down right arm. Worse today. Also a tendency for cramp in my right hand, little finger and the adjoining muscles in the right hand. 10

Pain in my right arm is worse, worse, worse, sitting at my desk studying. Worse, worse, worse driving a car. Worse, worse piano-playing. 10

Feels like my right arm is being pulled by a string, like a puppet's arm. 10

Twitching and fluttering in my left arm. 10

This isn't the first complaint I have suffered with my right arm. I had an inflamed bursa on the shoulder/arm joint after R. was born six years ago. It would not heal for ages. Eventually I was given Calc. Phos. but at the same time I did some psychotherapy on forgiving my mother. It's hard to tell which did the trick. At the time I thought it was the psychotherapy. The inflammation meant I had restricted movement in that joint very painful. I have remembered that the tendency to injure the right arm goes even further back to childhood. Playing tennis or throwing a ball would always end up straining it at the shoulder, like I was putting the energy in the wrong place. 10

The pain in my arm was so bad when I was driving I burst into loud sobs and tears when I reached the car-park. Despair. I stayed in the car and cried and meditated on the sensations and became resolved that I was on my own. I kept imagining someone coming out of the school and making a fuss. The process of imagining that made me realise I needed to be with myself. I drove to Kensington Gardens slowly. I felt like I was in a trance. Time was going really slowly. I found a spot in the garden and concentrated on the pain. Nodding, bending my head back and then dropping it down made it worse. I had an image of myself hanging on to a cliff with my right arm. It is as if it is being wrenched from the shoulder. The pain in the wrist to elbow region is me grasping and hanging on for dear life. If I fall, I fall into water. There is a lot of fear. On the way back, the thought shot into my head you don't have to be in the driving seat. 10

Has a sauna, a swim and a jacuzzi. The pain in my right arm is better from all of these. Also pressure. The pain in my right shoulder is almost gone. 10

The pain between wrist and elbow is strong. The modality of better from lying is now gone. It doesn't make any difference now what position I am in. It is better from radiant heat and the sun, but much worse sitting, especially driving. 10

The right arm pain is very intense between the wrist and the shoulder but also along the whole

length of less intensity. It is better from holding my right arm with my left hand. Better from being supported. 10

A peculiar itching along the front of right forefinger. I scratched off a vesicular eruption. Very intense pricking sensation at the eruption. I had this vision of the pain seeping out through this spot. 10

Neuralgic pain, intense for a few seconds, from elbow to wrist of left arm, followed by pains on right side. Fluttering muscles. 10

One hand was cold all day yesterday which isn't that unusual for me, but to be cold all day is quite unusual, but my right hand was freezing cold all day long and I noticed in the morning that my left hand was noticeably warmer, but my right hand, my hands were cold all day, but my left hand had been warm in the morning. 20

I have this stabbing sharp aching in my left knee joint it's on the inside. Knee inside joint stabbing left sharp. But it's not bad. 04:30C:00:00:05

Strong twitching in the right knee, behind my right knee in the muscles and tendons as if jumping about. 04:30C:00:01:15

Aching in the left leg. On the back of the left knee. It started in the evening at sixish. A dull ache. It stops when I sit down. Better sitting or lying down, worse from standing still. 06:30C:07:XX:XX

My left leg is aching again, it's a sharpish pain in the back of my knee. 06:30C:08:XX:XX

Pricking sensation, left side, especially in my knee. 10

I had cold knees. 22

I was with a few people on the Friday night and I had the same as A, my knees were freezing cold, I couldn't get them warm at all all night. I even had a hot water bottle in the bed and that was too hot to put next to my knees, and my knees stayed freezing cold all night. They're normally burning hot. 36

Itchy backs of my knees. 32

Me too, I got lumps round my ankles and I scratched them till I bled, I've still got the scabs and they're very itchy. 16

I had a lot of itching on the inside of the thighs. 18

Sharp throbbing sensation in my right heel but it's not sore. 04:30C:00:00:15

Stabbing, stitching under the ball of my foot but it's not painful. 04:30C:00:00:25

My leg was sore like it was broken. 04:30C:01:15:XX

I had a sensation down on my left side on my left leg, a trickling sensation half way down. 22

When I woke I actually felt a pain in the right tibia which is where I had been hit in the dream. 14

Pain in my left foot. 08:30C:01:04:XX

I woke from sleep with a chilly feeling in my legs. 02:30C:10:XX:XX

Pins and needles down my right leg. 10

The bone aching has moved downwards from sacrum down the legs. 10

Twitching in left thigh. Started 7.30 p.m.. 10

A lot of people in the group started twitching their feet. 46

Tingling up the body. Started in feet and traveled up and felt pulse rate increase. 46

Twitching of the feet. 46

Wanted to stretch the legs as felt a pain in the ankle (but not bad). 46

Sensation of tingling by the knees and inside thigh. 46

Tingling and heaviness in thighs. 46

Mild shooting sensation in right wrist. 46

Hot tingling sensation in right arm. 54

Swelling in the lower legs, especially around ankles and tingling and numbness. 60

Shoulder feels like weighed down but someone is pulling (one side) away like a tearing sensation, feels concerned about it. 62

Burning of the right arm, especially from elbow to my hand was very very hot. Gradually moved over the left side of arm and then cooled down. 90

Had cramp in my left forearm, couldn't move fingers without the forearm muscles on the inside of the arm bunching in. 94

Aching in left forearm and right lower leg and was restless 112

Sore stiff knees. 112

On the way home in the car, had really achy knees. 116

Have had a pain in my hand (little sharp pains) not lasting long, just a few seconds and in wrist and palm on the right side. Pain in my foot, little nagging aching pains and an aching knee on the right hand side. 122

Sleep

I was asleep by 9.15. 04:30C:03:00:00:15

I've been tending to feel very sleepy and tired by 8p.m. for the last couple of evenings. Almost falling asleep now. 10

I had a very bad nights sleep. I continually woke up. I had some thoughts going round and round in my head. All my dreams were really uncomfortable, though not frightening. 06:30C:02:XX:XX

I slept OK. Maybe the bad effects are easing off. 06:30C:08:XX:XX

I felt so dazed I didn't have the mind to wake up. I remained in bed. Maybe I have to go back to sleep again. 02:30C:00:23:XX

I felt really good in the morning, and I slept really well that night and last night, and usually when I'm camping I don't sleep very well, so the sleep was generally a lot better. 16

D. says I was restless during the night with the usual moans, groans and whimpers. 10

Had a really good sleep that night. 50

Slept really well. 54

Woke up feeling tense. 54

Tired but couldn't sleep and only had short deep fitful sleeps kept waking up every hour or hour and a half. 62

Still early, laid down on bed on tummy and went into a deep sleep, couldn't lift my limbs as they felt so heavy. Tried to rouse myself up but couldn't because of deep heaviness. 66

When I awoke, I was dribbling right across chin, an enormous amount of fluid running out of the mouth (unusual). Didn't want to do anything just so exhausted, deeply. Night was very turbulent (usually wakes in the same spot that she lies) pillows were all on the floor was upside down and round the other side. Feeling of having tumbled all night like there had been a lot of movement. 66

That night, restless sleep no dreams but tossing and turning. 126

Sleeping with left arm over my shoulder and woke up at 2.00 a.m. totally refreshed. Thought it must have been 7.00 a.m. and then realized how early it was. 92

Went to sleep on my tummy. 94

Slept really well, but had woken at 5.30 a.m. and got up and felt really clear headed. Quite cheerful and comfortable. 102

Went to bed on my stomach, which I don't normally do. 112

Very restless sleep. 112

Perspiration

I'm very hot but I am dry. If I feel this hot usually I should be dripping in sweat but I'm not.

04:30C:00:01:30

My sweat smelled sweetish. 06:30C:03:XX:XX

Skin

Prickly feeling on the skin. 46

Itching skin. 78

Skin was itchy, came out in little bites (in clusters on the skin). 82

My whole skin was burning. 118

## Repertory

MIND

- MIND - ABSENTMINDED 2
- MIND - ABSTRACTION OF MIND 2
- MIND - ABUSIVE 1
- MIND - ABUSIVE - cares not what she says 1
- MIND - AFFECTIONATE 3
- MIND - AILMENTS FROM - disappointment 1
- MIND - AILMENTS FROM - honor; wounded 1
- MIND - AILMENTS FROM - mortification 1
- MIND - AILMENTS FROM - shame 1
- MIND - ALERT 1
- MIND - ANGER 1
- MIND - ANGER - himself; with 1
- MIND - ANXIETY 3
- MIND - ANXIETY - breathing deeply - amel. 1
- MIND - ANXIETY - breathing deeply - must 1
- MIND - ANXIETY - conscience; anxiety of 1
- MIND - ANXIETY - money matters, about 2
- MIND - ANXIETY - world; for the 1
- MIND - AUDACITY 1
- MIND - BULIMIA 1
- MIND - CARES, full of 2
- MIND - CHEERFUL 2
- MIND - CHEERFUL - intoxicated, as if 1
- MIND - CHILDISH behaviour 1
- MIND - COMPANY - aversion to 1
- MIND - COMPANY - aversion to - alone; when - amel. 1
- MIND - CONCENTRATION - active 1
- MIND - CONCENTRATION - difficult 2
- MIND - CONCENTRATION - difficult - studying (= reading) 1
- MIND - CONFIDENCE - want of self-confidence 1

- MIND - CONFUSION of mind 2
- MIND - CONFUSION of mind - identity, as to his - duality, sense of 2
- MIND - CONFUSION of mind - intoxicated - as after being 1
- MIND - CONFUSION of mind - intoxicated - as if 1
- MIND - CONTEMPTUOUS - self, of 1
- MIND - COURAGEOUS 1
- MIND - CURSING 1
- MIND - DANCING 1
- MIND - DANCING - amel. mental symptoms 1
- MIND - DANCING - alternating with - cheerfulness 2
- MIND - DEATH - desires 1
- MIND - DEATH - thoughts of 1
- MIND - DEFIANT 1
- MIND - DELIRIUM - gay, cheerful 1
- MIND - DELIRIUM - intoxicated, as if 1
- MIND - DELUSIONS - absurd, ludicrous 1
- MIND - DELUSIONS - Alladin on his carpet 2
- MIND - DELUSIONS - body - divided, is 2
- MIND - DELUSIONS - body - forehead was pulled into a peak like a jousting 1
- MIND - DELUSIONS - body - out of the body - observe herself, can 1
- MIND - DELUSIONS - child - he is a child 1
- MIND - DELUSIONS - creative power; has 1
- MIND - DELUSIONS - crime - committed a crime; he had 1
- MIND - DELUSIONS - criminal, he is a 1
- MIND - DELUSIONS - floating - air, in 1
- MIND - DELUSIONS - floating - polystyrene, he was a piece of 1
- MIND - DELUSIONS - forsaken ; is 1
- MIND - DELUSIONS - insects, sees - neck, back of 1
- MIND - DELUSIONS - light [= low weight] - is light; he (= incorporeal) 1
- MIND - DELUSIONS - nose - longer; nose seems 1
- MIND - DELUSIONS - poked, is being 2
- MIND - DELUSIONS - pulled - he was - downward 1
- MIND - DELUSIONS - small - body is smaller 1
- MIND - DELUSIONS - water - smells 1
- MIND - DELUSIONS - wolves, of 1
- MIND - DELUSIONS - wrong - done wrong; he has 1
- MIND - DELUSIONS - young, she is again 1
- MIND - DESPAIR 1
- MIND - DESPAIR - recovery, of 1
- MIND - DETACHED 3
- MIND - DISCONTENTED 1
- MIND - DISCONTENTED - himself, with 1
- MIND - DISCOURAGED 1
- MIND - DISGUST 1
- MIND - DULLNESS 2
- MIND - DULLNESS - afternoon 1
- MIND - DULLNESS - drunken, as if 1

- MIND - DULLNESS - fog, as enveloped in a 1
- MIND - DULLNESS - intoxicated as if 1
- MIND - DULLNESS - sleeplessness, with 1
- MIND - ELATED 2
- MIND - EUPHORIA 2
- MIND - EXCITEMENT 3
- MIND - EXHILARATION 2
- MIND - EXHILARATION - intoxicated, as if - champagne, by 1
- MIND - EXULTANT 1
- MIND - FEAR - alone, of being 1
- MIND - FEAR - poverty, of 1
- MIND - FORGETFUL 1
- MIND - FORGETFUL - words while speaking; of (= word hunting) 1
- MIND - FORSAKEN feeling 1
- MIND - FORSAKEN feeling - friendless, feels 1
- MIND - GIGGLING 2
- MIND - GRIMACES 1
- MIND - GRIMACES - strange faces; makes 1
- MIND - HATRED 1
- MIND - HEAVINESS, sensation of 2
- MIND - HEAVINESS, sensation of - alternating with - clearness of mind 1
- MIND - HELPLESSNESS; feeling of 1
- MIND - HIGH-SPIRITED 2
- MIND - HURRY, haste 1
- MIND - HYSTERIA 1
- MIND - IDEAS - abundant, clearness of mind - alternating with - dullness 1
- MIND - IMPULSIVE 1
- MIND - INDIFFERENCE, apathy 1
- MIND - INDIFFERENCE, apathy - opinion of others; to 1
- MIND - INSECURITY; mental 1
- MIND - IRRITABILITY 1
- MIND - JESTING 2
- MIND - LASCIVIOUS, lustful 1
- MIND - LAUGHING 2
- MIND - LAUGHING - causeless 2
- MIND - LAUGHING - childish 1
- MIND - LAUGHING - desire to laugh 2
- MIND - LAUGHING - easily 1
- MIND - LAUGHING - grinning 1
- MIND - LAUGHING - hysterical 2
- MIND - LAUGHING - joy, with excessive 2
- MIND - LAUGHING - ludicrous, everything seems 1
- MIND - LAUGHING - silly 1
- MIND - LAUGHING - weeping - same time; weeping and laughing at the 1
- MIND - LIAR 1
- MIND - LOATHING - oneself, at 1
- MIND - LONGING - yearning for things lost 1

- MIND - LOQUACITY 1
- MIND - LOQUACITY - cheerful, exuberant 1
- MIND - LOSS, longing, sense of 1
- MIND - MEMORY - active - past events, for 2
- MIND - MEMORY - confused 2
- MIND - MEMORY - loss of memory 1
- MIND - MEMORY - weakness of memory 1
- MIND - MEMORY - weakness of memory - do; for what was about to 1
- MIND - MEMORY - weakness of memory - everyday things, for 1
- MIND - MEMORY - weakness of memory - forms, for 1
- MIND - MEMORY - weakness of memory - say; for what he is about to 1
- MIND - MEMORY - weakness of memory - words, of 1
- MIND - MENTAL POWER - increased 1
- MIND - MISTAKES; making - side; about left and right 1
- MIND - MISTAKES; making - speaking, in 1
- MIND - MISTAKES; making - speaking, in - words - misplacing words 1
- MIND - MISTAKES; making - speaking, in - words - reversing words 1
- MIND - MISTAKES; making - speaking, in - words - wrong words; using 1
- MIND - MISTAKES; making - speaking, in - words - wrong words; using - plums, when he means pears; says 1
- MIND - MISTAKES; making - work, in 1
- MIND - MISTAKES; making - writing, in 1
- MIND - MISTAKES; making - writing, in - transposing - words 1
- MIND - MISTAKES; making - writing, in - wrong - letters, figures 1
- MIND - MONOMANIA 1
- MIND - MOOD - changeable 1
- MIND - OLD, sensation of being 1
- MIND - PROSTRATION of mind (= mental exhaustion, brain fag) 1
- MIND - QUARRELSOME 1
- MIND - QUARRELSOME - family, with her 1
- MIND - QUIET disposition 1
- MIND - REMORSE 1
- MIND - REPROACHES - himself 1
- MIND - RESIGNATION 1
- MIND - RESTLESSNESS 3
- MIND - SADNESS 2
- MIND - SADNESS - dream, from 1
- MIND - SENSES - dull, blunted 1
- MIND - SENSITIVE (= oversensitive) 2
- MIND - SENSITIVE - noise, to 1
- MIND - SIGHING 1
- MIND - SINGING 1
- MIND - SINGING - hilarious, joyously 2
- MIND - SPACED-OUT feeling 2
- MIND - STARTING, startled 1
- MIND - STARTING, startled - noise, from 1
- MIND - STUPEFACTION (= as if intoxicated) 2

- MIND - STUPEFACTION - head, from congestion of the - with congestion of the 1
- MIND - STUPEFACTION - sleepiness, with 1
- MIND - THOUGHTS - erroneous 1
- MIND - THOUGHTS - past, of the - drug experiences; of past 1
- MIND - THOUGHTS - rush, flow of - partial sleep, in 1
- MIND - THOUGHTS - sexual 1
- MIND - THOUGHTS - vagueness of 1
- MIND - THROWING things around - away 1
- MIND - TRANQUILLITY, serenity, calmness 3
- MIND - WEEPING (= tearful mood) 2
- MIND - WEEPING - trifles, at 1
- MIND - YEARNING for things long past 1

#### Physicals

#### VERTIGO

- VERTIGO - FALL, tendency to - forward 1
- VERTIGO - FLOATING, as if 1

#### HEAD

- HEAD - AIR - sensation of a current of air - passing through head 1
- HEAD - BOILING sensation 2
- HEAD - BOILING sensation - Forehead 1
- HEAD - CONGESTION (= hyperemia) 1
- HEAD - CONSTRICTION (= tension) 1
- HEAD - CONSTRICTION - afternoon 1
- HEAD - CONSTRICTION - armor, as if in 1
- HEAD - CONSTRICTION - band or hoop 1
- HEAD - CONSTRICTION - hat - tight hat; as from a 1
- HEAD - CONSTRICTION - Forehead 1
- HEAD - CONSTRICTION - Forehead - band; as from a 1
- HEAD - CONSTRICTION - Forehead - eyes; over the - between 1
- HEAD - CONSTRICTION - Occiput 1
- HEAD - CONSTRICTION - Vertex 1
- HEAD - EMPTY, hollow sensation 1
- HEAD - INTOXICATION; as from 2
- HEAD - PAIN (= headache in general) 3
- HEAD - PAIN - morning 1
- HEAD - PAIN - morning - ceases toward evening 1
- HEAD - PAIN - morning - waking, on 1
- HEAD - PAIN - afternoon 1
- HEAD - PAIN - evening 1
- HEAD - PAIN - evening - 21 h 1
- HEAD - PAIN - lying - amel. 1
- HEAD - PAIN - noise, from 1
- HEAD - PAIN - reading - agg. 1
- HEAD - PAIN - vomiting 1
- HEAD - PAIN - wandering pains - mist before the eyes 1

- HEAD - PAIN - waves of pain 1
- HEAD - PAIN - extending to - vertex 1
- HEAD - PAIN - Forehead, in 1
- HEAD - PAIN - Forehead, in - morning 1
- HEAD - PAIN - Forehead, in - morning - waking, on 1
- HEAD - PAIN - Forehead, in - pressure 1
- HEAD - PAIN - Forehead, in - pulsating 1
- HEAD - PAIN - Forehead, in - searing, as if pulled down like a visor 1
- HEAD - PAIN - Forehead, in - third eye 1
- HEAD - PAIN - Forehead, in - waves of pain 1
- HEAD - PAIN - Forehead, in - waves of pain - pins and needles, like 1
- HEAD - PAIN - Forehead, in - extending to - vertex 1
- HEAD - PAIN - Forehead, in - eminence, frontal 1
- HEAD - PAIN - Forehead, in - eminence, frontal - morning 1
- HEAD - PAIN - Forehead, in - eminence, frontal - pulsating 1
- HEAD - PAIN - Forehead, in - eminence, frontal - extending to - vertex 1
- HEAD - PAIN - Forehead, in - eyes - above 1
- HEAD - PAIN - Forehead, in - eyes - above - morning 1
- HEAD - PAIN - Forehead, in - eyes - above - pulsating 1
- HEAD - PAIN - Forehead, in - eyes - behind 1
- HEAD - PAIN - Forehead, in - eyes - between 1
- HEAD - PAIN - Forehead, in - middle 1
- HEAD - PAIN - Forehead, in - nose; above root of 1
- HEAD - PAIN - Occiput 1
- HEAD - PAIN - Sides 1
- HEAD - PAIN - Sides - one side 1
- HEAD - PAIN - Sides - right 1
- HEAD - PAIN - Temples 2
- HEAD - PAIN - Temples - right 1
- HEAD - PAIN - Temples - extending to - ear - ear to ear 1
- HEAD - PAIN - Vertex 1
- HEAD - PAIN - Vertex - coughing, on 1
- HEAD - PAIN - Vertex and Forehead 1
- HEAD - PAIN - aching - drawing, and 1
- HEAD - PAIN - boring - Forehead - nose, above 1
- HEAD - PAIN - cutting - Forehead - nose, above root of 1
- HEAD - PAIN - drawing 1
- HEAD - PAIN - drawing - morning 1
- HEAD - PAIN - drawing - morning - waking, on 1
- HEAD - PAIN - drawing - waking, when 1
- HEAD - PAIN - drawing - Forehead 1
- HEAD - PAIN - drawing - Forehead - morning 1
- HEAD - PAIN - drawing - Forehead - morning - waking, on 1
- HEAD - PAIN - drawing - Forehead - eyes, above 1
- HEAD - PAIN - drawing - Forehead - nose, above root of 1
- HEAD - PAIN - dull pain 2
- HEAD - PAIN - dull pain - afternoon 1

- HEAD - PAIN - dull pain - evening 1
- HEAD - PAIN - dull pain - Forehead 1
- HEAD - PAIN - dull pain - Sides 1
- HEAD - PAIN - dull pain - Temples 1
- HEAD - PAIN - pressing 1
- HEAD - PAIN - pressing - armor, as if in 1
- HEAD - PAIN - pressing - asunder 1
- HEAD - PAIN - pressing - band; as from a 1
- HEAD - PAIN - pressing - cap, like a 1
- HEAD - PAIN - pressing - congestion, as from 1
- HEAD - PAIN - pressing - downward 1
- HEAD - PAIN - pressing - dull 1
- HEAD - PAIN - pressing - hat - as from a tight hat 1
- HEAD - PAIN - pressing - inward 1
- HEAD - PAIN - pressing - outward 1
- HEAD - PAIN - pressing - weight, as from 1
- HEAD - PAIN - pressing - Brain - bound up; as if 1
- HEAD - PAIN - pressing - Brain - on the brain 1
- HEAD - PAIN - pressing - Forehead 1
- HEAD - PAIN - pressing - Forehead - band; as from a 1
- HEAD - PAIN - pressing - Forehead - downward 1
- HEAD - PAIN - pressing - Forehead - hat - tight hat; as from a 1
- HEAD - PAIN - pressing - Forehead - inward 1
- HEAD - PAIN - pressing - Forehead - outward 1
- HEAD - PAIN - pressing - Forehead - eminence, frontal 1
- HEAD - PAIN - pressing - Forehead - eyes - over 1
- HEAD - PAIN - pressing - Forehead - eyes - over - pressing down upon the eyes 1
- HEAD - PAIN - pressing - Occiput 1
- HEAD - PAIN - pressing - Occiput - intermittent 1
- HEAD - PAIN - pressing - Occiput - extending to - neck 1
- HEAD - PAIN - pressing - Occiput - sides of - right 1
- HEAD - PAIN - pressing - Sides 1
- HEAD - PAIN - pressing - Sides - both sides 1
- HEAD - PAIN - pressing - Sides - inward 1
- HEAD - PAIN - pressing - Temples 1
- HEAD - PAIN - pressing - Temples - extending to - head 1
- HEAD - PAIN - pressing - Vertex 1
- HEAD - PAIN - pulsating 1
- HEAD - PAIN - pulsating - Forehead 1
- HEAD - PAIN - pulsating - Vertex 1
- HEAD - PAIN - pulsating - Vertex - coughing, on 1
- HEAD - PAIN - searing 1
- HEAD - PAIN - seething 1
- HEAD - PAIN - stunning, stupefying - Forehead - nose, above 1
- HEAD - PRICKLING - needles; as from 1
- HEAD - PRICKLING - Forehead - needles; like 1
- HEAD - PULSATING (= beating, throbbing) 1

- HEAD - PULSATING - Forehead 1
- HEAD - PULSATING - Forehead - eminence; frontal 1
- HEAD - PULSATING - Forehead - eyes, over 1
- HEAD - VISOR, metal, sensation pulled to like a 1

#### EYE

- EYE - CLOSING the eyes - desire to 2
- EYE - CLOSING the eyes - involuntary 2
- EYE - CLOSING the eyes - must close 2
- EYE - FILMY 1
- EYE - HEAVINESS 3
- EYE - ITCHING 1
- EYE - ITCHING - rubbing - agg. 1
- EYE - ITCHING - rubbing - amel. 1
- EYE - ITCHING - Canthi 1
- EYE - ITCHING - Canthi - inner 1
- EYE - ITCHING - Canthi - outer 1
- EYE - ITCHING - Lids 1
- EYE - ITCHING - Lids - rubbing amel. 1
- EYE - ITCHING - Lids - Margin 1
- EYE - LACHRYMATION 1
- EYE - LACHRYMATION - air - open - amel. 1
- EYE - LACHRYMATION - light, from - sun; of 1
- EYE - PAIN 2
- EYE - PAIN - right 2
- EYE - PAIN - centre of eyeballs 1
- EYE - PAIN - rest - amel. 1
- EYE - PAIN - Between the eyes 1
- EYE - PAIN - burning (= smarting / biting) 2
- EYE - PAIN - burning - right 2
- EYE - PAIN - cutting 1
- EYE - PAIN - foreign body; as from a 1
- EYE - PAIN - foreign body; as from a - right 1
- EYE - PAIN - pressing, pressure, etc. 1
- EYE - PAIN - pressing, pressure, etc. - outward 1
- EYE - PAIN - sore (= bruised, tender) 1
- EYE - PAIN - stinging 2
- EYE - PHOTOPHOBIA 1
- EYE - PHOTOPHOBIA - headache, during 1
- EYE - PHOTOPHOBIA - light - sunlight 1

#### VISION

- VISION - ACUTE 1
- VISION - ACUTE - clear, bright and lucid 1
- VISION - BLURRED 1
- VISION - BRIGHT 1
- VISION - FOGGY 1

- VISION - FOGGY - light - bright 1
- VISION - FOGGY - light - sun; of the 1
- VISION - LOSS OF VISION (= blindness) 1
- VISION - LOSS OF VISION - light, by 1

#### EAR

- EAR - COLDNESS 1
- EAR - COLDNESS - draft, as from a 1
- EAR - FORMICATION 1
- EAR - HEAT 1
- EAR - HEAT - one side 1
- EAR - HEAT - left 1
- EAR - NOISES in 1
- EAR - NOISES in - bell of a clock 1
- EAR - NOISES in - bells 1
- EAR - NOISES in - ringing 1
- EAR - PAIN 1
- EAR - PAIN - right 2
- EAR - PAIN - left 1
- EAR - PAIN - afternoon 1
- EAR - PAIN - afternoon - 15 h 1
- EAR - PAIN - extending to - arm 1
- EAR - PAIN - extending to - downward 1
- EAR - PAIN - extending to - neck 1
- EAR - PAIN - extending to - shoulder 1
- EAR - PAIN - extending to - spine 1
- EAR - PAIN - Behind the ear - extending to - neck, down 1
- EAR - PAIN - Meatus 1
- EAR - PAIN - outside 1
- EAR - PAIN - boring 1
- EAR - PAIN - lancinating 2
- EAR - PAIN - pricking 1
- EAR - PAIN - sensation, gap between right ear and shoulder is longer 1
- EAR - PAIN - stitching 2
- EAR - PAIN - stitching - extending to - neck 1
- EAR - PAIN - stitching - extending to - shoulder 1
- EAR - STOPPED sensation 1
- EAR - STOPPED sensation - afternoon 1

#### NOSE

- NOSE - AGGLUTINATION of nostrils 2
- NOSE - AGGLUTINATION of nostrils - morning 2
- NOSE - CATARRH 1
- NOSE - CORYZA 1
- NOSE - CRACKS - Nostrils; in 1
- NOSE - DISCHARGE - one side 1
- NOSE - DISCHARGE - night 1

- NOSE - DISCHARGE - bloody 1
- NOSE - DISCHARGE - bloody - morning 1
- NOSE - DISCHARGE - dripping 2
- NOSE - DISCHARGE - gummy 2
- NOSE - DRYNESS - Inside 1
- NOSE - DRYNESS - Inside - night 1
- NOSE - DRYNESS - Inside - night - wakes her 1
- NOSE - DRYNESS - Inside - painful 1
- NOSE - HAYFEVER 1
- NOSE - HAYFEVER - asthmatic breathing; with 1
- NOSE - ITCHING 1
- NOSE - OBSTRUCTION 2
- NOSE - OBSTRUCTION - one side 1
- NOSE - OBSTRUCTION - morning 2
- NOSE - OBSTRUCTION - night 1
- NOSE - OBSTRUCTION - sensation of 1
- NOSE - PAIN - Root 1
- NOSE - SMELL - acute - water 1
- NOSE - SNEEZING 1
- NOSE - SNEEZING - constant 1
- NOSE - SNEEZING - frequent 1
- NOSE - SNEEZING - hay asthma, with 1
- NOSE - SNEEZING - paroxysmal 1
- NOSE - SNEEZING - sunshine - in 1
- NOSE - SWELLING 1
- NOSE - SWELLING - morning 1
- NOSE - SWELLING - evening 1
- NOSE - SWELLING - Tip 1
- NOSE - TINGLING - Inside - blowing the nose, on 1

#### FACE

- FACE - COLLAPSE, sensation of 2
- FACE - DISCOLORATION - pale - flushes easily 1
- FACE - DISCOLORATION - red 1
- FACE - DRAWN - point, to a 2
- FACE - ERUPTIONS 1
- FACE - ERUPTIONS - herpes 1
- FACE - ERUPTIONS - herpes - Lips - about 2
- FACE - ERUPTIONS - herpes - Nose 1
- FACE - ERUPTIONS - pimples 1
- FACE - ERUPTIONS - pimples - white 1
- FACE - EXPRESSION - stupid 1
- FACE - ITCHING 2
- FACE - ITCHING - scratching amel. 2
- FACE - ITCHING - Cheeks 1
- FACE - ITCHING - Cheeks - left 2
- FACE - PAIN (= aching) 1

- FACE - PAIN - right 1
- FACE - PAIN - Jaw 1
- FACE - PAIN - Jaw - lower jaw 1
- FACE - PAIN - Submaxillary glands 1
- FACE - PAIN - prickling 1
- FACE - PAIN - stitching 1
- FACE - PAIN - stitching - right 1
- FACE - PAIN - stitching - Jaws 1
- FACE - PAIN - stitching - Jaws - lower 1
- FACE - PAIN - stitching - Submaxillary gland 1
- FACE - POINTED, peaked 1
- FACE - PRESSING sensation, being pulled in 2
- FACE - PULLING sensation, being pulled in 2
- FACE - SWELLING - Lips 2
- FACE - SWELLING - Lips - lower 1
- FACE - SWELLING - Lips - sensation of 1
- FACE - ULCERS - Lips 1
- FACE - ULCERS - Lips - upper 1
- FACE - ULCERS - Mouth - around 1
- FACE - WRINKLED 1
- FACE - WRINKLED - Forehead - sensation of 1

#### MOUTH

- MOUTH - ENLARGED - Tongue 1
- MOUTH - ENLARGED - Tongue - sensation as if 1
- MOUTH - ITCHING 2
- MOUTH - NUMBNESS - Tongue 1
- MOUTH - NUMBNESS - Tongue - tip 1
- MOUTH - SALIVATION 1
- MOUTH - SALIVATION - morning 1
- MOUTH - SALIVATION - morning - bed, in 1
- MOUTH - SWELLING - Tongue 1
- MOUTH - SWELLING - Tongue - sensation of 1
- MOUTH - SWELLING - Tongue - tip 1
- MOUTH - ULCERS 2
- MOUTH - ULCERS - herpetic 1
- MOUTH - ULCERS - painful 1
- MOUTH - ULCERS - painful - sore, smarting 1
- MOUTH- CARIES, decayed, hollow - sensation of 1

#### TEETH

- TEETH- CARIES, decayed, hollow - Roots, at 1
- TEETH - PAIN (= toothache in general) 1
- TEETH - PAIN - Roots, in 1

#### THROAT

- THROAT- CHOKING 1

- THROAT - CHOKING - grasped, as if 1
- THROAT - DRYNESS 1
- THROAT - DRYNESS - morning 1
- THROAT - DRYNESS - expectoration, after 1
- THROAT - FOREIGN body; sensation of a 1
- THROAT - FOREIGN body; sensation of a - Esophagus 1
- THROAT - INFLAMMATION 1
- THROAT - INFLAMMATION - Esophagus 1
- THROAT - PAIN 1
- THROAT - PAIN - swallowing 1
- THROAT - PAIN - Esophagus 1
- THROAT - PAIN - Esophagus - swallowing, on 1
- THROAT - PAIN - sore 1
- THROAT - PAIN - sore - Esophagus 1
- THROAT - PAIN - sore - Esophagus - swallowing, on 1
- THROAT - SWELLING 1
- THROAT - SWELLING - sensation of 1
- THROAT - THICK sensation 1

#### EXTERNAL THROAT

- EXTERNAL THROAT - CRAMP in side 2
- EXTERNAL THROAT - ERUPTIONS 1
- EXTERNAL THROAT - ERUPTIONS - itching 2
- EXTERNAL THROAT - ITCHING 3
- EXTERNAL THROAT - LUMPS in throat pit 1
- EXTERNAL THROAT - PAIN 1
- EXTERNAL THROAT - PAIN - Sides - extending to - ear; behind 1
- EXTERNAL THROAT - PAIN - Sides - extending to - shoulder 1
- EXTERNAL THROAT - PAIN - cramping 1
- EXTERNAL THROAT - SPOTS 1
- EXTERNAL THROAT - STIFFNESS of sides 1
- EXTERNAL THROAT - STIFFNESS of sides - right 1
- EXTERNAL THROAT - STIFFNESS of sides - left 1
- EXTERNAL THROAT - SWELLING 1
- EXTERNAL THROAT - SWELLING - sensation of 1
- EXTERNAL THROAT - SWELLING - Cervical Glands 1
- EXTERNAL THROAT - SWELLING - Sides 1
- EXTERNAL THROAT - SWELLING - Sides - sensation 1
- EXTERNAL THROAT - TENSION 1
- EXTERNAL THROAT - TENSION - Sides 1
- EXTERNAL THROAT - TENSION - Sides - right 1
- EXTERNAL THROAT - TENSION - Sides - left 1
- EXTERNAL THROAT - TINGLING 1

#### STOMACH

- STOMACH - APPETITE - increased (= hunger) 1
- STOMACH - APPETITE - increased - menses - before 1

- STOMACH - APPETITE - increased - menses - during 1
- STOMACH - APPETITE - ravenous (= canine hunger / excessive appetite) 1
- STOMACH - DISORDERED 1
- STOMACH - ERUCTATIONS 1
- STOMACH - GURGLING 1
- STOMACH - HEAVINESS (= weight, oppression) 2
- STOMACH - HEAVINESS - eating - after 2
- STOMACH - NAUSEA 1
- STOMACH - PAIN 1
- STOMACH - PAIN - clawing 1
- STOMACH - PAIN - prickling 2
- STOMACH - THIRST 2
- STOMACH - THIRST - night 1
- STOMACH - THIRST - night - waking, on 1
- STOMACH - THIRST - extreme 2
- STOMACH - THIRST - large quantities, for 2
- STOMACH - THIRST - waking, on 1

#### ABDOMEN

- ABDOMEN - ALIVE; sensation of something 1
- ABDOMEN - BUBBLING 1
- ABDOMEN - DISTENSION 1
- ABDOMEN - DISTENSION - painful 1
- ABDOMEN - FLATULENCE 1
- ABDOMEN - FLUTTERING - sensation of 1
- ABDOMEN - GURGLING 1
- ABDOMEN - GURGLING - evening 1
- ABDOMEN - HEAVINESS (= as from a load) 2
- ABDOMEN - MOVEMENTS in - rhythmic, of something 1
- ABDOMEN - PAIN (= aching, dull) 1
- ABDOMEN - PAIN - clutching with nails, as if 1
- ABDOMEN - PAIN - diarrhea - during (= colic) 1
- ABDOMEN - PAIN - extending to - downward 1
- ABDOMEN - PAIN - clawing 1
- ABDOMEN - PAIN - cramping, griping 1
- ABDOMEN - PAIN - cramping, griping - Sides 1
- ABDOMEN - PAIN - cramping, griping - Sides - left 1
- ABDOMEN - PAIN - stitching - evening 1
- ABDOMEN - PAIN - stitching - Sides 1
- ABDOMEN - PAIN - stitching - Sides - evening 1
- ABDOMEN - RUMBLING 1
- ABDOMEN - RUMBLING - daytime 1
- ABDOMEN - RUMBLING - afternoon 1
- ABDOMEN - RUMBLING - evening 1
- ABDOMEN - RUMBLING - evening - 18 h 1
- ABDOMEN - RUMBLING - diarrhea would come on; as if 1
- ABDOMEN - STOPPED sensation 2

- ABDOMEN - TWITCHING and jerking 1
- ABDOMEN - TWITCHING and jerking - Sides 1
- ABDOMEN - TWITCHING and jerking - Sides - left 1

#### RECTUM

- RECTUM - DIARRHEA 1
- RECTUM - DIARRHEA - afternoon 1
- RECTUM - DIARRHEA - afternoon - 16 h - 16-18 h 1
- RECTUM - DIARRHEA - afternoon - 16 h - 16-20 h 1
- RECTUM - DIARRHEA - evening 1
- RECTUM - DIARRHEA - night 1
- RECTUM - ITCHING 1
- RECTUM - PAIN 1
- RECTUM - PAIN - afternoon 1
- RECTUM - PAIN - evening 1
- RECTUM - PAIN - night 1
- RECTUM - PAIN - diarrhea - with 1
- RECTUM - PAIN - stool - during 1
- RECTUM - PAIN - stinging 1
- RECTUM - PAIN - stinging - stool - during 1

#### STOOL

- STOOL - MUSHY 1
- STOOL - SOFT 1
- STOOL - THIN (= liquid) 1

#### BLADDER

- BLADDER - URGING to urinate 1
- BLADDER - URGING to urinate - constant 1
- BLADDER - URGING to urinate - frequent 1
- BLADDER - URGING to urinate - thirst, with 1
- BLADDER - URINATION - frequent 1
- BLADDER - URINATION - long 2

#### URINE

- URINE- COLOR - brown 1
- URINE - COLOR - brown - dark 1
- URINE - COLOR - brown - yellowish 1
- URINE - COLOR - dark 1
- URINE - COLOR - yellow - dark 1
- URINE - COLOR - yellow - straw 1
- URINE - COPIOUS (= increased) 3

#### FEMALE GENITALIA/SEX

- FEMALE GENITALIA/SEX - CLUTCHING and relaxing sensation of uterus 1
- FEMALE GENITALIA/SEX - LEUKORRHEA 1
- FEMALE GENITALIA/SEX - LEUKORRHEA - offensive 1
- FEMALE GENITALIA/SEX - LEUKORRHEA - offensive - ammonia, like 1

- FEMALE GENITALIA/SEX - LEUKORRHEA - offensive - cheese, like old 1
- FEMALE GENITALIA/SEX - LEUKORRHEA - offensive - horse's urine, like 1
- FEMALE GENITALIA/SEX - LEUKORRHEA - offensive - yeast-like 1
- FEMALE GENITALIA/SEX - LEUKORRHEA - thin (= watery) 1
- FEMALE GENITALIA/SEX - LEUKORRHEA - transparent 1
- FEMALE GENITALIA/SEX - MENSES - black 1
- FEMALE GENITALIA/SEX - MENSES - black - inky 1
- FEMALE GENITALIA/SEX - MENSES - black - pitch-like 1
- FEMALE GENITALIA/SEX - MENSES - early, too 3
- FEMALE GENITALIA/SEX - MENSES - frequent; too 3
- FEMALE GENITALIA/SEX - MENSES - frequent; too - week - two weeks; every 2
- FEMALE GENITALIA/SEX - MENSES - short, too 1
- FEMALE GENITALIA/SEX - MENSES - short, too - two days 1
- FEMALE GENITALIA/SEX - MENSES - short, too - two or three days 1
- FEMALE GENITALIA/SEX - PAIN 1
- FEMALE GENITALIA/SEX - PAIN - Vagina 1
- FEMALE GENITALIA/SEX - PAIN - burning - Ovaries 1
- FEMALE GENITALIA/SEX - PAIN - cramping 1
- FEMALE GENITALIA/SEX - PAIN - cramping - Uterus 1
- FEMALE GENITALIA/SEX - PAIN - drawing 1
- FEMALE GENITALIA/SEX - PAIN - drawing - Vagina 1
- FEMALE GENITALIA/SEX - PAIN - grasping - uterus 1
- FEMALE GENITALIA/SEX - PAIN - lancinating - Vagina 1
- FEMALE GENITALIA/SEX - PAIN - piercing - pubic bone 1
- FEMALE GENITALIA/SEX - PAIN - piercing - pubic bone - right side 1
- FEMALE GENITALIA/SEX - PAIN - sore (= tender) 1
- FEMALE GENITALIA/SEX - PAIN - sore - Vagina 1
- FEMALE GENITALIA/SEX - PAIN - stitching 1
- FEMALE GENITALIA/SEX - PAIN - stitching - Labia - left 1
- FEMALE GENITALIA/SEX - PAIN - stitching - Uterus 1
- FEMALE GENITALIA/SEX - PAIN - stitching - Vagina 1
- FEMALE GENITALIA/SEX - PAIN - stitching - Vagina - menses, during 1
- FEMALE GENITALIA/SEX - SEXUAL DESIRE - diminished 1
- FEMALE GENITALIA/SEX - SEXUAL DESIRE - increased 1
- FEMALE GENITALIA/SEX - SEXUAL DESIRE - insatiable 1
- FEMALE GENITALIA/SEX - SEXUAL DESIRE - wanting 1
- FEMALE GENITALIA/SEX - SWOLLEN 1
- FEMALE GENITALIA/SEX - SWOLLEN - menses - before 1
- FEMALE GENITALIA/SEX - SWOLLEN - menses - during 1

#### RESPIRATION

- RESPIRATION - ANXIOUS 1
- RESPIRATION - ASTHMATIC 1
- RESPIRATION - DIFFICULT 2
- RESPIRATION - DIFFICULT - evening 1
- RESPIRATION - DIFFICULT - night 1
- RESPIRATION - DIFFICULT - dust, as from 1

- RESPIRATION - DIFFICULT - mental exertion 1
- RESPIRATION - DIFFICULT - periodical 1
- RESPIRATION - DIFFICULT - vexation, after 1
- RESPIRATION - IRREGULAR 1
- RESPIRATION - SLOW 1
- RESPIRATION - STERTOROUS

#### COUGH

- COUGH - AFTERNOON (= 13-18 h) 1
- COUGH - AFTERNOON - 15 h 1
- COUGH - AFTERNOON - 15 h - 15-16 h 1
- COUGH - DRY 1
- COUGH - DRY - afternoon 1
- COUGH - DRY - afternoon - 15 h 1
- COUGH - DRY - night 1
- COUGH - DRY - tickling, from - larynx; in 1
- COUGH - IRRITATION - Larynx; in 1
- COUGH - PERSISTENT 1
- COUGH - TICKLING 1
- COUGH - TICKLING - afternoon - 15 h 1
- COUGH - TICKLING - Larynx; in 1
- COUGH - TICKLING - Larynx; in - afternoon 1

#### EXPECTORATION

- EXPECTORATION - MORNING (= 6-9 h) 1
- EXPECTORATION - MORNING - 9 h 1
- EXPECTORATION - COPIOUS 1
- EXPECTORATION - PAINFUL 1

#### CHEST

- CHEST- ANXIETY in 2
- CHEST - ANXIETY in - Heart, region of 1
- CHEST - CONSTRICTION (= tightness) 1
- CHEST - CONSTRICTION - Lower part 1
- CHEST - CONSTRICTION - Sides 1
- CHEST - CONSTRICTION - Sides - left 1
- CHEST - DRYNESS 1
- CHEST - OPPRESSION 1
- CHEST - PAIN 1
- CHEST - PAIN - evening 1
- CHEST - PAIN - evening - bed, in 1
- CHEST - PAIN - night 1
- CHEST - PAIN - pressure - chest, on 1
- CHEST - PAIN - Mammae 1
- CHEST - PAIN - Mammae - right 1
- CHEST - PAIN - Mammae - left 1
- CHEST - PAIN - Mammae - evening 1

- CHEST - PAIN - Mammae - night 1
- CHEST - PAIN - Sides 1
- CHEST - PAIN - Sides - left 1
- CHEST - PAIN - burning - Sternum 1
- CHEST - PAIN - burning - Sternum - pressure agg. 1
- CHEST - PAIN - cramping 1
- CHEST - PAIN - cramping - Ribs - under ribs 1
- CHEST - PAIN - cramping - Sides - left 1
- CHEST - PAIN - cutting (= sudden sharp pain) 1
- CHEST - PAIN - cutting - evening 1
- CHEST - PAIN - cutting - night 1
- CHEST - PAIN - cutting - Mammae 1
- CHEST - PAIN - cutting - Mammae - left 1
- CHEST - PAIN - cutting - Ribs 1
- CHEST - PAIN - cutting - Sides - left 1
- CHEST - PAIN - pressing 1
- CHEST - PAIN - pressing - Middle 1
- CHEST - PAIN - pressing - Sternum 1
- CHEST - PAIN - sore, bruised 1
- CHEST - PAIN - sore, bruised - Ribs 1
- CHEST - PAIN - sore, bruised - Short ribs 1
- CHEST - PAIN - sore, bruised - Short ribs - left 1
- CHEST - PAIN - stitching 1
- CHEST - PAIN - stitching - evening 1
- CHEST - PAIN - stitching - night 1
- CHEST - PAIN - stitching - extending to - downward 1
- CHEST - PAIN - stitching - extending to - downward - lower part of abdomen 1
- CHEST - PAIN - stitching - Mammae 1
- CHEST - PAIN - stitching - Mammae - right 1
- CHEST - PAIN - stitching - Mammae - left 1
- CHEST - PAIN - stitching - Mammae - night 1
- CHEST - PAIN - stitching - Mammae - region of 1
- CHEST - PAIN - stitching - Ribs 1
- CHEST - PAIN - stitching - Ribs - left 1
- CHEST - PAIN - stitching - Ribs - lower ribs 1
- CHEST - PAIN - stitching - Ribs - lower ribs - left 1
- CHEST - PAIN - stitching - Ribs - lower ribs - night 1
- CHEST - PAIN - stitching - Sides - left 1
- CHEST - PAIN - stitching - Sides - lower part of 1
- CHEST - PAIN - stitching - Sides - lower part of - left 1
- CHEST - PAIN - tearing 1
- CHEST - PAIN - tearing - Lower ribs 1
- CHEST - TENSION - Lower ribs 1

#### BACK

- BACK - ITCHING 1
- BACK - ITCHING - Cervical region 1

- BACK - PAIN 1
- BACK - PAIN - pushed, as if being 2
- BACK - PAIN - extending to - arms 1
- BACK - PAIN - extending to - elbow 1
- BACK - PAIN - extending to - lower extremities 1
- BACK - PAIN - extending to - shoulder 1
- BACK - PAIN - extending to - thighs, to 1
- BACK - PAIN - extending to - thighs, to - down 1
- BACK - PAIN - extending to - wrist 1
- BACK - PAIN - Dorsal region 1
- BACK - PAIN - Dorsal region - extending to - arms - right 1
- BACK - PAIN - Dorsal region - spine 1
- BACK - PAIN - Lumbar region 1
- BACK - PAIN - Lumbar region - spine 2
- BACK - PAIN - Lumbosacral region 1
- BACK - PAIN - Sacral region 1
- BACK - PAIN - Sacral region - extending to - hips 1
- BACK - PAIN - Sacral region - extending to - down legs 1
- BACK - PAIN - Sacral region - extending to - lower extremities 1
- BACK - PAIN - Sacral region - extending to - thighs 1
- BACK - PAIN - aching 1
- BACK - PAIN - aching - Dorsal region 1
- BACK - PAIN - aching - Dorsal region - scapulae - spine 1
- BACK - PAIN - aching - Lumbar region 1
- BACK - PAIN - aching - Lumbar region - hip; above 1
- BACK - PAIN - aching - Lumbosacral region 1
- BACK - PAIN - aching - Sacrum 1
- BACK - PAIN - aching - Sacrum - extending into lower extremities 1
- BACK - PAIN - aching - Spine 1
- BACK - PAIN - boring 1
- BACK - PAIN - boring - extending to - shoulder - right 1
- BACK - PAIN - boring - Dorsal region - scapulae 1
- BACK - PAIN - boring - Dorsal region - scapulae - right 1
- BACK - PAIN - boring - Dorsal region - scapulae - between 1
- BACK - PAIN - boring - Dorsal region - shoulders - between 1
- BACK - PAIN - burning 1
- BACK - PAIN - burning - Dorsal region 1
- BACK - PAIN - burning - Dorsal region - scapulae 1
- BACK - PAIN - burning - Dorsal region - scapulae - right 1
- BACK - PAIN - burning - Dorsal region - scapulae - right - under 1
- BACK - PAIN - burning - Dorsal region - scapulae - angle of - inferior 1
- BACK - PAIN - burning - Dorsal region - scapulae - between 1
- BACK - PAIN - cutting 1
- BACK - PAIN - cutting - stabbed, as if 1
- BACK - PAIN - cutting - Dorsal region 1
- BACK - PAIN - cutting - Spine - stabbing in vertebrae 1
- BACK - PAIN - digging 2

- BACK - PAIN - digging - right side 2
- BACK - PAIN - digging - right side - finger, as if by a 2
- BACK - PAIN - digging - Dorsal region 2
- BACK - PAIN - drawing - Dorsal region 2
- BACK - PAIN - lancinating 1
- BACK - PAIN - lancinating - Dorsal region 1
- BACK - PAIN - lancinating - Dorsal region - thrusts; like 1
- BACK - PAIN - lancinating - Dorsal region - scapulae - between 1
- BACK - PAIN - poking, as if someone is 2
- BACK - STIFFNESS 1
- BACK - STIFFNESS - painful 1
- BACK - STIFFNESS - Cervical region 1
- BACK - STIFFNESS - Cervical region - left 1
- BACK - STIFFNESS - Dorsal region 1
- BACK - STIFFNESS - Dorsal region - scapulae 1
- BACK - STIFFNESS - Dorsal region - scapulae - right 1
- BACK - STIFFNESS - Sacral region 1
- BACK - SWELLING - Nape of neck 1
- BACK - TENSION 1
- BACK - TENSION - Cervical region 1
- BACK - TENSION - Cervical region - left 1
- BACK - TENSION - Cervical region - right 1
- BACK - TENSION - Cervical region - extending to - shoulder 1
- BACK - TENSION - Dorsal region 1
- BACK - TENSION - Dorsal region - scapulae 1
- BACK - TENSION - Dorsal region - scapulae - right 1
- BACK - TENSION - Dorsal region - scapulae - below 1
- BACK - TENSION - Dorsal region - scapulae - between 1
- BACK - TWITCHING 1
- BACK - TWITCHING - right 1
- BACK - TWITCHING - Lumbar region 1

#### EXTREMITIES

- EXTREMITIES - AWKWARDNESS 1
- EXTREMITIES - COLDNESS 1
- EXTREMITIES - COLDNESS - night 1
- EXTREMITIES - COLDNESS - night - bed, in 1
- EXTREMITIES - COLDNESS - Hands 1
- EXTREMITIES - COLDNESS - Hands - right 1
- EXTREMITIES - COLDNESS - Knee 1
- EXTREMITIES - COLDNESS - Leg 1
- EXTREMITIES - COLDNESS - Leg - morning 1
- EXTREMITIES - CRAMPS - Forearm 1
- EXTREMITIES - CRAMPS - Hand - right 1
- EXTREMITIES - HEAVINESS - Thigh 1
- EXTREMITIES - ITCHING - Hand 1
- EXTREMITIES - ITCHING - Fingers 1

- EXTREMITIES - ITCHING - Fingers - first finger 1
- EXTREMITIES - ITCHING - Thigh 1
- EXTREMITIES - ITCHING - Thigh - between 1
- EXTREMITIES - ITCHING - Thigh - inner side 1
- EXTREMITIES - ITCHING - Knee 1
- EXTREMITIES - ITCHING - Knee - bend of 1
- EXTREMITIES - ITCHING - Ankle 1
- EXTREMITIES - LIGHTNESS, sensation of 1
- EXTREMITIES - LUMPS - Elbows - left 1
- EXTREMITIES - LUMPS - Ankles 1
- EXTREMITIES - NUMBNESS 1
- EXTREMITIES - NUMBNESS - Forearm 1
- EXTREMITIES - NUMBNESS - Wrist 1
- EXTREMITIES - NUMBNESS - Ankle 1
- EXTREMITIES - PAIN - Shoulder 1
- EXTREMITIES - PAIN - Shoulder - right 1
- EXTREMITIES - PAIN - Shoulder - extending to - neck 1
- EXTREMITIES - PAIN - Forearm 1
- EXTREMITIES - PAIN - Forearm - extending to - elbow 1
- EXTREMITIES - PAIN - Wrist 1
- EXTREMITIES - PAIN - Wrist - extending to - arm 1
- EXTREMITIES - PAIN - Wrist - extending to - forearm, into 1
- EXTREMITIES - PAIN - Wrist - extending to - forearm, into - writing, while 1
- EXTREMITIES - PAIN - Wrist - extending to - elbow 1
- EXTREMITIES - PAIN - aching 1
- EXTREMITIES - PAIN - aching - Upper limbs 1
- EXTREMITIES - PAIN - aching - Elbow 1
- EXTREMITIES - PAIN - aching - Wrist 1
- EXTREMITIES - PAIN - aching - Wrist - heat amel. 1
- EXTREMITIES - PAIN - aching - Wrist - extending to - forearm 1
- EXTREMITIES - PAIN - aching - Wrist - extending to - elbow 1
- EXTREMITIES - PAIN - aching - Knee 1
- EXTREMITIES - PAIN - aching - Knee - evening 1
- EXTREMITIES - PAIN - aching - Knee - hollow of 1
- EXTREMITIES - PAIN - aching - Leg 1
- EXTREMITIES - PAIN - burning - Forearm 1
- EXTREMITIES - PAIN - drawing - Shoulder - extending to - neck - nape of 2
- EXTREMITIES - PAIN - pressing - Shoulder 1
- EXTREMITIES - PAIN - shooting 1
- EXTREMITIES - PAIN - shooting - Upper limbs 1
- EXTREMITIES - PAIN - shooting - Shoulder 1
- EXTREMITIES - PAIN - shooting - Elbow 1
- EXTREMITIES - PAIN - shooting - Wrist 1
- EXTREMITIES - PAIN - sore, bruised 1
- EXTREMITIES - PAIN - sprained, as if - Wrist 1
- EXTREMITIES - SWELLING - Ankle 1
- EXTREMITIES - TINGLING - Forearm 1

- EXTREMITIES - TINGLING - Forearm - right 1
- EXTREMITIES - TINGLING - Thigh 1
- EXTREMITIES - TINGLING - Knee 1
- EXTREMITIES - TINGLING - Foot 1
- EXTREMITIES - TINGLING - Foot - extending to - upwards 1
- EXTREMITIES - TWITCHING 1
- EXTREMITIES - TWITCHING - Knee 1
- EXTREMITIES - TWITCHING - Foot 1

#### SLEEP

- SLEEP - BAD 1
- SLEEP - DISTURBED 1
- SLEEP - DISTURBED - dreams, by 1
- SLEEP - DISTURBED - easily 1
- SLEEP - DISTURBED - thoughts; by 1
- SLEEP - HEAVY 1
- SLEEP - INTERRUPTED 1
- SLEEP - LIGHT 1
- SLEEP - RESTLESS 1
- SLEEP - RESTLESS - dreams, from 1
- SLEEP - SEMI-CONSCIOUS 1
- SLEEP - SLEEPINESS 2
- SLEEP - SLEEPINESS - forenoon 2
- SLEEP - SLEEPINESS - afternoon 2
- SLEEP - SLEEPINESS - afternoon - lecture, during 2
- SLEEP - SLEEPINESS - evening 1
- SLEEP - SLEEPINESS - evening - 20 h 1
- SLEEP - SLEEPINESS - detached sensation and vagueness 2
- SLEEP - UNREFRESHING 1
- SLEEP - UNREFRESHING - dreams, from 1
- SLEEP - WAKING - dreams, by 1
- SLEEP - WAKING - frequent 1
- SLEEP - WAKING - frequent - dreams, from 1

#### PERSPIRATION

- PERSPIRATION - PERSPIRATION in general 1
- PERSPIRATION - ODOR - sweetish 1
- PERSPIRATION - PROFUSE 1

#### SKIN

- SKIN - ERUPTIONS - herpetic 1
- SKIN - ERUPTIONS - herpetic - itching 1
- SKIN - HEAT - sensation of 1
- SKIN - ITCHING 1
- SKIN - PRICKLING 1
- SKIN - ULCERS - herpetic 1
- SKIN - ULCERS - itching 1

- SKIN - ULCERS - painful 1
- SKIN - ULCERS - swollen 1

#### DREAMS

- DREAMS - ACCIDENTS - boat foundering 1
- DREAMS - ACCIDENTS - drowning 1
- DREAMS - ACCIDENTS - drowning - people are drowning 1
- DREAMS - ADVENTUROUS 1
- DREAMS - AMOROUS 1
- DREAMS - ANIMALS 1
- DREAMS - ANXIOUS 1
- DREAMS - BALLOONS 2
- DREAMS - BEATEN, being 1
- DREAMS - BOAT being foundering 1
- DREAMS - CHILDREN; about - playing 2
- DREAMS - CHIMNEY - climbing inside a 1
- DREAMS - CLIFF, standing on a 2
- DREAMS - CLIMBING 2
- DREAMS - CONFUSED 1
- DREAMS - COUNTRY - beautiful 1
- DREAMS - CRIME 1
- DREAMS - DANCING 1
- DREAMS - DANGER 1
- DREAMS - DANGER - death, of 1
- DREAMS - DANGER - falling, of 1
- DREAMS - DANGER - frightened, yet not 1
- DREAMS - DEAD BODIES 1
- DREAMS - DEFIANT, is 1
- DREAMS - DEVILS 1
- DREAMS - DOGS 1
- DREAMS - DROWNING 1
- DREAMS - DROWNING - boat, on a foundering 1
- DREAMS - DROWNING - people are drowning 1
- DREAMS - EATING 1
- DREAMS - ESCAPING 1
- DREAMS - FALLING 1
- DREAMS - FALLING - danger of 1
- DREAMS - FALLING - height, from a 1
- DREAMS - FIRE 1
- DREAMS - FIRE - trees on 1
- DREAMS - FLEEING 1
- DREAMS - FLOWERS 1
- DREAMS - FLYING - airplane 1
- DREAMS - FOOD - revolting 1
- DREAMS - FRAGMENTED 3
- DREAMS - FRIGHTFUL 1
- DREAMS - GARDENS 1

- DREAMS - GIANTS 1
- DREAMS - GIANTS - pursued by giants, being 1
- DREAMS - HORSES 2
- DREAMS - INDIGNANT at the lack of morality in others 1
- DREAMS - MANY 1
- DREAMS - MONSTERS 1
- DREAMS - MURDER 1
- DREAMS - MURDERED - being 1
- DREAMS - MYTHICAL CREATURES 1
- DREAMS - PLEASANT 1
- DREAMS - PRETENDING, everyone is, nothing is wrong 1
- DREAMS - PURSUED, being 2
- DREAMS - PURSUED, being - giants, by 1
- DREAMS - PURSUED, being - man; by a - violate her; to 1
- DREAMS - QUIET 1
- DREAMS - REGIONS, beautiful 1
- DREAMS - ROUSING the patient 1
- DREAMS - SEA 2
- DREAMS - SPIDERS 1
- DREAMS - SPIDERS - face, is on, and can feel its throbbing legs 1
- DREAMS - SPIDERS - ruby red abdomen 1
- DREAMS - SUNNY - all dreams were 2
- DREAMS - SWIMMING 2
- DREAMS - UNPLEASANT 1
- DREAMS - UNREMEMBERED 3
- DREAMS - URINATING - desire for 1
- DREAMS - VERTIGO 1
- DREAMS - VIOLENCE 1
- DREAMS - VIVID 1
- DREAMS - WASPS 1
- DREAMS - WATER 1
- DREAMS - WATER - smells 1
- DREAMS - WATER - walking on the water 2
- DREAMS - WONDERFUL 1
- DREAMS - WORK 1

#### GENERALS

- GENERALS - BREATHING - deep breathing - amel. 1
- GENERALS - COLD - becoming cold 1
- GENERALS - ENERGY - moving up the body 1
- GENERALS - FOOD and DRINKS - beer - desire 1
- GENERALS - FOOD and DRINKS - beer - desire - morning 1
- GENERALS - FOOD and DRINKS - bread - desire 1
- GENERALS - FOOD and DRINKS - chocolate - desire 1
- GENERALS - FOOD and DRINKS - cold drink, cold water - desire 1
- GENERALS - FOOD and DRINKS - fried food - desire 1
- GENERALS - FOOD and DRINKS - fruit - desire 1

- GENERALS - FOOD and DRINKS - fruit - desire - juicy fruits 1
- GENERALS - FOOD and DRINKS - meat - desire 1
- GENERALS - FOOD and DRINKS - sweets - desire 1
- GENERALS - FOOD and DRINKS - vegetables - aversion 1
- GENERALS - FUZZY - body is woozy 1
- GENERALS - FUZZY - body is woozy - with clear vision 1
- GENERALS - HEAT - flushes of 1
- GENERALS - HEAT - flushes of - numbness, with 1
- GENERALS - HEAT - sensation of - surface of the body 1
- GENERALS - HEAT - waves of 1
- GENERALS - HEAVINESS - externally 3
- GENERALS - HEAVINESS - internally 3
- GENERALS - LASSITUDE 1
- GENERALS - LASSITUDE - afternoon 1
- GENERALS - LASSITUDE - walking in open air amel. 1
- GENERALS - NUMBNESS - externally 1
- GENERALS - NUMBNESS - internally 1
- GENERALS - NUMBNESS - waves of 1
- GENERALS - PAINLESSNESS of complaints usually painful 1
- GENERALS - PRICKLING - externally 1
- GENERALS - PRICKLING - internally 1
- GENERALS - SIDE - right 1
- GENERALS - SIDE - left 1
- GENERALS - SLUGGISHNESS of the body 3
- GENERALS - SUN - exposure to the sun 1
- GENERALS - TINGLING 1
- GENERALS - TRICKLING sensation, like drops 1
- GENERALS - TWITCHING 1
- GENERALS - WALKING - desire for 1
- GENERALS - WAVELIKE sensations 1
- GENERALS - WAVELIKE sensations - pins and needles 1
- GENERALS - WEAKNESS 3
- GENERALS - WEAKNESS - muscular 3
- GENERALS - WEARINESS 3
- GENERALS - WEARINESS - afternoon 2

### **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.

Two cases that were treated with Kauri are described in an article by Kieran Linnane. This article is published in Tantalus, a journal of biolumanetic research. It can be viewed at [www.biolumanetics.net/tantalus/agathis.htm](http://www.biolumanetics.net/tantalus/agathis.htm)

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